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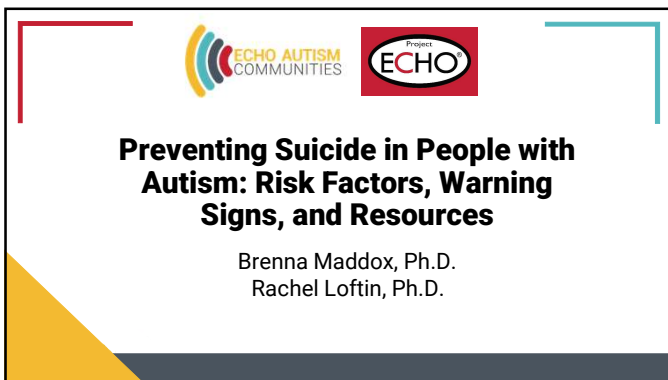
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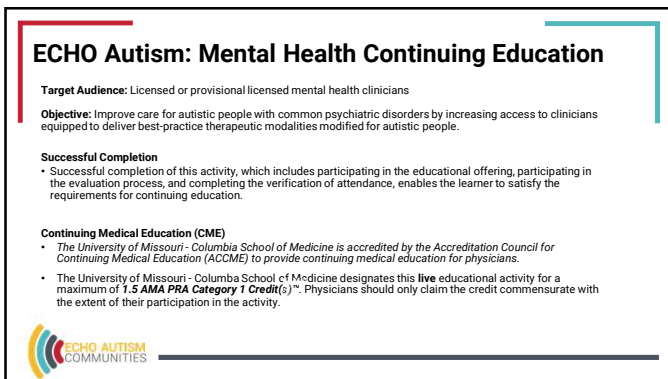
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**ECHO Autism: Mental Health Speaker Disclosure**

**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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**Suicide and Autism: What Do We Know?**




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**Autistic Individuals and Suicide**

- Autistic individuals are significantly more likely to think about, attempt, and die by suicide than the general population
- Suicide is a leading cause of premature death in autistic people

Cassidy et al., 2014; Chen et al., 2017; Croen et al., 2015; Hedley & Uljarević, 2018; Hirvikoski et al., 2016; Kirby et al., 2019; Köives et al., 2021; Zahid & Upthegrove, 2017



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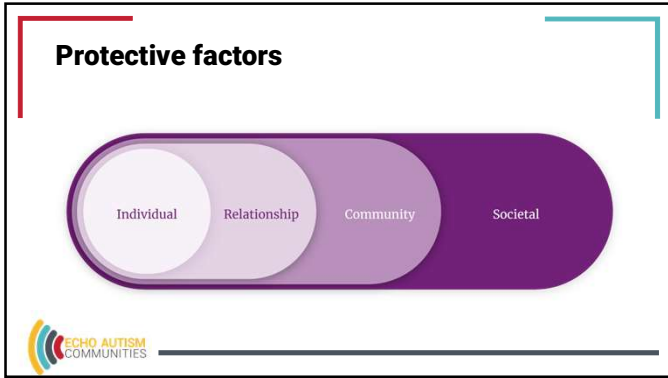
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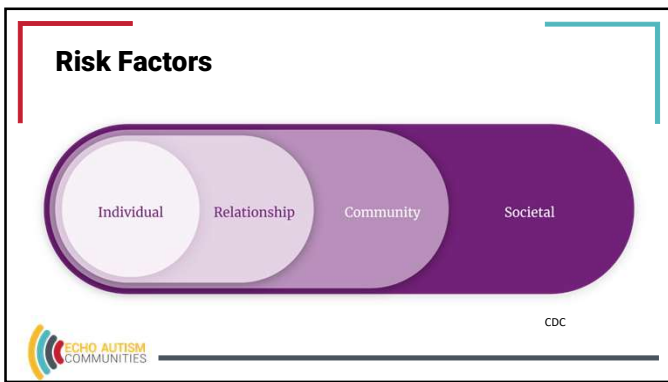
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### Risk Factors

- Factors known to increase the risk of suicide in the general population are more common in autistic individuals
  - Examples: social isolation, abuse, low mood, low self-esteem, alexithymia, rumination
- We should also consider additional factors, that may be more specific to autistic individuals

ECHO AUTISM COMMUNITIES

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**Risk Factors**

- Co-occurring psychiatric conditions
- Lack of social support
- Unmet support needs
- Camouflaging or masking
- Late diagnosis
- Female
- Autistic burnout

Cassidy et al., 2018; Hedley et al., 2017, 2018; Kirby et al., 2019; Kölves et al., 2021; Raymaker et al., 2020




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AUTISM IN ADULTHOOD  
Volume 2, Number 2, 2020  
Mary Ann Liebert, Inc.  
DOI: 10.1089/aut.2019.0079

