

# NEWS



Mark Addison, Consultant in Child and Adolescent Psychiatry, Clinical Lead for Neurodevelopment CAMHs, came along to our February 26th meeting. Mark did a brief presentation on difficulties surrounding Autism and ADHD.

## **Points of presentation:**

### ASD/ADHD

- Difficulty recognising or expressing emotions
- Impulsive behaviours and mood swings
- How their mood is and how this effects emotions
- Can present in very different ways
- May have patterns or triggers to their behaviour
- Self-harm or worse
- Medication can be key to managing ASD and ADHD conditions, especially where there are high levels of aggression
- May require psychological support for co-existing difficulties
- Pathological Demand Avoidance (PDA), can be part of the ASD profile and may require a different approach
- Medication can be a trial and error situation, in relation to side effects such as disturbed sleep
- Effects of medication can depend on what time of day it is taken, for example, if the medication is taken in the morning, it may be wearing off by the evening.
- Supporting a young child/young person can be very challenging, in terms of how to support them with their behaviour:
  - Try to reduce the anxiety when dealing with Pathological Demand Avoidance (PDA)
  - Distract with their favourite subject/programmes/music/objects
  - Help them to try and understand why they are experiencing a particular emotion
  - Recognising certain triggers can be a good preventative measure

## **Pathological Demand Avoidance (PDA) – tips and suggestions for in the home:**

- It might help to explain to other siblings that you have to do more for their brother/sister in terms of brushing teeth, getting ready for school etc.
- If they are ‘tech’ driven, try using an app such as ClipArt to show them what is going to happen next in the day
- Give them a choice of how they go about their daily routines, which would they like to do first?

### **Additionally Resourced Provision**

*There is a list of schools that can offer this service at on the Buckinghamshire Family Information website:  
[bucksfamilyinfo.org](http://bucksfamilyinfo.org)  
Tel: 01865 901951*

### **Police and Ambulance services**

*It may be necessary to call the police or ambulance service should you feel you are in danger. The police and ambulance services are trained with dealing with situations that may require their support. They can be useful with deescalating heated situations. CAMHS operate a Crisis Team for high level mental health concerns.*

### **Public Health England**

*Public Health England have launched a free 3 hour Psychological First Aid Course – Supporting Children and Young People (1 hour x 3 weeks)*

*<https://www.futurelearn.com/courses/psychological-first-aid-for-children-and-young-people>*

### **Books**

*Non-violent resistance by Haim Omer*

*The Boy, the mole, the fox and the Horse by Charlie Mackesy*

- Create a reward chart of things you know they will want
- Try to establish boundaries, it can make a young person feel safe
- Zones of regulation – [zonesofregulation.com](http://zonesofregulation.com)

Local PDA Group: [PDAgroup@harveys-home.me.uk](mailto:PDAgroup@harveys-home.me.uk)

### **Anxiety**

- Anxiety is normal, anxiety is not dangerous, it triggers both physical & emotional symptoms.
- It becomes a problem when your child is worrying most of the time, avoiding fun activities or refusing to go to school because s/he is scared or worried
- Cognitive Behavioural Therapy (CBT) is a talking therapy based on Thoughts, Feelings and Behaviour
- Identify what is happening? What is s/he thinking?
- Challenging unhelpful thoughts, why are you worried? What do you think will happen?
- Gradually cut out reassurance e.g “If you’re worried about the sleepover, don’t go”. This can confirm that if you get anxious about something, you can’t do it.
- Encourage independence, have a go.

### **Parent tips for Anxiety**

- Try not to overwhelm them, let them come to you with their worries
- Make a pro’s and con’s list of their particular anxieties and talk it through. This will allow them to problem solve their worries, or identify that it is something that they’ve overcome before
- Encourage them to be active, either with a friend or a family member
- If they are reluctant to take part in an activity they would normally enjoy, continue to do it, it might encourage them to join in
- When not anxious, ask them what they feel would be helpful, rather than grasping at straws of what you think would help!

### **ASD & Anxiety**

- Ignore certain behaviour, avoid fuelling the situation
- Use a black and white approach, keep it simple
- Parents don’t always have the answers, sometimes they just need to vent
- Stop the rollercoaster of anxiety spinning from one anxiety to another
- Set a specific time for ‘anxiety questions’ e.g. this could be one hour in the evening?
- Taking a ‘mental health’ day off school, are they just looking after themselves?
- Every child’s experience is different
- As parents, we are the teacher
- Try and find the core issue that is causing the anxiety

## **Family Support Service**

The Family Support Service aim, to improve the lives of children, young people and their families. It has been carefully designed to provide targeted support for vulnerable families who face a range of issues or more complex challenges. The service will provide one-to-one support to families and individuals. For more information visit [www.bucksfamilyinfo.org](http://www.bucksfamilyinfo.org)

