NC InCK

NC INTEGRATED CARE FOR KIDS

Integrated Care Rounds: Autism Spectrum Disorder - Part 1

May 8, 2025: 12:00-1:30 PM

This project is supported by the Centers for Medicare and Medicaid Services (CMS) of the U.S. Department of Health and Human Services (HHS) as part of an award totaling $13,999,227 in 2025 with 0% percentage financed with nongovernmental sources. The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement, by CMS, HHS or the U.S. Government.

Grounding for All InCK ICRs & Echos

- **Respect for All:** *There will be topics, situations, or maybe even resources that you as a person have various feelings about. We ask that in these spaces, we all show respect for all, by being supportive, caring, and professional.*
- **Take 2 and Pause:** *Discussion and hearing from you is so powerful, and what we strive for in these spaces. We ask that if you have shared twice, take a pause, to encourage colleagues to take the floor and share as well.*
- **Questions Encouraged:** *If you have a questions please ask, in most cases someone has the same one. Be BOLD and PROUD, ask it! You are always welcome to private chat questions to any member of our team.*
- **Play, Learn, Grow:** *Just like Fisher Price, we want you to enjoy this learning space, learn and grow from/with each topic!*



NC InCK NC INTEGRATED CARE FOR KIDS

Why Autism Spectrum Disorder

Understanding signs and symptoms of ASD allows for **earlier detection, diagnosis** and **timely intervention** and **support.**

Understanding ASD enables individuals and families to **navigate** the complex landscape **of services and supports effectively**.



Early intervention programs can **significantly enhance learning and developmental outcomes** for individuals with ASD.

Understanding ASD can **improve communication** and **foster better relationships** between individuals with ASD and those around them.

Autism Spectrum Disorder

Suzy Mayberry, MSW, LCSW
NC START East Clinical Director

Lisa Jackman, MHA
NC START West Clinical Director

Agenda

- Overview of NC START services
- Obtain a definition of Autism Spectrum Disorder
- Assessments and Where to Go
- Identify how Autism Spectrum Disorder impacts daily functioning
- Obtain additional supports and interventions to utilize with individuals who have Autism Spectrum Disorder

NC START

Systemic • Therapeutic • Assessment • Resources • Treatment



- NC was 1st state to implement START statewide – 2009
- Three regions – East, Central and West
- 2016 FY - children's services
- Support ages 6 and up!
- NC START is a "closed" system – capacity to serve only so many individuals. Important to maintain integrity to the model
- Intended to be a short-term service – 6 months to 18 months is ideal, however until capacity is built

WEST TEAM | RHA

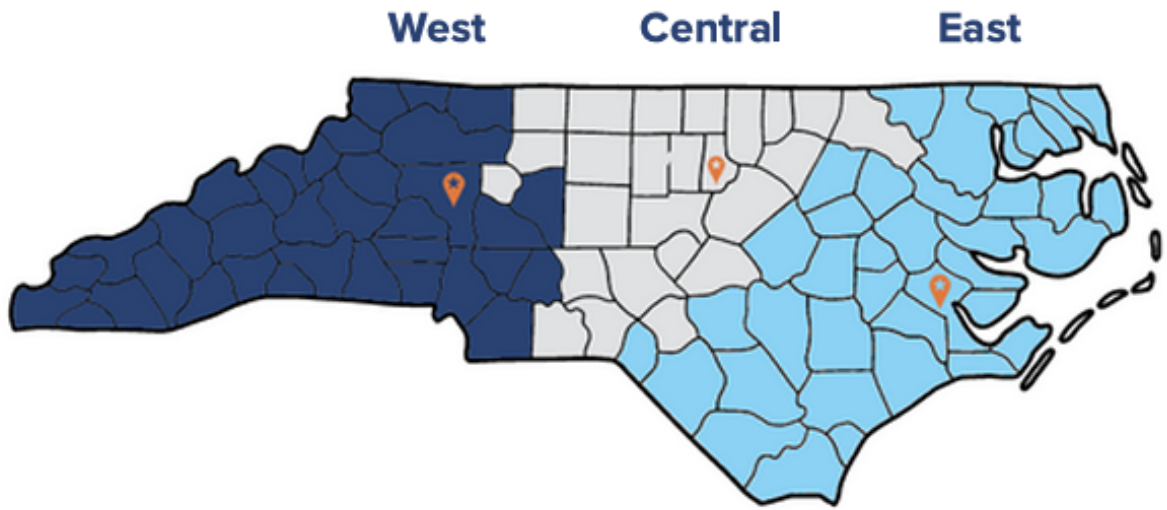
(888) 974-2937 | Asheville | West House/Resource Center Site - Statesville, NC

