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# **Welcome to this 3-Part Webinar Series for Parents!**

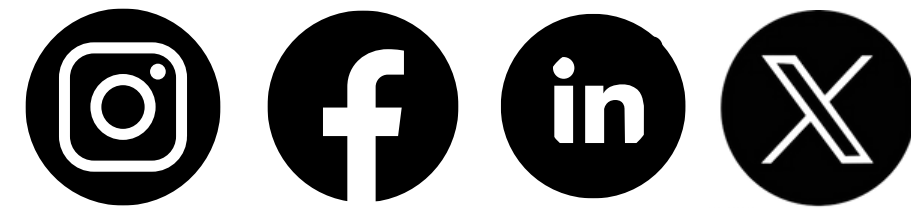
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# CONCERN OR COMMON? UNDERSTANDING EARLY CHILDHOOD BEHAVIORS AND EARLY SIGNS OF DEVELOPMENTAL DISORDERS

Kandice Benallie, PhD &  
Emily Lewis, PhD



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# Kandice Benallie, PhD

- UCEBT Postdoctoral Fellow (current)
- PhD in school psychology from Utah State University (2017-2023)
- Pre-doctoral internship at Johns Hopkins All Children's Hospital (2022-2023)
- Clinical specializations/interests
  - Early childhood
  - Childhood psychological evaluations
  - Autism/NDDs
  - Disruptive/challenging behaviors
  - Behavioral parent training



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# Emily Lewis, PhD

- Psychology resident at The Children's Center Utah (TCCU)
- PhD in school psychology from University of Memphis (2018-2023)
- Pre-doctoral internship at The Children's Center Utah (2022-2023)
- Clinical specializations/interests
  - Early childhood/intervention
  - Caregiver-child relationships
  - Trauma treatments
  - Psychological assessment
  - Clinical training and supervision



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# Q&A!





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# Received Questions

- "Difference between an overly energetic child who does not nap and is always on the go, versus ADHD?"
- "What are the signs of ADHD in a 4 year old girl and what should/can I do if I see these signs? any books you recommend a parent read if they notice these signs?"
- "What age should crying and tantrums stop? How to recognize ADHD in toddler boys?"
- "Low frustration tolerance"
- "Lying"
- "How do I deal with sibling rivalry and siblings saying mean things that stick?"
- "How do I help my children understand the importance of sibling relationships?"
- "Struggling with 3 year old's natural behavior (big emotions, tantrums) as a BPD parent."
- "Early signs of personality disorders or attachment issues"



# Detecting Early Signs

## Early Signs

- Developmental Concerns
- Autism, ADHD, other neurodevelopmental disorders

## Typical or Concerning Behavior?

## Evaluation

- Milestones or specific behavior suggesting a need for an evaluation





# Action Steps

## Tips and practical strategies

- Supporting child suspect of developmental concerns

## Steps if concerned

- Seeking an evaluation
- Who is qualified? Where to go? What should be included in an evaluation?

## Diagnostic Process

- What does it involve? How to prepare?
- Co-occurring diagnoses/conditions? Differential diagnoses?



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# Community Resources

## Early Intervention

- Impact on development and future outcomes

## Parent Role

- Supporting child's needs at home and educational settings

## Resources, support groups, organizations



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# Utah Center for Evidence Based Treatment (UCEBT)

- Behavioral Parent Training (Parent Coaching)
  - Individual and Group-Based
- Psychological evaluation services (2 years+)
  - Autism, ADHD, learning disability, etc.
- Evidenced-Based Treatments for Child Mental Health
  - Social skills training, disruptive/challenging behaviors, emotion regulation, anxiety management, OCD
- Webinars and presentations



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# The Children's Center Utah (TCCU)

- Family Therapy (0-6)
- Evidence-Based trauma treatments
  - Other support groups (Circle of Security, Infant Massage)
- Autism Spectrum Disorder evaluations
- Therapeutic Preschool Program (TPP)
- Psychiatry services
- Early-Childhood Coaching and Consultation (ECCC)
- Infant /early childhood mental health consultations for providers
- Webinars



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# Resources

- Learn the Signs. ACT Early (CDC): <https://www.cdc.gov/ncbddd/actearly/index.html>
- Early Intervention – Utah Baby Watch (0-3 years): <https://familyhealth.utah.gov/oec/baby-watch-early-intervention/>
- Find an Autism/ADHD Evaluation Provider
  - [https://familyhealth.utah.gov/wp-content/uploads/Office\\_CSHCN/pdf/autism/Autism-Evaluations.pdf](https://familyhealth.utah.gov/wp-content/uploads/Office_CSHCN/pdf/autism/Autism-Evaluations.pdf)
  - <https://www.autismcouncilofutah.org/post/evaluation>
  - <https://utahparentcenter.org/wp-content/uploads/2015/10/Autism-Diagnostic-Evaluations-01.2014.pdf>
- Utah Parent Center
  - Autism: <https://utahparentcenter.org/disabilities/autism/>
  - ADHD: <https://utahparentcenter.org/disabilities/adhd/>
  - School Support/IEP (3 years+): <https://utahparentcenter.org/iep-101-getting-started/>



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# Resources

- 1. How to Talk so Kids Will Listen and Listen So Kids Will Talk By Adele Faber and Elaine Mazlish
- 2. How To Talk so Little Kids Will Listen by Joanna Faber and Julie King
- 3. The Whole Brain Child by Daniel Siegel and Tina Payne Bryson
- 4. 1-2-3 Magic by Thomas Phelan
- 5. Taking Charge of ADHD by Russell Barkley
- 6. 12 Principles for Raising a Child with ADHD by Russell Barkley
- 7. The Activity Kit for Babies and Toddlers at Risk: How to Use Every Day Routines to Build Social and Communication Skills by Deborah Fein and Molly Helt



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# TCCU: Other Resources

<https://childrenscenterutah.org/services/resources>

Here are some online resources we recommend from our national and state partner organizations.

- [Centers for Disease Control and Prevention](#)
- [Five Before Five](#)
- [National Child Traumatic Stress Network](#)
- [Utah Department of Human Services Substance Abuse and Mental Health](#)
- [Zero to Three](#)

## Articles

The following articles were written by our clinical team that address a variety of issues that parents and families may be dealing with.

[Autism Spectrum Disorder in Childhood](#)

[Building Mental Health in Childhood](#)

[Child Abuse Awareness and Prevention](#)

[Dealing with Holiday Stress](#)

[Developing Relationships in Childhood](#)

[Is My Child A Picky Eater?](#)

[Setting Goals with Kids](#)

[Supporting Gratitude in Young Children](#)

[Supporting Young Children Isolated Due to Coronavirus](#)

[Talking to Your Child About Adoption](#)

[Talking To Your Child About Community Violence](#)

[Young Children and Bullying](#)



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# Q&A!







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# **Thank you for joining us!**

**We look forward to seeing you at next month's webinar on March 12.**