

## About the Course

### Course Audience

Autism Navigator for Primary Care is an online course for providers who work with the general pediatric population. This includes physicians and other healthcare providers in primary care, service coordinators and other team members in early intervention systems making decisions about eligibility, as well as child development specialists in early learning environments who screen and make referrals. This interactive web-based course is designed to increase the capacity for universal screening in primary care settings to improve early detection of ASD, make referrals for children with or at risk for ASD, and help families access resources, support, and early intervention sooner.

### Course Content

Autism Navigator for Primary Care is a 7-hour online self-paced course that uses interactive slides with audio narration, closed captions, and illustrative video clips. You also have links to web resources, research briefs, supporting documents to help you learn and apply the information, and documents to share with families. Our Primary Care course uses an unparalleled video library with more than two-dozen different toddlers with autism, most 18 to 24 months of age. Video clips illustrate core diagnostic features, key social communication milestones and early signs of ASD, how to gather and share information with families, and evidence-based early intervention strategies and supports used by families of toddlers with autism in everyday activities. Each video player contains sets of video clips that compare and contrast features across children, families, or contexts with commentary that recaps key points and highlights critical behaviors.

The units range from 15 minutes to two hours of content for a total of 7 hours. We have developed the content to build across units, but you can decide which order you want to go through the units or the slides and video players within a unit, and how much of the content you want to complete. We hope you will return to the course later as a resource to watch more or to use the tools when you need the information with families you serve.

#### Units at the Knowledge and Skills Level

- |                             |                                |
|-----------------------------|--------------------------------|
| 1) Core Diagnostic Features | 4) Collaborating with Families |
| 2) Prevalence and Causes    | 5) Screening and Referral      |
| 3) Early Detection          | 6) Early Intervention Basics   |



The course provides information about the Early Screening for Autism and Communication Disorders or the Smart ESAC, an online screening tool designed as a universal screen for communication delay and autism for children 9 to 30 months in primary care settings based on parent report. You will learn about the collection of Autism Navigator online courses tools, and resources available to families who are screened with the Smart ESAC and how these support partnerships among primary care, early intervention, early learning, and families.

Our e-learning platform includes a printed script of the content for each unit that you can download. At the end of each unit, you will complete a brief Check Your Knowledge activity. You can also complete a Learner Assessment with multiple-choice questions about information presented in each unit. You can then download or print a certificate of completion for each unit. Your Autism Navigator certificate of completion can be used to claim Continuing Medical Education (CME) or other continuing education units.

### The Bells and Whistles that Come with the Course

Users with an annual subscription who complete Autism Navigator for Primary Care can apply to use the Smart ESAC and FIRST WORDS Project E-Co-System in your practice or agency. Families screened with the Smart ESAC are invited to the online portal with links to the Seamless Path to 5 online resources. All families are invited to (1) the 16 by 16 Lookbooks and (2) the Social Communication Growth Charts. Families with a positive screen for autism are invited to (3) About Autism in Toddlers and (4) the ASD Video Glossary. With an annual subscription to Autism Navigator for Primary Care, you also get up to 20 seats in the (5) How-To Guide for Families, a value of \$625 per seat, to invite 20 families with a positive screen for autism who are ready to get started supporting their child's learning.

For individual and group pricing information, email [sales@autismnavigator.com](mailto:sales@autismnavigator.com) or call 1-844-427-3457 | 1-844-4ASDHLP

## What You will Learn from Autism Navigator® for Primary Care

### Unit 1: Core Diagnostic Features (30 minutes)

- Core diagnostic features of autism spectrum disorder (ASD) based on the DSM-5
- Video illustrations to help you recognize diagnostic features in young children
- Why ASD can be easy to miss if you don't look at the combination of features
- How the diagnostic features impact individuals with ASD across the lifespan

### Unit 2: Prevalence and Causes (15 minutes)

- Current information on prevalence of autism is increasing and what causes autism
- Web resources to stay up-to-date and share information on this topic with families

### Unit 3: Early Detection (2 hours)

- Key social communication milestones in infants and toddlers in 5 developmental domains—play, language, social interaction, emotional regulation, and self-directed learning
- How the early signs of autism unfold and impact development and learning in these 5 developmental domains
- How to differentiate late bloomers from late talkers with persisting language problems
- Importance of early gestures and what are the 16 gestures that all children should have by 16 months
- What are 22 red flags of ASD in toddlers in the core diagnostic domains to improve early detection in primary care
- Video illustrations to practice observing these early red flags for ASD in toddlers



### Unit 4: Collaborating with Families (1 hour)

- Impact of autism on the family and the range of responses that families experience
- Family perspectives on learning their child may have autism and the impact on the family when early signs are missed
- Having difficult conversations with families and how to identify touch points to guide these conversations
- Professional perspectives on how to build consensus with families on the early signs and promote ongoing collaborations with families