CENTRAL TEAM | ES/UCP

(919)-865-8730 | Durham | Durham Central House/Resource Center Site - Durham, NC

EAST TEAM | RHA

(888) 962-3782 | Greenville | East House/Resource Center Site - New Bern, NC



RHA HEALTH SERVICES • NC START • easterseals | UCP

Clinical Service Areas:

- Assessment & Clinical Support
- Outcomes-Based Research & Evaluation
- Short-Term Therapeutic Resources and Opportunities
- Cross Systems Crisis Prevention & Intervention Planning
- Family Support, Education & Outreach
- Community Education

Guiding Principles

- Biopsychosocial Approach
- Strengths Based Positive Psychology
- Person and Family Centered
- Cultural Competence
- Trauma Informed
- Wellness Based
- Evidence Informed

Autism Spectrum Disorder

(ASD)

Autism Spectrum Disorder (ASD)

Social Communication & Social Interaction:

- Deficits in social/emotional reciprocity
- Difficulty with non-verbal communication used for social interaction (gestures, body language, social cues)
- Difficulty with developing and maintaining relationships

Restrictive/Repetitive Patterns:

- Stereotyped/repetitive motor movements, use of objects, or speech
- Need for sameness; adherence to routines
- Fixated interests
- Hyper of hypo sensitivity to sensory input

Social Communication and Interaction Skills

Examples:

- Avoids or does not keep eye contact
- Does not respond to name by 9 months of age
- Does not show facial expressions such as happy, sad, angry, and surprised by 9 months of age
- Does not play simple interactive games like pat-a-cake by 12 months of age
- Uses few or no gestures by 12 months of age (for example, does not wave goodbye)
- Does not share interests with others by 15 months of age (for example, shows you an object that they like)
- Does not point to show you something interesting by 18 months of age
- Does not notice when others are hurt or upset by 24 months (2 years) of age
- Does not notice other children and join them in play by 36 months (3 years) of age
- Does not pretend to be something else, like a teacher or superhero, during play by 48 months (4 years) of age
- Does not sing, dance, or act for you by 60 months (5 years) of age

Restricted or Repetitive Behaviors or Interests

Examples:

- Lines up toys or other objects and gets upset when order is changed
- Repeats words or phrases over and over (called echolalia)
- Plays with toys the same way every time
- Is focused on parts of objects (for example, wheels)
- Gets upset by minor changes
- Has obsessive interests
- Must follow certain routines
- Flaps hands, rocks body, or spins self in circles
- Has unusual reactions to the way things sound, smell, taste, look, or feel

ASD Level of Severity

Level 3 –Requiring very substantial support
Significant deficits in verbal and nonverbal communication
Extreme difficulty coping with change
Repetitive behaviors interfere with daily functioning

Level 2 –Requiring substantial support
Noticeable deficits in verbal and nonverbal communication
Reduced responses to social interactions
Difficulty with change, inflexible behaviors

Level 1 –Requiring support
Verbal communication intact, but may miss nonverbal cues
Inflexibility may impact some situations
May need support for organization and planning

Intellectual Developmental Disorder (Intellectual Disability)

Intellectual Functioning:

- reasoning
- problem solving
- planning
- abstract thinking
- judgment
- academic learning
- learning from experience

