



UNIVERSITY OF
OREGON

College of Education

HEDCO Clinic Spring 2020





Milestones in 2020

Wendy Hadley, PhD named Clinic Director
Hadley joined the faculty as the Julie and Keith Thomson Director of the HEDCO Clinic in August 2019, bringing a wealth of knowledge and experience to the position.

CDAC Established

Services that were once spread out between all of the HEDCO Centers have been brought together as the HEDCO Comprehensive Diagnostic and Assessment Center (CDAC), under the leadership of Karrie P. Walters, PhD, Senior Instructor in Family and Human Services.

CFC to Join HEDCO

The Child and Family Center will be integrating with HEDCO clinic and will be co-located there and at the Prevention Sciences Institute, facilitating greater collaboration between clinics and providing further opportunities for practical instruction of Counseling Psychology students.

COVID-19 Requires Flexibility

With the worldwide Novel Coronavirus (COVID-19) pandemic and the resulting closure of the UO campus, the HEDCO Clinic adapted to a remote telehealth model of service delivery when possible.

Six Clinical Centers Under One Roof

SLHC

Speech-Language-Hearing Center and Cognitive Rehabilitation Clinic

Treats speech sound disorders and language delays and disorders. Offers social skills/pragmatic needs training, cognitive rehabilitation after brain injury, stuttering/cluttering therapy, alternative tools for complex communication needs, language and speech rehabilitation following stroke, speech, language and cognitive services for degenerative diseases, voice disorders, and dysphagia.

CTL

Center on Teaching and Learning

Offers group and individual tutoring services for school-age children who are struggling in the areas of reading or math due to learning and attention difficulties and disabilities, including dyslexia and dyscalculia. Provides ADHD and learning disability assessments to University of Oregon students, as well as recommendations for further assistance.

ABA

Autism Assessment and Applied Behavior Analysis

Uses Applied Behavior Analysis (ABA) to help make positive changes in social behavior, family interactions, caregiver stress and relationship quality, cognitive and intellectual functioning, and social communication. Hosts ABA parent groups and completes Autism Spectrum Disorder evaluations.

CDAC

Comprehensive Diagnostic Assessment Center

The CDAC works across the Centers to perform evaluations and complete differential diagnoses with preliminary recommendations. Assesses Attention Deficit Hyperactivity Disorder, learning disabilities, anxiety disorders, and others, and offers recommendations for further assistance.

CFC

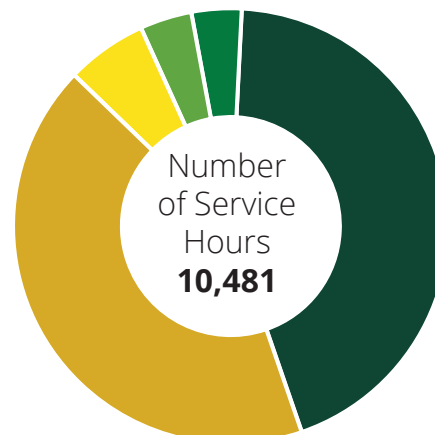
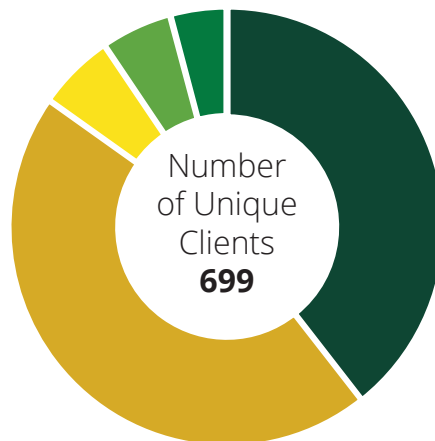
Child and Family Center

Offers individual and family therapy for parents and their children (ages 2-17). Specializes in the Family Check-Up Assessment, an evidence-based program that addresses common parenting and childhood behavioral and emotional problems.