### Unit 5: Screening and Referral (1 hour and 15 minutes)

- Recommended guidelines for screening and developmental surveillance and reasons why detection rates are so low
- Considerations for choosing the most accurate tools for broadband and autism-specific screening in primary care
- How the Smart ESAC can improve early detection in primary care
- Important role of primary care and the medical home in screening, referral to determine eligibility and for further evaluation, and follow-up for ongoing support
- How Autism Navigator online resources and tools can help support partnerships with families and providers to improve early detection and access to early care

### Unit 6: Early Intervention Basics (2 hours)

- Why learning in everyday activities in the natural environment is so important to achieve the intensity needed for toddlers with ASD
- Critical ingredients of evidence-based early intervention for toddlers with ASD
- The components of active engagement to prioritize intervention outcomes for toddlers with ASD
- The components of transactional supports for families to embed in everyday activities to promote active engagement
- Video illustrations of change with intervention from 18-36 months of age for 8 toddlers with ASD and their families
- What are early intervention services and how a family can get started in early intervention and find resources

## It Takes a Team to Support Families

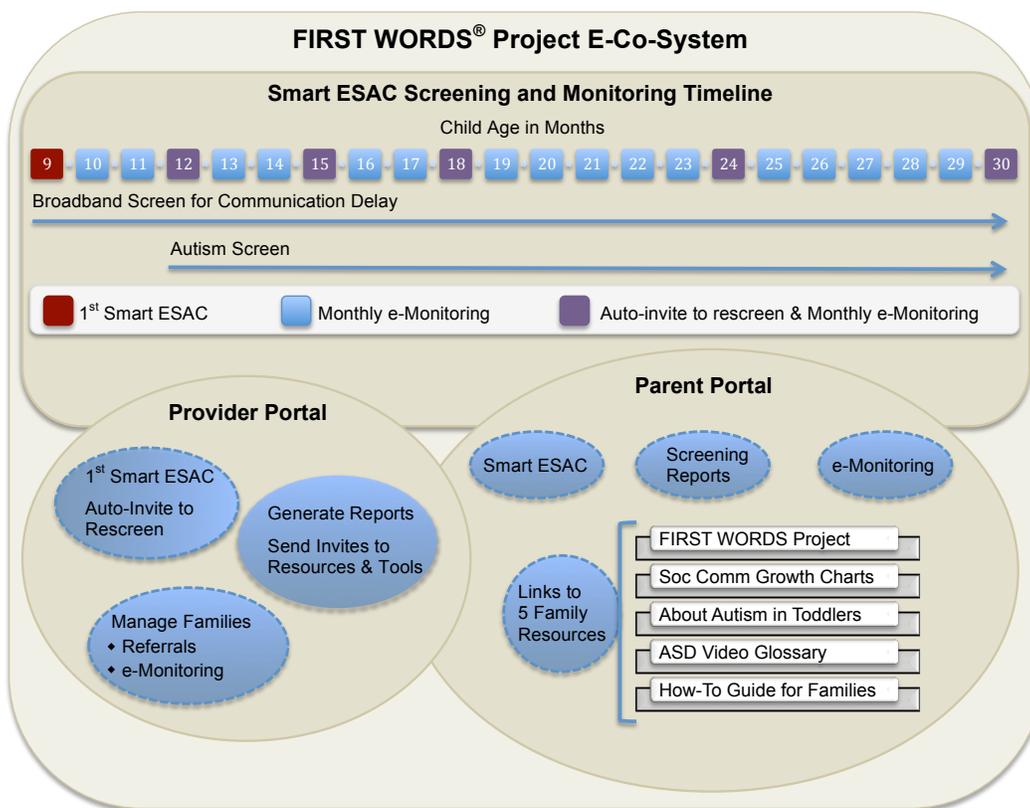
Autism Navigator courses and tools are designed to help support collaborative partnerships with the medical home, early intervention system, community service providers, early care and learning, and families to improve children's outcomes. Our online platform maximizes the use of technology to bring evidence-based practice to communities at a critical window of opportunity.

### Description of the Smart ESAC and FIRST WORDS® Project E-Co-System

The Smart ESAC, which stands for Early Screening for Autism and Communication Disorders, was developed by the FIRST WORDS Project at Florida State University to address limitations of existing screeners and challenges integrating autism screening into the workflow of busy primary care practices. Families are first invited for universal screening with the Smart ESAC beginning at 9 months of age and to join a parent portal. This portal posts the screening report and sends invitations to the tiered system of supports for families based on the child's screening outcome. Families are invited to be re-screened every 3 to 6 months until 30 months of age. The Smart ESAC will take the parent about 15-20 minutes to complete all 3 sections—the intro video with research permission, Smart ESAC, and Family and Child Information the first time and about 10 minutes to re-screen. The parent portal is linked with a tiered system of online courses, tools, and resources to support families.

The Smart ESAC is part of the Autism Navigator electronic communication system, or E-Co-System, that helps you gather and share information efficiently with families to engage them in the screening and referral process.