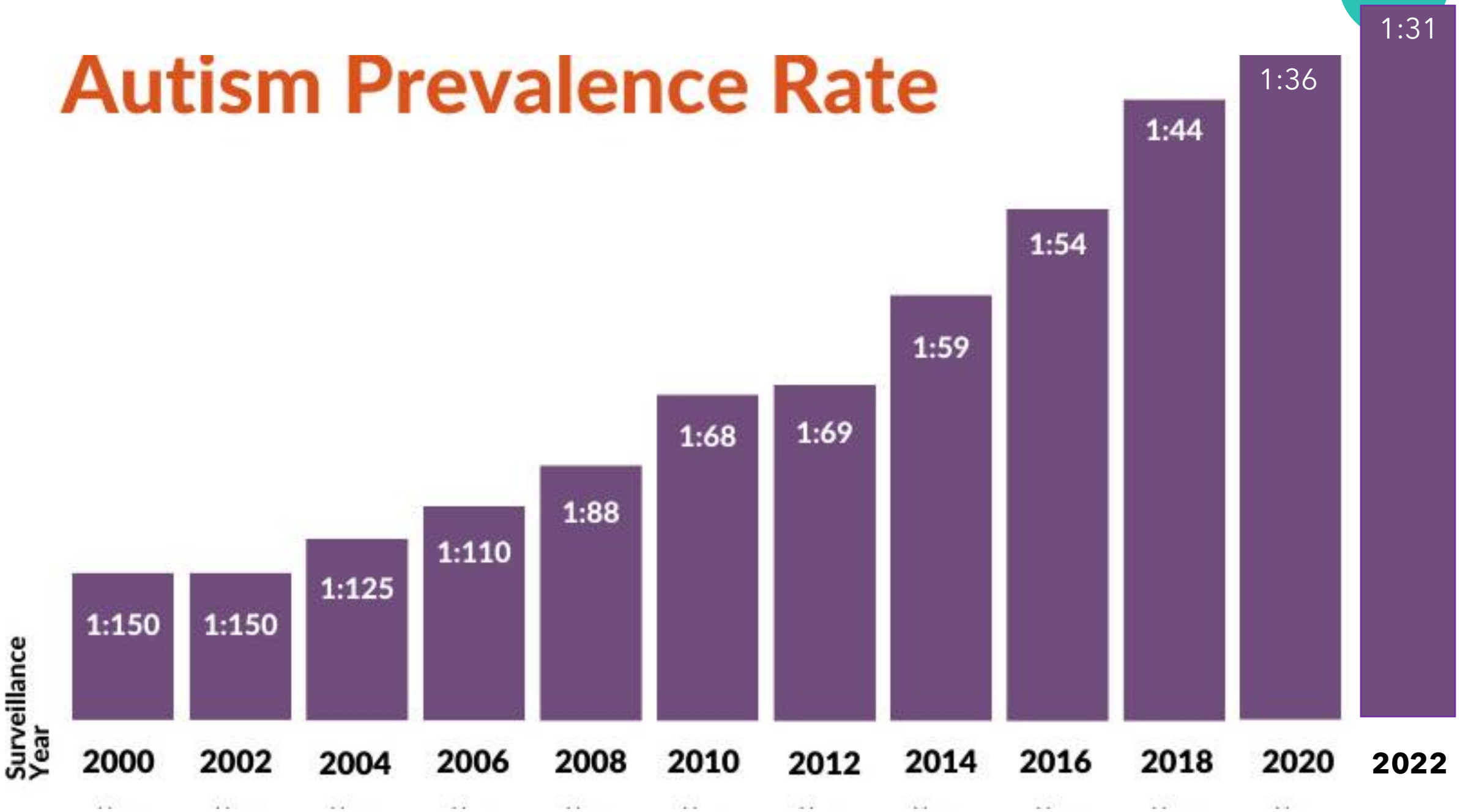
Adaptive Functioning:

- Conceptual skills—language and literacy; money, time, and number concepts; and self-direction.
- Social skills—interpersonal skills, social responsibility, self-esteem, gullibility, naïveté (i.e., wariness), social problem solving, and the ability to follow rules/obey laws and to avoid being victimized.
- Practical skills—activities of daily living (personal care), occupational skills, healthcare, travel/transportation, schedules/routines, safety, use of money, use of the telephone.