CHR

Center for Healthy Relationships

Offers couples, individual and family therapy for adults and children.

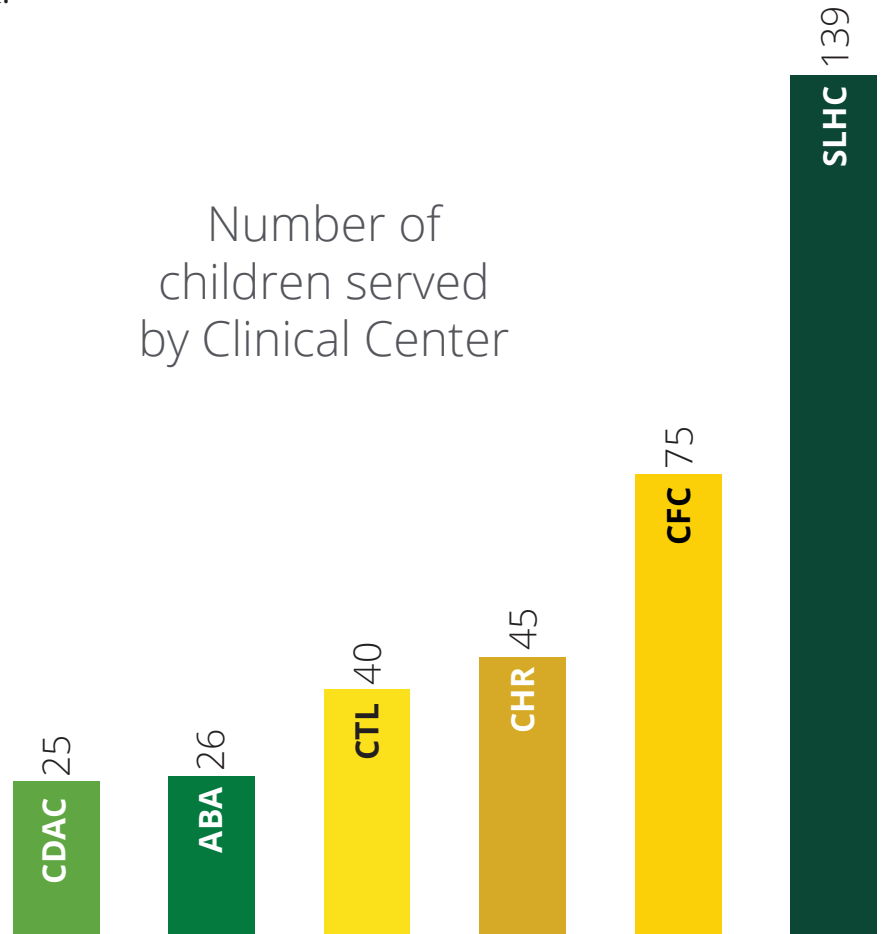




An Array of Services for the Community

From treating stuttering to helping families in the first 100 days after an Autism Spectrum Disorder diagnosis, the HEDCO Clinic in the University of Oregon College of Education provides vital services to the community. Half of our nearly 700 clients in 2018-2019 were children.

Number of
children served
by Clinical Center



“Everyone we have worked with has been an amazing advocate for our daughter and has held high expectations for her success. This attitude of treating her as capable, intelligent and worthy of success, in turn boosts her confidence, makes her feel successful and happy. We feel blessed to have such an amazing and valuable resource in our community.”

