



potomac  
psychiatry



# Autism Evaluations and Treatment from Infancy through Young Adulthood



Treating your child as a whole person—  
not just a cluster of symptoms and behaviors.

Wellness doesn't reside in the brain alone, but also in one's genes, cells, and gut microbiome. Effective treatment addresses symptoms, behaviors, and numerous root causes to achieve the best possible results.

At Potomac Psychiatry, we will do *Whatever It Takes* to help your child and your family.

Autism spectrum disorder (ASD) is a developmental disability that can cause significant social, communication, and behavioral challenges.

Diagnosis is the first step toward treatment—and yet, as autism awareness grows, families can find themselves waiting six months or more to get their child evaluated.

Our team, led by our board-certified Developmental-Behavioral Pediatrician, provides the evaluations you need for peace of mind, beginning when your child is 18 months old.

If you suspect your child may exhibit signs of autism, we recommend you seek out help as soon as possible.

The earlier ASD is diagnosed, the earlier your child can begin treatment. Evidence shows that receiving therapy and services early can minimize unwanted behaviors, regain lost skills, and improve outcomes.

While most autistic children are diagnosed during their preschool years, some are diagnosed in elementary school, middle school, high school, or early adulthood. Our doctors are highly experienced in the evaluation and treatment of these age groups as well.

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# Our Root Cause Psychiatry Program for Autism

For some autistic children to have the highest probability of a better life, multiple “root causes” must be identified and addressed—including genetic, cellular, gut microbiome, immune system, and more. Our Root Cause Psychiatry Program identifies and targets each root cause... to help your child feel better and function more effectively.



## Whole Body Wellness

We evaluate your child utilizing advanced laboratory testing, such as the IntellxxDNA Neurodevelopmental Genetic Test and Folate Receptor Antibody Test (FRAT), to improve their well-being.



## Personalized Treatment

Your child is unique—their care should be, too. We tailor treatment to the unique root causes that lie beneath your child’s emotional and behavioral challenges.



## Integrated Care

Our collaborative team—your family’s healing companions—walk with you and your child each step of the way to help them flourish.

Our autism services include a full Developmental-Behavioral and Psychiatric evaluation, followed by treatment tailored to your child’s symptoms and behaviors.

### For Young Children (18 mos – 5 yrs):

- 1 DEVELOPMENTAL SCREENING** based on an intake packet completed prior to evaluation.
- 2 INTERVIEW** of parents by our Developmental-Behavioral Pediatrician.
- 3 IN-OFFICE OR HOME VIDEO OBSERVATION** of your child in the home environment. This includes Standardized Testing for your child based on exact age and presentation.
- 4 REPORT** Comprehensive diagnostic summary, recommended treatments and specific treatment centers; written to help get insurance reimbursement.

### For Older Children and Young Adults:

- 1 EVALUATION** 60-90 minute telehealth interview including time with caregivers and patient together and time with the patient alone.
- 2 ADDITIONAL TESTING** possibly including genetic, gut microbiome, cellular, and other cutting-edge diagnostic tests.
- 3 TREATMENT** based upon test results and symptom targets; may include therapy, medication, nutritional counseling, supplements, social skills training, school accommodations, and/or ABA treatment.

Early signs of autism spectrum disorder (ASD) can involve impaired social interactions and restrictive repetitive behaviors. Here are some examples:

Common Symptoms of ASD :	18 mos – 5 yrs Young Children	Children in Elementary School	Children in Middle School	Young Adults & High School
Ignoring a parent/ not responding to their name	x	x		
Poor or minimal eye contact	x	x	x	x
Not pointing to show things by 15 months old	x	x		
Flapping their hands, spinning, shaking their head	x	x		
Rocking, clapping	x	x		
Repetitive behavior, e.g. aligning or spinning objects	x	x		
Using parroted/ scripted language from TV/ radio	x	x		
Difficulty interpreting non-verbal social cues	x	x	x	x
Rigidly following rules	x	x	x	x
Displaying restricted interests	x	x	x	x
Sensitive to certain sensory experiences	x	x	x	x
Behavioral outbursts due to social challenges	x	x	x	x
Low mood/ anxiety due to interpersonal challenges		x	x	x
Difficulties developing friendships		x	x	x
Challenges forming romantic relationships				x

## Some of Our Awards