Intellectual Disability Severities

Mild (IQ 52–69)	• Concrete approach to problems and solutions • Less mature in social interactions; may be gullible • Need minimal support in personal care and daily living • Working, living in community with minimal support
Moderate (IQ 36–51)	• Academic skills elementary level (reading, writing, money, etc) • Social understanding and language less complex than peers • More difficulty with social judgment and decision-making • With support, can be independent in personal care and daily living
Severe (IQ 20–35)	• Minimal understanding of written language or academic concepts • Spoken language may be limited –single words or phrases • Support needed for personal and daily living activities
Profound (IQ 19 or below)	• Minimal understanding of symbolic processes (communication) • Expresses desires/wants through non-verbal communication • Needs substantial support for daily physical care, health, and safety. • Participates in simple daily tasks and activities

Autism Prevalence Rate



Trends

- Before 2016, the highest ASD prevalence was observed among White children and in children from neighborhoods with higher socioeconomic status (SES) (*7*). In 2020, higher ASD prevalence was observed for the first time among historically underserved groups including non-Hispanic Black and Hispanic children, and an association between ASD prevalence and SES (measured by median household income [MHI] tertile) was not present in the majority of sites

What Causes ASD?



- Multiple different factors!
- Older birth parents
- Genetic syndromes like Cornelia De Lange, Fragile X, Smith Magenis & Rhett Syndrome
- Maternal Weight Gain
- Current research on genetics and gene methylation
- Tendency to run in families

Statistics

- Boys are 4 times more likely to be diagnosed
- Black, Hispanic, & Asian 8 year old children had a higher percentage of ASD diagnosis
- The median age for diagnosis is 49 months or around 4 years of age
- 31% have an intellectual disability
- Around 40% are nonverbal

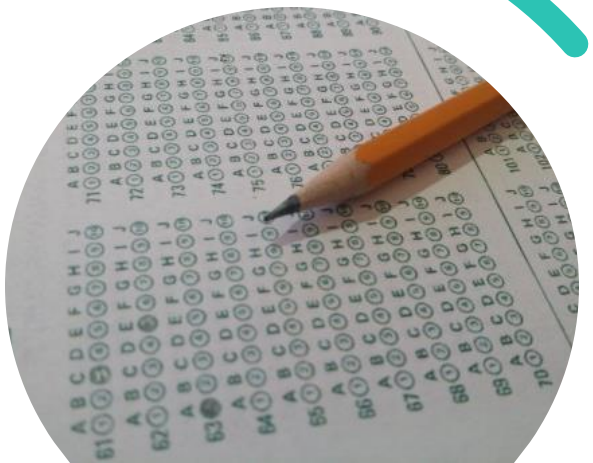
Why to Screen for ASD?

- **Early Intervention:** Timely diagnosis allows for early intervention, a critical factor in improving cognitive, social, and communication skills, especially when initiated before the age of three.
- **Tailored Support:** Testing enables the creation of personalized intervention plans that address individual strengths and challenges, acknowledging the unique manifestations of autism spectrum disorder in each person.
- **Access to Resources:** A formal diagnosis facilitates access to educational services, therapeutic interventions, ABA therapy services, and support networks, providing a structured framework for the development of essential life skills.
- **Community Awareness:** Comprehensive testing promotes awareness and acceptance within communities, fostering an environment that embraces neurodiversity and encourages inclusivity.

How is it Diagnosed?

- Child psychologists, child psychiatrists, developmental pediatricians, and pediatric neurologists are able to diagnose autism
- Use of screening at well check appointments [ASQ, MCHAT, PEDS]
- Used for on-going monitoring of severity [CARS, GARS]
- Use of diagnostic tools to determine [ADOS-2 and ADI-R]
- No medical test or blood work can determine ASD yet







Children's Developmental Services Agency

- Children birth to 3 years
- Developmental evaluations and assessments
- Service Coordination
- Physical therapy
- Occupational therapy
- Speech-language therapy
- Assistive technology
- Early intervention

Locations

Kind Behavioral Health

- Cary
- Durham
- Holly Springs
- Greensboro
- Winston Salem
- https://kindbh.com/our-locations/

BCPS

- Clemmons
- Highpoint
- https://www.bcps-autism.com/

TEACCH

- Greensboro

https://teacch.com/regional-centers/greensboro-teacch-center/

- Chapel Hill

https://teacch.com/regional-centers/chapel-hill-teacch-center/

Carolina Institute for Developmental Disabilities (CIDD)

- Carrboro

https://www.med.unc.edu/cidd/clinical-services/

Challenges

- Communication difficulties
- Sensory integration – seeking versus avoidance
- Self-injury
- Lack of safety awareness
- Difficulty with social interactions

Communication

- Echolalia-The precise repetition or echoing aloud of words, sounds, or sentences
- Expressive
- Receptive
- Narrow Interest – drives conversations
- Reading nonverbal communication – Eye contact avoidance, difficulty with jointed attention (pointing), facial and body language reading challenges