**Original Research**

**“Having All of Your Internal Resources Exhausted Beyond Measure and Being Left with No Clean-Up Crew”:  
Defining Autistic Burnout**

Dora M. Raymaker, PhD<sup>1,2</sup> Alan R. Teo, MD, MS<sup>3-6</sup> Nicole A. Steckler, PhD,<sup>6</sup> Brandy Lentz,<sup>1</sup>  
Mirah Scharer, BS,<sup>1</sup> Austin Delos Santos,<sup>1</sup> Steven K. Kapp, PhD,<sup>2,7</sup> Morrigan Hunter, MA,<sup>2</sup>  
Andee Joyce, BA,<sup>2</sup> and Christina Nicolaidis, MD, MPH<sup>1,2,8</sup>




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**Warning Signs**

- Indicate a more immediate risk of suicide (vs. risk factors)
- Less research in the autism field on warning signs, compared to risk factors
- **Important:** autistic distress/crisis may not look like neurotypical distress/crisis!




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**Autism Resource for Warning Signs of Suicide: Considerations for the Autism Community**  
 WRITTEN AND DEVELOPED BY LISA MORGAN AND BRENNA MADDOX  
 IN COLLABORATION WITH THE AMERICAN ASSOCIATION OF SUICIDIOLOGY'S AUTISM AND SUICIDE COMMITTEE

<https://suicidology.org/wp-content/uploads/2020/12/Autism-Warning-Signs-3.pdf>



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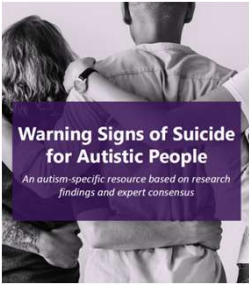
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**Warning Signs of Suicide for Autistic People**  
*An autism-specific resource based on research findings and expert consensus*



Morgan et al., 2021

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**Warning Signs of Suicide for Autistic People**

1. Sudden or increased withdrawal
2. No words to communicate acute distress
3. Current traumatic event
4. Marked increase in rate and/or severity of self-harm
5. Worsening of anxiety and/or depression
6. A new focus on death-related topics that are not a special interest
7. Perseverative suicidal thoughts and ruminations
8. Seeking means or making plans for suicide or suicide rehearsal
9. Statements about no reason for living or no sense of purpose in life
10. Hopelessness



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**Crisis Supports and Resources**



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**Limited Guidance**

- No published studies on suicide interventions for autistic individuals
- No consensus clinical guidelines
- Effective strategies must consider beyond the autistic individual
- “Understanding autism and the culture of autistic people, so autistic people do not have to mask/camouflage their autism, is **suicide prevention.**”  
~ Lisa Morgan, 2021



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**Crisis Supports for the Autism Community**

WRITTEN AND DEVELOPED BY LISA MORGAN  
IN COLLABORATION WITH AAS'S AUTISM AND SUICIDE COMMITTEE & COMMON GROUND

<https://suicidology.org/wp-content/uploads/2019/07/Autism-Crisis-Supports.pdf>



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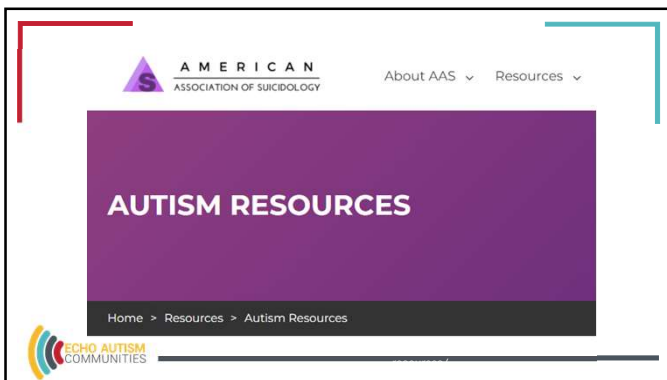
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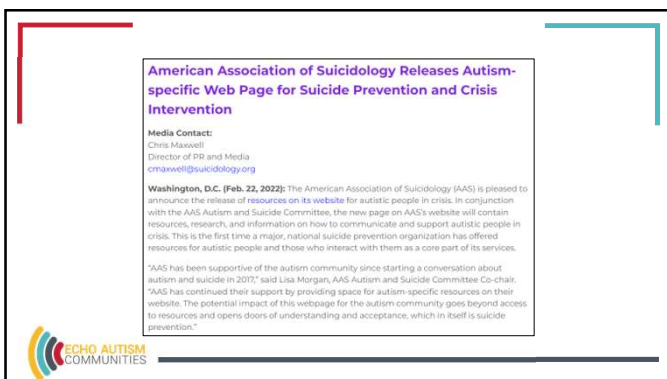
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