



Using telehealth to deliver parent training for autism

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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

01

Improve Parent-Child
Interaction

02

Teach Developmental
Skills

03

Manage Challenging
Behavior

- 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

Provider Role

- Collaborate with parent to develop goals for the child
- Help parent use strategies with the child

Parent Role

- Use strategies during daily routines and interactions with the child



Outcomes of *PMI* in ASD



Child Outcomes

- Improvement in social communication, adaptive skills, and behavior¹
- Generalization and maintenance of skills²
- Time- and cost-effective³

Family Outcomes

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

Evidence-
Based
Practice

(NRC, NPDC-ASD, NSP)



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

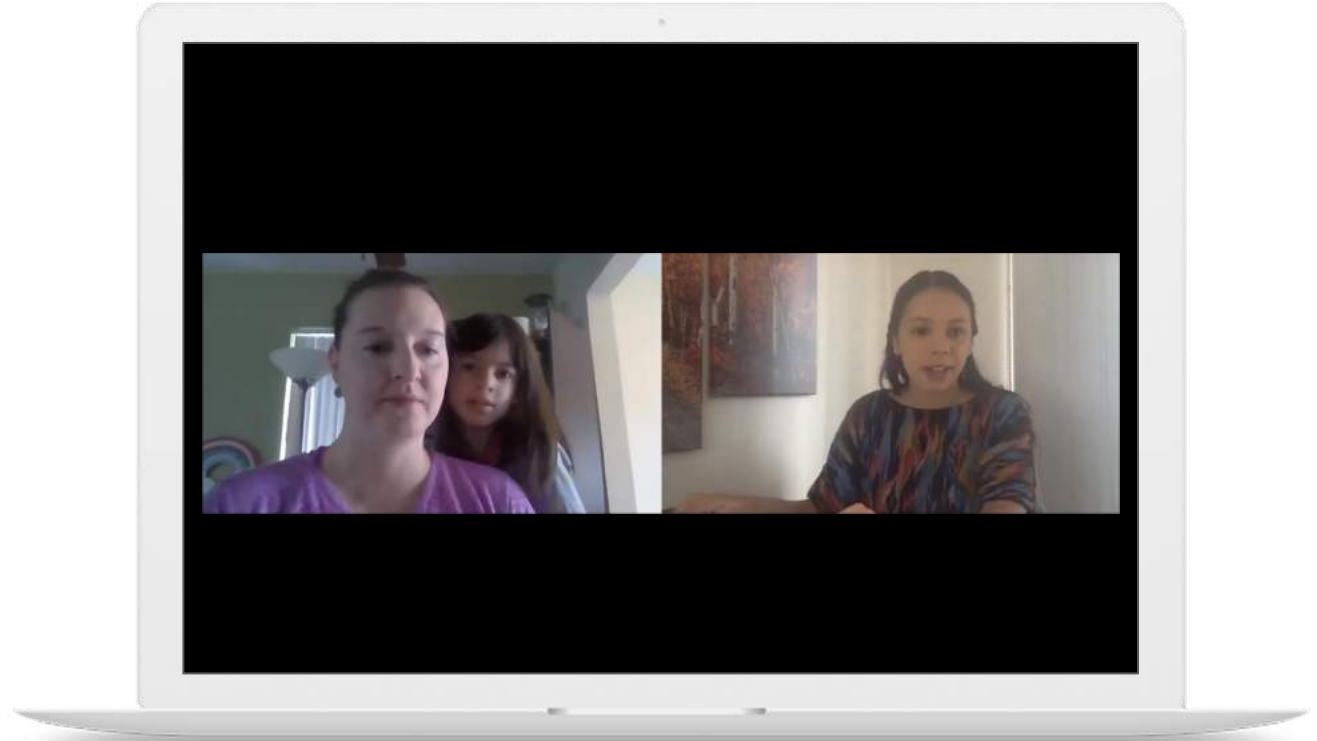
Jointly identify and problem solve barriers