ASD Sensory Needs



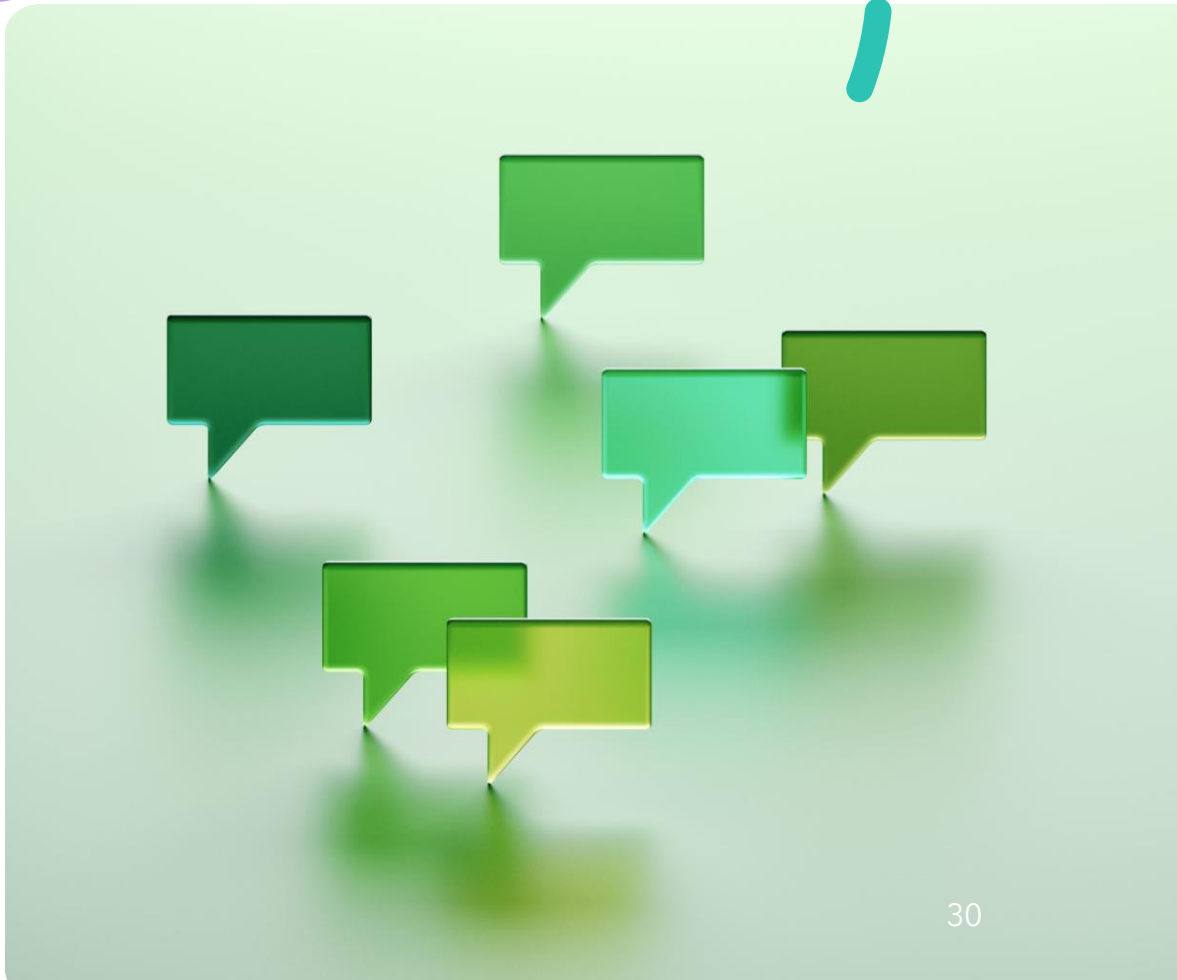
Self-Injury

- Head banging/hitting
- Scratching
- Biting self
- Hair pulling
- Pulling nails off

Safety Awareness

- May not notice traffic dangers
- May give away personal identifying information
- May be too trusting of strangers
- May not notice injuries due to high tolerance for pain

- Missing social cues
- Differing communication styles
- Overstimulation
- Hyper-fixation
- Teaching of social skills



