

HELLO!

- Ohio & Family
- Occupational Therapy
- Mother
 - I'm lost & overwhelmed a lot of the time
 - Some things I've learned
 - Some supports



AUTISM & WHAT I'VE LEARNED



(In reference to son with autism)

- He's loving, funny, forgiving, tough
- He's taught me to appreciate small victories/growth
- Less talk, more showing
- Patience, repetition, structure, planning ahead
- It's an ongoing process of learning his potentials, barriers, who he is and what he wants to be
- Autism looks different than I thought it would
- Every child is an individual & is different
- It's an ongoing process of grief and acceptance
- There's so much I still don't know, can't plan for



AUTISM & SUPPORTS



- Being a professional didn't help me as much as I thought it would
- Advocating
- Trying again, starting new each day
- Medical, school, and social support is key



AUTISM & SUPPORTS



Diagnostic Clinics

- Pediatrician/Psychologist
- Nisonger Center, OSU: <https://nisonger.osu.edu/>
- Ohio Center for Autism & Low Incidence (OCALI):
https://www.ocali.org/project/assessment_asd
- Nationwide Children's Hospital:
<https://www.nationwidechildrens.org/specialties/center-for-autism-spectrum-disorders>
- Haugland Learning Center: <http://hlccolumbus.com/haugland-learning-center-about-autism-services.html>
- Hopebridge Autism Therapy Centers, Dublin:
<https://www.hopebridge.com/centers/dublin-oh/>



AUTISM & SUPPORTS

Services



- Franklin County Board of Developmental Disabilities: <https://fcbdd.org/enrollment/eligibility/>
 - Eligibility for services
 - Service Coordinator
 - Funding
- Help Me Grow: <https://odh.ohio.gov/wps/portal/gov/odh/know-our-programs/help-me-grow/Refer-to-Help-Me-Grow>
 - 0-3
 - Free
 - Help with Diagnostics
 - In home and center-based services
- Autism Scholarship Program: <https://education.ohio.gov/Topics/Other-Resources/Scholarships/Autism-Scholarship-Program>



AUTISM & SUPPORTS



Resources

- Ohio Center for Autism & Low Incidence (OCALI): <https://www.ocali.org/>
- Nisonger Center, OSU: <https://nisonger.osu.edu/>
- Nationwide Children's Peer to Peer Mentor Program:
<https://www.nationwidechildrens.org/family-resources-education/patient-and-family-centered-care/connecting-families>
- Autism Society of Central Ohio: <https://www.autismcentralohio.org/support>
- Cap4Kids: <https://cap4kids.org/columbus/>



AUTISM & SUPPORTS



Schools & Therapies

- Bridgeway Academy: <http://bridgewayohio.org/>
- Oakstone Academy: <https://oakstoneacademy.org/>
- Boundless: <https://iamboundless.org/whole-person-care>
- The Learning Spectrum: <https://thelearningspectrum.com/>
- Haughland Learning Center



ADHD & WHAT I'VE LEARNED



(In reference to son with ADHD)

- He's funny, creative, feels deeply, enthusiastic, charming, tough
- He's quick to anger/frustration, struggles with self-esteem/comparison
- Responds poorly to yelling, punishment
- Needs a lot of bonding time for creating positivity
- Responds better to space, time, empathy, finding solutions together
- He's taught me to be more empathetic, understand behavior better
 - "the only thing that you can count on is that he'll be inconsistent"
 - He often can't
- Every child is an individual & is different
- It's an ongoing process of grief and acceptance
- There's so much I still don't know, can't plan for



ADHD & WHAT I'VE LEARNED



5Cs

- Self-Control: Learn to manage your own feelings first so you can act effectively and teach your child to do the same.
- Compassion: Meet your child where they are, not where you expect them to be.
- Collaboration: Work together with your child and other caregivers to find solutions to daily challenges instead of imposing rules on them.
- Consistency: Do what you say you will do—over and over and over again.
- Celebration: Acknowledge what's working and doing more of it, day after day after day



ADHD & SUPPORTS



Diagnostics:

- Pediatrician/psychologist

Services:

- Caregiver Support & Training*
- Medication*
- Behavioral Support & Counseling*
- OT
- Social Skills
- Sports/Physical Activity
- Learning, vision assessment



ADHD & SUPPORTS



Services:

- Help Me Grow: <https://odh.ohio.gov/wps/portal/gov/odh/know-our-programs/help-me-grow/Refer-to-Help-Me-Grow>
 - 0-3
 - Free
 - Help with Diagnostics
 - In home and center-based services



ADHD & SUPPORTS



Resources

- Childhood & Adult ADHD Support Group: <https://chadd.org/>
- ADDitude Magazine: <https://www.additudemag.com/>
- ADHD Nationwide Children's:
<https://www.nationwidechildrens.org/conditions/attention-deficit-hyperactivity-disorder-adhd>
 - Information
 - Resources
 - Handout
 - Link to Community Education: <https://nationwidechildrens.cloud-cme.com/course/search?p=4000&curriculum=Community&sortby=adate>

School

- Marburn Academy: <https://marburnacademy.org/>



BEHAVIORAL SUPPORTS



Resources

- CAP4Kids Behavior, Counseling ,& Psychiatry: <https://cap4kids.org/columbus/behavior-counseling-addiction/behavior-problems-anger-management-and-adhd/>
- Nationwide Children’s Resources For Families: <https://www.nationwidechildrens.org/specialties/behavioral-health/for-families>
- Nationwide Children’s Positive Parenting Program (Triple P): <https://www.nationwidechildrens.org/specialties/behavioral-health/for-families/triple-p>
 - Triple Seminars in Columbus: <file:///Users/toma03/Downloads/Triple%20P%20Group%20Listing%202021%20Updated.pdf>
- Mental Health America of Franklin County Support Groups: <https://mhaohio.org/get-help/support-groups/>
- Mental Health America of Franklin County Family Advocate Program: <https://mhaohio.org/get-help/family-advocate/>
- Mental Health America of Franklin Pro Bono Counseling: <https://mhaohio.org/get-help/pro-bono-counseling/>
- Maternal Mental Health: <https://mhaohio.org/get-help/maternal-mental-health/>
- Mental Health America of Franklin Additional Resources: <https://mhaohio.org/get-info/resources-2/>
- The Incredible Years Program Info: <https://incredibleyears.com/>

PUBLIC SCHOOL SUPPORTS

- 504 Plans
- IEPs
- Parent Advocate/Mentor
 - Some districts hire these directly
 - For those that don't, you can find one here:
 - <https://www.ocecd.org/>
- Social Media groups for caregivers
- PTO & SEPTO





THANKS!