

Connecticut Department of Developmental Services

Division of Autism Services

Autism Spectrum Disorder Pilot Program

Autism Spectrum Disorders

- Autistic Disorder
- Asperger's Disorder
- PDD NOS Pervasive Developmental Disorder
Not Otherwise Specified

Autism Spectrum Disorder Pilot Program

- Purpose to develop a program model to provide services to adults with Autism Spectrum Disorders who do not also have Mental Retardation
- Connecticut DDS historically provides services to individuals with Mental Retardation
- Families were the driving force behind the legislature funding the Pilot
- Pilot designed to deliver services and supports using a Medicaid Home and Community Based Waiver model

Development of the Pilot

- \$1 million in funding July 2006
- Funded for 2.5 years now 3 years
- Focused on one geographic area in CT
- 40 member steering committee now advisory council
- 1 million additional funding in July 2008 for division staff and new geographic area in Hartford

Outcome Study

University of Connecticut Medical School
Center on Aging

- Document program implementation of the Autism Pilot
- Describe participants' early experiences and subjective outcomes both positive and negative
- Describe participants' objective outcomes
- Develop cost estimations and cost-effectiveness of the Autism Pilot
- Quantify and evaluate the educational and training components of the Autism Pilot.

Autism Spectrum Disorder Pilot Program

- Currently providing services to 50 individuals;
34 New Haven area/16 Hartford area
- 16 Provider Agencies
- 2 Service Coordinators

Delivery System

- Service Coordination
- Assessment SIB-R and LON
- Individual Service Plan and Individual Budget
- Provider Selection Agency or Direct Hire
- Service Documentation
- Fiscal Intermediary
- Clinical Consultation

Services and Supports

- Life Skills Coach
- Community Mentor
- Job Developer
- Job Coach
- Social Skills Groups
- Respite Services
- Consultative Support Services: OT, PT, Speech, Nutritional, Behavioral

Profile of Original 28 Participants

- Age range 22-55 years
- IQ range: low 70's –140's
- Gender: 20 male, 8 female
- Race/Ethnicity: 2 Hispanic, 2 Black, 1 Asian, 24 White
- Primary Diagnosis: 11 PDD-NOS, 11 Asperger Disorder, 6 Autism
- Ten Individuals with a Secondary Behavioral Health Diagnosis.

Participant Profile (cont)

- Obsessive Compulsive disorder, Depression, Anxiety, Psychotic Disorder NOS, Personality disorder NOS, Narcissistic, Obsessional, Schizotypal features, Bipolar Disorder, Hypochondriasis and Impulse Disorder
- **Employment:** 11 employed 2 FT, 12 not employed, 5 never employed.
- Daily Hours of **TV watching:** 12 high, mean 3.29
- Daily Hours of **Computer Use:** 18 high, mean 3.32
- Daily Hours of **Video Games:** 8 high, mean .93
- 46% never or almost never participate in **community activities.**

Scales of Independent Behavior-Revised

- 23 of 28 individuals scored two or more standard deviations below the norm for overall independence skills.
- Independence is measured in 4 subtests: Motor Skills, Social and Communication Skills, Personal Living Skills and Community Living Skills.
- 17 individuals are marginally serious to serious on the General Maladaptive Index Scale.
- Maladaptive Index is measured in 3 areas: Internalized, Asocial and Externalized behaviors.

Considerations

- Workforce has little experience with population; many misconceptions and misunderstandings

