



Children's  
Specialized Hospital®

An RWJBarnabas Health facility

# Children's Specialized Hospital **Autism Services**



Comprehensive evaluation, treatment,  
and resources for youth with autism  
spectrum disorder (ASD)

## About Children's Specialized Hospital

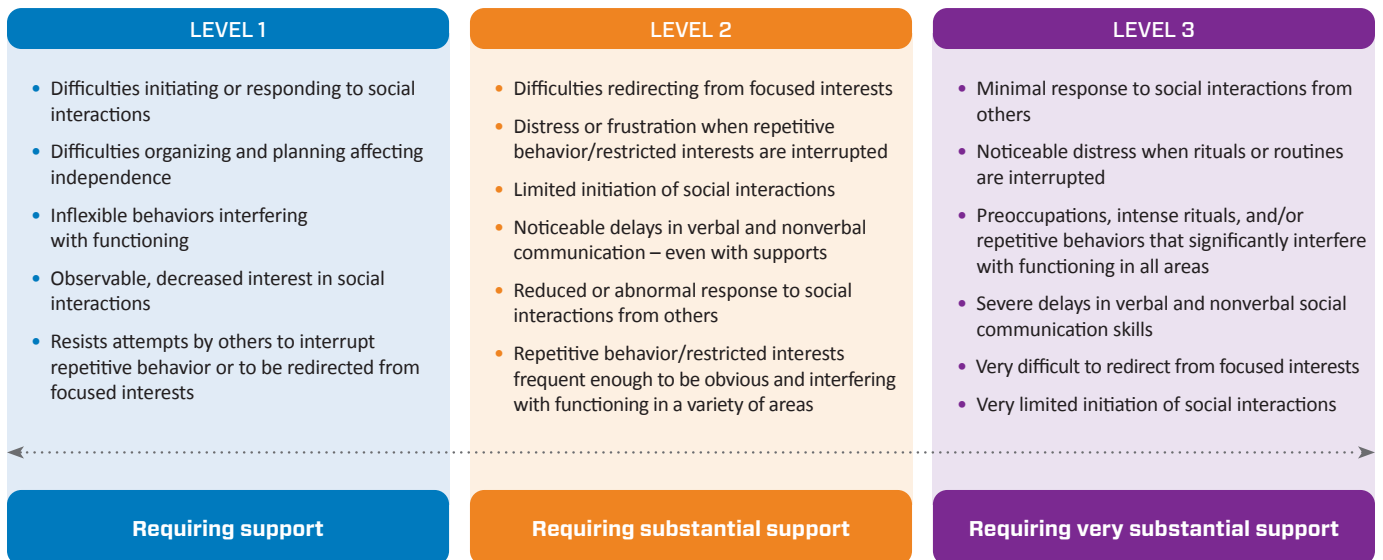
Children's Specialized Hospital, an RWJBarnabas Health facility, is the nation's leading provider of inpatient and outpatient care for children from birth to 21 years of age facing special health challenges - from chronic illnesses and complex physical disabilities like brain and spinal cord injuries, to a full scope of developmental, behavioral, and mental health concerns. At 14 different New Jersey locations, our pediatric specialists partner with families to make our many innovative therapies and medical treatments more personalized and effective so each child can reach their full potential.

## About Autism Spectrum Disorder (ASD)

**A**utism spectrum disorder (ASD) is a complex neurodevelopmental disability involving a combination of challenges including social, communication, and restricted and/or repetitive behaviors or interests. ASD is known as a spectrum disorder as the characteristics affect each person differently and in varying degrees. ASD can also be described based on the amount of support a person needs.

Our providers respect the diversity and individual strengths of our patients and families and partner together to focus on quality of life.

## About Autism Spectrum Disorder (ASD)



Early screening and early intervention are very important to help children reach their full potential. Possible early signs for ASD include difficulties with:

- Adjusting to changes (likes things to be the same)
- Imaginative play
- Loss of skills previously exhibited
- Making eye contact
- Making friends
- Pointing to objects, showing interest (looking at objects when another person points to them)
- Repetitive speech or movements
- Responding to name
- Sensitivity to sound, texture, light, or smells
- Sharing interest or enjoyment
- Use of gestures

**Source:** *Diagnostic and Statistical Manual of Mental Disorders, 5th Edition: DSM-5®*, American Psychiatric Association

## Our Program

**T**he autism program at Children's Specialized Hospital (CSH) follows best practices and is the leading program in the region for comprehensive services, research, outreach and training for autistic youth and their families.

We provide coordinated, multi-disciplinary care focused on early identification and treatment of autism. Professionals and families partner together in making sure youth receive the services and support they need.

### Diagnostic Evaluation:

The team at Children's Specialized Hospital consists of expert clinicians trained in using gold standard evaluation tools:

- Developmental and behavioral pediatricians
- Licensed behavioral health professionals
- Occupational therapists
- Pediatric nurse practitioners
- Speech-language pathologists



Evaluations may include neurodevelopmental, psychiatry, psychology, speech-language, and/or occupational therapy assessments. Our providers work closely with you and your family to understand your concerns, determine a diagnosis, and partner with you to develop goals and a comprehensive treatment plan.

### Treatment Approach:

Once a youth is diagnosed, an individualized treatment plan is developed that may include:

- Coordination of care
- Early intervention
- Feeding and nutrition therapies
- Intensive programs for severe and challenging behaviors
- Intensive programs for severe feeding challenges
- Occupational therapy
- Physical therapy
- Psychology
- Social skills groups
- Speech and language therapy
- Sub-specialty medical care
  - Developmental and behavioral
  - Pediatric psychiatry
  - Psychiatry
  - Neurology

### Special Needs Primary Care

Special Needs Primary Care at CSH is a family-centered medical home to keep you at the center of all your child's health care needs.

