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)

Autism 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.

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

About Autism Spectrum Disorder (ASD)

<table>
<thead>
<tr>
<th>LEVEL 1</th>
<th>LEVEL 2</th>
<th>LEVEL 3</th>
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</thead>
<tbody>
<tr>
<td>• Difficulties initiating or responding to social interactions</td>
<td>• Difficulties redirecting from focused interests</td>
<td>• Minimal response to social interactions from others</td>
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<tr>
<td>• Difficulties organizing and planning affecting independence</td>
<td>• Distress or frustration when repetitive behavior/restricted interests are interrupted</td>
<td>• Noticeable distress when rituals or routines are interrupted</td>
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<tr>
<td>• Inflexible behaviors interfering with functioning</td>
<td>• Limited initiation of social interactions</td>
<td>• Preoccupations, intense rituals, and/or repetitive behaviors that significantly interfere with functioning in all areas</td>
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<tr>
<td>• Observable, decreased interest in social interactions</td>
<td>• Noticeable delays in verbal and nonverbal communication – even with supports</td>
<td>• Severe delays in verbal and nonverbal social communication skills</td>
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<tr>
<td>• Resists attempts by others to interrupt repetitive behavior or to be redirected from focused interests</td>
<td>• Reduced or abnormal response to social interactions from others</td>
<td>• Very difficult to redirect from focused interests</td>
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</tbody>
</table>

Requiring support

Requiring substantial support

Requiring very substantial support

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

The 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

Children’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

Children’s Specialized Hospital empowers families by offering the most comprehensive services and resources in the country. Learn more by visiting 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

[Map of New Jersey with locations marked]
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 to learn more.