Developing DVD Training Series

- Difficult to motivate individuals to seek services

Working with advocacy and support groups and school transition planners

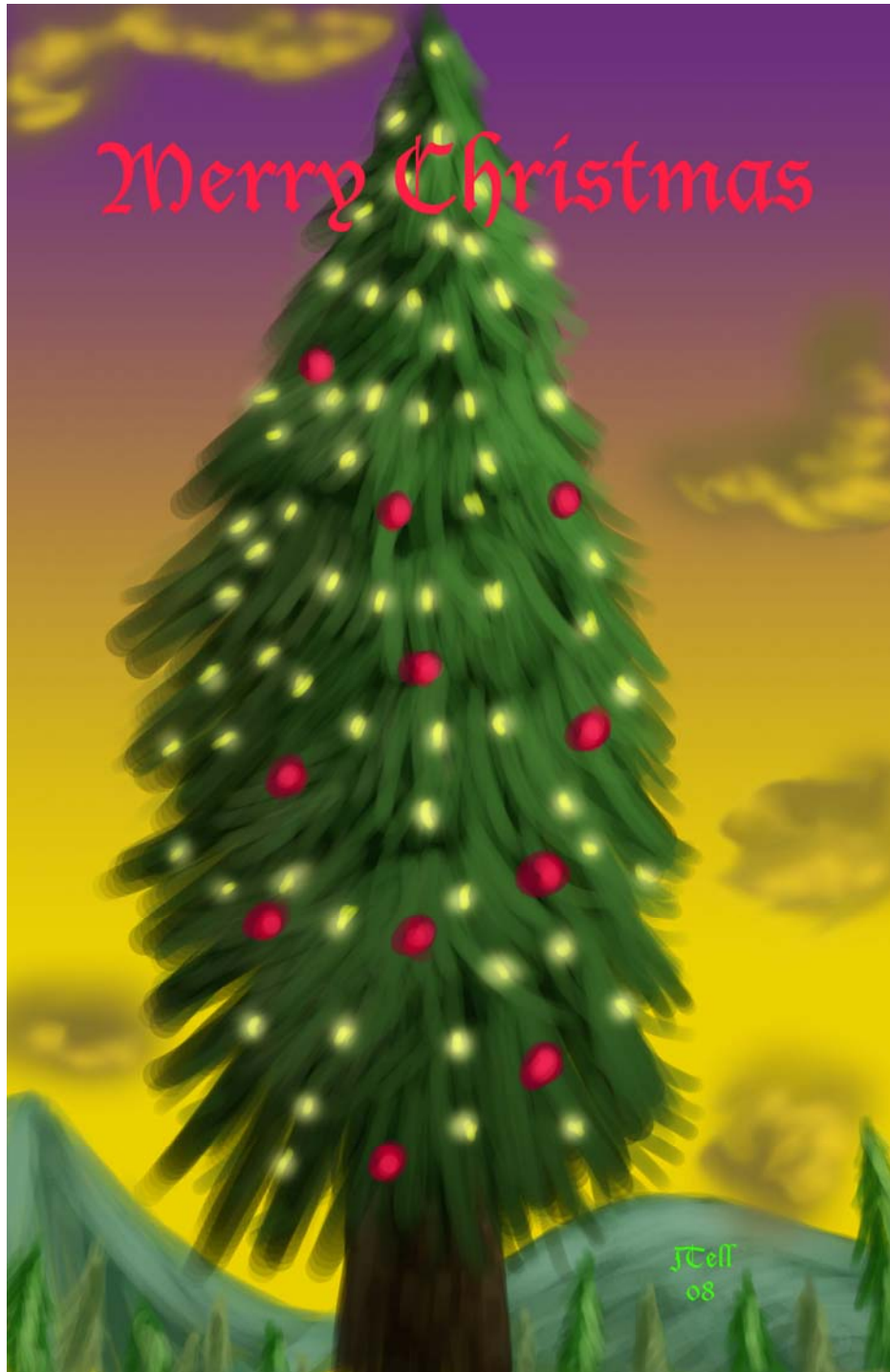
Successes

- New Job and Volunteer Opportunities
- Learning cooking skills
- Losing weight and better food choices
- Art work

