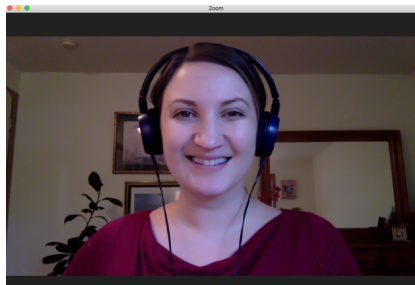




Center on Human Development and Disability

## University of Washington Autism Center

Spring 2020



# COVID-19



Caring for individuals and families affected by autism spectrum disorders is a UWAC mission that extends to these extraordinary times. The pandemic has stretched our center to adapt and change in ways we never could have imagined just a few long months ago. We have temporarily suspended in-person clinical services, training, and research; but the UWAC is not closed. We have pivoted to offer telehealth services and remote support, to **recruit new families and conduct our research studies by phone and internet**, and to offer remote learning opportunities for our community. I am very proud of our staff who made all this possible during such a difficult time. Many of us at the UWAC, like so many people across the U.S. and the world, are juggling working from home with home-schooling their children or caring for vulnerable family members. Its a hard time to innovate. But UWAC clinicians, researchers, and staff have come together to ensure that families who are receiving services and participating in research, and community professionals who are engaging in training and consultation, continue to receive the best possible support.

Innovations spurred on by COVID-19 include modified evaluation and assessment protocols. Clinicians are conducting remote evaluations and connecting with parents, clients, educators, and community providers by phone and video. Zoom-based **parent consultations**, virtual screenings for APEX Summer Camp, and video modeling (an evidence-based intervention approach) are becoming the new normal. UWAC Director of Clinical Services, **Dr. Jessica Greenson** is facilitating a **COVID-19 Tele-Psychology ASD Diagnosis Consultation Group** at no-cost for psychologists and medical providers whose typical practice includes ASD diagnostic work.

The UWAC Training and Consultation team added more than 25 remote learning opportunities for the community in April and May, provided remote consultation to educators in several Washington state school districts, and began recording webinars for 'on demand' availability. We also offered no

cost webinars including a webinar for those who self-identify as autistic and a webinar for parents about considerations for getting started with ABA services.

Our center, dedicated to building and growing strong communities, has strengthened our own community and our connections to the larger community, and is determined to come through this stronger than ever.

Stay well and keep in touch,  
Annette Estes (Director, UWAC)

You can help families in need receive services! Click here to donate to our Family Support Fund!

## UWAC Research

The UWAC was featured in **UW News**: [Sleep difficulties in the first year of life linked to altered brain development in infants who later develop autism](#)

The article and video reference [Sleep Onset Problems and Subcortical Development in Infants Later Diagnosed With Autism Spectrum Disorder](#), published May 7th in the American Journal of Psychiatry.

Congratulations to our UWAC research team, as well as the IBIS network. First author **Dr. Kate MacDuffie** and UWAC Director, **Dr. Annette Estes** speak about their research, and are highlighted in both the article and video.



## REMOTE STUDY PARTICIPANTS NEEDED



## Study Participants Needed

**Do you have an iPhone or iPad?  
Is your child between the ages of 7 and 11 years?**

You and your child are invited to take part in a research study at the University of Washington Autism Center.

We are doing research to better understand sleep patterns in children with autism spectrum disorders (ASD). By improving our understanding of sleep problems in ASD new intervention approaches can be developed which may lead to improved behavior, health, emotion regulation, and attention.

The purpose of this research study is to determine if the Psychomotor Vigilance Task (PVT) can be administered to children with ASD. The PVT is a widely used tool in sleep research, meant to measure attention after a night of sleep. The PVT is a 5-minute test where your child will be asked to press anywhere on the screen as soon as you see a red circle.

We are seeking children *with* and *without* an ASD diagnosis to participate.

*Principal Investigator:*

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**If interested, please contact the research team:  
[seebeckj@uw.edu](mailto:seebeckj@uw.edu) or 206-291-7489**

Check out research opportunities with sleep here!

## Training and Consultation

ABA: The Basics

Friday, May 29, 2020

9:00 AM - 4:00 PM PT  
Zoom Meeting

**Who should attend?**

Providers, educators, and parents of preschool and school-aged children with ASD and who have little to no training in ABA



**What content will be covered?**

This introductory training is specifically designed for parents and professionals interacting with children with Autism Spectrum Disorder (ASD). The training will begin with an overview of ASD including core symptoms, strengths, challenges and how ASD symptoms impact learning and behavior. Next, an introduction to Applied Behavior Analysis (ABA) will be presented including an overview of different ABA teaching strategies and basic behavioral principles used in this therapeutic approach. Finally, additional behavioral support strategies such as reinforcement and prompting will be discussed.

**Cost**

~~\$155~~ **\$108.50** per person

[Read more](#)

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**Addressing Challenging Behaviors: Introduction**

**Saturday, May 30, 2020**

9:00 AM - 4:00 PM PT  
Zoom Meeting

**Who should attend?**

Providers, educators, and parents interacting with individuals with challenging behaviors of all grade levels and who have little to no training in ABA

**What content will be covered?**

Non-compliance, aggression, and eloping can get in the way of everyday activities from going out into the community to learning in school. Understanding how factors in our environment can increase or decrease challenging behaviors is important and will have an impact on how behaviors are addressed. Strategies presented are based on the scientific principles of ABA and will aim to create a responsive learning environment to prevent challenging behaviors from occurring. Please join us for this introductory workshop on addressing challenging behaviors.

**Cost**

~~\$155~~ **\$108.50** per person

[Read more](#)

[Check out our Training & Consultation Page!](#)

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**UWAC Clinical Services**

# Finding the Sandman : Strategies to Improve Your Child's Sleep



## Group Objectives:

- Learn about developmental norms for sleep and recommendations for your child
- Learn strategies to improve your child's sleep:
  - Establish effective sleep habits and routines
  - Minimize night and early morning awakenings
  - Address resistance and behavioral problems

## Who should attend:

Parents of children aged 2-8 with Autism Spectrum Disorder who struggle with sleep

## Criteria for Enrollment

Complete a formal sleep assessment through the UW Autism Center Sleep Clinic to identify specific needs of your child

## Instructors:

Annette Estes, PhD and Robin Finlayson, M.Ed., BCBA



Does your child resist going to bed, not get enough sleep, or wake frequently at night?

The UW Autism Center Sleep Clinic is now holding small group workshops on practical strategies to improve your child's sleep.

## WHEN

Rolling enrollment

## WHERE

Zoom Videoconference

## COST

\$50/session

*Insurance may be accepted*

To learn more, visit: <https://depts.washington.edu/uwautism/clinical-services/>



Email us at  
[uwautism@uw.edu](mailto:uwautism@uw.edu)

Visit us at  
[www.uwautism.org](http://www.uwautism.org)

Call us at  
1-877-408-UWAC

Learn more about the Sleep Clinic here!



VISIT OUR WEBSITE

