

# Summer 2019 Update

## Autism Videos & Resources Guide



ACT is Canada's leading independent not-for-profit specializing in free evidence-informed resources for the autism and special needs community

 **AUTISM VIDEOS @ ACT**  
[www.actcommunity.ca/videos](http://www.actcommunity.ca/videos)

Autism Videos @ ACT (AVA) provides practical, high quality online videos featuring clinicians, researchers and those with lived experience of autism. Over 55 videos are now available, on a wide range of topics. AVA videos are free of charge and no password is required.



**AUTISM RESOURCES FOR B.C.**  
[www.actcommunity.ca/bcresources](http://www.actcommunity.ca/bcresources)

ACT's B.C. Resources provides comprehensive information and resources useful across the province. Discover service providers and activities, community events, the New Diagnosis Hub, the Autism Manual for B.C., and resources for professionals and individuals with autism.

**AID** **AUTISM INFORMATION DATABASE**  
[www.actcommunity.ca/aid](http://www.actcommunity.ca/aid)

The AID is a free portal allowing access to over 1,400 autism and special needs related resources, sourced internationally. The purpose of the AID is to provide families, and the professionals who support them, with practical, evidence-informed resources.

[www.actcommunity.ca](http://www.actcommunity.ca)

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## Autism Videos @ ACT

Videos available when you are, where you are — free!

Watch all of our videos at:

[www.actcommunity.ca/videos](http://www.actcommunity.ca/videos)

As Canada's leading provider of free online, community-level, autism training for parents and professionals, ACT has met the challenge of our diverse community by videoing key presentations. We now have a library of over 55 online videos, by leading practitioners, allowing ACT to serve the autism community no matter where they live.

Autism Videos @ ACT (AVA) provides practical information, allowing you to watch when and where you wish, and to share our free resources, building your capacity to strengthen your community and support individuals with autism across the lifespan. Grounded in research and good practice, ACT's presentations provide reliable, non-commercial information to help professionals and parents maximize the positive impact of providing fun and functional support for children with ASD. Many videos are relevant to a variety of special needs and to adults with ASD.



### Autism Videos @ ACT hosts over 55 online videos:

- » Available in streaming video
- » Interesting, practical, expert presenters
- » Free, with no login required
- » Divided into segments to aid navigation
- » Professionally filmed and edited with links to resources
- » Accessible on smart phones and tablets

### Popular topics include:

- » Positive Behavior Support
- » Solving Sleep Problems in Children with ASD
- » Toilet Training for Everyone
- » Ready Set Coach: Supporting Children with ASD in Community Recreation
- » The Essentials of Advocacy
- » The Online Mental Health and Autism Project

# Autism & Special Needs Resources for British Columbia

[www.actcommunity.ca/bcreources](http://www.actcommunity.ca/bcreources)

Since 2005, ACT has devoted much of our energy into organizing our online resources to be accessible to B.C.'s large autism community, 24/7, 365 days a year.

While ACT's expertise is in the area of autism, autism is rarely 'just autism', so we have gathered information, relevant across the lifespan, that can be keyword searched, including information on other special needs and in multiple languages.

ACT no longer receives funding from the B.C. government to maintain these information resources. If you find this information useful, please consider donating or sponsoring ACT at [www.actcommunity.ca/support-us](http://www.actcommunity.ca/support-us)



## B.C. Community Resources Search

B.C. residents can find local Community Agencies, Recreational Activities, Service Providers, Support Groups, and Educational Training & Employment Opportunities in our database of community resources.



## Special Needs Community Events

Calendar of events and workshops in B.C. related to autism and other special needs.



## Autism Manual for B.C.

ACT's Guide for Living & Working with Children and Adults with ASD.



## Post-Secondary Programs for Professionals

Autism-related programs offered by post-secondary institutions within B.C.



## Opportunities for Individuals with ASD - Post-Secondary

Programs and resources available to B.C. post-secondary students with ASD and related disabilities.



## New Diagnosis Hub

Developed to help parents put an intervention program in place for their child who has been newly diagnosed with ASD in B.C.



## Transition to Adulthood for Individuals with Autism

Resources to help young people with autism prepare for employment or higher education.



## More B.C. Resources

School-age Children with Autism

To explore ACT's online resources available in British Columbia, visit:

[www.actcommunity.ca/bcreources](http://www.actcommunity.ca/bcreources)

# Positive Behavior Support in School, Home, and Community

This learning stream of eleven presentations, recorded at the 2018 PBS Conference held in Vancouver, tackles the serious issue of how to work with children with challenging behaviors. The presenters engages educators, families, and communities to “set the stage for success” by using Positive Behavior Support (PBS) techniques for students with ASD and other special needs. Development of this video learning stream is sponsored by CIRCA.

View this PBS video series at [www.actcommunity.ca/pbsvideos](http://www.actcommunity.ca/pbsvideos)



Centre for Interdisciplinary Research and Collaboration in Autism at UBC

## Practical Ways to Decrease Challenging Behaviors

*Lynn Kern Koegel, PhD, CCC-SLP, Clinical Professor, Stanford School of Medicine, Stanford University*

This presentation discusses various intervention procedures for decreasing challenging behaviors. The emphasis is on Positive Behavior Support evidence-based procedures that are coordinated, multi-component, and systematically implemented throughout the individual's day.