Increase parent's independence during daily activities



01

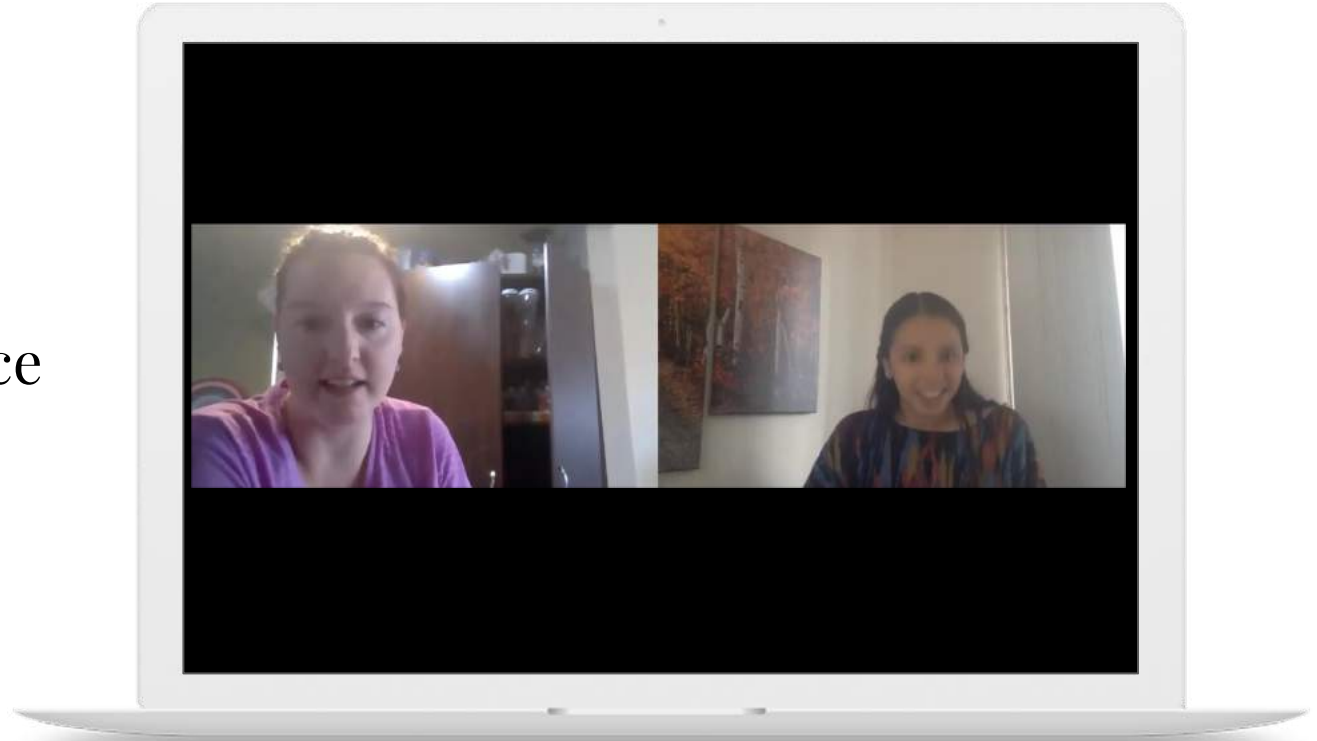
Check in and
set session
agenda





02

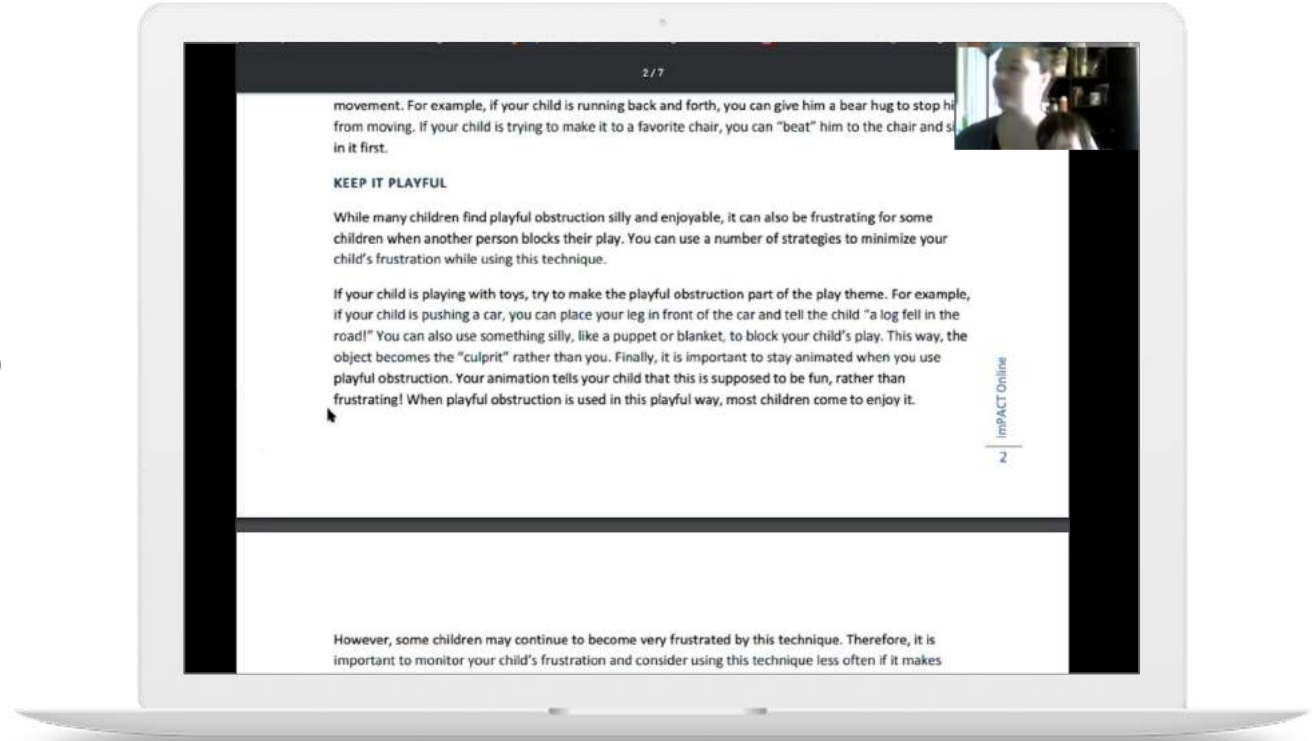
Review practice
plan





03