-Parent of HEDCO Clinic Patient

Training the Next Generation of Clinicians and Counselors

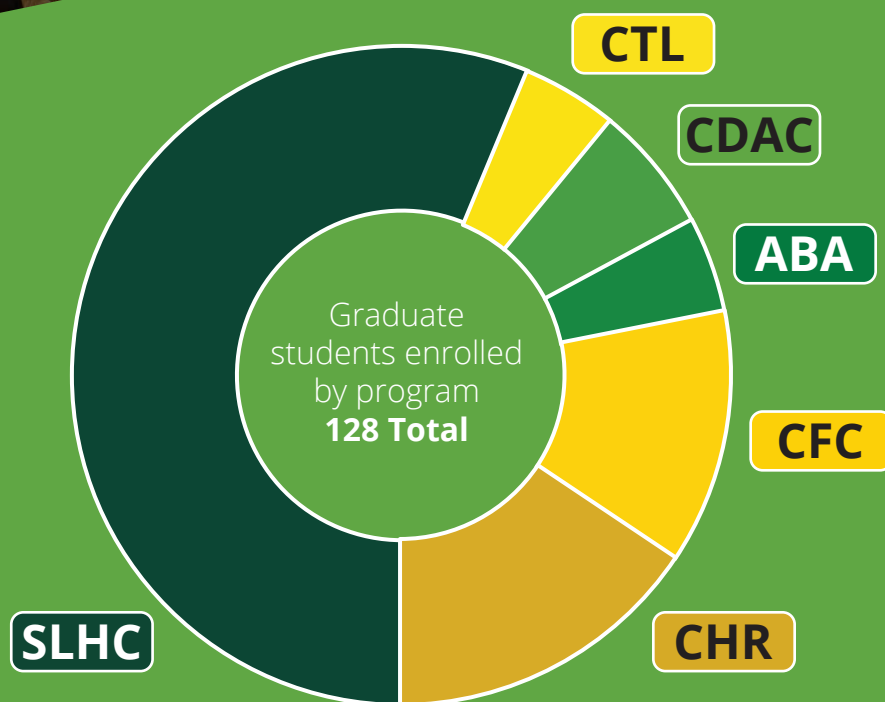
The HEDCO Clinic has a unique dual purpose: serving the community and ensuring students in the College of Education receive necessary training to prepare them professionally. Students who complete hours at one or more of the clinics are in the following programs:

- Communication Disorders and Sciences (BA/BS/MA/MS/PhD)
- Special Education (MA/MS/MEd/PhD)
- School Psychology (PhD)
- Counseling Psychology (PhD)
- Couples and Family Therapy (MS)
- Family and Human Services (BA/BS)

Hours are completed in the students' second year and above, except for CDS students who receive training in their first year as well. The Center for Healthy Relationships and the Child and Family Center operate year-round, Speech-Language-Hearing Center and Cognitive Rehabilitation Clinic operates October-August, and all other clinics operate during the academic year, September-June.



The HEDCO Clinic trains more than 125 graduate students every year who help provide almost 7,000 sessions to nearly 700 clients.





Speech-Language-Hearing Center and Cognitive Rehabilitation Clinic

At the University of Oregon HEDCO Clinic, the Speech-Language-Hearing Center serves clients with speech, language, cognitive, swallowing, and voice disorders across their lifespan, from 18 months to 94 years old.

The Center continues to grow their services by adding the Accent Modification Group for UO community members with English as a second language, and creating a Young Child Clinic for children (age 0-5) with speech, language and social communication needs. The Young Child Clinic replaces the Language and Play Everyday group (age 0-3) to broaden the client base served and address more diverse communication needs.

Clients continue to access services at the center through referrals from physicians, local speech language pathologists, community centers, and word of mouth. This proliferation of referrals has created long waiting lists for some services that could be relieved by establishing community connections to refer clients to after receiving initial services at the HEDCO clinic.

“Being able to attend the [SLHC] has been a game changer for our son and our family. With the help from staff and the clinicians, the process was very smooth in getting the evaluation done and coming up with goals to increase our son’s communication using augmentative and alternative communication.”

- Parent of SLHC client

SLHC by the Numbers

307

Unique clients
attending

4,643

Session hours with
clients

65

CDS students earning
hours in the clinic

“With the ‘token board,’ our son tolerates brushing his teeth and we had some success with going to the bathroom after just one weekend training. Before being seen at the HEDCO Clinic everywhere we called had a six-month to one year waitlist or didn’t return our call. We want our son to have a way to communicate his needs so we are so thankful for your services.”

