

## Autism Clinic Services

*The Autism Clinic provides evidence-based services to help individuals improve social communication, develop skills, and manage behaviors or emotional concerns, such as anxiety and depression.*

Therapists in the Autism Clinic receive specialized training in ASD assessment and treatment. We have a special emphasis on helping parents and teachers develop skills for working with children on the autism spectrum using evidence-based practices.

We provide tailored services for individuals and their families following a careful and collaborative consultation phase. Based on need and availability, the following services are available through the clinic:

- Diagnostic assessments
- Individual treatment
- Consultations
- Parent training
- Behavior management
- Social Skills training

*The MSU Psychological Clinic strives to meet two equally important missions. The first is to provide state-of-the-art evidence based treatments to the community in such a way that permits underserved populations to receive mental health care. The second is to provide high quality training to advanced doctoral and postdoctoral students.*

*The MSU Psychological Clinic embraces people of all backgrounds. Our model emphasizes respect for individuals and thoughtful consideration for the ways in which race, gender, sexual orientation, and other individual differences impact life experiences and are a part of therapy and wellness.*

**Fees are set based on family income level and/or specific provider level.**



*For more information or to schedule an appointment, contact the Clinic*

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**Email or send text to email address: [clinic@msu.edu](mailto:clinic@msu.edu)  
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## The Autism Clinic

*Specialized, evidence-based services for children & teens with Autism Spectrum Disorder (ASD)*



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## What do you need?

There are different services to choose from based on your needs. The following services are offered in the Autism Clinic:

**Diagnostic and Psychological Assessments:** Assessments include formal diagnostic testing using the Autism Diagnostic Observation Schedule (ADOS) as well as broader assessment to evaluate strengths, weaknesses, or other concerns. Assessments are administered across several sessions and a final, comprehensive report is provided.



**Therapy:** Treatment is a collaborative effort. Sessions are typically weekly and will focus on specific and individualized treatment goals. Length of time in therapy depends on several factors and the treatment goals.

**Consultation:** Consultation is a short-term service to communicate with outside providers. It may be useful for parents to better understand certain childhood concerns, coordinate treatment among different providers, or have assistance working with the school.

## How can parents help?

Parents and other caregivers are often involved in the treatment process. The following tips can help you prepare and set your child and family up for success:

**Practice at home.** Many families are surprised to learn that what happens outside the therapy session at home and at school is more important than what happens with the therapist.



**Rely on your coach.** Therapists act as coaches to help you develop new skills to handle challenges at home. Ask for help when learning new skills and practice together.

**Make the program a high priority.** The more energy and enthusiasm your family can commit to the program, the higher your child's chance of success.

**Be willing to work hard.** If you are willing to work hard in the short term, you and your child will have better long-term results.

**Attend therapy sessions faithfully.** You should do everything possible to make sure you and your child attend all therapy sessions and that you are available to speak with the therapist.

**Speak up.** Don't be afraid to let your therapist know what isn't working. Parents who communicate about how the program is working for them and their family help their children succeed. *Adapted from Chorpita & Weisz, 2009*

## What can we help with?

There are a many types of services that are helpful for individuals with ASD. The following are examples of common services families may seek:

**Parent Training** is an essential component of successful intervention for individuals with ASD. Project ImPACT is an evidence-based parent training program that teaches parents to promote social-communication skills during daily routines and activities.

**Behavior Management** plans help control disruptive behaviors at home or school. Therapists can work with parents or teachers to develop effective plans to manage disruptive behaviors and develop skills.

**Managing associated difficulties,** such as anxiety and depression, is important in individuals with ASD. Individuals can work with their therapist to develop coping skills and manage these emotional concerns.

**Social Skills Training** are effective for increasing socialization and quality of life for children, adolescents, and young adults with ASD. Individual, group, or co-treatment are offered depending on availability