### Components of the FIRST WORDS® Project E-Co-System—the Smart ESAC, Provider Portal, and Parent Portal:



#### Unique features of the Smart ESAC:

- online universal screen for children 9-30 months for primary care settings based on parent report
- utilizes “smart” technology to offer a brief broadband screen for communication delay with 10 questions (ESAC-10) which then is seamlessly followed by 20 more questions, depending on the parent's response, to screen for autism (ESAC-30)
- includes a brief introductory video explaining the importance of early detection and features of the Smart ESAC to save staff time
- provides automated scoring so the provider has the screening results immediately and can generate a screening report to share with parents and save in the electronic health record.

#### Unique features of the E-Co-System:

- offers a provider and parent portal, as well as e-monitoring and auto-remind features
- if a child has a negative autism screen, an automated invitation is sent to the parents to re-screen with the Smart ESAC through the parent portal at the next target age between 12 and 30 months
- at well-child visits the provider can share the results with the parent
- parents of children with both positive and negative screens are invited to access the seamless path of online family resources, and answer monthly e-monitoring questions, tailored to the screening results
- parents can invite other service providers to view the portal to support team collaboration and communication

## A Seamless Path for Families



### 1 16 by 16™

**For all families**—the 16 by 16™ Lookbook series helps families and others learn critical social communication skills that children should reach by 16 months to help their child learn to talk.

Did you know that all children should have 16 gestures by 16 months? The 16 by 16™ series is a public awareness campaign designed to help families and others learn critical social communication skills that children should reach by 16 months in order to launch language learning, literacy, and much more by 24 months. This series of online Lookbooks illustrate with photographs each of the critical skills to provide a roadmap for families to monitor their child's early development and celebrate these important small steps their child is making. This information can help families notice small delays early in order to prevent bigger delays later and give all children an edge before preschool to better prepare for success in Kindergarten.

### 2 Social Communication Growth Charts

**For all families**—explore video clips to learn key social communication milestones that develop from 9 to 24 months and chart their child's social communication development.

Most parents and professionals are familiar with early motor milestones—when infants learn to hold their head up, turn over, sit up, crawl, and walk. However, few parents or professionals know the key milestones of social, communication, and language development. Yet these milestones offer a critical window into an infant's well being and are the earliest signs of healthy development and school readiness. These Growth Charts are available free to families who have been invited by their doctor or health care provider. Parents can explore our side-by-side video player to see video clips illustrating 80 social communication milestones that develop from 9 to 24 months of age in 5 different domains. They can watch the clips again with narration to see how they can support their child's development. Parents can chart their child's development and celebrate these early critical steps in development as they watch their child grow. The Growth Charts offer an unparalleled video library of hundreds of video clips of typically developing infants and toddlers interacting with their family in everyday activities. This information will help parents be better equipped to monitor their child's development and share and express their concerns with their primary care physician, if their child has not yet met expected developmental milestones.

### 3 Autism Navigator® — About Autism in Toddlers

**For families of children with a positive screen for autism**—learn about the early signs of autism with video clips of over a dozen toddlers with ASD at 18-24 months of age, and then see early intervention in action.

Our first online course free to the public is for families, professionals, or anyone interested in learning about autism spectrum disorder (ASD). You will learn about the core diagnostic features and early signs of autism in toddlers, the critical importance of early detection and early intervention, and current information on prevalence and causes of autism. This self-paced course has video clips of over a dozen toddlers with ASD at 18-24 months of age. It takes about 2 hours to go through the slides and videos, or you can spend a few minutes and visit again later.

### 4 Autism Navigator® — ASD Video Glossary

**For families of children with a positive screen for autism who want more information**—see a library of hundreds of video clips illustrating diagnostic features and many different interventions.

The ASD Video Glossary is a web-based tool built to help families and professionals learn more about the early signs of autism. This tool was developed by the Florida State University Autism Institute in collaboration with First Signs and Autism Speaks and has been available to the public free of charge since 2007. The Glossary contains more than 100 video clips illustrating the diagnostic features of ASD. Side-by-side video clips show behaviors that are typical in contrast with those that are red flags for autism. The Glossary also contains over 100 video clips to illustrate different common treatments available for children with autism. The ASD Video Glossary is being brought into the Autism Navigator collection and updated both in content based on the new DSM-5 diagnostic framework and in technology for accessibility on mobile devices. The updated ASD Video Glossary will be launched in early 2016.

### 5 Autism Navigator® — How-To Guide for Families

**For families who suspect their child has ASD**—get started right away and learn intervention strategies to use in their everyday activities, and support their child's learning and development.

This interactive web-based course is for families who suspect their toddler has autism or a social communication delay. It will put in the hands of families hundreds of video illustrations of evidence-based intervention techniques they can implement in everyday activities to support their child's learning as soon as they suspect autism. This self-paced course has 5 hours of interactive slides and 5 hours of video libraries. The course will teach families how to embed strategies and supports into their everyday activities, provide developmental growth charts to help families recognize and monitor meaningful outcomes, and offer video libraries to illustrate how to promote learning and development for toddlers with ASD. This How-To Guide for Families will also be instrumental for early intervention providers to use with families in early intervention to improve outcomes of toddlers with ASD and their families.