5 Parts  
47m

## PBS – Working Together to Support Children and Families

*Ilene Schwartz, PhD, BCBA-D, Professor and Chair, Special Education, University of Washington*

Supporting students with disabilities and their families takes a village, including a range of professionals who must collaborate if students and families are to be provided with seamless service. Dr. Schwartz, an internationally recognized researcher, discusses strategies that professionals can employ to work collaboratively, across disciplines, to enhance outcomes for students with disabilities.



8 Parts  
1h 40m

## Including Students with Autism and Other Developmental Disabilities in Schoolwide PBS: All Means ALL!

*Pat Miranda, PhD, BCBA-D, University of British Columbia*

Dr. Miranda presents the elements of school-wide Positive Behavior Support, demonstrating how students with autism and other developmental disabilities can benefit from inclusion in school-wide initiatives. She presents important research demonstrating that school-wide PBS can significantly reduce behavioral challenges and allows teachers to focus on teaching!



5 parts  
42 m

## Membership, Belonging, and Development of “Soft Skills” within a PBS framework

*Victoria Knight, PhD, University of British Columbia*

In this presentation, Dr. Knight articulates recent research and ideology regarding the importance of membership and belonging along with development of soft skills (e.g., communication, problem-solving) within a PBS framework.

4 Parts  
34m

## How Classmates Can Facilitate Positive Social Behaviors for Children with ASD: Peer Mediated Pivotal Response Treatment

*Ainsley Boudreau, PhD, R.Psych., BC Children's Hospital*

Dr. Boudreau presents the evidence and practical applications for a variation on the common parent delivery model of Pivotal Response Treatment in which typically developing peers learn new ways to play with their classmates with ASD.

4 Parts  
38m

## Tier 3 Interventions and Supports – Behavior Technician Training for Paraprofessionals

*Preetinder Narang, MEd, BCBA & Tina Gunn, MEd, BCBA, Surrey School District*

The presenters provide insight into the design and execution of a multi-component training program and offer practical recommendations on behavioral training for paraprofessionals supporting students with autism in school and community settings.

3 Parts  
34m

## WTF – What's the Function?

*Richard Stock, PhD, BCBA-D, Capilano University*

Problem behaviors are one of the greatest barriers to student learning and is a significant problem for school staff and parents alike. Dr. Richard Stock dispels myths about why students engage in problem behaviors and teaches participants about the four functions of behavior.



7 Parts  
59m

# Helping Families Thrive with Positive Behavior Support

Many families have found Positive Behavior Support (PBS) strategies very helpful if their child starts to develop the kind of challenging behaviors that make it difficult for them to engage in community activities or participate fully at school. Often families are exhausted because they can't get their child into a sleep routine or toilet training is prolonged. These behaviors are not symptoms of autism that must be endured, but if they are ignored, they will get in the way of a child learning. ACT has a range of videos that use a PBS approach to help develop an understanding of key strategies.

Co-Sponsored by  
Simon Fraser University



## Positive Behavior Support: What Parents Need to Know!

*Brenda Fossett, PhD, BCBA-D, Capilano University*

This video provides parents with an overview of Positive Behavior Support (PBS). Many families find PBS useful in learning how to support their children with special needs develop functional behaviors that can make a huge difference in the quality of family life, and the child's ability to be included in school and community activities.



23 Parts  
4h 23m

## Ready, Set, Coach: Supporting Children with ASD in Community Recreation

*Stephanie Jull, PhD, BCBA-D, Canucks Autism Network*

What families, school teams, and recreational professionals have been waiting for — an effective approach to including children with autism in community recreation opportunities!



14 Parts  
3h 44m

## Toilet Training for Everyone: It's Never Too Late— Revisited!

*Pat Mirinda, PhD, BCBA, Professor, University of British Columbia & Katie Rinald, M.A., BCBA*

Delayed toilet training is a severe barrier to successful inclusion in school and community settings. Many families have found Dr. Mirinda's approach (honed by decades of practical experience in helping families succeed after years of failure) a huge boost to improving their quality of life.

14 Parts  
4h 4m

## Solving Sleep Problems in Children with ASD

*Beth Ann Malow, Professor of Neurology, Vanderbilt University*

Many parents assume that nothing can be done about their nightly struggle to help their child with ASD go to sleep and stay asleep. This video is relevant to both professionals and parents looking for practical steps to improve family health and quality of life. Dr. Malow is internationally recognized as a sleep researcher specializing in autism and is the co-author of *Solving Sleep Problems for Kids with ASD – A Guide for Frazzled Families*. She is the parent of two children with ASD.



18 Parts  
4h 45m

## Building Capacity: Teaching a Community Service Provider to Implement PBS in a Family Setting

*Brenda Fossett, PhD, BCBA-D, Capilano University*

This presentation, illustrated with video, demonstrates using Positive Behavior Support (PBS) with a deaf child, also diagnosed with autism and cerebral palsy. The focus of this presentation is on the basic elements of PBS, the generalization of assessment and intervention skills from training to an intervention setting, and the profound impact of PBS on improving the quality of life of the child and his family. Those who work with children on the autism spectrum who have problem behavior will find this video relevant, regardless of the child's hearing status.



