



**California
Psychcare**

a 360 Behavioral Health company

Autism Awareness



Red Flags for Autism

Review these warning signs to learn more about the red flags for autism.

1 Children with autism may exhibit delays in developing speech and language skills, and inability to understand meaningful nonverbal communication. There may be a problem if:

- By 12 months, there is no babbling or “baby talk.”
- By 16 months, the child has not spoken a word.
- By age 2, there have been no meaningful two-word phrases.
- The child displays jargon speech (made-up language), or imitates what caregivers say, and repeats it over and over.
- The child has poor eye contact and won’t look at the parent when being fed or when people smile at him or her.
- The child seems unable to understand or use hand gestures, including pointing and waving.
- The child does not imitate anyone else’s movement and does not seem to notice other people’s facial expressions.
- The child does not seem to recognize or respond to their name being called.

2 Children with autism may lack social understanding and interest in interaction. They may:

- Appear disinterested or unaware of those around them.
- Not know how to connect with others, seek out play, or make friends, or how to establish and maintain age-appropriate relationships.
- Not show enthusiasm/enjoyment during interactions or do not display shared enjoyment.
- Display aggression toward others.

3 Children with autism may exhibit rigidity, inflexibility and certain types of repetitive behavior such as:

- Insistence on following a specific routine.
- Difficulty accepting changes in the schedule.
- A strong preoccupation with a particular interest.
- Having an unusual attachment to a toy or other object.
- Lining up or arranging items in a certain order.
- Repeating the same actions or movements over and over again.
- Examining objects closely or from the corner of the eye.
- Fascination with spinning objects and his or her reflection in the mirror.
- Rocking, hand-flapping, twirling and finger-flicking.
- Self-directed aggression, such as head-banging.

4 Children with certain types of autism may have a sensory hypersensitivity shown by:

- Resistance to touch and cuddling – the child doesn’t reach out to be picked up.
- Unusual reactions to light, taste, smells, textures, and sounds.
- Hypersensitivity to loud noise.

If you recognize any of these behaviors, it may be time for a Comprehensive Diagnostic Evaluation to determine if the child has autism or other developmental disorder or delay.

An early diagnosis and initiating ABA-based Behavioral Health Treatment (BHT) as soon as possible will help the child over the course of his or her life.

The Prevalence of Autism & Importance of Early Diagnosis & Intervention

In 2020, the CDC reported that approximately 1 in 54 children in the U.S. are impacted by autism. This statistic reflects only those cases that have been diagnosed. Many other cases likely go undiagnosed. Based on these metrics, it is clear that the prevalence of autism in America is cause for concern.

Early child development is a complex and long-studied process that includes the identification of developmental “milestones” for specific age ranges that indicate whether infants and toddlers are developing at the same rate as their peers. Missing critical developmental milestones should not be overlooked because these “misses” may represent initial indicators of a developmental delay or disability such as autism.

It is important that parents collaborate with their child’s pediatrician to identify autism and other developmental disabilities or delays as early as possible – and initiate ABA-based Behavioral Health Treatment (BHT) as soon as possible – to ensure the child has the opportunity to learn key skills that typically develop very early in life.

It is never too early for a general developmental evaluation. The American Academy of Pediatrics recommends that pediatricians screen for developmental delays at every checkup. Studies demonstrate how behavioral signs of autism can begin to emerge in children as early as 6 to 12 months old, but most professionals who specialize in diagnosing the disorder will not attempt to make a definite diagnosis until 18 months.

Knowing how important it is to identify autism and similar conditions as early as possible, and how impactful early intervention can be over the course of a child’s life, we have prepared this informational brochure to help raise awareness of autism. We hope this information is helpful.



Dr. Jeremy Wilson
Vice President of Clinical Quality
360 Behavioral Health



ABA-Based Behavioral Health Treatment is the gold standard of care for individuals with autism or other developmental challenges or delays.



Why ABA-Based Behavioral Health Treatment?

