

## Don't Miss the Boat! Building Mental Wellness into Primary Education.

**Presented by:** Yazmin Castellano, M.A. & Lee Daly LCSW, M.Ed. USF CARD  
**Hosted by:** FAU CARD

### Training Description

In addition to learning communication, socialization, hygiene, toilet training and school readiness skills, young children with ASD may also be tasked with learning to cope with mental health challenges. In a 2020 study including 42,283 parents of children aged 3-17 years, parents reported 44.8 percent of children with ASD aged 3-5 years had one or more mental health condition. Between ages 12-17 years old, the number increased to 85.9 percent! Outcomes for adults are poor when we miss the opportunity to address mental health in time. Direct support beginning in early childhood is crucial to stem the growing trend of mental health crisis in youth with ASD. Put plainly, we can't afford to "miss the boat". This training will provide information to caregivers and school professionals to be able to understand the complex challenges faced by children with ASD, the stages of development that are impacted by mental health difficulties and explore how parents and schools can avoid missing the boat when it comes to identifying and supporting mental health and resiliency in the primary education years.

### Training Objectives

- Briefly review core characteristics of the Autism Spectrum
- Learn about the 3 most prevalent co-occurring mental health diagnoses
- Learn about neurobiological factors that affect mental health
- Consider classroom strategies to meet students' mental wellness and psychosocial needs
- Discuss concepts and resources teachers and caregivers can use to create an environment that supports childhood mental health.

### About the Presenter

Yazmin Castellano, M.A. is an Autism Consultant for the Center for Autism & Related Disabilities at USF. She has over 20 years of experience in the fields of mental health, education and case management and regularly presents trainings in regional and national conferences. Yazmin earned her B.A. in Clinical Psychology from Sacred Heart University, PR and an M.A. in School Psychology from Interamerican University, PR. Lee Daly, LCSW is an Autism Consultant and Mental Health Lead for CARD-USF. Lee has over 25 years of experience in the fields of mental health and special education and presents at statewide, regional and international conferences. Lee earned her M.Ed. and M.S.W. degrees from Hunter College, NY and Fordham University, NY, respectively.

### Registration Begins:

May 1, 2023

### Registration End:

May 31, 2023

**Where:** Online, pre-recorded  
webinar

**Duration:** About 60 minutes

**Audience:** Mental Health and  
Behavioral Health Therapists &  
providers, Educators, Clinicians,  
Professionals

Limited to first 500 participants

### Register to view online:

<https://Daly.eventbrite.com>

*Registration is mandatory. Once  
registered, you will receive a link to  
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*Please write down the code shared by the presenter  
during the training, once registered you will receive  
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