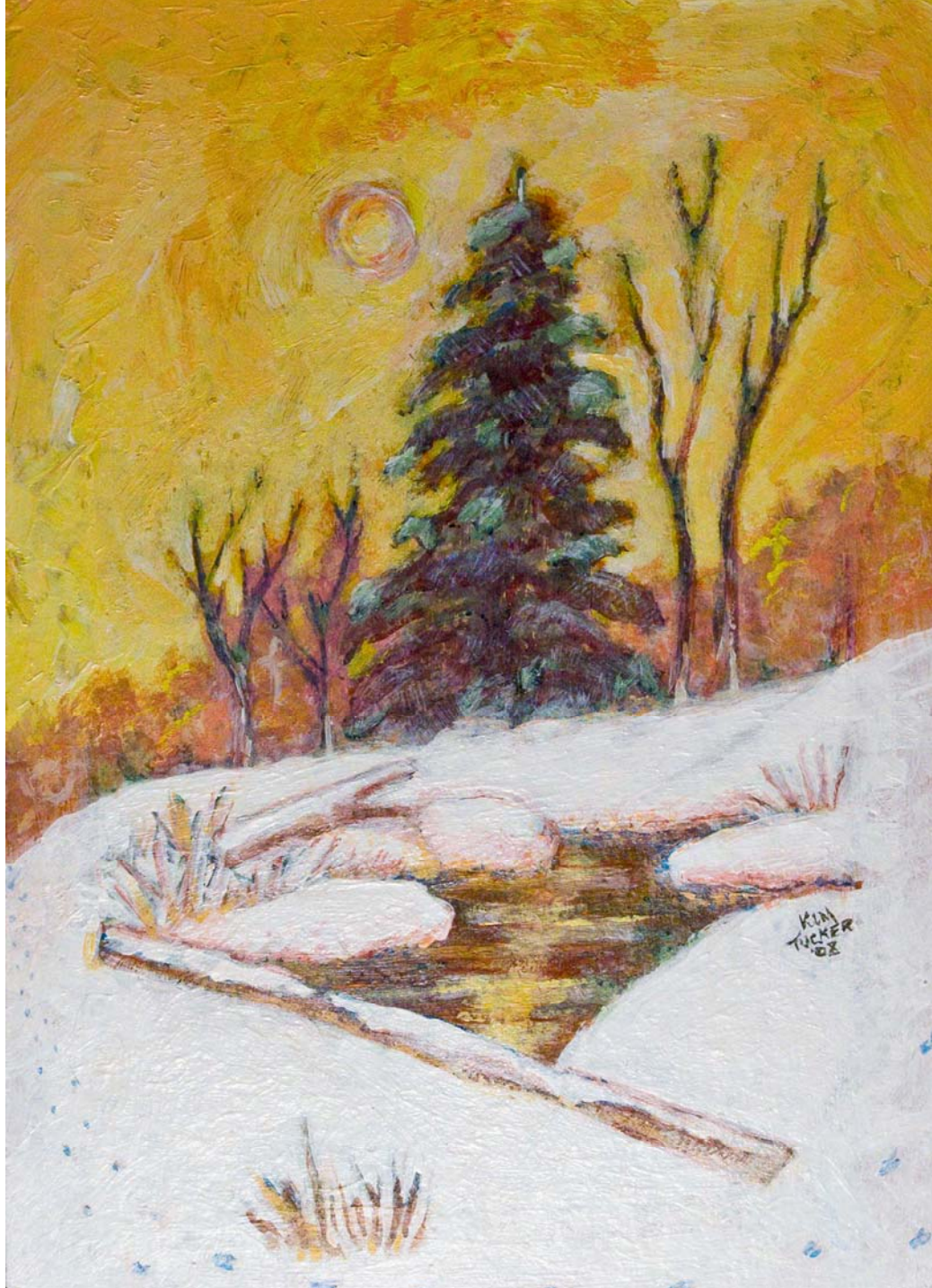
Merry Christmas



Merry Christmas



JCell
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Successes

- Reading to children at Library
- Taking advantage of community and recreational activities
- Socializing with colleagues at work
- Having fewer “Meltdowns.”

Preliminary Results

Outcome Study

- More people are working
- Average wage is higher
- People are significantly happier with the pay they earn from their jobs and with the environment of their jobs than they were at baseline.

Future

- Developing profiles of individuals with ASD receiving services from the Department of Mental Health and Addiction Services Young Adult Program
- Developing a tiered multi-agency program model that will include individuals with a diagnosis of ASD and a major mental illness.
- Finalizing a Feasibility Study for Medicaid Funded Services with the hopes of applying for a Medicaid waiver within the year.

Comments Outcome Study

- “Has gone on some adventures”
- “Excellent. Very happy with it. Some services she still needs more. A housing component would be great-she could live alone or with a roommate.”
- “Gave him new opportunities, art projects, helps with self-esteem. Glad he is in the project.”
- “XXX has helped a lot. She gets out of the house and opens up a little more.”
- “Glad to be in it. Helpful for me – can learn to be independent in it. Feel like I will have the life of my dreams because of this program.”