

# ACT's Guide to Mental Health Resources

## **AUTISM VIDEOS @ ACT**

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

Practical, high quality, free online videos featuring clinicians, researchers and those with lived experience of autism. Over 55 videos are now available, on a wide range of topics, including mental health, women and girls with autism, and positive behavior support.

## **ACT'S LIVE & WEB STREAMED EVENTS**

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

Live training & education featuring leading practitioners and researchers from across the world.

## **AUTISM RESOURCES FOR B.C.**

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

Discover service providers and activities, community events, the New Diagnosis Hub, the Autism Manual for B.C., and resources for professionals and autistic adults.

## **AUTISM INFORMATION DATABASE**

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

The AID is a free portal to over 1,400 practical, evidence-informed autism and special needs related resources, sourced internationally.



# Table of Contents

<b>Autism &amp; Special Needs Resources for B.C.</b>	<b>3</b>
<b>Mental Health &amp; Autism Project</b>	<b>4-5</b>
<b>Women &amp; Girls with Autism</b>	<b>6</b>
<b>Autism Information Database</b>	<b>7</b>
<b>Upcoming ACT Events</b>	<b>8</b>

## 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 recording 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 for autistic adults.

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

- » 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:

- » The Mental Health and Autism Project
- » Women & Girls with Autism
- » Positive Behavior Support
- » The Essentials of Advocacy

## ACT Videos are now captioned and on Youtube

Visit [www.actcommunity.ca/videos](http://www.actcommunity.ca/videos) and look for the CC icon, or sort by captioned.

Captions are available both on our website and on our new YouTube Channel, found at [bit.ly/act-youtube](http://bit.ly/act-youtube).

All videos on our YouTube channel will have the option of using auto-generated captions created by YouTube if captions from ACT are not available. Subscribe to our channel for the latest videos.



## 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 & Special Needs Resources for British Columbia

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

Since 2005, ACT has devoted much of our energy into organizing our online resources to be accessible to B.C.'s 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.



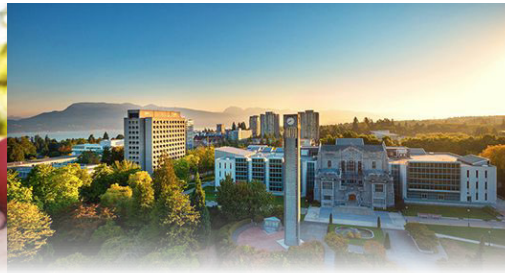
## Special Needs Community Events

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
- » Recreation & Travel Passes
- » ACT Print Materials

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

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

# Mental Health & Autism Project – Professional Development

The Mental Health and Autism Project (MHAP) 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.

Sponsored by

**UBC CPD**

View MHAP 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 – Panel Presentation

*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 co-morbid conditions.



3 Parts  
22m

## 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*

An internationally renowned autism researcher, 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

## 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

## 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, PhD*

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.



## 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

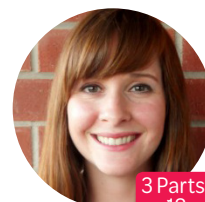
This panel presentation discusses the mental health challenges faced by autistic adults. Moderated by Dr. Anthony Bailey, with insight from Dr. David Worling. The perspective of autistic adults is powerfully provided by Kenneth Binnie and Allixe Galloway.

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

## 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



# 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)

Co-Sponsored by



## 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.



## 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*

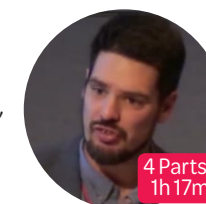
In this presentation, Dr. Jamison and Dr. Oeth Schuttler explain the development of Girls Night Out, with emphasis on the importance of embedding programs within the community and during activities that foster social or self-care skills.



## 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.



## 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 of how women and girls can be better supported, including a question and answer period.

6 Parts  
1h 4m

## 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 Experiences of Autistic Women

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.

## Special Challenges Faced by Autistic Mothers

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.

## Setting Priorities for Future Research

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.

# 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 or browse by subject, for example:

- » Positive Behavior Support
- » Mental Health
- » Applied Behaviour Analysis
- » Education
- » Social skills
- » Tools and Technologies

## 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 autistic adults 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

# 2019 ACT Events

Co-Sponsored by



POPARD



Visit [www.actcommunity.ca/events](http://www.actcommunity.ca/events) for information on all of ACT's upcoming Events

Join our confidential email subscribers list to receive event updates from ACT: [www.actcommunity.ca/updates](http://www.actcommunity.ca/updates)

**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 two days of 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.



November 15, 2019

### **Introduction to Navigating BC's School System**

A POPARD Presentation

November 22, 2019

### **Supporting Indigenous Families Affected by Autism through Engagement and Research**

ACT's 2019 Focus on Research Gathering

November 29, 2019

### **Behaviors and Mental Health An Introduction for Families of Children with Special Needs**

A POPARD Presentation

## Recognizing ACT's Collaborators & Community Partners

### Thanking the Community for Your Support

ACT does not receive government funding; we depend on the generosity of our donors and sponsors to provide our free resources. 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)

**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.

### Donate to ACT – [www.actcommunity.ca/donate](http://www.actcommunity.ca/donate)

ACT is a registered charity, our Charitable Tax Number is #861691236RR0001. Tax receipts are provided with donations.

### 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 Mental Health and Autism Project.
- » 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.
- » 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 training centre for conferences to be held in 2019.



UBC CPD

POPARD



### Contact ACT

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