



## Washington State Medical Home E-Update

News from the Washington State Medical Home Leadership Network  
Summer 2012

### New Alliances Improve Access to Local Developmental Services – Community Asset Mapping Update

#### Issue Articles

[New Alliance Improve Access to Local Developmental Services- CAM Overview](#)

Community Highlights:

[Lewis County](#)

[Walla Walla County](#)

[Island County](#)

[Benton-Franklin Counties](#)

[Skagit County](#)

[South Sound Autism Partnership-Madigan Army Medical Center and Greater Pierce County](#)

[CAM Contacts](#)

[Vignette: A Trip to Lewis County](#)

[MHLN Staff and Funding](#)

#### New Alliances Improve Access to Local Developmental Services

When concerned about a child's development, do health care providers and families know what assessment and intervention services are available locally and how to access them? Are the services arranged in ways that are efficient and user friendly to both families and providers?

Communities across Washington have improved the early identification and diagnosis of children with autism and other developmental concerns by bringing together pediatricians and other primary care providers, families, educators, public health, early intervention, and other service providers in their communities. Through the facilitated process called **Community Asset Mapping (CAM)**, communities have expanded existing resources and unlocked new energy. **Medical Home Leadership Network (MHLN) teams** have been at the forefront of these efforts.

Five communities have participated in a formal version of CAM with outside technical assistance and have gone on to develop additional activities. These communities are in **Lewis, Walla Walla, Island, Benton-Franklin and Skagit Counties**. Other communities that have used pieces of the CAM process on their own include **Yakima, Whatcom, and Madigan Army Medical Center and the South Sound Autism Partnership (Greater Pierce County)**. After CAM communities have made inroads in improving their early identification and assessment systems, they often begin working on improving a broader range of post-diagnosis services for children and families.

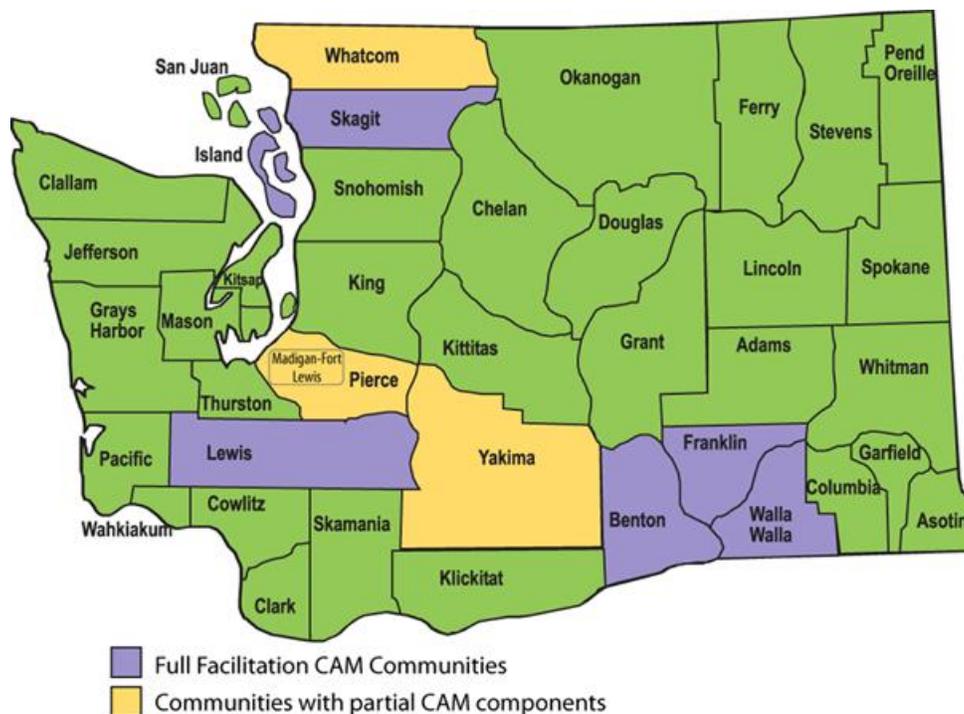
There are opportunities for new communities to join CAM. Priority for the coming year is given to counties that are participating in the WCAAP's Great MINDS (**M**edical **H**omes **I**nclude **D**evelopmental **S**creening) trainings: Whatcom, Pierce, Clark, Snohomish, Spokane and Thurston.

