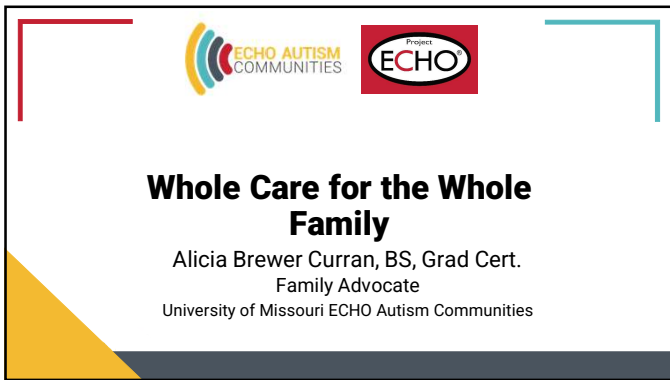
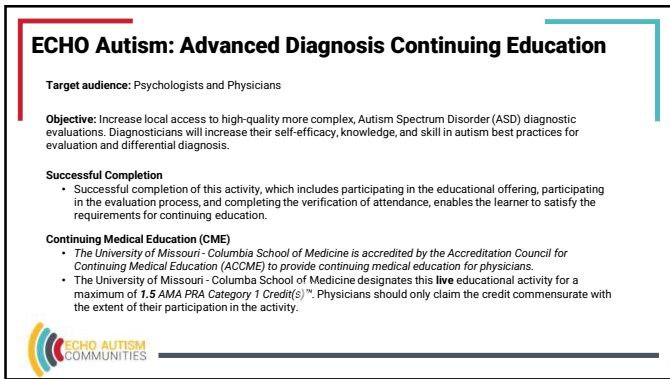




1



2



3

ECHO Autism: Advanced Diagnosis Speaker Disclosure

Relevant Financial Relationship 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 Advanced Diagnosis Series.

Speaker Disclosures:

Kristin Sohi, MD,FAAP receives support:


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

Valeria Nancloares-Nogues, PsyD has the following relationships:

- WPS – as an independent certified ADOS-2 and ADI-R trainer
- TEA Ediciones – as an independent certified ADOS-2 and ADI-R trainer
- Vanderbilt University – as an independent certified STAT trainer



All relevant financial relationships for the presenter(s) have been mitigated.

No other speaker or planning committee member has a relevant financial interest



4

Families are Unique

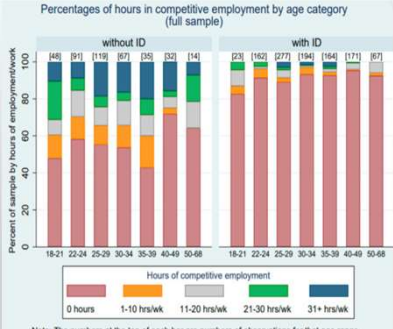



5

21%

Percentage of people with disabilities, including autism, who are employed

Percentages of hours in competitive employment by age category (full sample)




Note: The numbers at the top of each bar are numbers of observations for that age range.

6

Supporting Families

Medical Home

- Patient/Family-Centered
- Comprehensive
- Coordinated
- Accessible
- Committed to quality and safety






7

Grief: An Expected Emotion

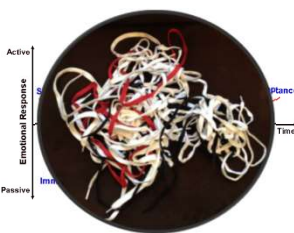

The Kübler-Ross Grief Cycle

- 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

8



Emotional "Roller Coaster"

9

Ambiguity



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

10

Parental Stress


- Decreased parenting efficacy
- Increased parenting stress and mental and physical health problems
- Poorer psychological well-being and life satisfaction
- Greater prevalence of depression
- Chronic stress
- Less marital relationship satisfaction
- Greater general life stress and daily hassles

11

Impact of Stress

- Depression
- Anxiety
- Fatigue
- Restlessness
- Elevated neural and hormonal pathways
- Increased risk for ulcers or heart diseases
- Accelerated cognitive aging (especially memory)



(Carpenter and Steffen 2004; Dumas et al. 1991; Eisenhower et al. 2005; Hamlyn-Wright et al. 2007; Koegel et al. 1992; Blacher and McIntyre 2006; Quintero and McIntyre 2010; Song et al. 2015)


12



13

Don't forget siblings!!

- Parentification
- Higher risk for anxiety and depression
- Often responsible for long-term care
- Most report positive sibling benefits
- Adequate supports are critical to yield a higher family quality of life




ECHO AUTISM COMMUNITIES

14

Resilience in Families

Self-efficacy <ul style="list-style-type: none"> • Can affect psychological states, motivation, & behavior • Associated with better management of parental stress 	Acceptance <ul style="list-style-type: none"> • Promotes ability to adjust and adapt • Encourages focusing on what the situation is instead of what it could be or isn't 	Sense of Coherence <ul style="list-style-type: none"> • Interventions strengthen parents' ability to develop and maintain a sense of coherence • Lack of sense of coherence tends to lead to negative coping strategies
Optimism <ul style="list-style-type: none"> • Family support is linked to increased optimism • Leads to a reduction of maternal stress & depression 	Positive Family Functioning <ul style="list-style-type: none"> • Found to mediate the effect of stress on mental health 	Enrichment <ul style="list-style-type: none"> • There is an inverse relationship between parenting stress and enrichment



ECHO AUTISM COMMUNITIES

15

Fostering Positive Mental Health Outcomes

- Share tools and tips to enhance parenting skills
- Provide emotional and practical support
- Give permission to take a break
- Share the benefits of counselling
- Encourage family members to engage in activities they enjoy
- Create an opportunity for the family to share at least one positive experience/act about their child
- End each encounter on a positive note that builds confidence



16



17