5 Parts  
1h 5m

# Culturally Responsive PBS

## Culturally Responsive PBS with Families of Diverse Cultural and Linguistic Backgrounds

*Joseph Lucyshyn, PhD, BCBA-D, UBC & Christy Cheremshynski, MA, BCBA, RCC*

Positive Behavior Support (PBS) has become a foundational approach to addressing the problem behaviors that children with autism may develop when their families have not been given the tools they need. Dr. Joe Lucyshyn is internationally recognized for his inspired work with families who have children with a variety of severe behavior challenges, giving them the tools they need to change the dynamics in their homes. This presentation demonstrates that PBS programs can have a significant impact on families from diverse cultural and linguistic backgrounds, regardless of traditional approaches to child-rearing.



4 Parts  
1h 13m

## Family Centred, Culturally Responsive PBS: A Multi-Method Case Study

*Joseph Lucyshyn, PhD, BCBA-D, Associate Professor, Department of Educational and Counselling Psychology and Special Education, UBC*

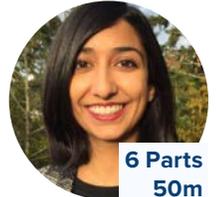
Dr. Joseph Lucyshyn presents a multi-method study of family centered positive behavior support (FCPBS), designed to be culturally responsive to families raising a child with developmental disabilities. The presentation includes a definition of cultural competence and best practices in culturally responsive service delivery.

5 Parts  
48m

## Building a System of Culturally Sensitive Family-Centred Positive Behavior Support

*Parbs Bains, MEd, BCBA & Noreen Dunn, MEd, BCBA*

As professionals working in culturally diverse communities in Metro Vancouver, how can we best deliver culturally-sensitive services to the many families for whom English is not their first language? A local group is developing a series of parent training workshops to improve the quality of life for families and their children by empowering families to use PBS strategies in ways that are effective, meaningful, and acceptable culturally.



6 Parts  
50m

## Providing Culturally Sensitive PBS to Families

*Mariko Tachi, MEd, BCBA; Parbs Bains, MEd, BCBA; Noreen Dunn, MEd, BCBA*

Mariko Tachi and Noreen Dunn describe their experience of providing culturally sensitive PBS. They identify three key factors: Developing rapport informed by the family's culture; Incorporating cultural beliefs and parenting practice into development of PBS; Acculturate the key stakeholder's beliefs when training for implementation.



6 Parts  
1h 5m

## Providing Culturally Sensitive PBS to Families: Discussion and Q&A

*Joseph Lucyshyn, PhD, BCBA-D; Mariko Tachi, MEd, BCBA; Noreen Dunn, MEd, BCBA*

A discussion of PBS in school and home in cross-cultural contexts. Topics include ethical considerations of cultural norms, PBS approaches in other countries and cultures compared to Canada, bridging the gap in communications with schools, and addressing the issue of cultural humility.



2 Parts  
24m

## ACT in Chinese

[www.actcommunity.ca/act-in-chinese](http://www.actcommunity.ca/act-in-chinese)

ACT in Chinese is an area of ACT's website where we have gathered key information in Chinese on topics such as Applied Behavior Analysis, Positive Behavior Support and Social Thinking. Initially this was developed for British Columbia's large Chinese-speaking community, but these evidence-based information resources are relevant internationally.



# Focus on Supporting Diverse Families

ACT's 2016 Focus on Research Conference generated a number of excellent presentations on the topic of Autism & Family Quality of Life – Developing Culturally Responsive Research and Intervention Programming. Our thanks to the presenters and panelists for allowing us to share their insights with a wider audience.

## The Invention and Reinvention of Autism: Researching ASD Across Cultures

**Roy Richard Grinker, PhD, Professor of Anthropology, International Affairs, George Washington University**

Author of *Unstrange Minds – Remapping the World of Autism*, Dr. Grinker has researched autism in South Korea, India, South Africa, and among Korean-American and African-American communities. In this fascinating lecture, he talks about the cross-cultural commonalities and differences in how autism is defined and treated and the social movement to rethink autism as “ability” instead of “disability.”



9 Parts  
1h 33m

## Parent Support for Linguistically and Culturally Diverse Communities – a Global Perspective

**Mayada Elsabbagh, PhD, McGill University**

The empowerment of caregivers is increasingly recognized as a critical component of intervention for children with autism. The World Health Organization recommends parent skills training (PST) for management of developmental disorders. However, to date, no such programs have been widely available, especially for use in low-resource communities. McGill University is undertaking a local adaptation and evaluation of this new evidence-based, affordable, PST program in support of global research in intervention design and delivery.



5 Parts  
42m

## Bilingualism and Language Development in Children with Autism

**Pat Mirenda, PhD, BCBA-D, University of British Columbia**

Many bilingual families are told by professionals to speak only one language to their child with autism. This important presentation summarizes the research in this area, much of which was conducted in Canada, with recommendations for bilingual parents and for professionals who support them that calls into question the one-language recommendation.



