

• BEYOND BEHAVIORS •

UNDERSTANDING AND SUPPORTING THE MENTAL
HEALTH NEEDS OF AUTISTIC INDIVIDUALS

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Mental health concerns are common for individuals on the autism spectrum, yet their struggles in this area often go overlooked and untreated. In this training, we will explore what individuals with autism share about their experiences and the impact living with autism has on their mental health. We will explore the myths and realities of autism and mental health, with a focus on building understanding around the complexities of how these two areas intersect for individuals. This training will provide specific resources for mental health professionals and others looking to learn more about the complexity of helping a person manage multiple conditions, particularly for those on the autism spectrum. This training is suitable for mental health professionals, teachers, parents and others interested in learning how to better support and treat mental health concerns for autistic people.

Workshop Learning Objectives:

- Increased awareness of symptom presentation of common mental health concerns that co-occur with autism and how they may present differently for an autistic individual
- Identify contributing factors to anxiety and depression in individuals with autism
- Develop skills to individualize treatment strategies to match the individual and their neurology
- Increase knowledge of effective treatment options and evaluating effectiveness
- Develop an understanding of how to adjust treatment strategies when working non-verbal or less verbal

Meet the Presenters:

Sharon Hammer, MS, LPC is an Educational and Behavioral Consultant and a Licensed Professional Counselor. She has over 20-years of experience working with children and individuals on the autism spectrum and their families. Sharon is a partner at Imagine a Child's Capacity, where she provides training and consultation to schools, community members, and parents.

Lisa Hoeme, MS, LPC is a Licensed Professional Counselor, Educational and Behavior Consultant and a partner at Imagine a Child's Capacity where she provides training and consultation to schools, community agencies and parents. She has more than 18 years of clinical experience serving an expansive range individuals and families, including those with autism, Down syndrome, traumatic brain injury, attention difficulties, obsessive compulsive disorder, anxiety and depression.

Ellen Eggen, MS LPC ATR-BC is a licensed professional counselor and a nationally board certified registered art therapist. She is passionate about working with individuals on the autism spectrum and their families. Over the last two years she has worked as an independent contractor with Imagine a Child's Capacity, providing art therapy services. Ellen is also the director of mental health service at Common Threads Family Resource Center in McFarland, Wisconsin.