A toolkit providing an overview of the CAM process, templates used to support the process, and lessons learned is now available on the Medical Home website on the [Autism Systems work page](#). Our hope is that many communities will be able to use this material to initiate or further local service improvements. The [CAM TA team](#) is also available to answer questions. For more information see

<http://www.medicalhome.org/leadership/autism.cfm#mapping>

CAM is supported through the UW LEND program, the Washington State Department of Health, and the Medical Home Leadership Network (MHLN). The goal of this work is to establish coordinated and accessible systems of care enabling families to receive timely and appropriate developmental screening and support through the diagnostic process for autism spectrum disorders (ASDs) or other developmental concerns. This includes working with the [multidisciplinary autism diagnostic centers](#) across the state, the local school districts, community health providers, early childhood providers, public health and many others. It also includes identifying the training and technical assistance needs of communities in an effort to improve the identification and diagnosis of ASDs, and providing that training locally.

The CAM project grew out of a summit in 2009 held by the state [Washington Autism Advisory Council](#) and has benefited greatly from the active support of the council as a whole. Generous volunteer technical assistance from individual council members has been particularly valuable for the community coalitions. **Dr. Glenn Tripp**, Medical Director, Developmental Services at Mary Bridge Children's Hospital and Health Center in Tacoma and **Dr. Charles Cowan**, Medical Director of the Autism Center at Seattle Children's have provided valuable regular in-person presentations, consultation and community dialogues with CAM communities over the past two years. Dr. Tripp has been working closely with Lewis and Walla Walla Counties and Dr. Cowan has been collaborating with Island and Skagit, as well as providing individual Grand Rounds presentations to providers in Bellingham and the Tri-Cities. **Dr. Diane Liebe, Jackie McPhee and Cindy Carroll** of the Yakima Children's Village have provided valuable technical assistance to Walla Walla. These outstanding individuals are also either current or "emeritus" MHLN team members. Thank you all for your outstanding commitment to improving care for our most vulnerable children and families.



*Please enjoy some highlights of recent work in Washington communities participating in CAM in this newsletter update.*

### Community Highlights

#### Lewis County

The Lewis County Autism Coalition meets monthly. These meetings are facilitated by Bill Weissman, a professional facilitator hired for this task and funded through locally-obtained grant monies. In June, the coalition adopted the

following mission and vision statements:

**Mission:** To be a catalyst for community action and partnerships that support families and advance success in school, work, and life for children on the autism spectrum.

**Vision:** Lewis County values and supports lifelong success for all individuals and families living with autism through access to quality education, recreation and employment resources.

The group developed a “road map” for families about how to proceed when there are concerns about autism. The [road map](#) is available in English and Spanish.

The School/Medical Collaboration Team continues to meet. They have been working on two tools in particular:

- 1) Dr. Jennifer Polley and Mary Chmelik, ARNP have joined Dr. Becky Turnbull, ESD special education director, and the school psychologists to develop a tool for pediatric practices and schools to share information about the children they both serve. The tool assists in evaluating and qualifying children for special education, medical services and developmental therapies. This document will be piloted in the next few months. Dr. Glenn Tripp, developmental behavioral pediatrician from Mary Bridge Children’s Hospital and Pierce County MHLN team member, is providing technical assistance to the effort.
- 2) The team is in the process of finalizing an algorithm or road map for primary care providers. The algorithm was developed by Mary Chmelik, ARNP, Lewis County MHLN team member as part of her [UW LEND](#) traineeship. This provider roadmap provides typical child development milestones as well as ‘red flags’ for children suspected of having autism. This algorithm will be distributed widely throughout Lewis County this summer along with training on autism screening with the MCHAT for family medicine physicians in Lewis County.

School district trainings on autism were initiated by the Coalition and are continuing. The Lewis County Autism Coalition also started an autism summer playgroup for children ages 3-8. This weekly playgroup is available to the public and will have educational presentations at each meeting, including speakers from PAVE, Parent to Parent, an occupational therapist and a nutritionist.