-Parent of school age child with autism



Autism Assessment and Applied Behavior Analysis

The ABA Center fills a gap in Eugene and Springfield for families on the waitlist for medical diagnosis or waitlisted for applied behavior analysis. ABA receives clients through referrals from local pediatricians, counselors, and school teams, as well as directly from parents by word of mouth when challenging behaviors pose barriers to learning for school age children with autism.

Recruitment of clients to research studies is important as it enables proposing larger studies to federal agencies. In the next six months, ABA will work to further increase participant registry for research studies.

This academic year ABA lost its graduate educator (GE) support. The GE had previously assisted in IRB applications, recruitment activities, scheduling, paperwork to families, creation of a handbook for families and interns, student intern orientation and supervision. Currently, a doctoral student funded on an Office of Special Education Programs leadership grant serves as supervisor and trainer of multiple student interns. As ABA struggles with client billing due to a lack of staff, the center foresees hiring in the near future. The center will also be posting a full-time non-tenure track position to lead the online ABA master’s program.

ABA by the Numbers

26

Number of unique
clients

127

Session hours with
clients

61

Number of
appointments



Comprehensive Diagnostic Assessment Clinic

Consolidating diagnostic services previously offered across the HEDCO Clinic's centers, the Comprehensive Diagnostic Assessment Center (CDAC) expanded to offer services to children and adolescents, in addition to UO students and adults from the community. The CDAC has provided care to dozens of individuals who may not have otherwise had access, as services for comprehensive diagnostic assessment of ADHD and learning disabilities are extremely limited in Lane County, expensive, and often not covered by insurance.

The CDAC is able to provide the first "big picture" look at clients presenting concerns. Clients and their families are provided a clear diagnosis and a path forward on how best to support the patient. Many of these families are able to access additional services from the other centers in the HEDCO Clinic. For clients who are diagnosed with a learning disorder, our clinic is able to refer directly to the Clinic's Center for Teaching and Learning, where young clients receive essential interventions through a more in-depth reading/math evaluation. UO students are able to receive services on campus as well as seamless coordination between the CDAC and the Accessibility Education Center.

In the next year, the center will work to increase the number of students taking part in the externship in order to keep up with client demand. CDAC will continue to work with the CTL clinic in providing integrative services for youth with learning disabilities, and discuss expanding services to include autism assessments and assessments for Spanish speaking youth.

"The externship at the HEDCO CDAC has provided me with invaluable experience in psychological assessment. As a psychologist in training, gaining the ability to test, evaluate, and critically think about how cognition, learning, mental health, and other cultural and contextual factors impact an individual's functioning is critical. As a future psychologist, I hope to use the skills and experience I gained through this externship to provide assessment services in the community."

- Externship Student

CDAC by the Numbers:

40 clients

128 appointments

233 service hours



CTL by the Numbers:

42 clients

1,178 service hours

“As a single mom, working full time, this program has been a life saver! It is incredibly hard for single parent families like ours to put aside, time, study atmosphere, and co-operation from our children at times. Thank you for giving [my child] the individual attention and time he deserved AND needed to improve!”

- Client Parent

“The experience I gained working at the clinic was invaluable.”

-Student Tutor



Center on Teaching and Learning

The Center on Teaching and Learning (CTL) Assessment and Intervention Clinic offers group and individual tutoring services for school-age children (currently, kindergarten – 3rd grade) who are struggling in the areas of reading or math due to learning and attention difficulties and disabilities, including dyslexia and dyscalculia. Our trained, supervised undergraduate and graduate student-tutors work with clients to teach critical concepts and skills in reading and math, as defined by decades of research.

