

# Autism Spectrum Disorder & Mental Health Challenges

## ASD

*Websites & support services for those newly diagnosed with ASD*

### **ACT - Autism Community Training**

[www.actcommunity.ca](http://www.actcommunity.ca) | 1-866-939-5188 (toll-free) | [info@actcommunity.ca](mailto:info@actcommunity.ca)

An information and referral service that supports individuals with ASD and their families across BC. ACT Information Officers answer questions on a wide-range of autism-related resources in English, Punjabi and Chinese, and are available by phone (toll-free) and via email. Their website has a wide range of resources, including information on autism treatment and diagnosis in BC, free online videos, parent groups across BC and how to select a health professional for your child.

### **Autism Society of BC**

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

Provides support to families affected by autism, including information on support groups, educational events, information and referral services, as well as general information on autism.

### **Autism Spectrum Disorder: BC Ministry of Children and Family Development**

[www.mcf.gov.bc.ca/autism](http://www.mcf.gov.bc.ca/autism)

This website gives information about diagnosis and treatment for people in BC with autism, as well as the toolkit [\*A Parent's Handbook: Your Guide to Autism Programs\*](#).

### **Canucks Autism Network**

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

A non-profit society dedicated to providing year round, innovative, high quality sports, recreational, social and vocational programs for individuals and families living with autism, and to build awareness and capacity through community networks across BC.

## *Books & Toolkits*

### **Autism-Asperger's and sexuality: puberty and beyond (2002)**

Jerry Newport & Mary Newport | FSRC

A husband and wife with Asperger's Syndrome explain the world of sexuality to people with autism and Asperger's Syndrome, and give advice for teens and adults going through this difficult period.

### **Medication Decision Aid**

[www.autismspeaks.org/science/resources-programs/autism-treatment-network/tools-you-can-use/medication-guide](http://www.autismspeaks.org/science/resources-programs/autism-treatment-network/tools-you-can-use/medication-guide)

This guide includes a family decision aid and answers to frequently asked questions—all designed to help you clarify your values and goals and then talk with your healthcare provider about the options, benefits, and possible downsides of medications.

### **Prepare to Launch: A Resource Guide for Parents of Adolescents with ASD (2015)**

[www.theabilityhub.org/programs/launch/prepare-launch](http://www.theabilityhub.org/programs/launch/prepare-launch)

This guide by The Ability Hub is for parents of adolescents with ASD who wish to better understand the process of navigating the transition between the teenage years and young adulthood.

### **Social skills picture book: teaching communication, play and emotion (2001)**

Jed Baker | FSRC

This picture book appeals to the visual strengths of students on the autism spectrum, with colour photos of students demonstrating various social skills in the correct (and sometimes incorrect) way.

### **The way I see it: a personal look at autism and asperger's (2011)**

Temple Grandin | FSRC

In this book, Dr. Temple Grandin offers helpful do's and don'ts, practical strategies, and try-it-now tips, all based on her "insider" perspective and research.

## Autism Spectrum Disorder & Mental Health Challenges

### Support Services for Educators

#### Provincial Outreach Program for Autism and Related Disorders (POPARD)

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

Provides consultation, training and support services to all public and independent schools across BC, with a focus on increasing the capacity of school staff to support students with autism.

### ASD & Mental Health Challenges

#### ASDMentalHealth

<http://asdmentalhealth.blog.yorku.ca/>

Information, videos, and research summaries on ASD and related mental health challenges.

#### The Emotional Toolbox (2012)

<http://autismontario.novosolutions.net/default.asp?id=34>

The emotional toolbox for individuals with an ASD is designed to increase the number of strategies available to prevent and manage negative emotions such as anger, anxiety, and sadness.

### Websites

#### Success stories from the frontline: Intellectual disabilities and mental health: An anthology of first person stories as submitted by patients and their families

Dr. Robin Friedlander & Tina Donnelley | FSRC

A collection of writing from a dozen parents and those dually diagnosed with developmental and mental health problems. Covers autism, OCD, as well as developmental disabilities.

### Books

#### The Incredible 5-point Scale (2015)

[www.5pointscale.com](http://www.5pointscale.com)

Helps to teach social and emotional concepts to individuals on the autism spectrum. This website includes this book and others, as well as free resources that go along with the book.

### Support Services

#### Developmental Disabilities Mental Health Services (DDMHS)

Provides assessment, treatment and education for adolescents and adults with developmental disabilities and complex mental health needs. Contact your local health authority for information about the DDMHS team in your region.

#### Neuropsychiatry Clinic, BC Children's Hospital

[www.bcchildrens.ca/our-services/mental-health-services/neuropsychiatry](http://www.bcchildrens.ca/our-services/mental-health-services/neuropsychiatry)

This clinic provides psychiatric consultation around assessment, diagnosis, and medication management of mental health conditions in the context of neurodevelopment disorders, as well as provides allied health supports such as speech, occupational therapy, social work, and psychology services in complex cases.

**Kelty Mental Health Resource Centre** Tel: 604-875-2084 | Toll-Free: 1-800-665-1822

[keltymentalhealth.ca](http://keltymentalhealth.ca) | [kellycentre@cw.bc.ca](mailto:kellycentre@cw.bc.ca) | [youtube.com/user/KeltyMentalHealth](https://www.youtube.com/user/KeltyMentalHealth)

Offers information, resources, help with system navigation, and peer support to children, youth and families across BC dealing with mental health and substance use challenges. The Centre also provides resources and peer support to individuals of any age struggling with an eating disorder.

FSRC: Family Support & Resource Centre at BC Children's Hospital.  
Books and videos can be borrowed at no charge from anywhere in the province, or purchased from the online bookstore.

Tel: 604-875-2345 ext. 5102 | Website: <https://libraries.phsa.ca/fsrc>