

## COURSE DESCRIPTION

# Autism: Mental health and safeguarding

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## How has this course been developed?

This 3 hour course has been developed in-line with the latest research and empirical studies relating to aspects of autistic mental health and safeguarding of autistic people of all ages, and balanced with 10 years professional experience of supporting the autistic people as well as lived experience of the specific subject matter.

## What is the overall course aim?

This course aims to develop understanding of the underlying causes, presentations and best practice support to better ensure that autistic people recover to or maintain good mental health wherever possible and are safeguarded to the highest standard.

## What are the expected learning outcomes?

- In-depth understanding of autism
- Aware of common mental health themes in the autistic community and the benefits or drawbacks of various therapeutic approaches
- Understand the common autistic anxiety triggers and different experience and presentation of anxiety
- Aware of healthcare inequalities, and the root causes, for the autistic community
- Working with families and caregivers
- Aware of complexity of differential diagnosis of Autism, other ND's and mental health conditions
- Aware of the additional safeguarding risks for autistic people
- Workshop practical and tailored strategies to adapt your personal or organisational practice to be more autism-affirming.
- Aware of how to access additional strategies and resources to support your autism-affirming practice

## Who is this course for?

This course has been designed for mental health, autism or neurodivergence specialists and professionals working in private, public and not-for-profit sector organisations and services.

No previous knowledge or training is required, however attendees should have a good basic understanding of what autism is, safeguarding principles and mental health therapeutic approaches.

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