We understand the complexities of raising a child with special health care needs. At Special Needs Primary Care, we're proud to provide children with special health care needs - and their siblings - with outstanding family-centered healthcare.



Our practice strives to address the developmental and medical needs of children, in addition to behavioral health services. This is done through highly coordinated and effective family-centered medical care involving social workers, patient care coordinators, behavioral health therapists, doctors, and nurses.

## Research

**C**hildren's Specialized Hospital is at the forefront of research for diagnosis and treatment of autism and is part of New Jersey's leading pediatric academic health campus. Patients and families participate in research studies focused on understanding ASD and improving outcomes for people with ASD, such as:

- Early screening and diagnosis of children from traditionally underserved communities
- Identification of medications that may help youth with ASD or related conditions
- Models of care coordination for autistic youth
- Potential genetic causes of ASD



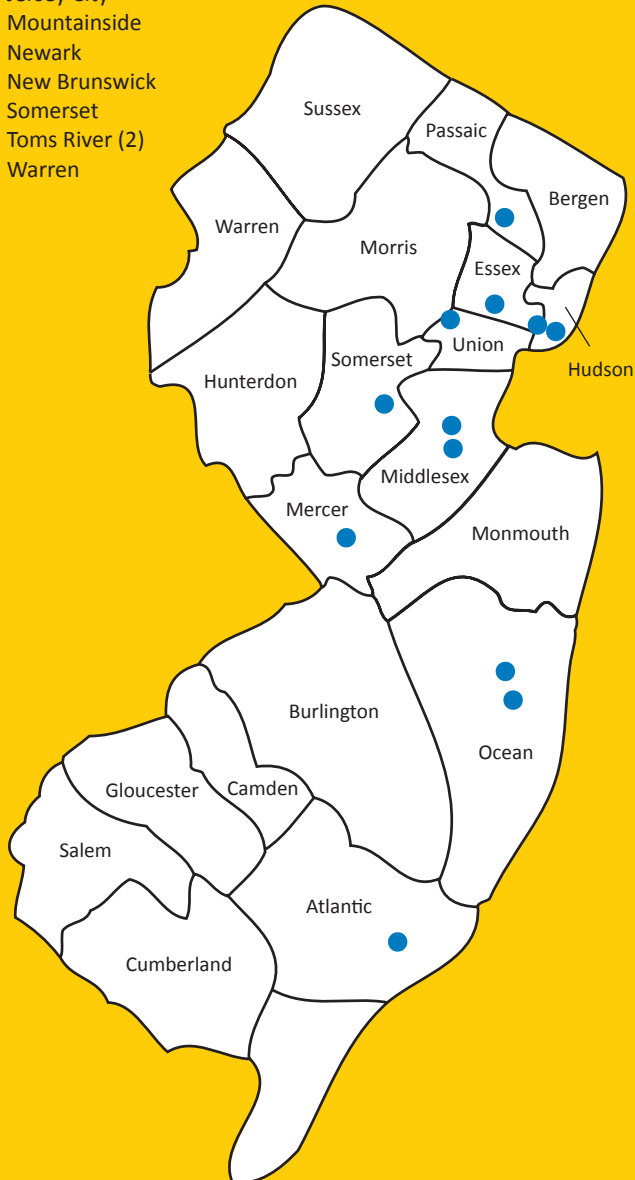
## Resources

**C**hildren's Specialized Hospital empowers families by offering the most comprehensive services and resources in the country. Learn more by visiting [rwjbh.org/cshautism](http://rwjbh.org/cshautism)

## Close To Home Care:

With multiple locations throughout New Jersey offering autism services, families of autistic youth do not have to travel far for expert evaluation, treatment, and care.

- Bayonne
- Clifton
- Egg Harbor
- East Brunswick
- Hamilton
- Jersey City
- Mountainside
- Newark
- New Brunswick
- Somerset
- Toms River (2)
- Warren



## Why Choose Children's Specialized Hospital?

Nationally renowned autism specialists



Recipient of multiple research grants from The Governor's Council for Medical Research and Treatment of Autism



Long history of presentations at the International Society for Autism Research (INSAR) which contributes to establishing best practices and innovative care throughout the world



Special Needs Primary Care practice first in New Jersey to receive designation as a Patient-centered Medical Home from the National Committee for Quality Assurance (NCQA)



Consultant to under-resourced countries interested in establishing autism programs



Provider of comprehensive services from birth to young adulthood



"Top Children's Hospital," The Leapfrog Group

"Top Children's Hospital," NY Magazine

"Hospital of the Year," NJ Biz



Clinical site for SPARK, the largest ASD research study in the country.



Only New Jersey intensive outpatient programs for autistic youth with severe and challenging behaviors and severe feeding challenges.



Partner with Rutgers University on the New Jersey Autism Center of Excellence



Children's Specialized Hospital is the largest regional provider of services for children with autism spectrum disorder (ASD). We serve more than 9,000 autistic youth across many New Jersey Hospital sites each year.

As a leader in ASD treatment, training, and research, Children's Specialized Hospital offers a wealth of multi-media resources on ASD. We have a full library of tools and resources for youth with ASD, family members, and others in the community.

Visit [rwjbh.org/childrensspecialized](http://rwjbh.org/childrensspecialized) to learn more.



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