The Center's work is guided by four principles. First, help to close achievement gaps and prevent academic difficulty in reading and math for all students, but in particular for students with disabilities due to learning and attention issues, including dyslexia and dyscalculia. Second, to use evidence from rigorous research conducted by CTL, our partners, and other UO faculty to inform the design and delivery of academic interventions provided to children. Third, to use technology to engage and motivate students and improve instruction and data-based decision making. And last, to share knowledge broadly with tutors, parents, and community members, to improve collective understanding.

Four- and eight-week sessions are available each term for a fee, with a sliding scale available for those who demonstrate financial need.





Child and Family Center

The Child and Family Center (CFC) is a unit within the Prevention Science Institute that provides a wide range of research-based services. These services are designed to help families navigate predictable and sometimes challenging periods during a child's life.

The CFC offers assessment, intervention, and referral services for children ranging from age 2 through 17 years. The low-cost services are appropriate for parents concerned about children and teenagers experiencing difficulties at school, home, or both. The approach is family-centered, with special attention given to supporting parents as they learn to address the multiple needs of their children.

Parents can actively select the services that best fit their family's needs. Both brief, problem-focused interventions and longer-term supportive interventions are available.

Plans are underway to gradually integrate the services of CFC into the HEDCO Clinic.

"The therapists really helped me. I liked how they were really nice and could relate to a lot of problems that I had. Everything was great."

- 11-year old client

"Our therapist helped our family a lot. She gave us great ideas to improve our situation. She always made us feel comfortable and welcome. My boys loved going to see her. We could not be happier."

- Parents of a client

CFC by the Numbers

42

Number of unique
clients

1,178

Number of
appointments

100%

Funding from
federal grants and
sponsored research

"They always listen, make me feel valid, and help me to achieve my goals. I feel very accepted."

"In a world where I can't always be open or myself, it's beyond validating to have a safe place to do so and be accepted for it."

"I like having a space to learn and talk about difficult problems with my partner while having someone who is more capable of understanding and pointing out the underlying reasons to help us communicate."

- CHR clients



Center for Healthy Relationships

The Center for Healthy Relationships (CHR) offers individual, couples, relationship, family, and group therapy services. CHR serves youth, elderly, and disabled clients who experience marginalization based on race, ethnicity, gender, and/or sexual orientation, and works with veterans, parents, couples, and families. Clients are typically under the poverty line with an average household income of about \$12,000/year.

CHR is staffed by upper-level graduate interns who, in turn, are supervised by licensed faculty supervisors. Student therapists are taking their final step toward finishing their degree in Couples and Family Therapy and have been trained in evidence-based techniques and interventions, and are trained to provide sensitive, appropriate, and effective therapy that considers and values each person's background and socioeconomic status.

This year, the center started and is recruiting for a couple's skills group. Potential clients are recruited through connections with physicians, local agencies, and campus services.