4 Parts  
51m

# ACT Resources in Punjabi

Find more Punjabi-language information, including the Next Steps Following an Autism Diagnosis in B.C. Guide, at: [www.actcommunity.ca/information/act-in-punjabi](http://www.actcommunity.ca/information/act-in-punjabi)

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## One Parent's Journey in Autism

**Sunita Braich, MEd in Special Education**

As a parent of a child who was diagnosed with ASD 8 years ago, and a special education teacher, Ms. Braich shares her experience in receiving the diagnosis and supporting her family. “There are some things I wish I had known more about before being thrown into what will be a lifelong journey, and there are other things that I am proud to say, I feel I intuitively succeeded at.”



6 Parts  
57m

## Introduction to IEP's – In Punjabi

**Raminder Kaur**

This video describes the process for developing an Individualized Education Plan (IEP) for children with autism, including what the school and parent can do to support the IEP process. Included are practical tips for parents on how to work with the school in developing effective IEP goals for their child. Thank you to Parbinder Bains, MEd, BCBA, Behavior Consultant and Preetinder Narang, MEd, BCBA, District Behavior Specialist, Surrey School District, for developing the presentation content.



8 Parts  
1h 25m

# JUNE 4, 2019 *Songs on the Water*

A MUSICAL SHOWCASE, RAFFLE, AND SILENT AUCTION IN SUPPORT OF



Join ACT for a night of song at the  
**Vancouver Rowing Club**



**MELANIE  
DEKKER**



**MARK JAMES  
FORTIN**



**KATE  
MACCOLL**



**BEN  
HEFFERNAN**



**YVONNE  
McSKIMMING**

Get tickets and more information at:  
**[actcommunity.ca/songs](http://actcommunity.ca/songs)**



# 2019 ACT Events – Save the date!

Visit [www.actcommunity.ca/events](http://www.actcommunity.ca/events) for registration & details

Co-Sponsored by

POPARD



**August 15 & 16, 2019 in Surrey, BC & Webstreaming!**

## Social Stories with Carol Gray

*Carol Gray, Founder and Innovator, Social Stories Satellite Schools and Services, and Carol's Club*

Social Stories can play an essential role in enhancing communication and bringing down anxiety among individuals with ASD. Over the past two decades, Social Stories, and their innovator, Carol Gray, have earned the respect of parents, professionals, and people with autism, for their utility in providing clear explanations of what is often a confusing social world. This Social Stories 10.2 workshop, led by Carol Gray, will devote two full days to the art and science of Social Stories, with the focus on practicing skills and discussing new strategies.



**September 25 & 26, 2019 in Surrey, BC & Webstreaming!**

## Cutting Edge Strategies to Improve Executive Function Skills 2019

*Sarah Ward, MS, CCC-SLP*

*Co-Director, Cognitive Connections LLP, Boston*

Sarah Ward, MS, CCC-SLP, is coming to Surrey to teach hands-on practical strategies to improve Executive Function skills. Whether you've seen Sarah Ward before, or this is all new, you're sure to walk away with practical strategies to help you better assist clients, students, or your own children, that you can implement immediately.



## Upcoming Videos – Releasing June 2019

Receive updates on new video releases by subscribing to ACT's newsletter at [www.actcommunity.ca/updates](http://www.actcommunity.ca/updates)

Sponsored by



### Picturing Success: Visual Support Strategies for Individuals with ASD

*Brenda Fossett, PhD, BCBA-D, Department of Applied Behaviour Analysis - Autism, Capilano University*

Visual support strategies have been used to successfully support children, youth and adults with autism and other developmental disabilities for decades. This extensive training with Dr. Fossett focuses on the use of visual support strategies to meet the needs of children, youth, and adults with autism and other developmental disabilities.



### Integrating ABA Methods in Schools: Supporting School-Aged Children

*Richard Stock, PhD, BCBA-D, Department of Applied Behaviour Analysis - Autism, Capilano University*

This two-day workshop focuses on using Applied Behaviour Analysis (ABA) methods to support students with autism from Kindergarten to Grade 12; in particular, those who are moderately to severely impacted by their autism. While many educators are familiar with early behavioral intervention using discrete trial teaching, the science of ABA has much more to offer teachers who are responsible for the education of students with autism and related disorders. This workshop aims to expand your conceptualization of ABA in ways that are practical in the regular classroom.



### INVESTing in Girls and Women with ASD

*Dori Zener, MSW, RSW, Individual, Couple and Family Therapist, Toronto*

Girls and women with ASD largely camouflage their characteristics in an effort to pass as neurotypical. Due to their difficulties reading social cues, girls and women with ASD are disproportionately victims of bullying, sexual assault and abusive relationships. Mental health challenges such as anxiety, depression, panic, eating disorders, ADHD, OCD and addictions often come to the attention of professionals before an ASD diagnosis is given, if at all. INVEST: Identify Needs, Validate, Educate, Strengthen and Thrive has been developed by Dori Zener based on her extensive clinical experience with women and girls with ASD.



# Online Mental Health & Autism Project – Professional Development

The Online Mental Health and Autism Project (OMHAP) has been developed in collaboration with the University of British Columbia Continuing Professional Development, with initial funding from the B.C. Ministry of Children and Family Development, to develop online training resources to support mental health professionals, in order to increase access to mental health services for children and youth with ASD.

