Share The Road: A Journey of Collaboration

By: Kate Lundgren, Sydney Perricone, Christina Martin, and Meena Karthik

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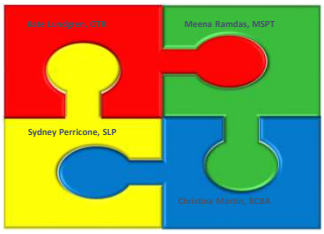
CEPT Team



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CEPT Team: Kate Lundgren, OTR, SIPT, NDT

Kate Lundgren graduated from San Jose State University and has been a registered Occupational Therapist since 1989. She received a Master's Degree in Business Administration from Pepperdine University in 1992. Kate specialized in the treatment for neurological disorders and traumas for the first 10 years of her career and completed her Neuro Developmental Treatment (NDT) certification in 1995.
After moving to Dallas in 1997 from Southern California, Kate and her husband, Joe, were informed through diagnostic testing, like many of our clients, that their two sons were on the "Autism Spectrum". The diagnosis drove a change in Kate's career and treatment focus in Occupational Therapy to the treatment of pediatric disorders, more specifically, Autism and Sensory Integration Dysfunction. Kate completed her Sensory Integration and Praxis Testing (SIPT) Certification in April of 2008 and completed her Advanced CranioSacral Therapy Technique in August 2014.
Since 2004, Kate has had the unique privilege of teaching as an adjunct professor for the School of Occupational Therapy at Texas Women's University training students in the area of pediatrics. At TWU, she was provided the opportunity of developing the first special interest course for Autism Spectrum Disorders. Kate continues to speak publicly and share her passion for individuals with developmental and intellectual disabilities.
Some of the relevant training that Kate has completed but not limited to is Handwriting without Tears, ABT's TLP/InTime, Level 1 Mentorship at the SPD Foundation, Reflex Integration Testing, Astronaut Protocol, Keyboarding Without Tears and Interactive Metronome with emphasis in pediatrics.

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CEPT Team: Sydney Perricone, CCC-SLP

Sydney is a certified and licensed speech-language pathologist who has worked in both public schools and outpatient therapy clinics since 2010. Sydney has experience evaluating and working with children, teenagers, and young adults with a variety of communication disorders. In 2008, Sydney received a Bachelor's Degree in Speech-Language Pathology and Audiology from the University of North Texas, also minoring in Development and Family Studies. In 2010, Sydney completed her Master's Degree in Speech-Language Pathology from Texas Christian University. Sydney has held her Certificate of Clinical Competence from the American Speech-Language Hearing Association since 2011. She is also an actively involved member of the Texas Speech-Language-Hearing Association, serving on a committee that helps plan the Association's annual convention. Sydney has training in the Social Thinking approach to pragmatic language skills. She is certified in the VitalStim Specialty Program, a neuromuscular electrical stimulation (NMES) modality for resolving dysphagia and oral motor disorders related to feeding and swallowing. She also has training in the Sequential Oral Sensory (SOS) approach to feeding and Talk Tools Oral-Placement Therapy.

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CEPT Team: Meena Ramdas, MSPT (Pediatric Neurosciences), C/NDT

Meena graduated first as a Bachelor of Physical therapy from KMCH College of Allied Health Sciences, India. She then graduated with a Masters in Physical Therapy with specialization in Pediatric Neurosciences from Manipal College of Allied Health Sciences, India. She has worked in a multi-specialty pediatric inpatient and outpatient facility in Mumbai (India) for 2 years prior to coming to the US in 2013. In the US, she has worked in both home health and outpatient therapy settings. She has experience evaluating and treating infants, children and young adults with a variety of Neuro-motor disorders. Meena is certified as an NDT (Neuro-Developmental) therapist. She has training and certifications in Kinesio-Taping (Level 1 and 2), Astronaut Protocol, Interactive Metronome and Listening program.

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CEPT Team: Christina Martin, BCBA, CCC-SLP

Christina is a Speech Pathologist licensed in Texas, Oklahoma, and Colorado. She has a Certificate of Clinical Competence for Speech-Language Pathologists (CCC-SLP) from American Speech Language Hearing Association. She is a Board-Certified Behavior Analyst (BCBA). She earned a B.A. in Psychology with a minor SLP and a M.S. in Communication Disorders from UTD. She received a Graduate Academic Certificate in Applied Behavior Analysis from the UNT. Christina has worked within behavioral therapy program and speech therapy programs to improve treatment outcomes for individuals to address motor speech disorders, feeding disorders, social pragmatic language disorders, articulations disorders, receptive and expressive language disorders, executive functioning impairments, augmentative and alternative communications, adaptive skills and maladaptive behavior reduction. She has also supervised behavior technicians and those pursuing certifications as a behavior analyst. She has been an invited speaker at national and state conferences, universities and local organizations presenting on topics related to integration of speech, language and applied behavior analysis.