The Coalition’s first conference was held September 23, 2011 and focused on Autism Awareness with Dr. Wendy Stone of the UW Autism Center as keynote speaker. Plans are underway for the coalition’s second annual conference. Dr. Glenn Tripp will be the keynote speaker. This conference on autism for school educators, parents, and other community members will take place November 2, 2012 (For more information contact Rayna Austin, [into@reliableenterprises.org](mailto:into@reliableenterprises.org) or 360-748-4359).

The Coalition is starting a quarterly newsletter, with the first issue to come out in August.

The coalition has been awarded a \$15,000 Foundation for Early Learning Grant and a [\\$12,000 AAP CATCH Grant](#) to continue their work. The CATCH grant will provide for the implementation of an Autism Behavioral Center at Pope’s Kids Place with strong links to the Autism Coalition.

### **Walla Walla County**

The Walla Walla Medical Home team continues its autism focus. The team functions as the core of the larger Walla Walla Autism Coalition and meets every other month. Over the past year they have focused on continuing their activities in two primary areas:

- 1) Improving awareness, screening, assessment and treatment services to children and their parents for general developmental and Autism Spectrum and other Neurodevelopmental disorders, and
- 2) Improving communication and collaboration between school district professionals and medical home providers.

The Autism Coalition has helped bring together a multidisciplinary group to serve children in the local Walla Walla Public school district thus saving their families a five-hour car trip to Seattle. The coalition is also developing “road

maps” for families and providers.

The team organized two visits from autism expert Dr. Glenn Tripp, Mary Bridge Children’s Hospital, the most recent on May 11, 2012. Local pediatricians and other primary health care providers, school psychologists and other educators, early childhood providers, public health, early Head Start and other interested groups were invited to join several different meetings. Dr. Tripp shared updates on autism evaluation and services and helped lead interactive discussions with community school, health care and early childhood providers about new ways to collaborate to improve services for kids. The Walla Walla community was very interested in hearing more about how this working in Lewis County, where Dr. Tripp is also providing technical assistance. The pediatricians from two of the biggest practices met with Dr. Tripp to discuss their specific identification and management questions. They were then joined by school personnel for a joint discussion about how they can enhance their collaboration. There was an additional meeting with early childhood groups such as early Headstart and child care providers.

The Coalition has also been very busy promoting the work of the Learn the Signs. Act Early (LTSAE) campaign. [LTSAE](#) is the CDC’s National Center on Birth Defects and Developmental Disabilities initiative to educate parents about childhood development and encourages developmental screening. LTSAE materials include information on early warning signs of developmental disorders, including autism. WA State’s campaign targets Spanish-speaking, Hispanic families with children under the age of four years who live in rural, underserved, and designated Health Professional Shortage Areas—areas where migrant populations in particular have difficulty accessing primary care. The Walla Walla coalition has been using and encouraging others to use and promote the materials in their own work.

The Walla Walla Autism Coalition has given birth to a related workgroup. Inspired by participation in the Autism coalition, Dr. Joseph Wren, a pediatrician with Adventist Health Medical Group is working with a group called the Children’s Focus Group to develop the Walla Walla Valley Children’s Center. The Children’s Center is modeled on the Children’s Village in Yakima and would be a place for children with developmental and other medical needs to receive services locally instead of having to travel large distances. Dr. Wren and the Children’s Center Focus group received a [\\$12,000 CATCH planning grant](#) in 2012 from the American Academy of Pediatrics to implement planning for the Center and meet monthly.

Kudos to this group for their use of media! They have developed a great [video](#) featuring parents of CSHCN in Walla Walla and Dr. Wren, discussing the need for the Children’s Center. The video is available on the group’s [Facebook page](#). Check it out!

### Island County

The Island County Autism Task Force continues to meet quarterly with an emphasis on providing a forum for problem solving around challenging situations in providing care for children with autism in the community. Dr Ellen Davis, the UW LEND Director, attended the Autism Task Force meeting on April 20, 2012 to facilitate a community discussion around challenging behaviors in children with autism. Dr Marna Schwartz, a pediatrician from Alaska and Alaska LEND Trainee, also attended this meeting to gain more insight on the process of CAM in our state. She hopes to bring this process to her community. Through the work of the Autism Task Force a document has been created for the community that lists providers, the services they provide, and contact information.