Co-Sponsored by

**UBC CPD**

View OMHAP videos and information at [www.actcommunity.ca/education/mentalhealth](http://www.actcommunity.ca/education/mentalhealth)

## Recognising Mental Health Disorders

*Featuring: Drs. Karen Bopp, Anthony Bailey, Richard Stock, Balbinder Gill, Grace Iarocci*

This presentation focuses on heightening awareness of the high prevalence of autism across the lifespan, which can mask mental health concerns that require treatment from mental health professionals.

**6 Parts**  
**1h 14m**

## Treating Anxiety, Depression and OCD in Children and Youth with ASD

*Featuring: Drs. Melanie McConnell, David Worling, Anthony Bailey, Georgina Robinson and David Batstone*

This presentation focuses on specific mental health conditions that affect children with ASD and their treatment: anxiety, depression and obsessive compulsive disorder. It also includes discussion on screening, assessment and Cognitive Behavior Therapy.

**7 Parts**  
**1h 30m**

## The Role of Medication in the Management of ASD

*Professor Anthony Bailey, Institute of Mental Health Chair, Chair of Child and Adolescent Psychiatry, University of British Columbia*

In this succinct and illuminating presentation, Dr. Anthony Bailey discusses the role of psychotropic medications in the treatment of individuals with ASD with a range of mental health diagnoses. Drawing on nearly 30 years of experience, he addresses the need for the cautious use of medications in treating comorbid conditions.

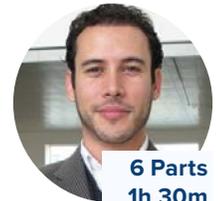


**3 Parts**  
**22m**

## Addressing Mental Health in Autism: Should We Treat the Person with ASD, the Family, or the Community?

*Jonathan Weiss, PhD, C. Psych., Chair in ASD Treatment and Care Research, York University*

In this fascinating keynote presentation, Dr. Jonathan Weiss, one of Canada's leading autism researchers, describes the individual and contextual factors that increase the likelihood of mental health problems for individuals with autism.



**6 Parts**  
**1h 30m**

## ESSENCE\* – Early Recognition of ASD and Associated Disorders – Can It Lead to Better Outcomes?

*Christopher Gillberg, MD, PhD, Professor of Child and Adolescent Psychiatry at the University of Gothenburg, Sweden, Director, Gillberg Neuropsychiatry Centre, University of Gothenburg*

In this thought provoking presentation, Dr. Gillberg makes the case that while there are common childhood onset disorders affecting about 10% of the general population, with early recognition, psychoeducation and other targeted interventions, adaptive outcomes in adult life can be improved.



**6 Parts**  
**1h 51m**

## Understanding Mental Health Problems and ASD – Evidence-Based Case Conceptualization to Inform Treatment Planning

*Jonathan Weiss, PhD, C. Psych., Chair in ASD Treatment and Care Research, York University*

This intensive training, based on a two day workshop, is for mental health clinicians experienced in cognitive behavioural therapy (CBT) with an interest in adaptations relevant to neurodevelopmental disabilities (e.g., autism, ADHD, learning disability). Sessions 1 and 2 provide an excellent overview of CBT conceptualizations that will interest a general audience.

**22 Parts**  
**3h 57m**

## The Relationship Between Anxiety and Social Competence

*Grace Iarocci, PhD, RPsych, Professor of Psychology at Simon Fraser University*

The relationship between the symptoms of anxiety and depression and social functioning among children, with and without ASD, are poorly understood. Dr. Grace Iarocci presents the results of a study into whether generalized anxiety and depression symptoms in children ages 6-14, with and without autism, were associated with social competence, after accounting for IQ, age, and gender. Dr. Iarocci discusses the importance of concurrently assessing internalizing symptoms and social difficulties in children with ASD and the implications for treatment.

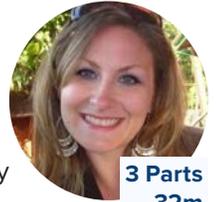


3 Parts  
25m

## Implementing Modified CBT in a Group Format to Treat Anxiety in Children with ASD: Insights for Parents, Clinicians, and Researchers

*Krista Johnston, MA*

The Facing Your Fears program is a manualized and evidence-based (Reaven et al., 2011), modified CBT group treatment for children with ASD and anxiety disorders. The presentation includes information to support parents in recognizing anxiety and seeking appropriate services as well as information for professionals interested in learning more about clinical and research efforts related to increasing community accessibility of group treatments targeting mental health concerns.



3 Parts  
32m

## Treating Selective Mutism in Children with ASD

*Ainsley Boudreau, PhD, Post-Doctoral Clinical Research Fellow at BC Children's Hospital*

This presentation describes the treatment of selective mutism (SM) in children with ASD, using a case study of a school-aged youth as an illustrative example. An evidence-based behavioural intervention for SM modified for ASD is described. The youth in the case example made gains with respect to number of individuals spoken to, frequency of verbalizations to parents and voice volume.



3 Parts  
22m

## Identifying and Treating Co-occurring Mental Health Challenges in Children with ASD

*Vikram Dua, MD, FRCP(c), Psychiatrist-in-Chief, Surrey Place Centre; Assistant Professor, University of Toronto*

Children with ASD have very high rates of co-occurring mental health challenges, carrying a 75% risk that they will be identified with conditions including ADHD, anxiety disorders and tic disorders prior to reaching adulthood. Frequently it is these conditions and not autism itself that is the most disabling factor in the life of a child with ASD. Dr. Dua, a leading child psychiatrist, introduces his approach, the Autism Comorbidity Algorithm (ACA), which frames and guides clinical, diagnostic assessment and treatment decisions through a developmental lens.