Applied Behavior Analysis (ABA) is a scientific approach used to identify environmental variables that influence socially significant behaviors and for developing practical behavior change procedures. ABA-based Behavioral Health Treatment (BHT) is grounded in ABA and is the only non-medical, evidence-driven therapy proven effective in the treatment of autism and other developmental delays or disabilities. It is the most widely accepted approach to assess and treat individuals impacted by these conditions.

ABA-based Behavioral Health Treatment sessions can be conducted one-on-one or in a group setting and can occur in person or virtually via telehealth. Sessions take place in the home, in a clinic, in school or out in the community. Treatment plans are tailored to meet the specific needs of each child.

Programs are goal-focused and designed to address an array of skill deficits across communication and social skills, developing positive peer relationships, self-help and daily living skills such as dressing and hygiene routines, and safety awareness such as crossing the street.

At its core, ABA-based Behavioral Health Treatment promotes the overall independence of the child through their adulthood and helps individuals function more effectively in their natural environments.

The Process: Diagnosing & Treating Autism

Early diagnosis and early intervention can contribute to a child's success in school, the workplace and the community and can make a positive impact on a child's developmental path and accomplishments well into adulthood.

1

Pediatrician Visit

Parent & Child visit Pediatrician for a routine checkup or to discuss specific developmental or behavioral concerns.



2

General Developmental Evaluation

Pediatrician conducts a basic developmental screening to assess the likelihood of autism or other developmental disability or delay.



3

Referral for Comprehensive Diagnostic Evaluation

If Pediatrician determines that autism or other developmental disability or delay is possible, Pediatrician provides a referral for Child to see Specialist who can conduct a Comprehensive Diagnostic Evaluation (CDE). Specialists that can conduct the CDE include Neurologists, Psychologists and Psychiatrists. Developmental Pediatricians – with special training in child development and children with special needs – may also conduct the CDE.



8

BHT Services Continue

BHT services continue and are reauthorized by the health plan for as long as services are deemed necessary and appropriate by the BHT services provider and health plan.



7

BHT Services Authorized & Begin

The BHT services provider submits the FBA findings to the health plan and an authorization for BHT services – based on the findings – is received from the health plan. Once the authorization for BHT services is received, BHT services are scheduled and begin.



Functional Behavioral Assessment Authorized, Scheduled & Conducted

Parent completes the intake process with the BHT services provider and an authorization for a Functional Behavioral Assessment (FBA) is received from the health plan. The FBA is an in-depth evaluation to understand Child's challenging behaviors and what may be causing or contributing to them, as well as recommendations about how to address the behaviors. Once the FBA authorization is received, the FBA is scheduled and conducted.

BHT services are typically funded by the Child's health plan. Additional services may be provided through the Child's school district or through state funded programs administered by the local regional center.



4

Comprehensive Diagnostic Evaluation Authorized, Scheduled & Conducted

Parent coordinates with Child's health plan to identify an authorized / contracted Specialist who can conduct the CDE and receives an authorization from the health plan for the CDE. Once authorization for the CDE is received, the CDE is scheduled and conducted.



5

Diagnosis Returned

If the CDE returns a diagnosis of autism or other developmental disability or delay, Parent works with Child's health plan to identify an authorized / contracted service provider that can provide ABA-based Behavioral Health Treatment (BHT) services to Child.

Want to Learn More?

If you would like to learn more about autism or ABA-based Behavioral Health Treatment, we would be happy to connect you with one of our autism specialists.

833.227.3454
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Our Family of Providers



California Psychcare (CPC) is part of the 360 Behavioral Health family and provides ABA-based behavioral health treatment services to infants, children, adolescents, young adults and adults impacted by autism or other developmental disabilities through our in-home, in-clinic, school based and telehealth delivery models.



Behavior Respite in Action (BRIA) is part of the 360 Behavioral Health family and provides traditional and specialized respite, daycare and attendant care services to individuals of all ages who are impacted by autism and other developmental disabilities.



Willowbrooks Behavioral Health supports CPC and BRIA clients as a preferred provider for 360 Behavioral Health. With a focus on Comprehensive Diagnostic Evaluation (CDE) services for individuals with autism and other developmental disabilities or delays, Willowbrooks also offers counseling services to support individuals, couples and families.