Pediatric News
An electronic newsletter from the Department of Pediatrics

September 2013

Spotlight: Division of Developmental Pediatrics

The Division of Developmental Pediatrics is located in the Munroe-Meyer Institute and is staffed by two full-time, board-certified Developmental/Behavioral Pediatricians, two part-time nurse practitioners and a clinical nurse specialist. Our clinicians work closely with other health care providers and professionals to offer interdisciplinary clinical services for children and adolescents with a range of developmental and behavioral conditions and children with special health care needs.

We provide initial consultations for diagnostic evaluation, assessment, and treatment planning as well as ongoing follow-up for implementation of treatment plans. This may include medication or behavioral treatments as well as coordination of care across multiple disciplines. Children at risk for developmental and behavioral disorders are also evaluated and monitored. In addition to interdisciplinary clinical services, our faculty and staff participate in a variety of interdisciplinary training activities and are actively involved in research on the causes and treatments of developmental and behavioral disorders.

The clinicians in the Division of Developmental Pediatrics have varied backgrounds and areas of expertise. The Division includes 2 of the 4 Board Certified Developmental/Behavioral Pediatricians in Nebraska. Cynthia Ellis, MD had residency training in pediatrics and completed a fellowship child and adolescent psychiatry. In addition to over 25 years of clinical and research experience in DBPeds, she is the Director of the MMI LEND (Leadership Education in Neurodevelopmental and Related Disabilities) Program. Howard Needelman, MD has 30 years of experience as a neonatologist and 14 years of experience in DBPeds. He is the co-director of the Nebraska Neonatal TIPS (Tracking Infant Program Statewide) Program, which currently has one of the largest NICU follow up databases in the country. In addition to her role as a part-time psychiatric nurse practitioner in the DBPeds clinics, Brigette Vaughan, MSN, APRN has over 18 years of clinical experience in the mental health field and has been a nurse coordinator for the UNMC Department of Psychiatry Psychopharmacology Research Center since 1998. Therese Mathews, PhD, APRN was a pediatric nurse practitioner for 15 years prior to completing her PhD in clinical child psychology 8 years ago. Dr. Mathews developed the MMI social skills program for
children and youth with autism and has been the leader in the development of the new ACT (Autism Care for Toddlers) Early Intervention Program that will begin providing services for children with autism in September, 2013. **Sandy Houser, MSN, APRN** has over 25 years of experience in developmental nursing and is involved in many community organizations.

### Developmental Pediatrics Faculty & Staff

**Physicians:**

- Cynthia Ellis, M.D.  Associate Professor of Pediatrics and Psychiatry Board Certified: Pediatrics, Developmental/Behavioral Pediatrics, Neurodevelopmental Disabilities
- Howard Needelman, M.D.  Associate Professor of Pediatrics Board Certified: Pediatrics, Neonatal Medicine, Developmental/Behavioral Pediatrics

**Nurse Practitioners:**

- Therese Mathews, Ph.D., APRN  Assistant Professor of Psychology
- Brigette Vaughan, MSN, APRN

**Clinical Nurse Specialist:**

- Sandy Houser, MSN, APRN

**Administrative Staff**

- Jacqueline Hankins, Office Associate
- Matthew Freeman, Research Assistant

### Developmental Pediatrics Clinical Programs

**Interdisciplinary Clinics:**

- MHCP Cerebral Palsy Clinic - Title V funded clinic with DBPeds, Nursing, Orthopedics, PT, OT, Psychology, Nutrition
- Neonatal Follow-Up "TIPS" (Tracking Infant Progress Statewide) Clinic - NDE/DHHS funded clinic with DBPeds, Psychology, Education and Child Development
- Neurobehavioral Clinic - DBPeds, Child Neurology, Psychology, Nursing
- PDD Management Clinic - DBPeds, Psychology
- Cardiovascular Follow-Up Clinic - DBPeds, Psychology, Cardiovascular Surgery, Nursing
- Severe Behavior Joint Management Clinic - DBPeds and MMI Severe Behavior Program team
- UNO Student Athlete ADHD Monitoring Program - DBPeds, Psychology
- LEND Interdisciplinary Training Clinic

**Outreach Clinics:**

- Columbus Behavioral Health Clinic - DBPeds, Psychology
- Children's Hospital Autism Clinic - DBPeds, Genetics, Social
Work, Psychology
- Children's Hospital "TIPS" Clinic - DBPeds, Psychology, Education and Child Development
- ACT (Autism Care for Toddlers) Clinic - Psychology, SLP, LEND, DBPeds, OT

Developmental Pediatrics Clinics:
- Ellis: Expertise in psychopharmacology in neurodevelopmental disabilities, ASD, and ADHD; dual diagnosis (MH & ID)
- Needelman: Expertise in high-risk neonatal follow-up; developmental assessment; neurodevelopmental disabilities and ASD
- Vaughan: Expertise in treatment of psychiatric disorders; ADHD; psychopharmacology; mental health services
- Mathews: Expertise in behavior management; ASD and social skills; combined medication/behavioral management

For more information:
MMI Diagnostic Center
412 S. Saddle Creek
Phone: 402-559-4985

Developmental Pediatrics Educational Programs

- **DBPeds Pediatric and Family Medicine Resident Rotations** (Howard Needelman, Rotation Director)
- **ACT** (Autism Care for Toddlers) Clinic - an interdisciplinary, collaborative (the Autism Center of Nebraska and MMI) program opening in September, 2013 that will provide education, research, parent training & clinical early intervention services for toddlers with autism; led by Terri Mathews, PhD, APRN and Joe Evans, PhD (support from Department of Pediatrics Research Grant)
- **MMI LEND Interdisciplinary Training Program** (Leadership Education in Neurodevelopmental and Related Disabilities) - an MCH-funded program providing interdisciplinary leadership training, autism-specific training, technical assistance and program development for graduate-level students, faculty, practicing professionals and families (Ellis - LEND Director; Mathews - LEND faculty in Autism/Medicine; Houser - LEND faculty in Nursing)
- **Project DOCC** (Delivery of Chronic Care) - a parent-driven course with a structured curriculum using parents of children who have chronic illness or disability as the teachers; enhances the education of residents and students by offering a perspective that faculty usually do not have and promoting provider/patient partnerships
- **Clinical experiences for nursing students** from UNMC, Clarkson, Bryan LGH, and Creighton
- **Clinical practicum site** for UNMC COM psychiatric nurse practitioner students (90 + hours per semester)

Developmental Pediatrics Research

- Outcomes of NICU Graduates studies based on the extensive TIPS database
- The effectiveness of social skills group therapy on social development in children with ASDs and Disruptive Behavior Disorders
- Outcomes of children with complex congenital heart disease
- DSM-IV and DSM-5 diagnoses of ASD and ADHD
- Fragile X - Industry sponsored drug study: A Randomized, Parallel Group, Double-Blind, Placebo-Controlled, Safety and Exploratory Efficacy and Pharmacokinetic, Study of R04917523 in Pediatric Patients with Fragile X Syndrome