14 Parts  
3h 7m

## Mental Health in Post-Secondary Education: What is It Like for Students with ASD and What Does the Research Say?

*Rashmeen Nirmal, PhD, RPsych*

Dr. Rashmeen Nirmal provides key information on the mental health functioning of young autistic adults within the context of post-secondary settings including college and university. She discusses management of common mental health symptoms in students with ASD, in particular, depression and anxiety.

2 Parts  
24m

## Mental Health Challenges in ASD: Perspectives of Adults with ASD and Professionals Who Work with Adults

This presentation discusses the mental health challenges of ASD faced by presenters Kenneth Binnie & Allix Galloway, followed by a panel discussion with Dr. David Worling on personal and professional experiences.

Moderated by Professor Anthony Bailey.

4 Parts  
54m

## Not Criminally Responsible: Autism and Forensic Healthcare

*Rae Morris, MSW, RCSW, Individual & Family Therapist with the Redpath Centre in Vancouver*

Forensic healthcare is a sub-specialty of mental health care that supports individuals who have come into contact with the legal system, typically the criminal justice system. This presentation shares information on research to date, highlights potential practice and research gaps, and shares risk and protective factors and preliminary recommendations for improving forensic service provision for adults with ASD.



3 Parts  
18m

# Women & Girls with Autism

ACT's 2018 Focus on Research Conference, sponsored by Simon Fraser University, provided two days of fascinating insights into the complexities of identifying and treating women and girls with autism. Researchers are increasingly recognizing that autism affects women and girls differently than males. Delays in diagnosis are common, reducing access to services, with implications for long-term mental health and employment prospects.

View these videos at [www.actcommunity.ca/women](http://www.actcommunity.ca/women)

Online videos sponsored by



Centre for Interdisciplinary Research and Collaboration in Autism

## Sex Matters: The secondary impact of low prevalence for girls and women with autism

*Dr. Rene Jamison and Dr. Jessica Oeth Schuttler, Center for Child Health and Development (CCHD), University of Kansas Medical Center*

This presentation focuses on research on the possible secondary impact on females with autism due to the discrepancy in diagnosis rates with males, with concern for social-communication impairments and increasing risk for co-occurring mental health conditions.



6 Parts  
62m

## Girls Night Out: Lessons learned from a unique intervention for girls with autism

*Dr. Rene Jamison and Dr. Jessica Oeth Schuttler, CCHD, University of Kansas Medical Center*

In this presentation, Dr. Jamison and Dr. Oeth Schuttler explain the development of Girls Night Out, with emphasis on the importance of embedding programs within the community and during activities that foster social or self-care care skills.



7 Parts  
61m

## Improving the Recognition of Women and Girls on the Autism Spectrum

*William Mandy, PhD, DCLinPsy, University College London, UK*

In this thought-provoking presentation, Dr. William Mandy shares his research into the characteristics of autism in females, the implications for diagnosis, and ways of improving recognition, with a focus on practical ways of improving clinical and educational practice. Also covered are myths about autism; new research into gender ratios and the impact of “camouflaging” on diagnosis of women and girls.



4 Parts  
1h 17m

## Understanding the Needs of Girls and Women on the Autism Spectrum

*William Mandy, PhD, DCLinPsy, University College London, UK*

In this talk, Dr. Mandy provides a developmental perspective on the characteristics of autism in females; an in depth look into the implications of the widespread practice by women and girls of “social camouflaging” their autism; their mental health needs – with a focus on eating disorders. The presentation ends with a discussion how women and girls can be better supported, including a question and answer period.



4 Parts  
1h 16m

## Girls and Women with Eating Disorders – Why are ASD and ADHD Missed?

*Christopher Gillberg, MD, PhD, Professor of Child and Adolescent Psychiatry, University of Gothenburg*

Professor Christopher Gillberg discusses the onset of eating disorders, which tend to affect girls and women rather than boys and men. These usually begin in puberty or early adult life; in many cases they have been preceded by early onset neurodevelopmental problems, including ASD and ADHD.



## Practical Strategies for Supporting Mental Wellness of Teenage Girls and Women with ASD

*Dori Zener, MSW, RSW, Individual, Couple and Family Therapist, Toronto*

Girls and women with autism are often hard to identify due to their polished rote social skills and internalized ASD characteristics. Dori Zener's presentation provides insights on how to adapt clinical practice to address the needs of women on the spectrum.

## The Experience of Women with ASD – A Panel Presentation by Women with ASD

This panel was considered a highlight of our 2018 conference. This is your opportunity to learn from the fascinating insights provided by these four remarkable autistic women. Moderated by Dr. Rene Jamison, University of Kansas Medical Center.

6 Parts  
1h 6m

## Special Challenges Faced by Mothers with ASD

This panel presentation and discussion provides a rare opportunity to better understand the perspective of autistic mothers who also have children with autism. These three mothers were each diagnosed as adults, after their children were diagnosed. Moderated by Dr. Grace Iarocci, Professor of Psychology & Director of the Autism and Developmental Disorders Lab at SFU.

