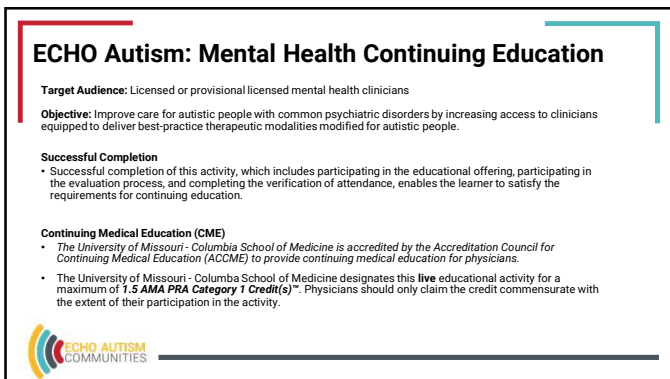




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3

ECHO Autism: Mental Health Speaker Disclosure

Relevant Financial Disclosures

Current ACCME (Accreditation Council for Continuing Medical Education) rules state that participants in CE activities should be made aware of any relevant affiliation or financial interest in the previous 24 months that may affect the planning of an educational activity or a speaker's presentation(s).

Each planning committee member and speaker has been requested to complete a financial relationship reporting form for the *ECHO Autism Mental Health Series – Cohort 4*.


Speaker Disclosures:

Kristin Sohl, MD,FAAP receives support:

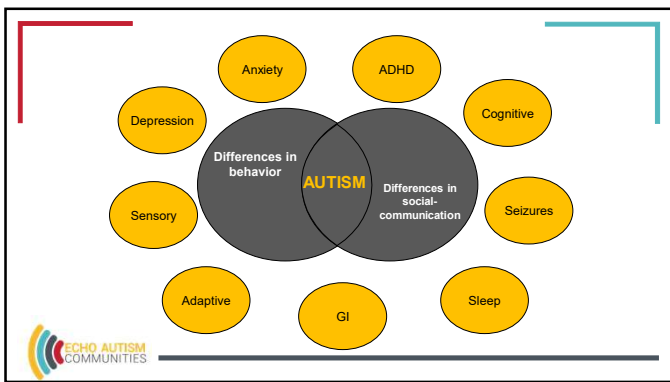
- Cognoa Behavior Health – research support
- Quadrant Biosciences – medical science collaborator

All relevant financial relationships for the presenter have been mitigated.

No other speaker or planning committee member has relevant financial interest




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5

Supporting Families



Medical Home

- Patient-centered
- Comprehensive
- Coordinated
- Accessible
- Committed to quality and safety



6

Grief

The Kübler-Ross Grief Cycle

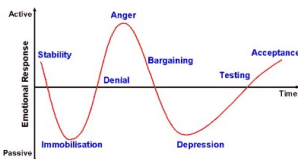
- **Denial Stage:** Trying to avoid the inevitable
- **Anger Stage:** Frustrated outpouring of bottled-up emotion
- **Bargaining Stage:** Seeking in vain for a way out
- **Depression Stage:** Final realization of the inevitable
- **Acceptance Stage:** Finally finding the way forward



7

Extended Grief Cycle

Emotional "Roller Coaster"



8

Ambiguity



- Appearance of health
- Lack of clarity in diagnosis
- Difficulty in predicting outcomes
- Day-to-day variability in functioning
- Relationships



9


Stressors for Families

- Grief/Guilt
- Tension between spouses
- Tension between siblings
- Adjusting to the new "normal"
- Therapist coming in/out of the home/taking child to multiple therapies





10

Stressors for Families




- Trying to attend to other children & their activities
- Tantrums
- Aggression/Self Injurious Behaviors
- Sleep Issues
- Medical comorbidities/Special Diets
- Criticism from others
- Advice from EVERYONE!



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Stressors for Families



- Worry about what the future holds
- Loss of friends
- Financial responsibilities
- Navigating systems
- Events- church, family parties, friend's houses, play-dates
- Uncertainty of what the day holds
- Elopement



12

How can you help?


- Schedule extra time for appointments
- Listen
- Take time to answer questions
- Value each family's role as an equal partner
- Prioritize next steps for the family
- Help coordinate formal/informal supports

13

How can you help?


- Provide families with evidence-based resources
- Celebrate successes with families
- Focus and build on the positives that each child and family possess
- Let the families know it is ok not to have all the answers today
- Encourage self-care



14


How can you help?

- Encourage families to share the responsibilities of caring for their children
- Encourage communication between all family members
- Encourage families to go about day-to-day activities
- Encourage families to learn from the past & focus on the future
- End each visit on a positive note




15

Autism Speaks Toolkits



- About Autism
- Response to the Diagnosis
- Your Role as a Parent
- Building a Support Network
- Support for Siblings
- Taking Care of Yourself
- Frequently Asked Questions
- Story from a Parent



16

Knowledge is Power




17



18