Introduce *new* technique



04

Demonstrate
the *technique*



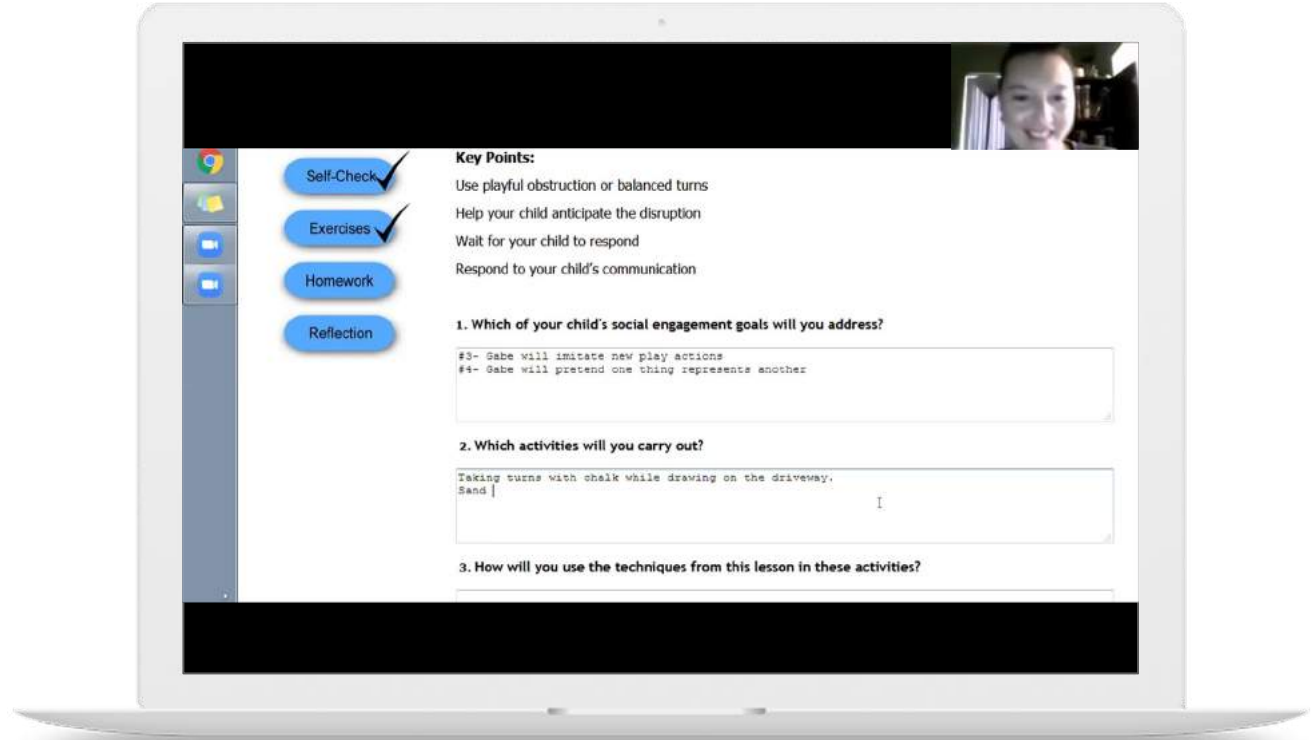


05

Demonstrate
the *technique*



Reflect and plan for practice





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