

Making an ImPACT on Iowans

by Kelly Pelzel, PhD

Early intervention can greatly improve the lives of children with autism. Without it, social problems are likely to increase over time. Studies have shown that there are several therapies that work. At University of Iowa Stead Family Children's Hospital Autism Center we use Improving Parents as Communication Teachers (ImPACT). ImPACT is one of a group of therapies called Naturalistic Developmental Behavioral Interventions (NDBI).

ImPACT is a short-term therapy for children with autism and their caregivers. It was developed by psychologist Brooke Ingersoll from Michigan State University and speech-language pathologist Anna Dvortcsak from Portland, Oregon. ImPACT uses a combination of developmental and behavioral strategies. The therapy teaches parents a number of skills that they can use to improve their child's social skills and communication. The Autism Center began using ImPACT therapy in the fall of 2013. Since then, psychologist, Kelly Pelzel, along with psychologist, Todd Kopelman, and speech-language pathologist, Molly Jones, have offered the program a number of times. As many as 6 families can take part in the 12-week ImPACT therapy sessions. Parents work in both group settings, where the skills are taught, and individual coaching sessions, where they practice using the skills with their child. ImPACT is also offered one-on-one where teaching and coaching are done together for 16-24 sessions. The children in the therapy are from 2 to 6 years old. Most of these children don't



talk at all or use only a few words to communicate. Children who do not talk at all often say their first word while they are in ImPACT therapy.

We hope to help many more families with this therapy by offering ImPACT training to therapists at the University of Iowa and throughout the state. We offered our first training in 2015 with support from the Center for Disabilities and Development (CDD), University of Iowa Stead Family Children's Hospital Autism Center, and the Iowa Leadership Education in Neurodevelopmental and Related Disabilities (ILEND) program. Twenty-four UI graduate students, staff, and faculty attended. CDD speech-language

pathologists, Paige Burden and Pena Lubrica were trained and started offering ImPACT as a clinical service shortly after. In order to serve families on our wait list more quickly, we are now working with Jennifer Divita, an ImPACT-trained speech-language pathologist from the University of Iowa Wendell-Johnson Speech and Hearing Clinic.

The next ImPACT training for therapists will take place at CDD from April 19-20, 2018. A mix of UI graduate students and community providers will be trained. Students and providers from the fields of psychology, social work, speech-language pathology, and occupational therapy are attending. Training will be co-led by CDD psychologist, Kelly Pelzel, along with Karis Casagrande, a PhD candidate from Michigan State University (and a senior member of Dr. Ingersoll's Autism Lab).



We have many ways you can stay connected

Would you like to get CenterLines-News you can use from the Center for Disabilities and Development by email? If so, email us at:

CenterLines@uiowa.edu

Please give your name and all email addresses where you wish to have the newsletter sent. We will still mail copies to those who want them.



Have you been looking for us on Facebook? Look no further! The Center for Disabilities and Development will be sharing stories, photos and information on child and adult development. Make sure to "Like" University of Iowa Stead Family Children's Hospital Facebook page.

Would you like to share your story? Please email: **heather-roman@uiowa.edu**

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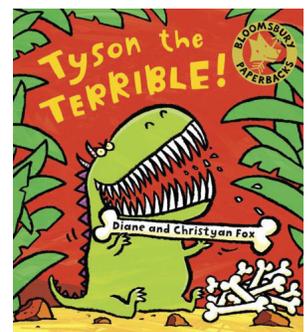
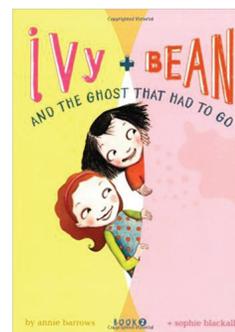
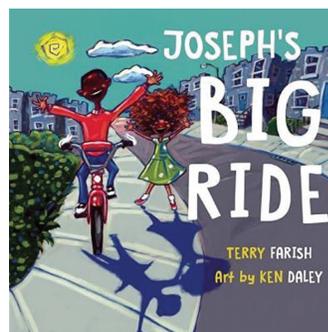
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Disability Resource Library staff can help you set up an account. To get a login and password, call 800-272-7713 (toll-free) or email disability-library@uiowa.edu.