## **Aspire – Hospital Teaching Service, home tutoring**

Aspire provide tuition for children of compulsory school age who, because of their health needs are unable to attend school and are away from school for 15 days or more, whether consecutive or cumulative. Pupils with health needs are defined as:

- Pupils who are physically ill, injured or recovering from medical interventions
- Pupils with mental health problems

Referral via GP/medical advisor and school to: [office@aspireap.org.uk](mailto:office@aspireap.org.uk)

## **Websites**

Zones of Regulation  
[zonesofregulation.com](http://zonesofregulation.com)

The Autism Tool Box – Bucks family information service

National Autistic Society:  
[autism.org.uk](http://autism.org.uk)

- Focus on the positive not the negative when behaviour is displayed (Positive Behavioural Support)

- Allow them to say sorry, but remind them of how to behave

- Try to use a firm & consistent approach

### **Parent tip**

- If they are upset and it is night time, absorb their upset, then once calm again in the morning possibly, talk to them about the behaviour.

- They need you in control

### **ASD and friendships**

- Encourage them to join an activity group, either through school or outside of school.

- Encourage them to be friendly with more than one or two members of the group.

- Does the school offer any extra support with social skills?

### **Trying to calm behaviour**

- Make a self-soothe box they can fill it with all of their favourite things. Maybe a photo from a fun day out or a favourite book/toy or simply something they like the feel of. Decorate the box!

### **TIPP**

T - Temperature: Ice Dive

I - Intense Exercise: Cardio

P - Pace Breathing: Gentle breathing exercises

P - Paired Muscle Relaxation: Tense and relax

### **Ice Dive**

Plunge face or hands into very cold water. By changing our body temperature we can quickly decrease the intensity of an emotion.

### **Intense Exercise**

By engaging in intense cardio/aerobic exercise, we engage our physical body in a way that de-escalates intense emotion

### **Paced Breathing**

Try to slow your breathing down to 5 or 6 breaths per minute.

### **Paired Muscle Relaxation**

Practice tensing your muscles as you breathe in 5-6 seconds. Notice that feeling. Then relax them as you breathe out, paying attention to how that feels as you do it. Notice the difference between the feeling of tension and the feeling of relaxation.

When trying TIPP, try and make it fun!

## **SENDIAS**

Can help and advise with the process of an Educational Health Care Plan (EHCP).  
[sendias@buckscc.gov.uk](mailto:sendias@buckscc.gov.uk)

Live chat: [sendias@buckinghamshire.gov.uk](mailto:sendias@buckinghamshire.gov.uk)

Tel: 01296 383754

## **Education support**

[educationsupport.org.uk/helpline](http://educationsupport.org.uk/helpline)

Tel: 08000 562561 free and confidential emotional support for teacher and education staff.

Cerebra for sleep advice:  
[cerebra.org.uk](http://cerebra.org.uk)

Tel: 01267 244200

24 hour Mental Health helpline: call NHS 111

## **Parent Support**

Going back to school, that's ok. If you want the chance to talk openly and honestly (and anonymously) with other parents who really get it – about everything that is going on with your teenager – join the Whatever Together peer support community:

<https://whateverttogether.org/>

## **Other SPA Services**

Our SPA Manager is available to deliver talks on anxiety into schools.  
e-mail: [oxfordhealth.bucksCAMHSSPA@nhs.net](mailto:oxfordhealth.bucksCAMHSSPA@nhs.net)  
Tel: 01865 901951

## **Mindfulness**

- Posture: Feet placed flat on the floor, eyes open or closed. With one finger, draw around the fingers of your other hand. Gently breathe in and out keeping focus solely on your hands, pausing at the base of each finger.

## **Traffic light system**

If your child/young person doesn't want to tell you how they are feeling, try using a traffic light system Red/bad, Amber/ok, Green/good.

This way they can let you know how they feeling without having to verbalise it.

## **ABC Chart – how can it help?**

An ABC chart is an observation tool that can be used to collect information about the events that are occurring within a child's environment.

A – Antecedents. This is what happens immediately before the behaviour.

B – Behaviour. The behaviour itself, describing what is happening.

C – Consequences. What are the consequences of the behaviour, what happened immediately after the behaviour

## **Referral?**

CAMHS is contactable through our SPA (Single Point Access). You can simply fill in an on-line parent/carer referral via the CAMHS website or you can call SPA to complete the referral or get some advice over the phone.

e-mail: [oxfordhealth.bucksCAMHSSPA@nhs.net](mailto:oxfordhealth.bucksCAMHSSPA@nhs.net)

Tel: 01865 901951

## **Useful links**

<https://youngminds.org.uk/find-help/for-parents/parents-helpline/>

[http://www.sane.org.uk/what\\_we\\_do/support/](http://www.sane.org.uk/what_we_do/support/)

<https://www.rethink.org/advice-and-information/carers-hub/>

<https://www.mind.org.uk/information-support/for-children-and-young-people/information-for-parents/>