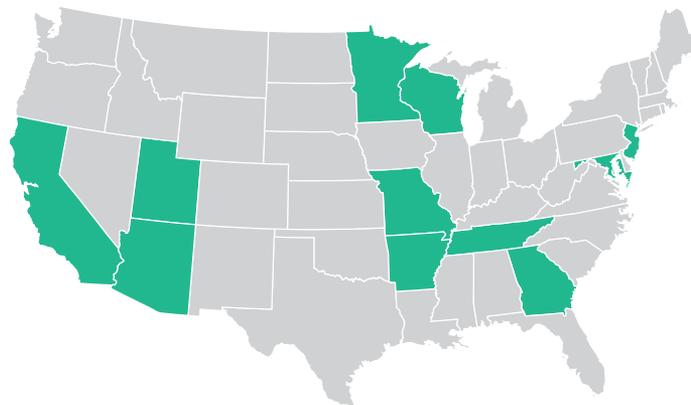


ADDM NETWORK SITE SNAPSHOTS | OVERVIEW

ADDM Network Site Snapshots

A Snapshot of Autism Spectrum Disorder in 2018

The Autism and Developmental Disabilities Monitoring (ADDM) Network tracked ASD at sites within these states in 2018.



Arizona

Sydney Pettygrove, PhD
Argelia Benavides, MPH
University of Arizona Health Sciences Center
sydneyp@arizona.edu
argeliab@email.arizona.edu

Arkansas

Allison Hudson
University of Arkansas for Medical Sciences
1 Children's Way, Slot 512-4
Little Rock, AR 72202
ahudson@uams.edu
<https://pediatrics.uams.edu/ar-addm>

California

Karen Pierce, PhD
University of California San Diego
8110 La Jolla Shores Dr, Ste 202
La Jolla, CA 92037
858-534-6912
kpierce@health.ucsd.edu

Georgia

Centers for Disease Control and Prevention
National Center on Birth Defects and Developmental Disabilities
ADDM@cdc.gov

Maryland

Dani Fallin, PhD
Elise Pas, PhD
Johns Hopkins University
dfallin@jhu.edu
epas1@jhu.edu

Minnesota

Institute on Community Integration (ICI)
University of Minnesota
150 Pillsbury Drive SE
Minneapolis, MN 55455
<https://addm.umn.edu/autism@umn.edu>

Missouri

Robert Fitzgerald, PhD, MPH
Washington University in St. Louis
314-286-0151
fitzgeraldr@wustl.edu

New Jersey

Walter Zahorodny, PhD
Josephine Shenouda, MS
Rutgers-New Jersey Medical School
185 South Orange Avenue, F570
Newark, New Jersey 07101
973-972-9773
zahorodn@njms.rutgers.edu

Tennessee

Zachary Warren, PhD
VKC/TRIAD
110 Magnolia Circle
Nashville, TN 37203
1-877-ASD-VUMC
autismresources@vanderbilt.edu

Utah

Amanda V. Bakian, PhD
Deborah Bilder, MD
UT-ADDM Principal Investigators
University of Utah
383 Colorow Rd, Salt Lake City 84108
801-213-2881
amanda.bakian@hsc.utah.edu
deborah.bilder@hsc.utah.edu

Wisconsin

Maureen Durkin, PhD, DrPH
University of Wisconsin-Madison
Waisman Center
1500 Highland Ave, Room s101E
608-263-7507
mdurkin@wisc.edu

NOTE: Although these 11 states host the ADDM Network Sites, the entire state is not necessarily included in the tracked area. Please see individual ADDM Network site pages for a closer look at the specific sites.



Concerned About Your Child's Development?

If your child is missing milestones or you have concerns about the way your child plays, learns, speaks, acts, or moves, here's how to get help:

- 1. Make an appointment with your child's doctor, teacher, or another trusted provider.** Tell them you want to talk about your child's development.
- 2. Share your child's milestone checklist and any concerns,** even if your child is meeting the milestones. Checklists can be helpful, but they don't cover everything. Help your child's doctor understand your concerns by sharing information from teachers and other providers, or giving examples like:
"I am worried about how he is speaking. He doesn't say much all day, he stopped saying some words, and he hasn't learned any new ones."
- 3. Ask about developmental screening.** Screening is a way to get more information about a child's development, usually by having a parent answer a list of questions about the child. It's recommended for all children at different ages and any time there's a concern. It can be done by doctors and others, like childcare providers or home visitors.
- 4. If after screening there are still concerns, ask if your child needs to see a specialist AND ask for help getting connected to services to help support your child.**

You know your child best. Don't wait. Acting early can make a real difference. Your child's doctor, teacher, and others can help.

