

Yale SCHOOL OF MEDICINE  
*Child Study Center*

November 20, 2013

To: Community Care Providers and Agencies  
Re: New treatment services for autism at the Child Study Center

Dear Colleagues,

I am delighted to announce our launch of a new line of clinical service for individuals with autism spectrum disorder (ASD). These services are evolving products of many years of experience treating individuals with ASD at the Yale Child Study Center:

- **Individual psychotherapy:** Sessions are tailored to the individual and are not restricted to any single approach (i.e., cognitive/behavioral, supportive, motivational, etc.). Instead, multiple approaches are used in combination based on their effectiveness for each unique individual. Sessions are available on weekly, biweekly, or monthly basis.
- **Medication Management:** Child, adolescent and general psychiatrists and a specialized nurse practitioner, all with expertise in treating individuals of all ages with developmental disabilities, are available to provide medication management services for common comorbidities and behavioral issues. Sessions occur on a weekly, biweekly, or monthly basis. Brief office visits for medication monitoring are also available.
- **Social Skills Group Therapy:** Groups are designed to optimize participants' knowledge and skill in interacting with others, regardless of the underlying reasons. Currently, two groups are offered: adolescent and young adult. Further, we expect an all-girl/young women's group to be convening early 2014. Group lessons occur in 6-week cycles meeting weekly for 50 minutes.
- **Speech-Communication Services:** In addition to participation in our multidisciplinary assessment, an ASHA-certified speech-language pathologist offers evaluations for all ages with assessment of articulation (i.e., speech clarity), receptive language (i.e., listening, understanding), expressive language and pragmatic language (i.e., social use of language for interactions with peers and others). Coordination of speech-language evaluations with other service areas (e.g., psychology, psychiatry, social work) is optional, as are integrated multi-disciplinary evaluations which address autism or other developmental delays. In addition we offer consultations with families and school teams regarding IEP construction and program implementation. Families and teams may seek our support to help with

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Development of measurable goals and objectives in the areas of receptive language, expressive language, and social-communication. We also support multi-disciplinary, collaborative teams seeking to help students generalize communication skills across settings (i.e., home, school, and community).

- **Partnership in Education Program (PIE):** provides in-service training to school districts, schools and other agencies on a range of topics relevant to autism, learning problems, bullying, and other issues. Please visit <http://childstudycenter.yale.edu/pie.aspx> for more information.

Services are provided by our internationally recognized faculty:

**Fred R. Volkmar, M.D.:** Medication management, in-service training

**Robert A. King, M.D.:** Individual psychotherapy and medication management

**Roger J. Jou, M.D., Ph.D.:** Individual psychotherapy, medication management, and groups

**Kathleen Koenig, MSN, APRN:** Individual psychotherapy, medication management, and groups

**Leah Booth, M.A., CCC-SLP:** Speech-Language assessments, groups and consultations

**Alexander Westphal, M.D., Ph.D.:** Legal consultations

We are enthusiastic that this new line of service will help the ASD community tremendously by filling a large void in available clinical services. Should you have additional questions, please feel free to contact me directly. If you have patients, clients or families who might be interested, please refer them to **Danette Morrison at (203) 785-3420**. For more general information about the Child Study Center, please visit our web site at <http://childstudycenter.yale.edu>.

Thank you for your on-going support and we look forward to providing additional services to those in need.

Sincerely,

