

Summer 2023 Newsletter



Research Happening Around UWAC

Research Studies

New Study Out of the IBIS Network!



The IBIS Network was featured in an article for UW News! The new study helps us understand more about how amygdala growth is related to later diagnosis of autism. Principal Investigators **Drs. Annette Estes** and **Stephen**

Dager are quoted in the article. "It is so exciting see the work of so many dedicated families and researchers over the last 16 years come together to reveal things we have never known before about how autism develops," says Estes. Congratulations to our IBIS team!



IBIS Research Team



Sleep problems in autism: Sex differences in the school-age population

In one of the first studies to evaluate sex differences in sleep in school-age autistic children, UWAC researcher found that autistic girls had more sleep problems than autistic boys, typically developing girls, or typically developing boys. Almost 85% of autistic girls had sleep problems according to parents, and autistic girls demonstrated different types of sleep problems than autistic males. Higher anxiety scores were associated with more sleep problems for boys but not girls. Click below for more details.

Estes A, Munson J, St John T, Finlayson R, Pandey J, Gottlieb B, Herrington J, Schultz RT. Sleep problems in autism: Sex differences in the school-age population. *Autism Res.* 2023 Jan;16(1):164-173. doi: 10.1002/aur.2848. Epub 2022 Nov 7. PMID: 36341856; PMCID: PMC9839593.

[See Abstract](#)

Institute on Human Development & Disability - IHDD

Check out the new look for the IHDD website-- (formerly known as CHDD) beautifully streamlined with updated information. The new IHDD Director's message from Dr. Sandra Juul is on the front page!

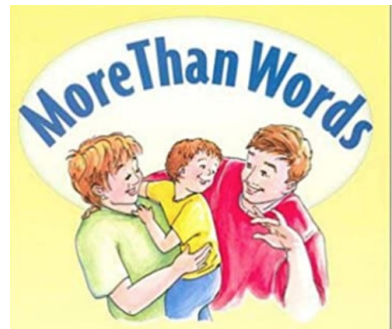
[Visit our website](#)

Clinical Services

New Group Starts This Fall!

Hanan "More Than Words" is an 8-week parent group designed for parents of autistic children under 6. This evidence-based program teaches and empowers parents to build interactions and communication with practical tools in everyday activities, following their child's lead. At the same time they will build connections and find support from other parents with similar experiences.

"



[Learn More](#)

UWAC Training

Registration is now open for University of Washington Autism Center's Autism Diagnostic Observation Schedule 2nd ed. (ADOS-2) workshops in September! The ADOS-2 is a standardized diagnostic tool considered to be the "gold standard" in diagnosing autism spectrum disorder (ASD). Workshops will be held in person on UW Seattle campus.

[ADOS-2 Introductory Clinical Workshop](#)
Monday-Tuesday, September 18-19, 2023

9:00 AM-4:30 PM PT
UW Seattle Campus

[ADOS-2 Toddler Module Workshop](#)

Wednesday, September 20, 2023
8:00 AM-3:00 PM PT
UW Seattle Campus

[ADOS-2 Advanced Research Workshop](#)

Thursday-Friday, September 21-22, 2023
9:00 AM-4:30 PM PT
UW Seattle Campus



[Learn More About Our Trainings](#)

Staff Spotlight



Sarah Lemke, MOT, OTR/L is our **NEW occupational therapist** at the UW Autism Center.

Sarah aspires to meet the developmental needs of autistic youth and empower children and families. Sarah graduated from Eastern Michigan University. Sarah's family-centered approach prioritizes culturally sensitive, trauma-informed, neurodiverse, and LGBTQIA+-affirming care. Sarah enjoys traveling, reading, and caring for her plants and rambunctious cats in her spare time. She starts work August 2023!

Jill Ide is the **AS360 Navigation Program Operations Specialist** for the UW Autism Center, working remotely in Spokane.

She is the mother of an adult son with autism (who was part of a research study at UWAC in the 1990's) and has worked professionally in the disability field for 15 years as a Community Connections Director. Jill enjoys her two children, 4 grandchildren and her aussie-doodle puppy Sammy in her spare time.



Ali Roach is one of the first **Behavioral Analyst Interns** at the UWAC!

I appreciate all the support I received from the team of the **LAUNCH** program and my clients and their families. They were open, flexible, and supportive throughout the two years. Without them, I could not fulfill my hours and assignments. I am glad that I chose the Autism Center as my work site especially because of the high ethical standards that the center follows.

Cunxin (Tracy) Cheng, MEd was a Behavior Analyst Intern who graduated from the University of Washington June, 2023.

Congratulations Tracy!

If you would like more information on becoming a **Behavior Analyst Intern** with the UWAC, please contact Charu Gupta, M.Ed, BCBA, LBA, Behavior Analyst Intern Supervisor, ph. 206-221-5343 or email charug@uw.edu



Community



Launching this fall to community and providers! The AS360 family resource navigation platform is dedicated to supporting autistic individuals and families across Washington State. AS360 gets families connected with resources, information and community when they need it. Visit the site, create an account, and browse the available assessments, resources and more! Click here for the [website!](#)

Now Recruiting! The Infant Brain Imaging Study- Early Prediction.
Now Recruiting! The Infant Down Syndrome Study.

Do you have an infant and an older sibling?
Do you have an infant under 12 months of age with Down Syndrome? [See Press Release Here.](#)

These studies use brain imaging with MRI and developmental testing at 6, 12, and 24 months of age to understand autism and Down Syndrome.
To learn more, click on the links above or contact our research coordinator at (206) 685-8404 or ibisstudy@uw.edu

[Visit our website](#)

IBIS

Visit Our Website

Infant Brain Imaging Study

About Our Study The goal of this NIH-funded brain imaging study is to identify autism symptoms earlier in life.

Who Is Eligible? Families with an infant 6 months old or younger with an older full sibling diagnosed with autism. Expectant parents are encouraged to contact us.

About Your Visit Your infant and a parent will:
- Travel to Seattle when infant is 6-, 12-, and 24-months old for developmental testing and MRI scan during natural sleep
- Receive up to \$475 compensation and reimbursement for travel expenses at each in-person visit
- Complete remote visits with questionnaires and phone interview at 9- and 18-months old with \$50 in compensation
- Complete LENA language recordings at 6-, 12-, and 18-months old

Contact Us For additional information or to enroll, call 206-543-2125 or email ibisstudy@uw.edu. Visit the IBIS website for more information at ibis-network.org

UNIVERSITY of WASHINGTON

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EXPIRATION DATE: 01/03/24

UW College of Education Graduate Research Study

Recruiting! The purpose of this project is to work with parents and caregivers to help them facilitate the communication skills of their children with disabilities. All session activities will be done at home via video conferencing.

We are looking for families who:

- Have a 1–7-year-old child with a disability or developmental delays
- Are not currently receiving in-home behavioral services
- Are on a waiting list to receive services

Contact: Katelin A. Hobson, M.S., BCBA, LBA, Doctoral Candidate Katelh@uw.edu

New Audio Story-- in this installment of UWAC Autism Stories, Peter and Celia, co-leaders of a Dungeons and Dragons Social

group for autistic teens, talk about their connection through this group over the years and how being autistic themselves helps their work:

[Click here to hear the recording!](#)



VISIT OUR WEBSITE