6 Parts  
49m

## Setting Priorities for Future Research – A Panel Discussion

This panel presentation, introduced and moderated by Dr. Anthony Bailey, Chair of Adolescent and Child Psychiatry, University of British Columbia, provides varied insights into the need to better research the needs of women and girls with autism.

7 Parts  
60m

# Navigating the Teen Years and Beyond

## Thriving in Youth with ASD – What Does it Take?

*Jonathan Weiss, PhD, CIHR Chair in ASD Treatment and Care Research; Associate Professor, York University*

In this video, Dr. Weiss looks at how to promote positive outcomes in youth with ASD, including those with intellectual disability, by focusing on indicators such as happiness, satisfaction and resilience. This presentation has significant implications for educators, families and therapists as they look at the pivotal interventions that will have the biggest impact.

20 Parts  
3h 22m

## Navigating Puberty, Adolescence and Beyond

*Joy Becker, RN, BSN*

This video will inspire school teams and parents to “step into puberty” with confidence! It is designed to give parents, caregivers, and professionals a foundation for teaching individuals with ASD, enabling parents and community professionals to present factual information, including the difference between private and public, at various stages of development.



14 Parts  
3h 26m

## Emergency Services, Hospitalizations and Mental Health Care for Adolescents & Adults

*Jonathan Weiss, PhD, C. Psych., Chair in ASD Treatment and Care Research, York University*

Accessing appropriate healthcare can be confusing, stressful and challenging for individuals with ASD and their caregivers. Challenges include navigating between sectors (health and social services), transitioning across age groups, and finding specialized expertise. As a result, emergency services can end up being one pathway to mental health care. The current study examines emergency service and psychiatric hospitalization in a large sample of adolescents and adults with ASD in Ontario, as part of an ongoing longitudinal study of health care service use.

4 Parts  
1h 2m

## A Review of Emerging Considerations for Vocational Support in ASD

*David Nicholas, PhD, University of Calgary*

This presentation summarizes the results of a systematic review of the literature on vocational support for adults with ASD. Promising approaches for vocational support are identified, including skills– and strengths–based learning, the use of naturalistic vocational, behavioral, communication, sensory supports and environmental modifications in the workplace.

4 Parts  
1h 9m

# B.C. Focused Presentations

## Quality of Life Among Families Living with ASD

*Grace Iarocci, PhD, R.Psych & Emily Gardiner, PhD, Simon Fraser University*

The research is definitive: families raising children with autism are highly stressed. This presentation introduces the core concepts and research findings of family quality of life.

3 Parts  
1h 7m



## Family Quality of Life and ASD Funding in B.C.: Opportunities for Culturally Responsive Research

*Grace Iarocci, PhD, R.Psych & Emily Gardiner, PhD, Simon Fraser University*

In a B.C. study, participants reported on their satisfaction with available funds and resources for autism in B.C. This research revealed important insights into the strengths and challenges associated with the B.C. funding model, as perceived by service users.

5 Parts  
56m

## Best Practices in Early Intervention: An Update

*Karen Bopp, PhD, RSLP, Senior Behavior Consultant, MCFD & Research Associate, UBC*

This video provides an overview of best practice treatment approaches for children and youth with ASD.

15 Parts  
4h 2m

## Education, Integration, Inclusion: Information for Parents of Children with Special Needs

*Suzanne Jacobsen, EdD, BCBA-D*

Help your child get the education they deserve. This presentation reviews important sections of the B.C. School Act and documents issued by the B.C. Ministry of Education. The information will help parents understand how to be an effective advocate and is relevant for children with a range of abilities and skills from kindergarten to school completion.



4 Parts  
4h 36m

## The Essentials of Advocacy: A Parent's Guide

*Deborah Pugh, ACT – Autism Community Training*

This presentation helps families better understand how to effectively and positively advocate for their children—regardless of their child's specific special need. Includes guidance to empower families to understand their rights, roles and responsibilities with practical information on how to achieve their advocacy goals.



13 Parts  
2h 33m

## Taking Control of the Future – Planning for Families with Special Needs

*Blair Dwyer & Layli Antinuk, Dwyer Tax Law, Victoria*

A primary source of stress for families who have children with special needs is worrying about securing their future. This video will help families better understand planning options that are available to help secure the financial future of their children. The presenters provide important information on Registered Disability Savings Plans and the use of trusts and wills to protect vulnerable family members.



16 Parts  
3h 17m



**Odin Books**  
[www.odinbooks.com](http://www.odinbooks.com)

Odin Books provides ACT event attendees with a wide range of educational materials at live events through their book table. Find them at our upcoming events (p. 9) or order online.

ACT appreciates ongoing funding from Odin Books which supports ACT's Bursary Fund:  
[www.actcommunity.ca/bursaries](http://www.actcommunity.ca/bursaries)

# Autism Information Database (AID)

[www.actcommunity.ca/aid](http://www.actcommunity.ca/aid)

ACT has developed the AID to promote access to quality autism resources in the interests of those with autism and related conditions internationally.

The AID is a free portal linking to over 1400 records created by ACT to promote practical, evidence-informed resources on autism and related disabilities.

