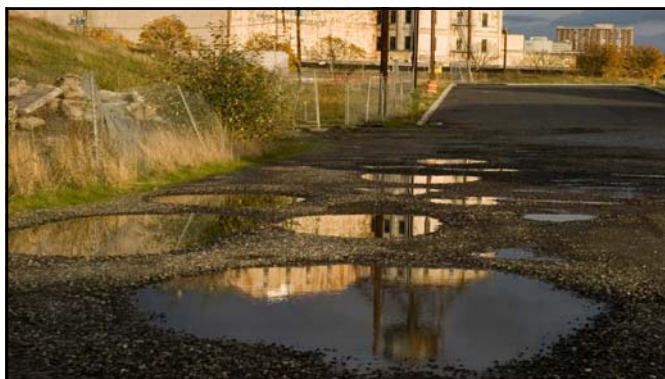


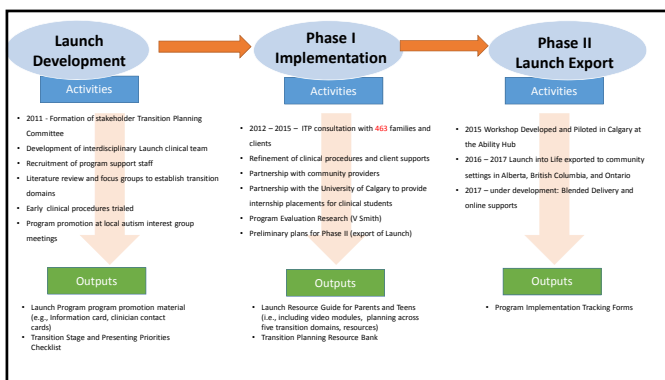
The Road to Adulthood: CAUTION! Potholes Ahead

Dr. Katelyn Lowe & Dr. Veronica Smith
April 28th, 2017
ACT's 13th Annual Focus on Research Conference
Mental Health - Looking Beyond Autism



Aims of the Talk

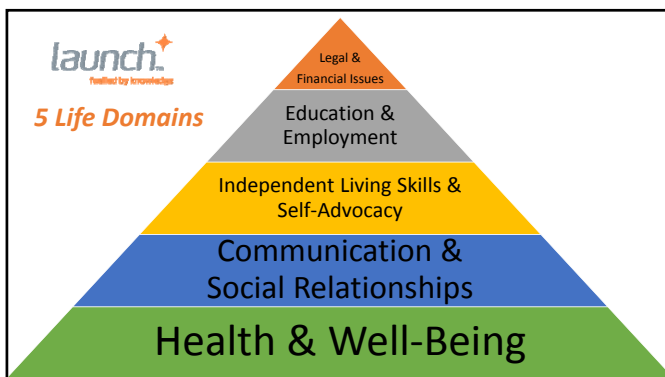
1. Describe Launch Development
2. Program Impact
3. Insights on Mental Health in Young Adults with ASD

