



Using telehealth to deliver parent training for autism

SUIT

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Overview

- Brief overview of parent-mediated intervention and telehealth coaching models
- Providing parent coaching via telehealth



Parent-Mediated *Intervention* (PMI)

• *Systematic instruction* in strategies to help parents accomplish specific goals or outcomes for their child

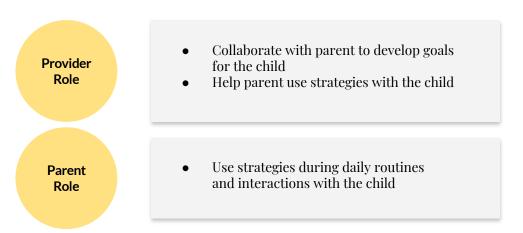


- Essential part of a comprehensive intervention program for ASD
- PMI can be a primary intervention strategy



Parent-Mediated *Intervention* (PMI)

- Shift in practice from "*expert delivery*" to partnership with parent
- Help parent develop skills and confidence to change their behavior





Outcomes of **PMI** in ASD



Child Outcomes

• Improvement in social communication, adaptive skills, and behavior¹

Evidence-Based Practice

- Generalization and maintenance of skills²
- Time- and cost-effective³



Family Outcomes

- Increased parent self-efficacy⁴
- Reductions in parenting stress⁵
- More positive family interactions⁶

¹Siller & Morgan, 2018; Scahill et al., 2016; Posterino et al., 2017; ²Koegel et al., 1982; ³Mahoney & Perales, 2005 ⁴Frantz, Hansen, & Machalicek, 2018; ⁵Tarver et al, 2019; ⁶Koegel, Bimbela, & Schreibman, 1996



Providing *Parent Coaching* via Telehealth





Goals of *Coaching*

Teach the parent new ways of interacting with their child Recognize the parent's strengths and effort

Provide opportunity for parent to practice and receive feedback Jointly identify and problem solve barriers

Increase parent's independence during daily activities

01

Check in and set session *agenda*



02

Review practice *plan*





03

Introduce *new* technique

2/7

movement. For example, if your child is running back and forth, you can give him a bear hug to stop hi from moving. If your child is trying to make it to a favorite chair, you can "beat" him to the chair and s in it first.



While many children find playful obstruction silly and enjoyable, it can also be frustrating for some children when another person blocks their play. You can use a number of strategies to minimize your child's frustration while using this technique.

If your child is playing with toys, try to make the playful obstruction part of the play theme. For example, if your child is pushing a car, you can place your leg in front of the car and tell the child "a log fell in the road!" You can also use something silly, like a puppet or blanket, to block your child's play. This way, the object becomes the "culprit" rather than you. Finally, it is important to stay animated when you use playful obstruction. Your animation tells your child that this is supposed to be fun, rather than frustrating! When playful obstruction is used in this playful way, most children come to enjoy it.

However, some children may continue to become very frustrated by this technique. Therefore, it is important to monitor your child's frustration and consider using this technique less often if it makes R DE-A VOICE

04

Demonstrate the *technique*



05

Demonstrate the *technique*



06

Reflect and plan for practice

		Key Points:
	Self-Check	Use playful obstruction or balanced turns
		Help your child anticipate the disruption
0	Exercises	Wait for your child to respond
0	Homework	Respond to your child's communication
	Reflection	1. Which of your child's social engagement goals will you address?
		#3- Gabe will imitate new play actions #4- Gabe will pretend one thing represents another
		2. Which activities will you carry out?
		Taking ourns with chalk while drawing on the driveway. Sand \underline{I}
		3. How will you use the techniques from this lesson in these activities?



Acknowledgements



MSU Autism Lab Members

- Allie Wainer, PhD
- Katherine Pickard, PhD
- Karis Casagrande, MA
- Diondra Straiton, MA
- Katie Walton, PhD
- Natalie Berger, PhD
- Kyle Frost, MA
- Ana Pomales Ramos, BA
- Nikki Bonter, MSW
- Kate Shannon, PhD
- KC Berry, PhD
- Kaylin Russell, BA
- Kate Bailey, BA
- Undergraduate RAs

MSU Autism Lab Members

• Anna Dvortcsak, MS, CCC-SLP

Funders

- HRSA/MCHB
- CDMRP
- MSU RAIND