Autism 2018

Innovations in Research and Care

Friday, April 27 • 8:15 a.m. – 4:30 p.m.

Center for Disabilities and Development
Rembolt Conference Room

Cost: \$175 professionals, \$125 families, \$50 students

We are in the process of obtaining information needed from presenters to offer CMEs to attendees.

Contact Todd Kopelman, Todd-Kopelman@uiowa.edu, 319-356-2491, if you have any questions.

PRESENTERS



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University of Iowa Stead Family Children's Hospital Autism Center, University of Iowa College of Medicine, and Autism Society of Iowa



Provider Highlight

Shelley Mockler

Physical Therapist

Luther College
University of Iowa
University of Oklahoma Health Sciences Center

How long have you been practicing? 18 years

Why did you choose your field?
I wanted to help people recover from injuries and illness.

What areas interest you in your field?

I am interested in neurological conditions. I enjoy working with wheelchairs and other equipment. I also have a new interest in Pilates as a rehab tool.

What is a Physical Therapist?

A physical therapist is a health care provider who helps people move. We can help people move by decreasing pain, increasing strength and flexibility, and improving balance and coordination. We use exercise, mobility activities, equipment, and other tools to help people do what they enjoy.

Who benefits from seeing a Physical Therapist?

People who have difficulty doing what they want to do because of mobility problems or pain can benefit from seeing a physical therapist. People with lifelong concerns might benefit from seeing a physical therapist to help prevent problems in the future.

How do these services help people live independent lives?

Physical therapists help people be as independent as possible by

helping them move, with or without equipment. We help people move in their homes, schools, and communities.

What does your department offer to patients that other programs don't?

Our department has a lot of experience working with people with developmental disabilities. We see people with diagnoses that are not commonly seen in other settings. Our staff has special training in several areas, including evaluation of young children, hippotherapy, and wheelchair seating. We are part of several multidisciplinary clinics. We stay current on research and new techniques by attending national trainings.

Why did you choose CDD?

I chose CDD because I enjoy working with the families we serve. I enjoy being a part of an academic medical center. CDD offers me access to other experts in the University of Iowa Hospitals and Clinics network. This helps me provide the best care possible.

What would you say to a patient and family coming to the CDD for the first time to see you?

We want to work with you to help you meet your goals. We welcome your input and questions.



New extended hours at CDD

The Center for Disabilities and Development (CDD) at University of Iowa Stead Family Children's Hospital will offer busy families more options when it comes to fitting in appointments around their schedules. Beginning March 1, the clinic will remain open until 7 p.m. on Thursdays. Our goal is to address the current health care needs of the community by increasing access to our services, and making it more convenient for our patients to come to CDD. With the extended hours, families will have increased access to behavior evaluations and therapy, physical therapy, select speech evaluations, and follow up medical appointments.

To find out more or make an appointment, contact the Center for Disabilities and Development at 877-686-0031 (toll-free) or 319-353-6900 (local).

UI analysis finds more children are diagnosed with autism than previously thought

Tom Snee

The number of children in the United States diagnosed with autism spectrum disorder may be significantly higher than previously thought, according to a new University of Iowa analysis published in the *Journal of the American Medical Association (JAMA)*.

The analysis of data from the U.S. Centers for Disease Control and Prevention (CDC) suggests that 2.4 percent of American children between the ages of 3 and 17—or 1 in 41—have been diagnosed with autism, higher than most earlier estimates of about 1.46 percent or 1 in 68 children. Wei Bao, assistant professor of epidemiology in the UI College of Public Health and corresponding author of the analysis, says the higher number shows the need for officials to think about reallocating health care resources to care for significantly more people with autism.

The UI analysis used nationally representative data from the CDC's National Health Interview Survey from 2014 to 2016, which collects data on a broad range of health topics through thousands of in-person household interviews each year. As part of the interview, CDC survey-takers ask respondents if the

randomly sampled child living in the household has ever been diagnosed with autism.