In July, the Autism Taskforce met to discuss how to best implement the Birth to 3 guidelines for autism services that have been developed by the Washington State Department of Early Learning. These new guidelines are designed to provide direction for birth to three centers to better support children in Washington State with Autism Spectrum Disorder (ASD). **In general, the guidelines promote early and intensive behavioral intervention for young children with ASD, and highlight the need for more intensive or child-focused treatment. Through the collaboration of members of the taskforce, families will be able to have coordinated care between the birth to 3 center and the various providers in the community that serve a child and his/her family.**

A link to the guidelines is: [http://www.del.wa.gov/publications/esit/docs/ESIT\\_Autism\\_Guidelines.pdf](http://www.del.wa.gov/publications/esit/docs/ESIT_Autism_Guidelines.pdf).

### **Benton-Franklin Counties**

Benton-Franklin Counties participated in a facilitated CAM process in February 2011. While they are not currently meeting as a formal taskforce, there are many local partners working to further autism services in their community. Benton-Franklin Health District has been busy promoting the Centers for Disease Control's "Learn the Signs. Act Early" (LTSAE) campaign. [LTSAE](#) is an initiative to educate parents about childhood development and encourages developmental screening. On July 27<sup>th</sup>, they had a community provider meeting where the materials were presented as the base of the [Tiers to Autism Spectrum Disorders \(ASD\)\\* Diagnosis and Referral of Other Disorders](#) developed by the Washington State [Combating Autism Advisory Council](#). The community was very appreciative of the ongoing support from Dr Chuck Cowan, Medical Director, Seattle Children's Autism Center who was the keynote speaker. Other partners for the presentation were the [Responding to Autism Center](#), who presented on the Focused Developmental Screening options and [CADET](#) (Comprehensive Autistic Disorders Evaluation Team) who presented on the components and process for an ASD assessment and diagnosis. Dr. Cowan finished with a call to action to the attendees to continue community efforts to identify and improve systems for families locally.

### **Skagit County**

Skagit County is the most recent community to undertake CAM. The Skagit County MHLN team worked with the [Children's Council of Skagit County](#) (the local interagency coordinating council) to organize a facilitated discussion May 11, 2012. In preparation for the meeting, team member Cindy Hubert and her colleagues pulled together a list of all the autism spectrum disorder resources services available to children and families in Skagit County. This meeting helped the community identify existing strengths and gaps in serving **all** children with developmental disabilities.

A total of 20 people from Skagit County attended this meeting, including representatives from Sedro-Woolley School District, Mount Vernon School District, Conway School District, Anacortes School District, SPARC, Skagit County Public Health District, Skagit County Community Services, ARC of Island and Skagit Counties, School Psychologists, Compass Health, Parent to Parent, the Division of Developmental Disabilities, Skagit Valley Hospital, private therapy Providers, Head Start, and the Autism Outreach Project.

The Skagit County coalition prioritized two areas at their May 11<sup>th</sup> meeting: 1) to work collaboratively to establish an interdisciplinary community-based diagnostic and intervention program or system and 2) to continue to enhance partnerships and communication with medical providers.

The coalition determined that a medical presentation on autism to physicians and other providers who serving children would help raise awareness of their activities. Dr. Cowan from Seattle Children's Autism Center provided a well-received Grand Rounds on diagnosis and management for children on the autism spectrum and on the usefulness of CAM in helping communities address the needs of children and their families. The Grand Rounds presentation was held at Skagit Valley Hospital on June 15, 2012 and included free CME for physicians. Dr. Cowan and Dr. James Harle from the [Sendan Center](#) in Bellingham (a new center providing interdisciplinary diagnostic and treatment services to families affected by autism spectrum) attended the community coalition meeting after the presentation to begin planning how to implement the new coalition activities.

A core work group and larger coalition have begun meeting monthly to plan future activities.

