

Case Example 1

Ryley is a 13-year-old boy with diagnoses of Autism Spectrum Disorder and ADHD. Ryley has no cognitive impairment and is academically on grade level but he struggles with changes to his routine, loud noises, and crowds which sometimes impacts his functioning at school. He was referred by his pediatrician due to changes in behavior reported by his parents. His parents report that over the past 4-6 months Ryley has become increasingly withdrawn at home, he spends most of his time in his room and they can't get him to do any of the activities that he used to enjoy like riding his bike and going for hikes. They have also noticed that he is sleeping more than usual, when they ask him why he says "I am just bored". Parents became extremely motivated to seek help after they found search history on his computer around ways to suffocate yourself. Ryley has always struggled with social interactions and making friends at school but lately he has become even more withdrawn at school, his teachers report that he is not speaking in any other children and during lunch time he self-isolates. Teachers are concerned that he may be being bullied at school and his grades have started to fall.

Case Example 2

Lesly is a 24-year-old woman with a diagnosis of Intellectual Disability. She lived at home with her parents who are very involved with her life and are her support system. Lesly can speak in short simple sentences and take care of her basic hygiene needs. She is unable to read or write and struggles with complex direction or abstract ideas. Lesly was referred by her parents due to increasing concerns around anxiety. Her parents report that Lesly has always been nervous and scared of new things but this seems to be getting worse and worse lately. They report that she doesn't want to leave the house, even to go out for dinner or walk the family dog. These were previously two of her favorite activities. They report that when she needs to leave the home she will start to shake, cry, say "no no no bad". It is often taking the family 1-2 hours to get Lesly out of the house and into the car.

Case Example 3

Jace is a 7-year-old boy who was recently adopted out of the foster care system. His parents have been fostering him for a year prior to the adoption and they are very dedicated to helping him. Jace is suspected to have ASD but he has not yet been evaluated. He has an IEP at school and is delayed in his early academic skills. His parents are very concerned about many of his behaviors such as aggression, food hoarding, long extreme tantrums when plans change or unexpected people show up at the family home, and difficulty with sleep. Jace's parents do not have much information about his life prior to them fostering him. They know that Jace was removed from his biological parents at 5 years old due to physical abuse and neglect. Jace was in two other foster homes prior to the current adoptive home. Both other foster homes were not able to handle his behavior and asked for him to be removed from their home after less than a year.