



# STUDY: YOUNG KIDS WITH AUTISM BEHAVE BETTER IF PARENTS ARE TRAINED

*Parents who go through 24-week training program have children who behave better*

*The Ohio State University Wexner Medical Center*

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<b>SUGGESTED TEASE</b>	STILL TO COME - HELPING YOUNG KIDS WHO HAVE AUTISM ... BY FOCUSING MORE ATTENTION .. ON THEIR <u>PARENTS</u> . DETAILS OF A COMPELLING NEW STUDY, NEXT IN HEALTH NEWS.
<b>ANCHOR LEAD</b>	THERE ARE MORE THAN 3 AND A HALF MILLION AMERICANS WITH AUTISM SPECTRUM DISORDER <sup>1</sup> - OR A-S-D - A CONDITION THAT NOW AFFECTS ONE IN EVERY 68 CHILDREN BORN IN THIS COUNTRY. <sup>1</sup> SYMPTOMS OF AUTISM CAN RANGE FROM A CHILD BEING SOCIALLY WITHDRAWN TO THOSE WHO HAVE SEVERE BEHAVIORAL PROBLEMS. AND UNTIL NOW, MOST TREATMENTS FOCUSED PRIMARILY ON THE CHILD. BUT A NEW STUDY IS OUT THAT SUGGESTS DOCTORS MAY WANT TO PAY CLOSER ATTENTION ... TO THE <u>PARENTS</u> . CLARK POWELL EXPLAINS.
	(Nats - Brett with son) :02
<b>CG: Courtesy: The Ohio State University Wexner Medical Center</b>  Shots of both talking on the couch  Close up of Preston on phone	WHEN HIS SON PRESTON WAS DIAGNOSED AT THE AGE OF FIVE WITH AUTISM SPECTRUM DISORDER, BRETT SHERAW ( <i>pronounced: sure-AW</i> ) SAYS HE AND HIS WIFE WERE ACTUALLY RELIEVED. THEY FINALLY HAD SOME ANSWERS - ALTHOUGH HE ADMITS THERE WERE TIMES THEY HAD NO IDEA HOW TO HANDLE HIS BEHAVIOR IN CERTAIN SITUATIONS. :15
<b>CG: Brett Sheraw</b> <b>Son has autism spectrum disorder</b>	"I used to always be the type that would be like 'no, we need to do this. We need to do that.' And it would make it worse." :07
Shots of dad bringing snacks to kids  Shots of doctor with child and dad in play room	LIKE MILLIONS OF OTHER FAMILIES, THE SHERAWS USED A COMBINATION OF THERAPY AND MEDICATION TO HELP CONTROL THE SYMPTOMS IN THEIR CHILD. BUT A NEW STUDY SUGGESTS IT MAY ALSO BE HELPFUL TO FOCUS ON THE PARENTS. :11
<b>CG: Luc Lecavalier, PhD</b>	"I think we empowered parents by teaching them how to interact