### South Sound Autism Partnership/Madigan Army Medical Center and Greater Pierce County

Tom Clingan, MD Developmental Pediatrician at Madigan Army Medical Center and Steve Altabet, PhD, Clinic Director at the UW Autism Center in Tacoma began meeting with local service providers and family support organizations as a result of participation in the state Autism Advisory Council. This group focuses on improving autism-related services in the South Sound area. The coalition has a large membership and meets monthly at the UW Autism Center. The coalition planned and held their first annual autism conference in Spring 2012 and are beginning to plan their 2013 conference. Additional information will be shared on their webpage:

[www.southsoundautism.org/](http://www.southsoundautism.org/)

County/community	Local CAM Contact	State Liaison
<b>Benton-Franklin</b>	<b>Carla Prock</b> Benton Franklin Health District carlap@bfhd.wa.gov	Kate Orville orville@uw.edu 206-685-1279
<b>Island</b>	<b>Rene Denman</b> Lead FRC, Island County Rene.denman@skagit.edu	Amy Carlsen carlsa@uw.edu 206-685-1293
<b>Lewis</b>	<b>Bill Weisman,</b> Facilitator grassrootsnw@comcast.net <b>Mary Chmelik</b> Pope's Kids Place chmelikarp@popeskidsplace.org	Amy Carlsen
<b>Skagit</b>	<b>Bill Cheney</b> School Psychologist Mount Vernon School District bcheny@mv.k12.wa.us <b>Cindy Hubert</b> FRC/Parent to Parent cindy@sparckids.org	Amy Carlsen
<b>South Sound Partnership</b> <a href="http://www.southsoundautism.org/">www.southsoundautism.org/</a>	<b>Steve Altabet</b> Clinic Director, UW Autism Center Tacoma saltabet@u.washington.edu	Kate Orville
<b>Walla Walla</b>	<b>Valerie Remboldt</b> CSHCN Coordinator vremboldt@co.walla-walla.wa.us	Kate Orville
<b>Whatcom</b>	<b>Gail Bodenmiller</b> CSHCN Program Coordinator GBodenmi@co.whatcom.wa.us <b>Eva Baharav</b> Professor Eva.Baharav@wwu.edu	Kate Orville
<b>Yakima</b>	<b>Cindy Carroll</b> CindyCarroll@yvmh.org <b>Diane Liebe</b> Medical Director dianel@yvfwc.org	Kate Orville

The CAM project evolved in 2009 from the work of the Washington State Autism Advisory Council and federal grants under the Combating Autism Act. Technical assistance to communities is provided by a CAM team staffed

by the University of Washington Leadership Education in Neurodevelopmental and Related Disabilities ([LEND](#)) Program (Amy Carlsen, RN and Sue Wendel, MS, OT-R), UW [Medical Home Leadership Network](#) (Kate Orville, MPH and Amy Carlsen, RN) and the Department of Health (Carol Miller, MPH).

- For more information please contact Amy Carlsen, RN [carlsa@uw.edu](mailto:carlsa@uw.edu) at 206-685-1293 or Kate Orville, MPH, [orville@uw.edu](mailto:orville@uw.edu), 206-685-1279
- The summer 2011 MHLN e-update has additional information about CAM as well: <http://www.medicalhome.org/leadership/documents/MHLNNewsSummer2011.pdf>

## **A Trip to Lewis County**

*By Amy Carlsen, RN*

In March I took the UW LEND Psychology Resident, Maureen Turner, with me to Lewis County. [LEND](#) stands for Leadership Education in Neurodevelopmental and Related Disabilities program. The purpose of the LEND is to provide training for health professionals who will assume leadership roles across the nation. The program participates in clinical research and policy development and partners with community programs to better serve the needs of children with disabilities and their families. Maureen and I had the opportunity to attend a meeting of the school/medical task force.

Lewis County has been part of the Medical Home Leadership Network (MHLN) and one of the pilot communities of the Community Asset Mapping Project (CAM). Through their Autism Coalition, the CAM process has been successful in assessing community strengths, resources and gaps related to diagnosing, serving and supporting both children with special health care needs and their families. CAM helps providers become more comprehensive medical homes by increasing their ability to (1) assure families receive coordinated care within their own communities and (2) improve collaborations between medical, educational and mental health providers for co-management of CSHCN.