Stimming

- Self-stimulating behaviors or stereotypy, are repetitive body movements or repetitive movements of objects
- Serves multiple purposes: helps with self-regulation and sensory input
- Can look like: rocking, spinning, flapping, squinting, staring at objects closely, hands and fingers at an angle, opening & closing doors, head banging, squealing and other vocalizations

Masking

- Strategy to fit in with peers, colleagues, friends, family by masking their autism
- Try to look and act like everyone else
- Cost – exhaustion, lack of sense of self, lack of support, not being known
- People do not get to know the person for who they are
- Hinders relationships – can cause difficulty if they start showing their true selves
- Leads to profound loneliness of not belonging

Relationships

ASD have higher rates of asexuality, bisexuality, and homosexuality, as well as lower rates of heterosexuality than N-ASD

Difficulty finding connection with others due to stigma, communication challenges, and societal barriers

Co-Occurring Medical Conditions

- Gastrointestinal issues -45% of children and 47% of adults
- Low muscle tone – 30% of children
- Seizures – 30%
- Sleep difficulties – circadian rhythm differences
- Skin conditions (eczema, psoriasis, asthma)

Co-Occurring Mental Health Conditions



ADHD - 30-60%



ANXIETY DISORDER – 11-40%



DEPRESSION – 7% CHILDREN & 26% ADULTS



SUICIDALITY



Thank you!

References

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- Centers for Disease Control and Prevention. (April 17, 2025). *Prevalence and characteristics of autism spectrum disorder among children aged 8 years - autism and Developmental Disabilities Monitoring Network, 11 sites, United States, 2020*. Centers for Disease Control and Prevention. https://www.cdc.gov/mmwr/volumes/72/ss/ss7202a1.htm

A Look Ahead:

Reminder: Request a certificate of attendance for today's ICR at this link

Free Swim Lessons | Burlington Parks and Rec |Application: Due by May 9th

Aquatic scholarship funds currently apply only to swim lessons for ages 4-12 years old offered at North Park Pool in Burlington.

2025 Spring Fling| May 17, 8:00 AM – 2:00 PM | Vance County Regional Farmers Market, 210 Southpark Drive, Henderson, NC

Bimbé Cultural Arts Festival| May 17, 1:00 – 7:00 PM |Rock Quarry Park, Durham, NC 27704

Kermes | May 18, 4:00 – 7:00 PM | 2020 Chapel Hill Rd, Durham, NC 27707

Celebrating May Mental Health Month and Mother's Day

Contact: dgomez@elfuturo-nc.org | 919-688-7101

Be Well Community Wellness Event | May 9, 10:00 AM – 2:00 PM | 113 Mayo Street, Hillsborough, NC

Local resource fair with a wide array or organizations offering resources and services including:

- Free car seat inspections by certified child passenger safety technicians
- Dental buses offering free dental screenings and cleanings
- Mammogram bus
- Blood Connection offering $40 for blood donations

Health Fair | June 12, 3:00 – 7:00 PM | Northern Granville Middle School |Registration: Required by May 16

Granville County Public Schools Health Fair offering:

- Kindergarten physicals, sports physicals
- Free glasses with valid eye prescription
- Vaccines for Kindergarten, 7th, and 12th grade students

Upcoming NC InCK Events:

Behavioral Health ICR: Autism Spectrum Disorder (ASD), Part 2
June 12, 12:00 PM - 1:30 PM

ICR: Title TBD
July 10, 12:00 PM - 1:30 PM


Aquatics Division
RECREATION & PARKS
CITY OF BURLINGTON
LEARN TO SWIM
FOR FREE
THIS SUMMER
Applications Due
May 9 at 5:00 PM
www.BurlingtonNC.gov/RecreationScholarships


2025
Spring
Fling
MAY 17TH / 8 AM - 2 PM
PRODUCE | PLANTS | MEATS | HONEY
BAKED & CANNED GOODS | STRAWBERRIES
JAMS & JELLIES AND LOTS OF CRAFTS!
FOR MORE INFORMATION, PLEASE CONTACT US AT
252-425-2092 OR payscue@vancecounty.org
Hosted at Vance County Regional Farmers Market
210 SOUTHPARK DRIVE, HENDERSON, NC
Vance County Regional
FARMERS MARKET
NC COOPERATIVE EXTENSION
North Carolina Cooperative Extension is an equal opportunity provider.


