

An Affiliation of



**Mount  
Sinai**  
New York

*Seaver Autism  
Center for Research  
and Treatment*

**For Immediate Release**

## **Research Study Published In Peer-Reviewed Journal:**

### **Els for Autism Spring into Action Together (SIAT) Program Empowers Caregivers with Skills and Knowledge to Improve Social Communication in Toddlers and Young Children with Autism**

*Jupiter, FL (July 1, 2022)* Spring into Action Together (SIAT) is an Els for Autism® caregiver-implemented, early education program for children who are 18 months to 3 years of age. A pilot study was conducted to examine outcomes for toddlers and young children with autism spectrum disorder (ASD) or autism symptomatology following the SIAT 4-week caregiver coaching program implemented by trained therapists in collaboration with the Seaver Autism Center for Research and Treatment at Mount Sinai. The results, published in the *Journal of Autism and Developmental Disorders (JADD)*, conclude that a pilot study of SIAT improved social communication and language skills.

The SIAT program is designed to support communication, social engagement, and play skills by teaching caregivers skills that can be implemented in the child's natural environment. This pilot study demonstrates the feasibility of the SIAT intervention, which ultimately may complement existing treatments by empowering parents with therapeutic skills to support their young children's development.

Through this study, researchers identified significant benefits of caregiver-directed coaching, which offers increased intervention accessibility due to decreased time demands and strategies

that are intended to be generalized to every day environments. The study also found improvement in caregiver knowledge and parental engagement with their child.

This study was funded by The Seaver Els Institute with support from the Els for Autism Foundation and the Beatrice & Samuel A. Seaver Foundation.

Els for Autism® has provided programs and services to individuals with ASD across the lifespan, with a focus on early intervention and education, adult services, and recreation. Interventions in these areas are continuously studied to determine efficacy, and the core of these findings are shared worldwide to the individual with ASD, their family, support teams, and other professionals.

- ENDS -

**Contact:**

Dr. Marlene Sotelo  
Executive Director  
Els for Autism Foundation  
18370 Limestone Creek Road  
Jupiter, Florida 33458  
[marlene.sotelo@elsforautism.org](mailto:marlene.sotelo@elsforautism.org)  
561-625-8269

**Photography:** Can be downloaded for editorial use at: <https://elsforautism.smugmug.com/PR/>

**Website:** [www.elsforautism.org](http://www.elsforautism.org)

**Social Media:** [Twitter](#) ▪ [Facebook](#) ▪ [Instagram](#) ▪ [YouTube](#)

**Els for Autism Foundation®**

The Els for Autism Foundation was established in 2009 by World of Golf Hall of Famer Ernie Els, his wife Liezl, and board chairman Marvin R. Shanken. The Els' son Ben was diagnosed with autism at the age of 5. The Foundation's overarching mission is to help people on the autism spectrum fulfil their potential to lead positive, productive and rewarding lives. Els for Autism has offices in the U.S., Canada, South Africa, and the UK. To help fulfil its mission, Els for Autism is building a state-of-the-art Center of Excellence in Jupiter, FL, with a local, national and global reach.

More information about the Spring into Action Together program at Els for Autism can be found [here](#).

### **The Els Center of Excellence®**

The Els Center of Excellence is a world-class facility hosting leading-edge programs and services for people on the autism spectrum and their families. The campus contains thoughtfully planned spaces designed to meet the specific needs of individuals with autism—from a possible early diagnosis, to their school-aged years, and throughout adulthood. The Center hosts two, non-profit, tuition-free Palm Beach County charter schools that serve students with autism using evidence-based practices. The Rupert Education Wing hosts The Learning Center at The Els Center of Excellence, serving students with autism ages 3-14 ([thelearningcenter.org](http://thelearningcenter.org)) and the Shanken Education Wing hosts The Learning Academy at The Els Center of Excellence, serving students with autism ages 14-21 ([tlacad.org](http://tlacad.org)).

### **Seaver Autism Center for Research and Treatment at Mount Sinai**

The Seaver Autism Center for Research and Treatment at Mount Sinai conducts progressive research studies to enhance the diagnosis of autism and related disorders, discover the biological causes of those disorders, and develop and disseminate breakthrough treatments. With a vision to be the international leaders for precision medicine in autism and related disorders, the Center bridges the gap between new discoveries in basic science and enhanced care, while ensuring the community is aware of new and improved approaches to caring for people with autism. The Seaver Autism Center was founded through the generous support of the Beatrice and Samuel A. Seaver Foundation.

For more information, visit [www.seaverautismcenter.org](http://www.seaverautismcenter.org), or follow [Facebook](#), [Twitter](#) and [Instagram](#).