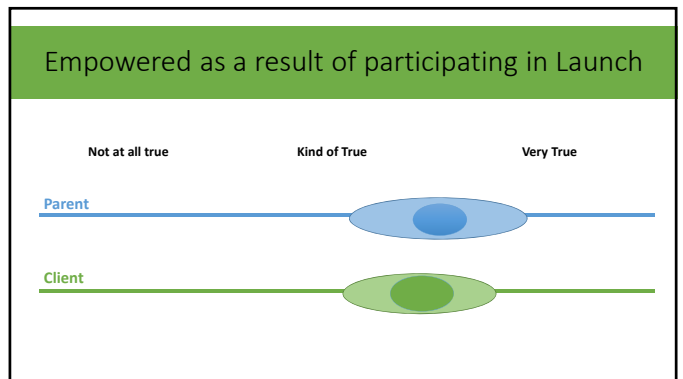
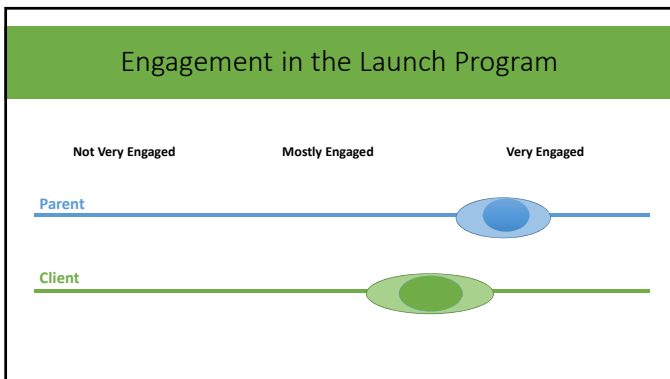
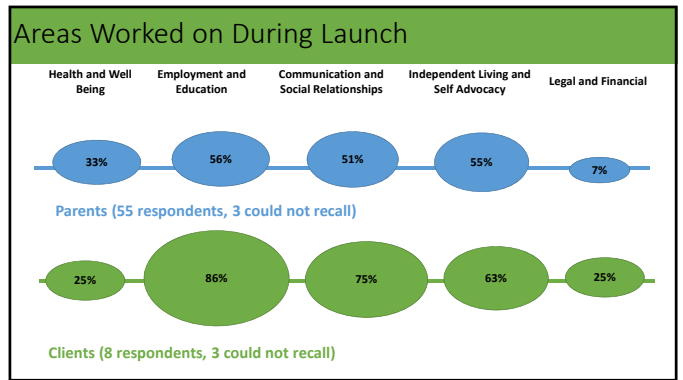
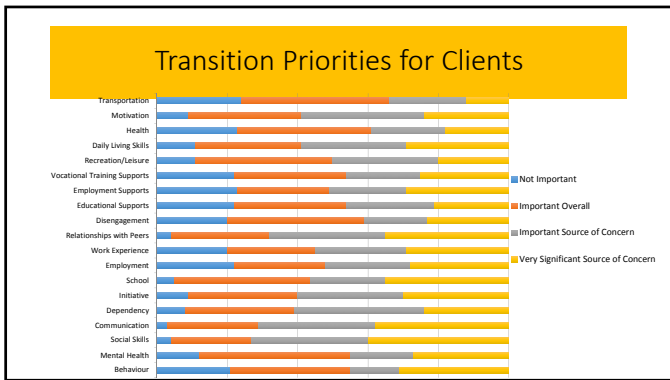
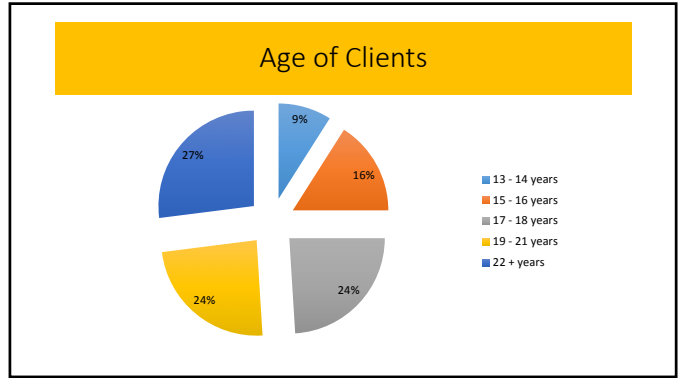
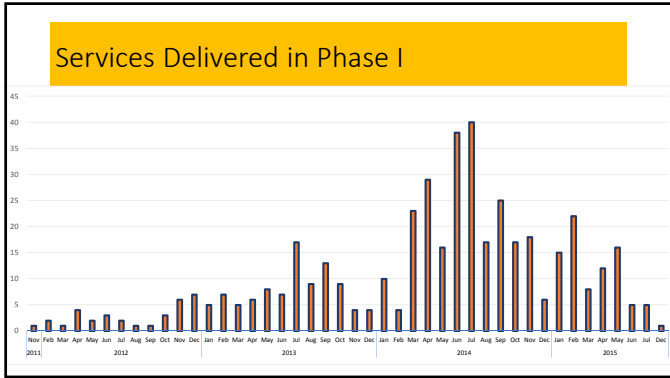


Launch Development: Community and Family Stakeholder Partnerships

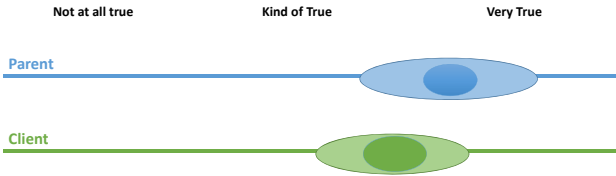
“Complex programs like Launch need to evolve from partnerships with the community in ways that are clear and transparent. This way, they will not suffer from being ‘under’ conceptualized and relationships will be established with partners that will ensure the sustainability and growth of the program. A lot of people want to be the boss of ideas, we need to learn how to share, and by doing so we will make services less threatening to families and they will take greater ownership over the outcomes.”

Don Andrews, Director of Student Services, Independent Schools Advisory Committee, Calgary and Area and Launch Stakeholder Transition Team Member

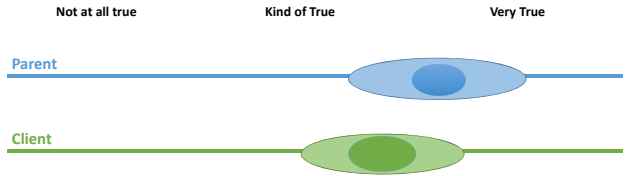




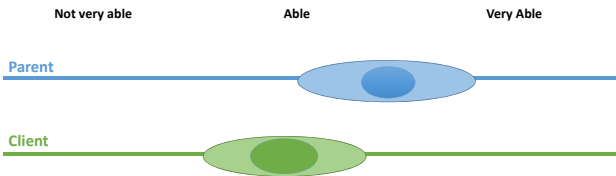
Knowledge gained from participating in Launch was relevant



