Outline

- Parent Mediated Intervention for Children with ASD
- Project ImPACT
  - Guiding Principles/ Key Components
  - Intervention Targets
  - Intervention Strategies: NDBI
- Research to date
- Preparation for Project ImPACT
Learner Objectives

- Identify Four Key Elements of Successful PMI
- Identify Four Guiding Principals/ Key Components of Project ImPACT
- Identify Four Core Areas Targeted in Project ImPACT
- Global Understanding of the Intervention strategies used in Project ImPACT

Disclosure

I receive royalties from the sale of the Project ImPACT curriculum from Guilford Publications


What Is Parent–Mediated Intervention

- **Systematic instruction** and coaching in strategies to help parents accomplish specific goals for their child
  - Engage child in play and social interaction
  - Acquire developmental skills
  - Manage child’s behavior during ongoing daily routines

- Parent training is a *primary intervention* strategy

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Key Elements of Effective Parent Mediated Interventions

- Parent-selected goals or targets for child
- Systematic instruction in intervention techniques
- Parent practice and feedback
- On-going support and problem solving
Rationale for Parent-Mediated Intervention

**Child Outcomes**
- Increased social communication skills and decreased challenging behavior
- Time- and cost-effective
- Better generalization and maintenance of child skills

**Family Outcomes**
- Increased self-efficacy and decreased parenting stress
- Greater optimism about their child’s future
- Parents report as most effective practice for improving their child’s development

Considered Evidenced Based Practice

- National Standards Project; National Professional Development Center for ASD
- What is the evidence-base?
  - Multiple single-case design studies show improvements in parent fidelity, child language, play, and joint engagement
  - Several recent RCTs show improvements in parent responsiveness and child joint engagement/initiations
Project ImPACT

Goals of Project ImPACT

- Target core deficits in social communication
- Use evidence-based intervention strategies
- Develop training formats compatible with different intervention delivery models
- Create user-friendly training materials that require minimal trainer preparation
Guiding Principles/Key Components of Project ImPACT

Best practices in parent-mediated intervention

- Core social communication skills within a developmental framework
- Evidence-based intervention strategies
- Effective parent coaching and engagement strategies

Elements to support community use
- Compatible with families’ daily lives
- Easy to learn
- Technical supports
- Flexible delivery model

Input from parents, providers, and administrators

Project ImPACT Coaching Models

INDIVIDUAL MODEL
- 24 Coaching Sessions (60-90 min)
  - Discussion of new technique
  - Demonstration with child
  - Parent practice with feedback
  - Reflection and practice planning

GROUP MODEL
- 6 Group Sessions (2 hrs.)
  - Didactic presentation of techniques
  - Group discussion
  - Practice planning
- 6 Coaching Sessions (60 min)
  - Demonstration with child
  - Parent practice with feedback
  - Reflection and practice planning

Can be condensed to 1 x week
Who is the Program for?

- Children with social communication challenges including ASD from earliest identification through 6 years
- Children at risk for social communication challenges

Can be used with older children

- Modifications can be made for higher language levels with consultation from SLP
- Most appropriate for children up to language age of 48 months can make adaptations have that in the curriculum
- Optional for children with other expressive, receptive, or social communication challenges

Materials

- **Coach Manual**
  - Detailed procedures
  - Video examples
  - Slideshows
  - Coaching forms

- **Parent Manual**
  - Description of techniques
  - Home activity suggestions
  - Practice Plan
Project ImPACT Intervention Strategies

Getting Started

- Review of the intervention targets
- Goal Development
- Overview of Intervention Strategies
- Set up the Home for Success
Social Communication Goals

- Fit with the parent’s goals for the child
- Follow developmentally from the child’s current skills
- Are specific and measurable
- Can be met within the duration of the program

Project ImPACT F.A.C.T.S.

1. Use about 1/3 of the interaction to help your child learn new social communication skills
2. Use about 2/3 of the interaction to help child initiate or gain his attention
3. Use throughout the interaction to help your child engage with you and the activity
Set Up the Home for Success

- Helps parent identify activities in which to teach
- Helps parent arrange home environment to support interaction

Focus On Your Child

- Increases child’s ability to engage during play
- Lets child initiate
- Helps parent recognize and respond to child’s communication
Adjust Your Communication

- Encourages shared positive affect
- Helps child understand verbal and nonverbal communication

Create Opportunities

- Encourages back and forth play
- Increases child’s initiatives
- Helps child respond
- Gains child’s attention
Teach New Skills

- Helps child communicate and play in more complex ways
- Prompts for using communication

Shape the Interaction

- Helps keep child engaged and having fun and learning new skills
Optional Behavior Management Unit

- Can be presented at any point in program
- Positive Behavior Support
  - Assessment of function of challenging behavior and development of specific plan
  - Focuses on teaching new skills
  - Discourages the use of punishment

Video of Intervention
Taking Data

Monitoring Child Progress

- Session Data Sheet
- Goal achievement
- Social Communication Checklist
- Language or play samples
Monitoring Parent Progress

- Intervention fidelity form
- Parent satisfaction survey

When should the program begin

- Early intervention is strongly recommended for optimal outcome
- Immediately after diagnosis or reported concerns
- May alleviate parent stress
- However, parents may not yet be “ready”
- Offering immediately and again at a later point would be optimal
- Intake Interview
Project ImPACT Research

Research on Project ImPACT

- Intervention strategies considered evidence-based practice by National Standards Project and NPDC-ASD
General Conclusions

- Project ImPACT feasible for use in range of community settings
- Intervention techniques effective for increase social engagement, language, and play
- Multiple targets can be taught simultaneously
- Parent training model is effective for increasing parent use of intervention techniques
- Can be modified to 1 X week
- Several sets of intervention techniques directly related to child outcomes
- Parent use of responsivity and prompting techniques were uniquely associated with spontaneous language
- Recent investigation into children at risk for social communication challenges-Bridge and Vanderbilt

- Research list on the handouts

Preparation for Project ImPACT
Provider Qualifications and Skills

Graduate level training

- Background in child development and behavioral principles
- Fluent use of intervention with children
- Ability to adapt instruction as necessary
- Ability to give feedback
- Collaborative style with parents
- Familiar with behavior management

Provider Preparation

Online Training
- 6 hour online training
- Reviews Key Elements of the Intervention strategies

Introductory Workshop
- Overview of intervention and coaching strategies
- Role play and active learning
- Implementation planning

Consultation
- 9 months of consultation
- Video review
- If fidelity is reached, can train others in organization
Questions

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