BIMBÉ
CULTURAL ARTS FESTIVAL
#Bimbe2025
ROCK QUARRY PARK
May 17th
1-7PM
FREE EVENT
RAIN OR SHINE
55th ANNUAL
BIMBÉ
CULTURAL ARTS FESTIVAL
FEATURING
RAHEEM DEVAUGHN
Performances by Just Fine Mary J. Blige Tribute Band | Arica Live! | D. Shawn
Hosted by K97.5's Brian Dawson
Live Music | Arts & Crafts | Drumming Circle | Local Talent
Community Resources | Traditional Food | Cultural Vendors
Presented By
CITY OF DURHAM
DURHAM Parks & Recreation
DPRPlaymore.org
Thanks to our Sponsors
Thanks to our Community Partner
DISCOVER DURHAM

Celebremos el Día de las Madres

Kermes



Comparte esta invitación y acompañanos a celebrar el Mes de la Salud Mental

Con la participacion especial de:

- Presentadora Olivia Nuñez de La emisora Ke Buena
- Yair Alanis, El Charro de las Carolinas,
- Danza Guerreros de Quetzalcoatl,
- Ballet Folklórico Takiri
- DJ Roque
- Zumba y más

Tendremos venta de artesanias, regalitos para mamá, juegos divertidos, rifas y venta de comida auténtica latinoamericana.

4pm a 7pm
DOMINGO
18
MAYO

2020 Chapel Hill Rd Durham, NC 27707

Preguntas llame al 919-688-7101 o envíe un email a dgomez@elfuturo-nc.org

El Futuro

Join us to celebrate May Mental Health Month and Mother's Day

Kermes

Community Fiesta



Share this invitation and join us in celebrating Mental Health Month

We will have a special performance by:

- Host Olivia Nuñez from La Radio Ke Buena
- Yair Alanis, El Charro de las Carolinas,
- Danza Guerreros de Quetzalcoatl,
- Takiri Folkloric Ballet
- DJ Roque
- Zumba and more

We will have handicrafts for sale, gifts for mom, fun games, raffles, and authentic Latin American food.

4pm a 7pm
SUNDAY
18
MAY

2020 Chapel Hill Rd Durham, NC 27707

For more information call 919-688-7101 or email dgomez@elfuturo-nc.org

El Futuro

3rd Annual

BE Well

Community Wellness Event





Free, interactive community fair that showcases local resources in Orange County aimed at promoting overall wellness!

Food! Music! Fun!

Date
May 9, 2025

Time
10:00am - 2:00pm

Location
113 Mayo St., Hillsborough



SCAN ME — **Invision Diagnostics (Mammogram Bus)**
Scan to make appt!

SCAN ME — **Blood Connection:**
Sign up to donate blood & receive $40 in rewards!
Sponsor Code: 9593

Check Out Our Resources!

Alliance Health / American Red Cross / Arc of the Triangle / Arise Group / Blood Connection / CERT / DAWN Alzheimer's Research / DHHS Injury & Violence Prevention, Comprehensive Suicide Prevention / Division of Services for the Deaf & Hard of Hearing / El Centro Hispano / Hillsborough Comprehensive Treatment Center / Hillsborough Police Dept / Invision Diagnostics (Mammography) / NC Medicaid Brokers NC Vocational Rehab / OC Cooperative Extension / OC Dept of Aging, Transportation Specialists / OC Dept of Social Services / OC Emergency Services / OC Emergency Services, EMS Division / OC Health Dept / OC Health Dept, Dental Clinic / OC More Than a Job NC / OC Office of Equity & Inclusion / OC Partnership for Young Children / OC Public Library / OC Transportation Services / Orange Congregations In Mission (OCIM) / Orange Rural Fire Dept / Piedmont Health / PORCH Hillsborough / Quench 305 / Safe Kids / Snow Approach Foundation, Inc / SportsPlex / Street Outreach Harm Reduction And Deflection Program (SOHRAD) / Triangle Disability and Autism Services

Visiting dental buses are providing free dental screenings and cleanings!

...and more!

NEED HELP WITH YOUR CHILD'S CAR SEAT?

