



ASD Training Calendar 2022 – Support for Parents & Carers

There is a range of help and support available across the Western Trust Area which is provided by a dedicated group of professionals offering intervention to families and young people up to 17 years of age. Appointments can be over the phone, via video consultation or face to face in a range of locations including Omagh, Enniskillen and Londonderry. Temporarily, following government public health advice, face to face parent based training has been switched to virtual means. See below for some more information on the intervention process. We hope to return to face to face training in the near future.

Our interactive virtual via Zoom courses for parents cover a variety of topics around autism such as tips on explaining a diagnosis to your child, introducing a young person to their diagnosis of autism, challenging behaviours, anxiety and preparing for puberty and the teenage years. Full list and dates are listed below and are facilitated by a Specialist Clinical Psychologist, Specialist Educational Psychologist and family support workers. Parents who have completed training find the sessions useful and that they find the support and knowledge of other parents beneficial.

The parental workshops are the first level of intervention in the service and we ask you to complete these courses or specific workshops as your intervention in the first instance. These workshops are designed to give you as a parent/carer a toolbox of ideas that are adaptable to many situations.

If after our workshops you still require support, you can contact the service and talk to a clinician about your needs.

Understanding & Managing Anxiety

This session is for parents who would like to increase their awareness of and management strategies for children and adolescents who present as anxious. Lots of ideas presented for parents on how to implement ASD strategies and other general strategies in order to prevent and reduce anxiety.

<u>Date</u>	<u>Time</u>	<u>Clinician/Facilitator</u>	<u>Location</u>
19 th January 2022	10am to 1pm	Marie Martin	Virtual via Zoom
23 rd March 2022	10am to 1pm	Dr. Irene Fowley	Virtual via Zoom
15 th June 2022	10am to 1pm	Marie Martin	Virtual via Zoom
21 st September 2022	10am to 1pm	Dr. Irene Fowley	Virtual via Zoom
23 rd November 2022	10am to 1pm	Dr. Irene Fowley	Virtual via Zoom

Understanding & Managing Behaviours that Challenge

This session is for parents who would like to increase their understanding of what is contributing to their child's challenging behaviour and ideas on how to intervene based on a positive support model of behaviour management.

<u>Date</u>	<u>Time</u>	<u>Clinician/Facilitator</u>	<u>Location</u>
23 rd February 2022	10am to 1pm	Marie Martin	Virtual via Zoom
27 th April 2022	10am to 1pm	Dr. Irene Fowley	Virtual via Zoom
20 th July 2022	10am to 1pm	Marie Martin	Virtual via Zoom
7 th December 2022	10am to 1pm	Dr Irene Fowley	Virtual via Zoom

Preparing for Teen Years: Puberty, Independence, Self-help Skills

This session is targeted at parents who would like support in preparing their child for puberty and ideas around promoting independence and self-help skills. This time can be stressful for both parents and children as it's a time of many physical, emotional, social and academic changes.

<u>Date</u>	<u>Time</u>	<u>Clinician/Facilitator</u>	<u>Location</u>
30 th March 2022	10am to 1pm	Dr. Irene Fowley	Virtual via Zoom
27 th July 2022	10am to 1pm	Marie Martin	Virtual via Zoom
9 th September 2022	10am to 1pm	Dr Irene Fowley	Virtual via Zoom
14 th December 2022	10am to 1pm	Marie Martin	Virtual via Zoom

Explaining Diagnosis to your Child

This workshop is for parents who would like guidance on how to explain a diagnosis of autism to their child. This can be an uncomfortable but necessary conversation for parents and we understand it can be anxiety provoking. To help you prepare for this, this workshop offers parents useful suggestions on when to tell and how and what to tell.

<u>Date</u>	<u>Time</u>	<u>Clinician/Facilitator</u>	<u>Location</u>
28 th February 2022	10am to 12pm	Dr. Irene Fowley	Virtual via Zoom
28 th April 2022	10am to 12pm	Marie Martin	Virtual via Zoom
29 th July 2022	10am to 12pm	Dr Irene Fowley	Virtual via Zoom
12 th October 2022	10am to 12pm	Marie Martin	Virtual via Zoom

ASD– Building Autism Awareness for Children & Adolescents

This workshop is for children and adolescents who would like to increase their understanding of their diagnosis and learn simple ways of coping. We also aim to help young people develop insights into their own unique collection of strengths and difficulties. The benefits of increased knowledge and understanding of autism is well documented in building self-awareness and self-acceptance, in that children and young people with autism can feel more included in their communities and less isolated. This workshop is facilitated by our Family Support Workers, Maria Graham and Alice Foster.

<u>Date</u>	<u>Time</u>	<u>Age Group</u>	<u>Location</u>
23 rd February 2022	3.45pm to 5pm	13 to 17 years	Virtual via Zoom
27 th April 2022	3.45pm to 5pm	9 to 12 years	Virtual via Zoom
22 nd June 2022	3.45pm to 5pm	13 to 17 years	Virtual via Zoom
3 rd August 2022	2pm to 3.15pm	9 to 12 years	Virtual via Zoom
28 th September 2022	3.45pm to 5pm	13 to 17 years	Virtual via Zoom
16 th November 2022	3.45pm to 5pm	9 to 12 years	Virtual via Zoom

How to Register

Contact the WHSCT Children's Autism Spectrum Disorder Service on:

- Children's Centre, South West Acute Hospital, Enniskillen: 028 6638 2103.
- Rivendell, Tyrone & Fermanagh Hospital, Omagh: 028 8283 5983
- Lilac Villa, Gransha Park Hospital, Londonderry: 028 7130 8313.

Please leave the following details:

- Your Name along with your child's name and their date of birth.
- Name of the training workshop you wish to attend.
- Date of the workshop you wish to attend.
- Your contact phone number and email address.

Once we have received all your details, we will send you an email with the Zoom link to join the meeting two days prior to the workshop.

When it is time to join the workshop, please click on the access link that you have received to start the session.

Below is a link on how to use Zoom:

<https://support.zoom.us/hc/en-us/articles/201362193-Joining-a-meeting>

Please contact us if you have any queries or questions.

We look forward to hearing from you!