

## Behind the Mask: Supporting Girls & Women with ASD and Mental Health Struggles

**Presented by:** Cheryl Checkers, LMHC; Lee Daly, LCSW; Alexzandria May, LMHC

**Hosted by:** FAU CARD

### About the Presenter

**Cheryl Checkers**, MS, LMHC, NCC, CCMHC is a Licensed Mental Health Counselor, National Certified Counselor and National Certified Clinical Mental Health Counselor where she specializes in the treatment of adolescents and adults with autism spectrum disorder (ASD) and comorbid mental health diagnoses, parent education and support, and professional consultation. Cheryl is a clinical consultant for Florida Atlantic University Center for Autism and Related Disabilities (FAU CARD). She holds advanced certifications as a Clinical Anxiety Treatment Professional and Clinical Trauma Professional with over 20 years of experience.

**Lee Daly**, LCSW, MSW, M.Ed. is an Autism Consultant and Mental Health Lead at USF CARD. She has over 22 years of experience in the field of mental health and special education, counsel individuals of diverse abilities, and is passionate about improving the state of mental health among individuals with ASD.

**Alexzandria May**, LMHC, M.A., M.Ed., Ed.S. is the iRISE2 Mentoring Program Coordinator at FAU CARD. She earned her Bachelor's Degree in Psychology and Minors in Education and Communication Studies from the University of Florida. Following that, she returned home to Boca Raton to pursue a Master's Degree in Experimental Psychology specializing in Developmental and Social Psychology from FAU. While with FAU CARD, she has also completed her Master's and Education Specialist Degrees in Clinical Mental Health Counseling and is a Licensed Mental Health Counselor.

### Training Description

**Target Audience:** (mental/behavioral health therapists, providers, educators, clinicians, professionals)

This presentation will cover the differences in ASD characteristics and the common co-occurring mental health diagnoses commonly seen in girls and women with autism spectrum disorder. Differentiating mental health symptoms from core autism characteristics, diagnostic considerations and challenges, case conceptualization and treatment planning will be discussed in the context of a female phenotype.

### Training Objectives

Participants will be able to understand and differentiate

- How ASD characteristics may appear differently in girls and women.
- Common comorbid mental health diagnoses in girls and women with ASD.
- Common mental health symptoms from core ASD characteristics in girls and women.
- Diagnostic considerations for treatment of mental health symptoms in girls and women with ASD.

### Date:

April 1-30, 2022

Registration begins March 1, 2022 at 10:00 am

### Location:

Online Webinar

90-minute pre-recorded session

### Registration Deadline:

April 30, 2022

Limited to first 500 participants

### Register Online:

[Register here](#)

*Registration is mandatory. Once registered, you will receive a link to view the presentation online.*

*You must fill out the form for the Certificate of Completion link.*

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

### For more information contact:

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*Be sure to contact your ESE District Staff or Staff Development Contact to determine the process for receiving in-service.*