Positive Parenting Tips for Healthy Child Development

Young Teens (12-14 years of age)

Developmental Milestones

This is a time of many physical, mental, emotional, and social changes. Hormones change as puberty begins. Most boys grow facial and pubic hair and their voices deepen. Most girls grow pubic hair and breasts, and start their period. They might be worried about these changes and how they are looked at by others. This also will be a time when your teen might face peer pressure to use alcohol, tobacco products, and drugs, and to have sex. Other challenges can be eating disorders, depression, and family problems. At this age, teens make more of their own choices about friends, sports, studying, and school. They become more independent, with their own personality and interests, although parents are still very important.

Here is some information on how young teens develop:

Emotional/Social Changes

Children in this age group might:

- Show more concern about body image, looks, and clothes.
- Focus on themselves; going back and forth between high expectations and lack of confidence.
- Experience more moodiness.
- Show more interest in and influence by peer group.
- Express less affection toward parents; sometimes might seem rude or short-tempered.
- Feel stress from more challenging school work.
- Develop eating problems.
- Feel a lot of sadness or depression, which can lead to poor grades at school, alcohol or drug use, unsafe sex, and other problems.



Thinking and Learning

Children in this age group might:

- Have more ability for complex thought.
- Be better able to express feelings through talking.
- Develop a stronger sense of right and wrong.

Positive Parenting Tips

Following are some things you, as a parent, can do to help your child during this time:

- Be honest and direct with your teen when talking about sensitive subjects such as drugs, drinking, smoking, and sex.
- Meet and get to know your teen's friends.
- Show an interest in your teen's school life.
- Help your teen make healthy choices while encouraging him to make his own decisions.

UNDERSTANDING PSYCHOSIS

From the **NATIONAL INSTITUTE of MENTAL HEALTH**



What is psychosis?

The word *psychosis* is used to describe conditions that affect the mind, where there has been some loss of contact with reality. When someone becomes ill in this way, it is called a psychotic episode. During a period of psychosis, a person's thoughts and perceptions are disturbed, and the individual may have difficulty understanding what is real and what is not.

Who develops psychosis?

Psychosis can affect people from all walks of life. Psychosis often begins when a person is in his or her late teens to mid-twenties. There are about 100,000 new cases of psychosis each year in the U.S.

What causes psychosis?

There is no one specific cause of psychosis. Psychosis may be a symptom of a mental illness, such as schizophrenia or bipolar disorder. However, a person may experience psychosis and never be diagnosed with schizophrenia or any other mental disorder. There are other causes, such as sleep deprivation, general medical conditions, certain prescription medications, and the misuse of alcohol or other drugs, such as marijuana. A mental illness, such as schizophrenia, is typically diagnosed by excluding all of these other causes of psychosis. To receive a thorough assessment and accurate diagnosis, visit a qualified health care professional (such as a psychologist, psychiatrist, or social worker).

What are the signs and symptoms of psychosis?

Typically, a person will show changes in his or her behavior before psychosis develops. Behavioral warning signs for psychosis include:

- Sudden drop in grades or job performance
- New trouble thinking clearly or concentrating
- Suspiciousness, paranoid ideas, or uneasiness with others
- Withdrawing socially, spending a lot more time alone than usual
- Unusual, overly intense new ideas, strange feelings, or no feelings at all
- Decline in self-care or personal hygiene

- Difficulty telling reality from fantasy
- Confused speech or trouble communicating

Symptoms of psychosis include delusions (false beliefs) and hallucinations (seeing or hearing things that others do not see or hear). Other symptoms include incoherent or nonsense speech and behavior that is inappropriate for the situation. A person in a psychotic episode also may experience depression, anxiety, sleep problems, social withdrawal, lack of motivation, and difficulty functioning overall.

Someone experiencing any of the symptoms on this list should consult a mental health professional.