



REFLECTIONS

A MONTHLY NEWSLETTER | JULY 2022 ISSUE

MENTAL HEALTH RESOURCES

This month, we are highlighting the ECHO Autism: Mental Health program and want to highlight several mental health resources recommended by our Mental Health Hub Team!

Awareness and resources for mental health and wellbeing have increased over the past several years, especially through the pandemic. While resources have increased, it isn't always easy to find mental health resources specific to autism.

We've compiled some great articles, toolkits, and books for you to check out regarding autism and mental health!

[Crisis Supports for the Autism Community](#) from the American Association of Suicidology

[Mental Health Literacy Guide for Autism](#) from York University

[Supporting Individuals With Autism Through Uncertain Times](#) from the University of North Carolina

Exploring Depression and Beating the Blues by Tony Attwood and Michelle Garnett

My Anxious Mind: A Teen's Guide to Managing Anxiety and Panic, by Michael Tomkins, PhD and Katherine Martinez, PhD



NEW SUMMER RESOURCES

A huge part of ECHO Autism Communities' goal is to provide the best evidence-based resources from experts and organizations! New resources are constantly added including some new summer resources.

The Autism Society of Florida put together a list of 12 things parents of children with autism need to know about drowning prevention. Check it out [here!](#)

The National Autism Association also has an Autism & Wandering Prevention Tip resource. View it [here!](#)

Explore more evidence-based resources for free at ECHOAutism.org/resources

LEARN ABOUT ECHO AUTISMO: NEURODIVERSIDAD



ECHO Autism Communities was created to help bring autism care and services to **everyone**, no matter their location. We're so excited to share that ECHO Autismo: Neurodiversidad is doing just that. This program's purpose is to increase access to quality healthcare services for children with ASD all over Argentina by tele-mentoring healthcare providers with specialized case-based education.

This program is intended for healthcare providers in Argentina with little to no knowledge about autism who are seeing children at their practices. This program increases healthcare providers' knowledge and self-efficacy in identifying and treating children with autism as well as improves health providers' clinical patterns when screening and treating children with autism.

In just the first eight months of this program, participants reported increased knowledge of social deficits, communication deficits, repetitive behaviors co-occurring conditions in children with autism. We love seeing programs like ECHO Autismo: Neurodiversidad make an impact in Argentina and all over the globe!

SUPPORTING CHILDREN WITH DISABILITIES: LESSONS FROM THE PANDEMIC, A WORKSHOP

The National Academies of Sciences, Engineering, and Medicine recently hosted a virtual open workshop on the impact of the COVID-19 pandemic on children with disabilities and their families.

This workshop explores new approaches and innovative strategies used during the pandemic to address obstacles and challenges children with disabilities and their families face. The virtual workshop also discussed policies and practices that could be sustained beyond the pandemic.

You can watch these videos and access presentation materials for free [here!](#)



SPOTLIGHT ON ECHO AUTISM: MENTAL HEALTH

This month, we want to highlight ECHO Autism Communities: Mental Health program. This program aims to increase access to community-based clinicians who are well-equipped to deliver best-practice therapeutic modalities modified for individuals with autism.

What is ECHO Autism: Mental Health?

ECHO Autism: Mental Health is a virtual learning program intended to improve care for autistic people with common co-occurring psychiatric conditions by increasing access to clinicians equipped to deliver best-practice therapeutic modalities modified for autistic people. The program focuses on increasing clinician self-efficacy in identifying the need for Cognitive Behavioral Therapy for anxiety, depression, and emotion regulation in autistic people and in implementing Cognitive Behavioral Therapy as a component of a comprehensive treatment plan for autistic people and co-occurring mental health conditions.

This program will relaunch this fall for the third year in a row. The program kicks off with a one-day training in September and is followed by 15 virtual ECHO sessions held on the 2nd and 4th Mondays of the month beginning in October.

Participation in this program is suited for licensed or provisionally licensed mental health clinicians who are currently delivering CBT and who practice in the state of Missouri, such as LPC, PhD, LCSW, MFT, MD, PLPC, LMSW, and PsyD.

This program is spearheaded by an interdisciplinary panel of leading experts in the autism field. The hub team consists of a clinical psychologist, child and adolescent psychiatrist, family advocate, and resource specialist.

Participants can expect to learn best practices and expand their knowledge of resources with topics including CBT and Psychoeducation, CBT and Coping Skills, CBT and Exposure Exercises, Co-occurring Medical Conditions in Autism, Supporting the Family, Preventing Suicide in People with Autism, and more! Participants will also be able to discuss cases with experts, get real-time guidance, and ask questions.

ECHO Autism Communities is excited to announce another opportunity for licensed mental health clinicians practicing in Missouri to join the program this fall! To learn more, contact Brandy Dickey at dickeyb@missouri.edu