Bao says the previous estimate of 1.46 percent was derived from the CDC's Autism and Disabilities Monitoring Network (ADDM), which collects data from the health and special education records of 8-year-old children at 11 selected sites across the United States. The UI analysis was based on a nationally representative sample of children ages 3 to 17, and Bao cautions that these methodological differences in study design make direct comparisons between the two databases difficult.

The analysis also confirms earlier findings about gender and racial/ethnic disparity of autism in U.S. children, that it is much more frequent in boys (3.54 percent) than girls (1.22 percent), and less frequent in people of Hispanic origin (1.78 percent) than in non-Hispanic whites (2.71 percent) or non-Hispanic blacks (2.36 percent).

It found the highest prevalence of autism in Northeast states, at 3.05 percent. The Midwest was at 2.47 percent, the West at 2.24 percent, and the South at 2.21 percent. Bao

speculates that rates are lower in the South and West because higher percentages of the population living in those states are Hispanic, a population that tends to have a lower prevalence of autism overall.

Bao says the limitation of the analysis is that the data is self-reported by the household respondent to the CDC survey-taker and is not subject to any third-party adjudication.

The analysis does not identify a cause for the increasing number of autism spectrum disorder cases. Bao says greater awareness among parents and health care providers might be the cause of some of the increase, but environmental and genetic factors likely are responsible for a large part of the gap.

Autism is a highly complex disease caused by multiple genetic and environmental factors," Bao says. "Maternal diabetes could be one of those factors, but it is not the only one. We need to find more about the underlying driving factors."

This is a selection from a longer article. View the complete article at: <http://bit.ly/2o3RO16>





Equipment Adaptations

Recreational opportunities can provide fun, friendship, and improve overall wellness. Due to physical, financial, or other obstacles, individuals with disabilities or special needs may experience barriers to these opportunities. Equipment adaptations provide opportunities for individuals with limitations to participate in activities that may otherwise be challenging.

Auditory Balls: Make sounds so they can be located by persons with low or no vision. Some examples include the Beeper Ball, which makes a loud electric sound, and the Bell Soccer Ball, which has bells inside.

Harnesses: Allow individuals with physical challenges to participate in rock climbing and rope courses.

Bowling Ramps: Allow anyone to bowl without having to lift and throw a heavy bowling ball. The user simply pushes the ball down the ramp or uses a switch adaptation to release the ball.

Looking for more information?

These are just a few examples of equipment adaptations. Borrow an item from the Easter Seals Lending Library to make sure a product works for you. There is no cost for Iowans to borrow items from the library. You can check out up to five items at a time for up to 30 days. If an item works for you, buy one for yourself! If you would like to borrow items, or if you have questions about other equipment adaptations, get in touch with Easter Seals Iowa Assistive Technology Program. They can be reached by phone: 1-866-866-8782; by TTY at 515-289-4069; or email: atinfo@eastersealsia.org

To view all the items you can borrow from the lending library go to: <https://eastersealsia.at4all.com/>.

Adapted Recreation Providers in Iowa*



While many providers offer inclusive recreation opportunities the resources below have specific programs designed to promote therapeutic recreation for people with disabilities and complex health conditions. Interested in learning more about resources and supports for Iowans? Check out the new [Iowa Compass website](#).

RECREATION CENTERS CONNECTED TO CITIES

Dubuque Leisure Services

www.cityofdubuque.org/471/Recreation

Iowa City Parks and Recreation

www.icgov.org/pr

Cedar Rapids Parks and Recreation

http://www.cedar-rapids.org/residents/parks_and_recreation/play_program_guide.php

Bedell Family YMCA

<http://okoboijymca.com/special-olympics/>

Davenport Parks and Recreation

<https://recpro.ci.davenport.ia.us/CourseActivities.aspx?id=10&cat=7>

SUPPORTED LIVING ORGANIZATIONS

The Arc of Story County - Ames

Partners with local businesses, providers and community members to enrich the lives of people with disabilities
www.thearcstory.org

The Arc of Cedar Valley - Waterloo

Works to advance the well-being, dignity, individual potential, and rights of persons with intellectual and related developmental disabilities and their families.
www.arccv.org

* The Iowa Compass resource database information is up-to-date to the best of our knowledge. However, you should always call the provider to confirm this information and make an appointment. Be sure to confirm payment information with the provider, if payment is required. Iowa Compass does not rate or endorse any agency.

