



NEWS

ASD/ADHD

Our November session was based on issues surrounding ASD/ADHD. Mark Addison, Consultant and Adolescent Psychiatry, Clinical Lead for Neurodevelopmental CAMHS, came along to support the session and take questions from our Walking With You parents and carers.

Mark explained that the role of the consultant neurodevelopment team is:

- 1) Assessment pathway for diagnosis
- 2) Management of the conditions including medication
- 3) A supporting role to young people and their families/carers

Assessment/diagnosis

- It can be a long process in understanding, diagnosing, and working out what triggers the behaviours
- A good line of communication with the school can be very helpful in managing behaviours

What approach to treating comorbid ASD/ADHD/Anxiety/Depression conditions?

- Prescribed medication can impact on co-existing conditions. A trial-and-error approach may be necessary where medication prescribed.
- Regular reviewing can help to identify what is working and what is not working for a young person.

What if ASD has been recently diagnosed?

- Ask the team to take you through the diagnosis so it is fully understood

What about ASD and ADHD?

- Difficulty recognising or expressing emotions
- Impulsive behaviours and mood swings
- Moods affecting emotions
- Behaviours present in different ways
- May have patterns or triggers to their behaviour
- Self-harm or worse
- Medication can be key to managing ASD and ADHD conditions, especially where there are high levels of aggression
- May require psychological support for co-existing difficulties
- Pathological Demand Avoidance (PDA), can be part of the ASD profile and may require a different approach

- Medication can be a trial-and-error situation, in relation to side effects such as, disturbed sleep, anxiety, depression
- Effects of medication can depend on what time of day it is taken, for example, if the medication is taken in the morning, it may be wearing off by the evening
- Supporting a young child/person can be very challenging, in terms of how to support them with their behaviour:
 - Try to reduce anxiety when dealing with PDA
 - Distract with their favourite subject/programmes/music/objects
 - Help them to try and understand why they are experiencing a particular emotion
 - Recognising certain triggers can be a good preventative measure

Useful tips to help to support calm behaviour.

- Listening to music
- Meditation
- Mindfulness
- Following a higher protein diet with lower saturated fats
- Probiotics
- Sleep hygiene – introduce a good sleep routine.
- Yoga
- Weighted blanket
- Visual supports can help when a young person is too overwhelmed to verbally communicate
- Routine and structure can help calm behaviour
- The school nursing team may be able to help with your young person

TIPP – can help to calm anxious behaviours.

T – Temperature: ICE Dive: plunge hands or face into very cold water. By changing our body temperature, we can quickly decrease the intensity of emotion.

I – Intense exercise: By engaging in intense cardio/aerobic exercise, we engage our physical body, in a way that de-escalates intense emotion.

P – Paced BP: Paired Muscle Relaxation: Practice tensing your muscles as you breathe in 5-6 seconds. Note that feeling. Then relax them as you breathe out, paying attention to how it feels as you do it. Notice the difference between the feeling of tension and the feeling of relaxation.

Diet

Diet is important, sugars and carbs increase dopamine, when levels drop this causes cravings. When the cravings kick in try and switch sugary treats for high sugar fruits such as bananas, strawberries etc.

Breathing: Try to slow breathing down to 5 or 6 breaths per minute

Dialectical Behavioural Therapy

Dialectical behavioural therapy (DBT) is a type of talking therapy. It is based on cognitive Behavioural therapy (CBT), but it is specially adapted for people who feel emotions very intensely. The aim of DBT is to help you to:

- Understand and accept difficult feelings
- Learn skills and manage them
- Become able to make positive changes in your life

Mental Health Support Teams (MHSTs) – Bucks

MHSTs are available to some schools across the Buckinghamshire County. The teams provide support for young people experiencing difficulties such as:

- School refusal
- Anxiety
- Low self esteem
- Low confidence

Contact your school to see if they have this service available.

During this session there was much conversation and many questions regarding education and the school environment. A recommendation was to contact SENDIAS who can act as mediator to ensure that the needs of the child/young person are met.

Buckinghamshire County Council (EHCCos): www.family/info.buckinghamshire.gov.uk

Educational, health and care co-ordinators:

- Draft EHC plans (EHCP)
- Give advice to parents, carers and young people with special educational needs and disabilities (SEND) about EHC plans.
- Keep parents, carers and young people with SEND informed about their case

CAMHS SPA

8-6pm Mon-Fri tel: 01865 901951 – e-referral via website: BucksCAMHSSPA@oxfordhealth.nhs.uk

- Front door to CAMHS
- Can self-refer 16 years +
- Parent consent below 16 years of age
- Can contact simply for advise

Useful websites

Speech and language (SALT) webinar

– www.buckshealthcare.nhs.uk

Training for parents, early years and school staff.

SENDIAS

– www.buckinghamshire.gov.uk

Can help with communicating with your school to ensure young people's needs are understood. They can also help with an EHCP (Educational Health Care Plan)

GRASPS – Bucks Autism Support Group

– familyinfo.buckinghamshire.gov.uk

Autism Toolbox

– familyinfo.buckinghamshire.gov.uk

National Autistic Society – www.autism.org.uk

Bucks PDA Society (Pathological Demand Avoidance) – PDAgroup@harveys-home.me.uk

Zones of regulation – www.zonesofregualtion.com

Choice Care Group – www.choicecaregroup.com

ADHD Foundation – www.adhdfoundation.org.uk

Anna Freud National Centre for Children and Families – www.annafreud.org.uk

Cerebra Sleep charity - www.cerebra.org.uk

Bounceforward – www.bounceforward.com

Psychological fitness. Mental resilience and emotional wellbeing

Books

Overcoming Your Child's Fears and Worries

by Cathy Creswell & Lucy Willetts

What is happening to Ellie and what is happening to Tom by Kate E. Reynolds

A book about puberty for boys, girls and young women and young men with autism and related conditions

Gaming

Spectrum Gaming – www.spectrumgaming.net

Gekko Gaming

Panda

Mind Jam

Please note: supporting groups included in this newsletter are not endorsed by CAMHS.

Next Meeting: Friday 19th January 10-11.30 Topic: Parent check-in – Focus on how we're doing as parents/carers. Buckinghamshire County Council and SENDIASS will also attend. This is an online Teams meeting (meetings not recorded).

If you would like to attend this meeting or would like further information regarding the Walking With You parent support group, please contact:

Roxy.uritescu@barnardos.org.uk