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- Identify the components of effective collaboration between professionals
- Describe the unique contribution of each discipline when analyzing and addressing client treatment with ASD
- Recognize barriers to collaboration and outline effective strategies to overcome these obstacles

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WHO (World Health Organization)

- **Integrated enactment of knowledge, skills, values, attitudes that define working together across the professions, with other health care workers, and with patients, along with families and communities, as appropriate to improve health outcomes in specific care contexts.**

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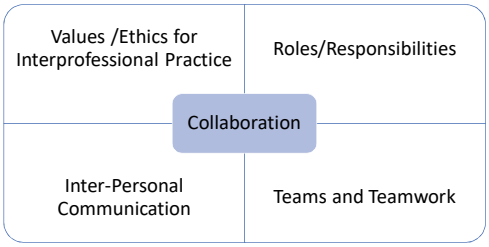
Core Competencies for Collaboration



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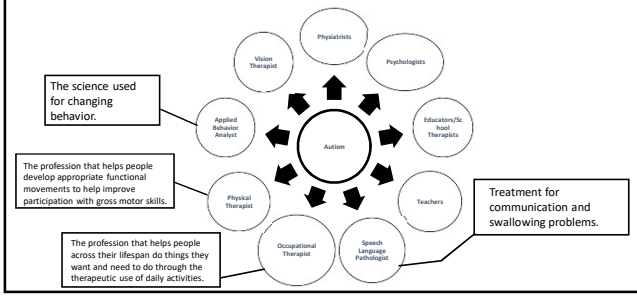
Your Therapeutic Village



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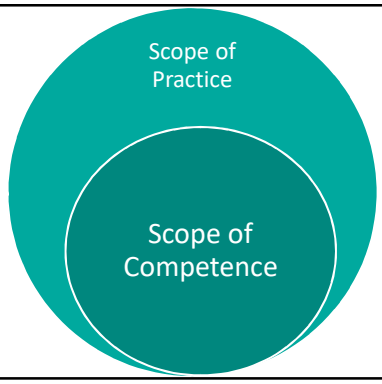

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Physical Therapy Benefits for Autism

- Acquire New Motor Skills
- Develop better coordination- (inter-limb/intra-limb)
- Balance
- Stable posture during all functional activities
- Reciprocal Play Skills: Catching/Throwing/Kicking Ball
- Motor Imitation Skills
- Increase fitness and stamina
- Improved participation in daily routines in the home, community and school

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Speech Therapy Benefits for Autism

- Functional communication
- Expand pragmatic skills and improve emotional self-regulation
- Enhance receptive language
- Increase expressive language
- Improve chewing and swallowing skills
- Expand food repertoire
- Other areas that may need to be addressed: voice quality, speech fluency (stuttering)

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Occupational Therapy Benefits for Autism

- Independent living skills training and modifications
- Motor development and motor planning skill development
- Sensory integration and sensory-based strategies
- Positive mental health strategies
- Social emotional development and self-regulation strategies

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ABA Therapy Benefits for Autism

- Promote language and communication skills
- Enhance social skills
- Improve self-care skills
- Build play and leisure skills
- Establish learning and academic skills
- Increase appropriate behaviors
- Decrease problem behaviors

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Barriers to Collaboration: Professional

- Promote language and communication skills
- Enhance social skills
- Improve self-care skills
- Build play and leisure skills
- Establish learning and academic skills
- Increase appropriate behaviors
- Decrease problem behaviors

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Barriers to Collaboration: Parents

- Lack of consistency across disciplines
- Reduced communication amongst care providers
- Not including parent in treatment approach for carryover/generalization acros s environments
- Lack of Flexibility in treatment planning/intervention
- Financial Resources/Medical Coverage
- Time and Availability
- Parent "Burn Out"

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Strategies to overcome the barriers

- Are your providers open for collaboration?
- Keep in mind that collaboration is integral for generalization for skills
- Focus on the best interests of your child
- Is the provider the best fit for your child at that time
- Parents are the key to case management and collaboration because “you know your child best”

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Strategies to overcome the barriers

- Signing your releases and providing contact information
- Incorporate carryover into your everyday activities
- Co-treatment in a place that provides quality services in all areas
- Social Media/Education
- Engage in self care

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Augmentative and Alternative Communication (AAC) Across Disciplines

Speech Therapy:
- Communicative intent and purpose
- Vocabulary and icon selection/field of choices
- Cause/effect
- Joint attention

Occupational Therapy:
- Finger isolation
- Visual scanning
- Grid Size
- Visual Perception

Physical Therapy:
- Posture
- Alignment
- Endurance
- Seating Options

ABA:
- Motivation
- Behavior
- Data Collection
- Communication

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Play Across Disciplines

Speech Therapy:
- Joint attention/eye contact
- Turn-taking
- Comprehension of directions and sequencing
- Cognitive flexibility and sportsmanship

Occupational Therapy:
- Self-regulation
- Motor planning
- Reciprocal play
- Following directions

Physical Therapy:
- Motor imitation and body awareness
- Sequencing
- Fitness
- Age-appropriate social interaction

ABA:
- Motor Imitation
- Behavior
- Data Collection
- Communication and social interaction

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Final thoughts

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Questions?

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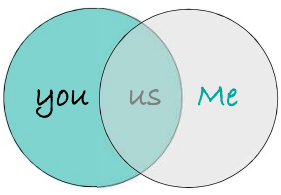

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