SAFE KIDS ORANGE COUNTY

COMMUNITY CAR SEAT CHECK EVENT

The Be Well event will host free car seat inspections by certified child passenger safety technicians.

ORANGE COUNTY SOCIAL SERVICES
113 MAYO STREET, HILLSBOROUGH
10 AM - 2 PM FRIDAY, MAY 9TH 2025

PLEASE CALL (984) 974-2437 OR EMAIL ANNA.STORMZAND@UNCHEALTH.UNC.EDU TO SCHEDULE AN APPOINTMENT OR JUST STOP BY!



Be Well is Partnering with Invision Diagnostics to Host a Mammogram Screening Event

FRIDAY, MAY 9, 2025

10:00 - 3:00 PM

113 Mayo St.
Hillsborough, NC
27278

SCAN ME

Please call (877) 318-1349 to schedule your appointment. You can also schedule your appointment online at https://appointments.invisiondiagnostics.com/

EARLY DETECTION SAVES LIVES

ORANGE COUNTY DEPARTMENT OF SOCIAL SERVICES

ORANGE COUNTY HEALTH DEPARTMENT

3er anual

¡Cuídate!

Evento de bienestar comunitario





¡Feria comunitaria interactiva y gratuita que presenta recursos locales en el Condado de Orange destinado a promover el bienestar general!

¡Comida! ¡Música! ¡Diversión!

Fecha
9 de mayo de 2025

Hora
10 a.m. a 2 p.m.

Ubicación
113 Mayo St., Hillsborough



ESCANÉAME — **Autobús de mamografías**
¡Escanee para programar una cita!

ESCANÉAME — **Conexión Sanguínea**
¡Regístrate para donar sangre y recibe $40 en recompensas!
Código de patrocinador: 9593

Echa un vistazo a nuestros recursos

Alliance Health / American Red Cross / Arc of the Triangle / Arise Group / Blood Connection / CERT / DAWN Alzheimer's Research / DHHS Injury & Violence Prevention, Comprehensive Suicide Prevention / Division of Services for the Deaf & Hard of Hearing / El Centro Hispano / Hillsborough Comprehensive Treatment Center / Hillsborough Police Dept / Invision Diagnostics (Mammography) / NC Medicaid Brokers NC Vocational Rehab / OC Cooperative Extension / OC Dept of Aging, Transportation Specialists / OC Dept of Social Services / OC Emergency Services / OC Emergency Services, EMS Division / OC Health Dept / OC Health Dept, Dental Clinic / OC More Than a Job NC / OC Office of Equity & Inclusion / OC Partnership for Young Children / OC Public Library / OC Transportation Services / Orange Congregations In Mission (OCIM) / Orange Rural Fire Dept / Piedmont Health / PORCH Hillsborough / Quench 305 / Safe Kids / Snow Approach Foundation, Inc / SportsPlex / Street Outreach Harm Reduction And Deflection Program (SOHRAD) / Triangle Disability and Autism Services

¡Se ofrecerán exámenes y limpiezas dentales gratuitos!

... ¡y más!


Granville County
PUBLIC SCHOOLS
Feria de la Salud
12 DE JUNIO DE 2025
NORTHERN GRANVILLE MIDDLE SCHOOL
3:00 - 7:00 PM
OFRECIMIENTO:
Exámenes físicos de jardín de infantes
Exámenes físicos deportivos
Gafas gratis con prescripción médica válida
Vacunas para:
Jardín de infancia
Estudiantes de séptimo grado
Estudiantes de 12o grado
SE REQUIERE INSCRIPCIÓN ANTES DEL 16 DE MAYO
TRAÍDO A USTED POR:
Granville County
PUBLIC SCHOOLS
GRANVILLE VANCE
public health
Duke School of Nursing


Granville County
PUBLIC SCHOOLS
HEALTH FAIR
JUNE 12, 2025
NORTHERN GRANVILLE MIDDLE SCHOOL
3:00 - 7:00 PM
OFFERING:
Kindergarten Physicals
Sports Physicals
FREE glasses with a valid eye prescription
Vaccines for
Kindergarten
7th Grade Students
12 Grade Students
REGISTRATION REQUIRED BY MAY 16TH
BROUGHT TO YOU BY:
Granville County
PUBLIC SCHOOLS
GRANVILLE VANCE
public health
Duke School of Nursing