CHR by the Numbers

297

Unique clients attending

3,700

Session hours with clients

100%

of clients agree they are getting the service they want

On the Horizon

Integration of Child and Family Center

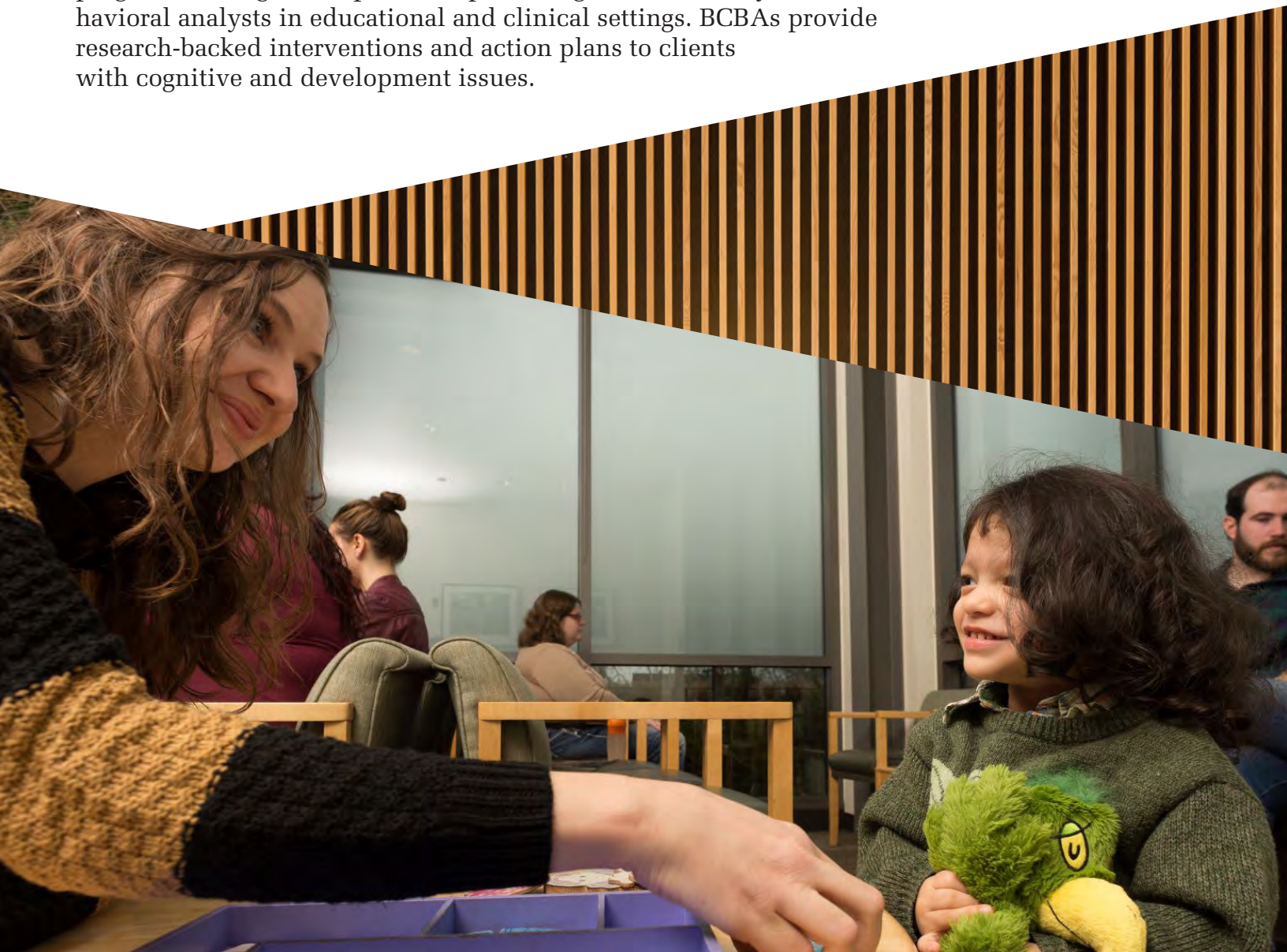
The clinic is gradually integrating the Child and Family Center (CFC), previously housed at the Prevention Sciences Institute. CFC grew out of Family Check-up, an evidence-based intervention, developed by Tom Dishion, PhD and Elizabeth Stormshak, PhD at the University of Oregon. Expansion of these services to the HEDCO clinic will allow for broader dissemination of evidence-based care for children and families in Southern Oregon.

Counseling Psychology Practicum

The HEDCO clinic will become a training site for the required adult practicum for counseling psychology doctoral students, allowing students who were previously traveling to Oregon State University to train on-site at the College of Education. This expansion will increase services to adults within the Eugene/Springfield community and offset the on-campus University Counseling Center wait list.

Board-Certified Behavioral Analysis Program

Board-Certified Behavioral Analysis (BCBA) is the newest academic program at the COE. When the online certificate master's program becomes available in Fall 2021, the COE expects about 15 additional students, and the ability to provide more services to the community. The BCBA program is being developed in response to great community need for certified behavioral analysts in educational and clinical settings. BCBAs provide research-backed interventions and action plans to clients with cognitive and development issues.





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