<p><b>Nisonger Center at Ohio State's Wexner Medical Center</b></p>	<p>with their child in a more efficient way.” :06</p>
<p>Shots of Lecavalier at his desk</p> <p>Shots of child in study</p> <p>Pan from room to mirror</p> <p>Shots of parents with expert behind mirror</p> <p>(Wide shot for graphic / blur)  <b>Parents Learned:</b>  <i>-How to identify triggers</i>  <i>-Use visual aids to communicate</i>  <i>-Which behaviors to ignore, which to change</i></p> <p><b>Expert with child in play room</b></p> <p><b>Zoom in to pills</b></p> <p>Shot of experts with parents</p>	<p>LUC LECAVALIER (pronounced: Luke luh-cav-uh-LEER) IS A PSYCHOLOGIST AT THE OHIO STATE UNIVERSITY WEXNER MEDICAL CENTER'S NISONGER CENTER.</p> <p>IN THE LARGEST RANDOMIZED, MULTICENTER STUDY OF ITS KIND, HE AND COLLEAGUES FROM FIVE OTHER SITES ACROSS THE U-S TOOK A DIFFERENT APPROACH TO AUTISM THERAPY.</p> <p>INSTEAD OF FOCUSING SOLELY ON THE CHILD, THEY USED EXPERTS TO TRAIN PARENTS.</p> <p>IN ONE-ON-ONE SESSIONS, PARENTS LEARNED HOW TO IDENTIFY TRIGGERS THAT LEAD TO PROBLEMS - HOW TO USE VISUAL AIDS TO BETTER COMMUNICATE - AND WHICH BEHAVIORS TO IGNORE AND WHICH THEY SHOULD TRY TO CHANGE.</p> <p>AFTER 24-WEEKS, 70 PERCENT OF CHILDREN SHOWED DRAMATIC IMPROVEMENTS IN BEHAVIOR - THE SAME RESPONSE RATE AS THE MOST EFFECTIVE DRUGS ON THE MARKET.</p> <p>WHAT'S MORE - THE IMPROVEMENTS LASTED. :42</p>
<p><b>Luc Lecavalier (CG'd earlier)</b></p>	<p>“At the six month follow-up, eighty percent of those children continued to be what we call positive clinical responders. So, in other words, they were being rated as much improved or very much improved.” :11</p>
<p>Shots of parents with expert behind mirror</p> <p>Shots of child with expert in play room</p>	<p>DOCTORS SAY IF THEY CAN TEACH THESE BEHAVIORAL INTERVENTION TECHNIQUES ON A BROADER SCALE, IT COULD GIVE PARENTS NEW HOPE AND PATIENTS MORE OPTIONS.</p> <p>AT OHIO STATE'S WEXNER MEDICAL CENTER, THIS IS CLARK POWELL REPORTING. :11</p>
<p><b>ANCHOR TAG</b></p>	<p>THE AVERAGE PATIENT IN THE STUDY WAS 4 AND A HALF YEARS OLD - WHICH IS IMPORTANT BECAUSE MANY FAMILIES SAY THEY WOULD LIKE TO TRY BEHAVIORAL THERAPY AT AN EARLIER AGE BEFORE EXPOSING THEIR CHILDREN TO MEDICATIONS AND THE SIDE EFFECTS THEY CAN CARRY.</p> <p>THE STUDY IS PUBLISHED IN THE LATEST EDITION OF THE JOURNAL OF THE AMERICAN MEDICAL ASSOCIATION.</p>
<p> <b>Share it! Suggested tweet:</b></p>	<p>New autism research from <a href="https://twitter.com/OSUWexMed">@OSUWexMed</a> focuses more on parents, not just the patient. Details: <a href="http://bit.ly/1zDtf8">http://bit.ly/1zDtf8</a></p>
<p> <b>Suggested post:</b></p>	<p>A new study suggests that doctors may want to try shifting their focus from patients to parents when it comes to treating young children with autism spectrum disorder. For 24 weeks, experts taught parents specific management skills to try when their child displayed severe behavior problems and saw dramatic</p>

	improvements. Details here: <a href="http://bit.ly/1zDtf8">http://bit.ly/1zDtf8</a>
<b>References -</b>	<i>1Facts and Statistics, Autism Society</i> , April 2015. Online: <a href="http://www.autism-society.org/what-is/facts-and-statistics/">http://www.autism-society.org/what-is/facts-and-statistics/</a>
	<b>Extra Bites</b>
<b>CG: Luc Lecavalier, PhD</b> Nisonger Center at Ohio State's Wexner Medical Center	<p><i>Lecavalier talks about the design of the training sessions -</i> “What we did in our treatment program was to develop eleven sessions, and each had a different theme, and we would teach the parent how to implement those different behavioral strategies in the home.” :13</p> <p><i>Lecavalier talks about the idea behind the study -</i> “We know that these techniques work when they’re well done by well-trained professionals, in this situation here, we were trying to teach the parents on how to implement those strategies.” :11</p> <p><i>Lecavalier talks about the sessions with parents -</i> “They are with a therapist for 60-90 minutes and then they go back home for 7 days. So every time they would leave the therapy session and have specific homework that they needed to implement in the home.” :12</p> <p><i>Lecavalier talks about the age of the patients and impact of the study -</i> “The average age of the children in this study was four and a half years old at entry. So, if you think about that for a moment, that’s about twenty percent of their life they were followed and we had significant improvements from baseline.” :11</p>
<b>CG: Brett Sheraw</b> Son has autism spectrum disorder	<p><i>Brett talks about the first signs of his son’s autism -</i> “It started with, if he got upset, he would bang his head on the ground a lot. He had a lot of issues with textures and fabrics and eating and different things that he was hypersensitive to.” :13</p> <p><i>Brett talks about how medication helps his son -</i> “Preston takes medicine in the morning, and until that medicine kicks in, he’s just kind of not on his best behavior, let’s put it that way.” :09</p> <p><i>Brett talks about the idea of parents learning new intervention techniques -</i> “Sometimes you need something just for the parent. Because I think a lot of times, the autism spectrum is harder on the parent than the child.” :08</p>
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