ChildServe (Adapted Swimming) - Johnston

Partnering with families to help children with special healthcare needs live a great life.

www.childserve.org

Iowa Educational Services for the Blind and Visually Impaired - Vinton

Provides educational opportunities, resources, and support services to blind or visually impaired students in Iowa.

www.iowa-braille.k12.ia.us/

Link Associates - Greater Des Moines

Providing opportunities to individuals with disabilities for the development of an independent and healthy lifestyle through leisure and recreation.

www.linkassociates.org/leisure/

On With Life - Ankeny

Offers rehabilitation services to persons living with brain injury

www.onwithlife.org/

Opportunity Living – Lake City

Services for people with intellectual disabilities or brain damage

www.opportunityliving.org

Village Northwest - Sheldon

Provides purpose, privacy, and dignity to adults with intellectual and developmental disabilities, autism spectrum and traumatic brain injuries.

www.villagenorthwest.org/services/therapeutic-services

Wings of Hope Cancer Support Center - Council Bluffs

Support and guidance for people, family members, and health professionals as they journey through their cancer experiences.

<https://wingsofhope.org>

NON-PROFITS

Adaptive Sports Iowa - Ames

Provides sports opportunities for Iowans with physical disabilities

<http://adaptivesportsiowa.org/>

Arthritis Foundation - West Des Moines

Resources for children and adults in Iowa living with arthritis

www.arthritis.org/iowa

Challenger League - Little League's adaptive baseball program for individuals with physical and intellectual challenges

www.littleleague.org/play-little-league/challenger/

Courage League Sports - An adaptive sports and recreational facility that offers year-round programming for children and adults with a physical, cognitive or emotional disability.

Locations in Urbandale, Ankeny and Indianola

www.courageleaguesports.com

Hillcrest Family Services - Dubuque

Assists adults and children in need of help

www.hillcrest-fs.org

Paralyzed Veterans of America - Great Plains Chapter

Helping veterans with spinal cord injuries, as well as other individuals living with disabilities across Nebraska, Western Iowa, and Kansas.

www.greatplainspva.org

Special Olympics Iowa - connect with your Area

www.soiaowa.org/competitions/area-competitions/

Sportability of Iowa - Provides ongoing sports and recreation programs to help people in eastern Iowa with physical disabilities to enjoy an active lifestyle.

<https://sportabilityofiowa.org/>

Tri-State Independent Blind Society, Inc. - Dubuque

Improving the quality of life for the visually impaired and helping them live independently

www.tristateblind.org

United Spinal Association - Iowa

Resources for people living with a spinal cord injury, disease, or disorder

<http://unitedspinaliowa.org/>

PRIVATE ORGANIZATIONS

Gilda's Club (Yoga) - Quad Cities

www.gildasclubqc.org

ReNu Your Life - Coralville

<https://renuyourlife.com>

Rivercity Pilates - North Liberty

<http://rivercitypilates.com>

Spirit Taekwondo - Des Moines

<https://www.iowaspirittkd.com>



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CenterLines is published quarterly. We encourage subscribers to also read our partner newsletter *Possibilities in Education and Training*. You can find that newsletter and others at disabilitytraining.org.

CenterLines, the newsletter of the Center for Disabilities and Development at University of Iowa Stead Family Children's Hospital, is published four times a year. It provides families with current information on child and adult development, issues affecting

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people with disabilities, and resources available to them and their families. The newsletter is available in print, in Spanish, and also by email.

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The role of the information in this newsletter is not to provide diagnosis or treatment of any illness or condition. We strongly encourage you to discuss the information you find here with your health care and other service providers.