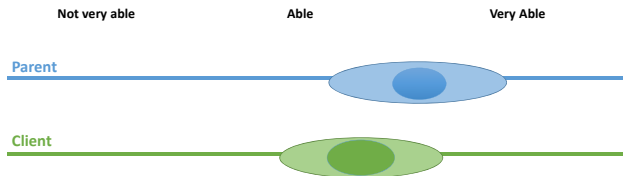
The resources provided by Launch were relevant



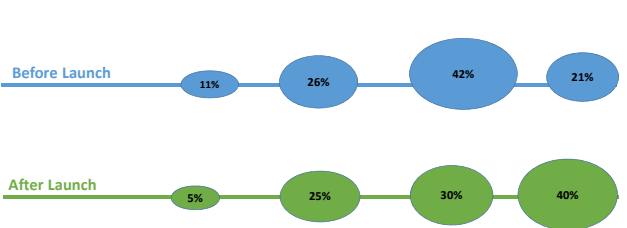
How able do you feel to implement the ITP



How able do you feel to add new goals to the ITP



Parent Readiness for Change



Recommendations from the Program Evaluation


- Ensure documentation and distribution of this innovative program

One Parent's Thoughts on Exporting the Program

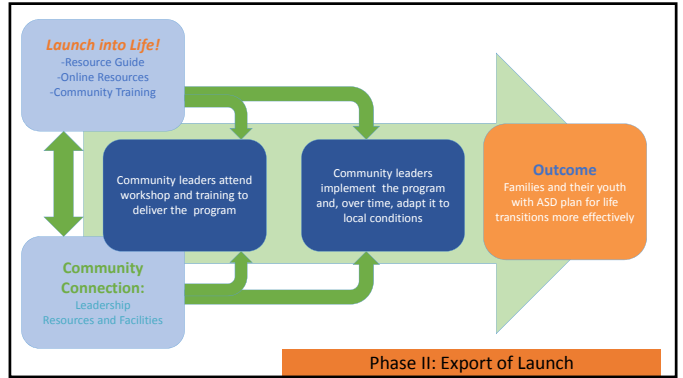
"...although I have benefited from the one to one support in Launch, sometimes it is time consuming, it becomes a bit of a strain ...I wonder, did I have enough to justify taking up the [the clinician's] time?...I think it would be a good thing – there are too many families that don't have access to the resources, they don't know where to start... using workshops, online resources, the phone and email to connect, might be a good thing, ...to know what is available.....this program and the Hub has been life changing for me, it has made me stronger as a parent, it has made me understand what programs are out there...get it out into the community for the parents who are not pitbulls, like me."

Parent, Launch Participant

Program Resources



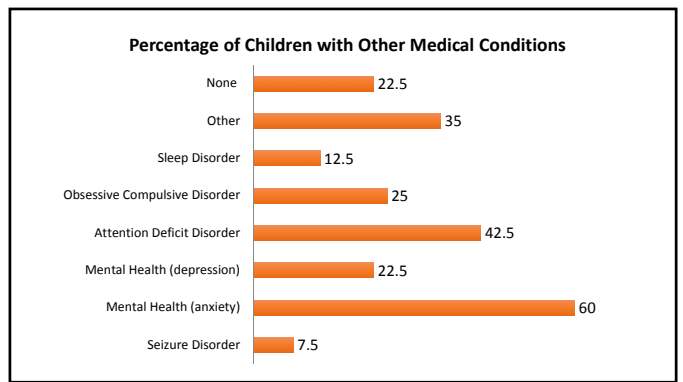
- Program Resource Guide (for parents)
 - Including video modules
- Program Delivery Manual
 - Parent Priorities Checklist
 - Transition domains interview
 - Individual Transition Plan template
- Goal and Resource bank



Potholes ahead...




1. Junior high school
2. Puberty
3. Mental health issues***
4. High school leaving
5. Post-secondary or job failure



The big 5


1. ADHD
2. Anxiety
3. Depression
4. Obsessive Compulsive Disorders
5. Eating Disorders

>70% had at least one co-existing mental health disorder
 >65% were taking medication for mental health diagnosis
 <5% were receiving psychotherapy



Accessing mental health supports

1. ASD an exclusion criteria for services
2. Private pay options too expensive
3. Treatment doesn't include parents
4. ER the only option – not a good option, especially in a crisis!
5. Medication without ASD-informed psychotherapy



“Without mental health there can be no true physical health.”

Dr. Brock Chisholm
Director General, World Health Organization (1954)



Outline for a Study Group on World Health and the Survival of the Human Race. Material drawn from articles and speeches by Brock Chisholm. Geneva: World Health Organization; 1954.

Future 'Export' and Program Monitoring

Recommendations

- Presentation of *Launch into Life!* model and family impacts at regional ASD interest groups across Canada to promote adoption
 - Respond to regional demand to training community facilitators
 - Develop program monitoring for community offerings of *Launch into Life!*
- Develop alternative delivery of *Launch into Life!* (i.e., online supports and blended workshop)
- Encourage parent participants to join online *Launch* transition support group

Anticipated Outcomes

- Increased community adoption of *Launch*
- Community facilitators will adapt program to meet local conditions
- Online and blended delivery will support parents to access program and materials and provide those that need it with additional resources