



# REFLECTIONS

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## DEFEAT HOLIDAY STRESS WITH THESE TIPS

At ECHO Autism, we know the holidays can be a stressful time for families and individuals with ASD. Suddenly, stores are more crowded, travel is common, family members you may not see often are in town, there are new smells and lights- all of it can be very overstimulating.

But there **are** tips and tricks to help!

The ECHO Autism: Crisis Care Expert Team got together in this month's webinar "Managing Family Stress During the Holidays." With two autism dads and two healthcare professionals, we discuss simple tips to prepare for the season such as...

- Having an escape plan
- Preparing your family members
- Advocating for yourself and child
- Creating a "bug out" bag
- Seeking professional guidance

...and more! Get ready for the holiday season by hearing what's worked for others, and share your tips with us. Watch the full webinar or just the highlight clips today by **[clicking here.](#)**



## FIND A CLINICIAN

Working with a professional who is part of the ECHO Autism Network can give your family an advantage. ECHO Autism professionals have access to specialized knowledge, resources, and support from nationally recognized autism experts.

ECHO Autism meets with professionals via video chat regularly to discuss complex cases and provide real-time advice to help the families they work with.

ECHO Autism Training helps professionals with...

- Behavioral support
- Therapies and support
- Common medical and psychiatric concerns
- Successful treatment plans

Find an ECHO Autism professional today by [\*\*clicking here.\*\*](#)

## SPOTLIGHT ON: RISING AUTISM RATES

As early identification practices improve, the autism rate in the United States is continuing to rise. The latest CDC report now reports 1 in 44 children have been identified with autism spectrum disorder, a jump from 1 in 54 just two years prior.

“There’s a ton of added initiatives and effort around screening and identification in large part due to the AAP’s advocacy efforts as well as leadership in the autism space,” said ECHO Autism’s Executive Director Kristin Sohl, M.D., FAAP.

“That’s obviously going to lead to more kids who are being evaluated, so that leads to more diagnoses.”

Additionally, the CDC found autism rates for Hispanic children were lower than White and Black children. Black children with autism were also found to have a higher chance of having an intellectual disability, suggesting Black children with more severe cases of autism are being identified more often.

Read the full report from the AAP to day by [\*\*clicking here!\*\*](#)

## FAMILY GUIDES FOR AUTISM

For many of us, the holiday season entails seeing a lot of family. Luckily, we've got guides for that.

Head to ECHO Autism's "Family Support" resource topic to find toolkits from Autism Speaks such as "A Friend's Guide to Autism," and "A Grandparents Guide to Autism." These evidence-based packets are all about introducing autism spectrum disorder to family members, and helping them figure out their own role in the process.

If you're seeing family and friends this holiday season that are not regularly in your circle, try downloading one of these resources for free on our website by [clicking here](#).



## GET INVOLVED ONLINE

The ECHO Autism Community is collaborating online right now! Get involved today by...

- Following us on [Instagram](#), [Facebook](#), [Twitter](#), and [LinkedIn](#)
- Joining the [ECHO Autism Professionals Community](#)
- Sharing our posts with your friends

Together, we can continue to bring the best autism care to communities across the globe.