



Partnership for
Effective Programs
for Students with
Autism



Center for Autism
and Related Disabilities

UNIVERSITY OF CENTRAL FLORIDA

Supporting the Mental Health Needs of Students with ASD

Presented by: Danielle Liso, Ph.D., BCBA-D

Hosted by: UCF CARD

About the Presenter

Danielle Liso, Ph.D., BCBA-D, graduated from Johns Hopkins University, earning her Masters in severe and profound disabilities. She went on to achieve her Doctorate in early childhood special education with a focus on autism from Vanderbilt University. She is a board-certified behavior analyst and has been working the field of autism for 24 years. Some of her previous roles have included special educator, researcher for the U.S. Department of Education, clinical director, owner of a private practice specializing in parent training, assistant professor of special education, and director of an inclusive preschool program. Dr. Liso serves as Assistant Director of UF CARD. Her special interests include parent training programs, peer awareness and acceptance programs, dual diagnosis and ASD, and the use of telehealth technologies to support caregivers and professionals.

Training Description

Target Audience: This program will benefit any school professional who serves individual with autism spectrum disorder. In particular, professionals who work with school-age individuals with ASD who also struggle with anxiety, depression, and related mental health challenges will benefit.

As school-age children, especially those with ASD, struggle to cope with increasing social and academic demands, they often experience difficulties managing their emotions and making good decisions. Individuals with ASD often have co-occurring mental health diagnoses, included depression and anxiety. Individuals with ASD between the ages of 13-18 have higher rates of anxiety than any other age group, and the rates of depression and suicide for teens with autism are 28 times higher than that of the general population. Participants will learn how mental health challenges impact the social, emotional, and cognitive abilities of individuals with autism. They will also learn how to identify and implement tools and strategies to address specific mental health needs. Finally, participants will learn how to develop an emotion regulation program for elementary and middle school students. Program training topics include: self-awareness, challenging your thoughts and words, internet safety, peer pressure and bullying, and healthy coping strategies to manage depression or anxiety.

Training Objectives

Upon completion of this educational activity, participants will learn:

- To explain the ways in which individuals with ASD may be challenged by dual diagnosis.
- To identify the “emotional regulation” challenges associated with ASD.
- To explain the relationship between the characteristics of ASD, emotional regulation challenges, and mental health concerns for school-age students with autism and their peers.
- To identify common stressors for school-age children with ASD.
- To identify specific tools to address the needs of individual children with mental health challenges.
- To identify group training topics of specific need for the students in their classroom.

Date:

July 31, 2020

8:00 am – 3:30 pm

Registration begins at 7:45 am

Location:

Online via Zoom

We will have two breaks during sessions.

Registration Deadline:

July 29, 2020

Limited to first 150 participants

Register Online:

<https://bit.ly/2WLxJSA>

Registration is mandatory.

For more information contact:

ucfcard@ucf.edu

or (407) 823-6001

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



Regional Trainings are hosted by the Center for Autism and Related Disabilities, through the Partnership for Effective Programs for Students with Autism (PEPSA), a program funded by the State of Florida, Department of Education, K-12 Public Schools, Bureau of Exceptional Education and Student Services, through federal assistance under the Individuals with Disabilities Education Act (IDEA), Part B.

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