CLINIC NEWS

The UA ASD Clinic was recently awarded a grant from the Alabama Department of Child Abuse Prevention (ADCANP) through the Children’s Trust Fund to complete a series of parent support and training groups for parents of children with developmental or emotional and behavioral concerns. As a part of this grant, support group and training opportunities will also be provided online. Online support can be accessed through both live and on-demand web-based opportunities. We are excited to partner with ADCANP to provide this critical service to our families in West Alabama!

SPOTLIGHT on RESEARCH

Dr. Susan White and her colleagues published a study earlier this year in the journal *Evidence-Based Practice in Child and Adolescent Mental Health* that provides guidance to parents about when/how to tell their child about their diagnosis of Autism. Their findings suggest that children have positive beliefs and thoughts about being told about their diagnosis. Furthermore, these beliefs may help lead them to a better understanding of their symptoms. However, Dr. White and her colleagues note that there are a number of issues for parents to consider when discussing the diagnosis with their child.

TAKE HOME MESSAGES

When discussing the diagnosis of ASD with your child:

- Practice/rehearse the conversation ahead of time
- Consider your child’s developmental level and understanding and provide necessary and accurate information based on their developmental level
- Emphasize that the conversation is a starting point

IN THE KNOW

Oftentimes, the *challenges* of ASD are highlighted, but those same challenges can also be *strengths*!

**Vulnerability**

- Over-focusing on one subject or task
- Losing the “big picture”
- Binary or extreme thinking
- Sensory sensitivities

**Strength**

- Perseverance
- Good memory for details
- Propensity to be rational and less led by emotions
- Greater capacity to experience pleasure

UPCOMING EVENTS

3rd Monday Parent Support Group

- October 21st at 5:30 PM
- Topic: 1,2,3 Magic curriculum for behavioral management
  - Free childcare will be provided
  - Please call 348-3130 if you are interested in joining a support group.