## Some of the features of the AID include:

- » Search by key word or browse by topic.
- » Links are provided to full-text guides, articles, videos and websites, sourced internationally.
- » Includes resources in over 36 languages.
- » Oversight is provided by an international panel of autism specialists and advocates.

## Search the AID by keyword, for example:

- » Diagnosis
- » Positive Behavior Support
- » Toilet Training
- » Dental Care
- » Medications
- » Social
- » Mental Health
- » Employment

## Submitting AID resources

Individuals, community organizations, researchers and service providers are welcome to share their resources with AID users around the world by using the AID submission tool:

[www.actcommunity.ca/submitir](http://www.actcommunity.ca/submitir)

## How Are Potential AID Resources Assessed?

Many factors are considered when assessing an information resource for inclusion in the AID:

- » Is it aimed primarily at community-level users - families, self-advocates and community professionals and service providers?
- » Is it evidence-informed or, at a minimum, not harmful?
- » Is it of practical use to building family awareness, knowledge and skills?
- » Is it a positive resource for adults with autism or those who support them?

## Members of the AID International Advisory Panel

ACT has enlisted an international panel of autism specialists to provide oversight of resources included in the AID. ACT refers questionable submissions for inclusion to the AID to an appropriate member of the AID International Advisory Panel. Go to the FAQ for the full list of AID International Advisory Panel members.

## Read the FAQ

Access our Frequently Asked Questions page at:

[www.actcommunity.ca/information/aid-faqs](http://www.actcommunity.ca/information/aid-faqs)



## Browse by subject:

Applied Behaviour Analysis	Adults with ASD
Advocacy	Alternative Treatments
Autism Spectrum Disorders	Childcare
Diagnosis & Assessment	Education
Employment	Evaluating Autism Information
Family Life	Financial Planning
Government Resources	Health
Mental Health	Parents as Employers
Recreation, Fitness, Leisure	Related Conditions
Safety	Sensory Issues
Sexuality	Social Skills
Therapies	Tools and Technologies

# Donate to Support ACT's Free Online Resources

[www.actcommunity.ca/donate](http://www.actcommunity.ca/donate)

ACT relies on donations to support our extensive free online resources. Please consider a one time donation or making a small monthly donation to sustain our training and information resources to ensure that the BC autism community, as well as users internationally, can benefit from evidence-based, positive and practical resources.

As a federally registered Canadian not-for-profit society, ACT can provide tax receipts for donations over \$10. ACT's Charitable Tax Number is #861691236RR0001.

Visit [www.actcommunity.ca/donate](http://www.actcommunity.ca/donate) for more information, or contact [info@actcommunity.ca](mailto:info@actcommunity.ca).

## Live Training Program 2019 – Save these dates!

Thanks to our donors and community partners, ACT has reactivated our Live Training Program, in response to the many requests from the autism community. See page 9 for details.

## Songs on the Water – Book your tickets for June 4th!

Join ACT for our 'Songs on the Water' Benefit at the Vancouver Rowing Club. Great raffle prizes including an online auction for a Shark Watching Cruise in Mexico! See page 8 for details.

## Recognizing ACT's Collaborators & Community Partners

**Families:** ACT is very grateful to the generosity of the many parents who have provided videos of their children to educate the broader community about the tremendous potential of children with autism — and the crucial role of parent training.

**Presenters:** Autism Videos @ ACT is available thanks to the presenters who allow us to record them, demonstrating their commitment to knowledge translation with their willingness to share their personal, research and clinical experience.

### Thanking the Community for Your Support

While ACT must still focus on fundraising, as we no longer receive government funding, we have been fortunate. Special thanks to all of the donors who met the \$50,000 challenge from the Dwyer-Ross family and matched their generous donation. We also appreciate the generosity of Anne McCaw and Mike Rekis (Oceanside Fisheries) who donated 15,000 pounds of herring for ACT's 2nd Annual Herring for Autism sale which was a tremendous success. For a list of ACT's donors see [www.actcommunity.ca/support-us/recognizing-our-funders-donors-sponsors](http://www.actcommunity.ca/support-us/recognizing-our-funders-donors-sponsors)

### Acknowledging ACT's Community Partners

- » Simon Fraser University's Autism Lab, and Dr. Grace Iarocci, for making SFU's excellent facilities at Harbour Centre available and sponsoring ACT's Annual Focus on Research Conference.
- » University of British Columbia Continuing Professional Development and Dr. Anthony Bailey, along with all the committee members of the Online Mental Health and Autism Project. (Pages 10-11).
- » UBC's Centre for Interdisciplinary Research and Collaboration in Autism (CIRCA), and Drs. Pat Mirenda and Karen Bopp, for sponsorship of our 2018 PBS Conference and the production of learning streams in 2019. (Pages 4, 6, 9, 12).
- » Provincial Outreach Program for Autism and Related Disorders (POPARD) and Dr. Georgina Robinson for our 2019 training collaboration.
- » Surrey School District, and Dr. Michelle Schmidt, for offering its excellent facilities for conferences to be held at its training centre in 2019. (Page 9)



UBC CPD



POPARD



## Contact ACT

Local: 604-205-5467 | Toll-free: 1-866-939-5188  
Email: [info@actcommunity.ca](mailto:info@actcommunity.ca)

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