Over the past 2 years members of the Lewis County MHLN and Autism Coalition have secured funding through various grants and supporters to move their efforts forward in providing early identification and services for children with autism in their community. The Autism Coalition was instrumental in helping plan the Families Forward conference last fall on Autism Awareness. They continue to support trainings in schools and daycares on early identification of autism, and have started a support group for parents of children with autism in their community. Key members of the school districts, Birth to 3 programs, and medical community are working together to establish better ways of communication between each other that will ultimately serve all children with special needs. It has been a privilege for me to be involved in supporting this community in their efforts.

While we were there we were able to visit the two of the pediatric clinics in Lewis County.

The first place we visited was [Pope's Kids Place](#). Mary Chmelik, a nurse practitioner at Pope's Kids Place and a member of the MHLN, is one of the first University of Washington LEND distance trainees. The mission of Pope's Kids Place is to provide comprehensive and integrated health and social services with a focus on children with special needs.

Their services include:

- A Pediatric Clinic that provides a full range of medical services for all children from birth to age 21. This includes well baby checks and well children exams, sports physicals, illnesses, immunizations and all other children's medical needs. They specialize in children with chronic health care needs.
- Vivian's House provides respite care for medically fragile and disabled children with special health care needs. Parents and caregivers can bring their children to us for safe, nurturing care. They serve children from Lewis County and other surrounding counties.
- Pope's Kids Place Preschool serves a variety of kids from the community, both typically developing and

those with special needs.

- Pope's Kids Place children's dental program offers what can be referred to as the beginning stages of a child's dental experience. The staff focuses on an age appropriate dental exam and hygiene instruction along with application of fluoride varnish. Additional restorative services are also available if needed. The clinic provides a family friendly atmosphere and allows the parents to be a part of the experience.

I enjoyed seeing the bright smiles of the children in the respite care program and preschool, and was very touched by the commitment and love of the staff for these children.

Our next stop was [Northwest Pediatric Center](#). Drs Jennifer Polley and James Miller started this clinic in 1992 to provide expert care in a Christian setting. Their practice has grown to over 15,000 patients and 4 clinics. The staff includes MD's, ARNP's, RN's, and a Registered Dietitian. Services include an Asthma Program and various specialty clinics. In this clinic, we enjoyed the welcoming environment and the many forms of artwork that are part of each assessment room; we evidenced the staff's awareness of the many of community services that are present in this clinic.

In the weeks that followed, Maureen was able to use her expertise in assessing and diagnosing children on the autism spectrum to help develop a 'worksheet' to begin the process of case management around specific kids in the community.

This trip was very inspiring to me. As a parent of a child with special needs, I am reminded that there are children everywhere who need extra services to support their growth and development. While I have many options available to me here in Seattle, I am always amazed at how creative smaller communities can be in providing for the needs of the children in their care.

In a time of governmental cutbacks and uncertainty around health care reform, it has been powerful to see communities come together to creatively use existing strengths and capacity for enhanced systems of service for children with ASD and their families. The networks that have been established in Lewis County and across the state are the strong force that will continue to carry this project forward. Thank you to all who work tirelessly for this cause.

The MHLN E-Update is written by project staff.

#### The Medical Home Leadership Network Project Staff

Kate Orville, MPH, Co-Director, [orville@uw.edu](mailto:orville@uw.edu)

Katherine TeKolste, MD, Co-Director, [kat423@uw.edu](mailto:kat423@uw.edu)

Amy Carlsen, RN, Family-Professional Partnerships, [carlsa@uw.edu](mailto:carlsa@uw.edu)

Anne Leavitt, MD, Child Health Notes Medical Writer, [anneleav@uw.edu](mailto:anneleav@uw.edu)

MHLN Community Teams: [www.medicalhome.org/leadership/teams.cfm](http://www.medicalhome.org/leadership/teams.cfm)

Funded by the Washington State Department of Health and the University of Washington Center on Human Development and Disability

