AUTISM, SUICIDE RISK AND INTERVENTION

Lisa Morgan

HOSTED BY
THE OLLIE FOUNDATION
ON DECEMBER 10, 2024

RESOURCE BOOKLET

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The OLLIE Foundation was launched in 2016 by three parents who, having each lost a teenage son to suicide, pledged to prevent such losses for other families.
OLLIE is devoted to empowering individuals and organisations to reduce suicide in their communities through education, intervention, and prevention. By providing the right support and knowledge, we're confident in our ability and yours to create positive change and save lives because...

One Life Lost Is Enough

Thank you for attending The OLLIE Foundation's talk 'Autism, Suicide Risk and Intervention' with Lisa Morgan on the 10th December 2024.

OLLIE has a growing reputation for our Thought Leadership Events where we shine a spotlight on a community statistically at higher risk of suicide than other communities.

Our talks are always inclusive, bringing all stakeholders together for education, support and development. We believe that together we can be more than the sum of our parts.

This talk on suicide prevention focused on risk and protective factors for autistic teens. It was designed specifically for parents and explored key strategies to help support their teen's mental well-being.

Lisa Morgan brought extensive expertise in this area, focusing on empowering parents and providing practical tools to navigate these complex challenges. Amongst crucial considerations, Lisa shared ideas around communication and its impact on assessment, as well as how language can cause unintentional harm.

An abridged recording of this talk will be available on our YouTube Channel.

This resource has been co-produced with our speakers and the delegates who attended the live event. Please use your own discretion when contacting any organisation. The OLLIE Foundation can not endorse any of the organisations listed but have curated this signposting guide in good faith and hope you will find it useful.

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Panelist Information

Lisa Morgan

Lisa, a licensed clinical social worker, is a consultant specialising in crisis supports and suicide prevention for autistic people. Lisa is the founder and co-chair of the Autism and Suicide Prevention Workgroup and has led the development of several autism-specific resources for communicating and supporting autistic people in crisis.

A self-advocate with a passion for strengths-based solutions, Lisa has authored several books, articles, and resources.

She is a community council member of AASET (Autistic Adults and other Stakeholders Engaged Together) a group of autistic adults informing autism research priorities. Lisa is a consultant and team co-lead on several research projects awarded by PCORI, the Patient-Centered Outcomes Research Institute.

LISA MORGAN CONSULTING LLC provides individualised trauma informed workshops for professionals (psychologists, therapists, social workers, schools, group home staff, and first-responders) on crisis supports, suicide prevention, and life coaching for autistic people from a board-certified autism specialist.

Website

- **https://www.autismcrisissupport.com/**

To contact Lisa:

- **https://www.autismcrisissupport.com/contact**

Books:

- **Living through Suicide Loss with an ASD**
- **Living with PTSD on the Autism Spectrum**
- **Spectrum Women- Autism and Parenting**
- **Been There, Done That, Try This!**

Articles:

Lisa is an editor for Spectrum Women's online magazine. She writes feature articles and is the creator of the column 'Life Through the Lens of Autism'. Please find them here.

These and many other articles can be found at SpectrumWomen.com

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Webinars:

- Autism Resources for Crisis Centers
- Crisis Supports for the Autism Community

Resources developed with AASET:

- AASET Engagement Guide: A resource for researchers and others to help understand and implement respectful collaboration with the autistic adult(s) working with them.

Resources developed with the Autism and Suicide Prevention Workgroup:

- 988 Information for the Autistic Community: The purpose of this resource : to support autistic people who use the national 988 crisis call, text, or chat line.
- Warning Signs of Suicide for Autistic People: This resource contains a proposed set of warning signs of suicide for autistic people. It was developed by an international team of subject matter experts, including researchers, clinicians, and autistic people with lived experience.
- Reasons for Living Resource: A resource developed to support autistic adults in writing a list of reasons to live to cope with suicidal ideation and / or a suicidal crisis.
- Crisis Toolkit: A resource developed to aide crisis centre workers in identifying and supporting autistic callers/ texters who are in crisis.
- Considerations of Warning Signs Resource: This resource takes the warning signs of suicide for the general public and amends them for the autism community.

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Organisations working to support families with autistic children

ADDVance

ADD-vance is a dedicated group of professionals, who also happen to be parents of neurodivergent children. Their mission is to support neurodivergent families and the professionals involved in their care. They want to increase understanding, provide support and change perceptions of these complex neurological conditions, so as to improve the wellbeing and reduce the social isolation of these young people and their families.

Their services offer:

- **Training and Consultancy**: They provide courses and workshops for practitioners, professionals, parents and carers in education, health and social care.
- **Coaching**: They offer coaching sessions either in the home, by phone or Zoom. One of their ADHD/Autism Specialist Coaches will work with you on a weekly basis to help support you through any difficulties to improve your family life. All of their coaches have relevant qualifications and first-hand personal experience of living with these conditions.
- **SEN Support Services and QbCheck:** They offer referral to specialised services to help support with the EHCP application process and offer the QbCheck as a pre-assessment tool for anyone aged from 7-60.
- **Support and Helpdesk:** They provide monthly support group meetings in Hertfordshire (currently online) plus a telephone helpdesk, 01727 833963.
- **Membership of ADD-vance** is free. Being a member means you will get priority information for ADD-vance courses, training and workshops. ADD-vance never share your contact information with any 3rd party and we will only email with carefully selected relevant information.

Online Events:
AddVance run a number of events, including training, workshops and support groups. You can book onto them here.

https://www.add-vance.org/events/

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Organisations working to support families with autistic children

Ambitious about Autism

Ambitious about Autism are experts in autism education and run pioneering education services for autistic children and young people.

Their services offer:

- **Education**: They run pioneering education services for autistic children and young people.
- **Connecting young people:** Autistic young people are at the centre of everything we do.
- **Employment:** They support right to work offering pathways to employment and support.
- **Training Courses:** They empower parents, professionals and organisations with greater autism understanding and confidence.
- **Policy & Campaigns:** We commission research, run campaigns and lobby decision-makers to make change happen.
- **Online parent community:** Speak with like-minded people about your parenting journey as well as accessing support, information and news.
- **Ambitious Youth Network:** Join their online youth network for autistic young people to connect with others and access opportunities.

Resources:
Autistic and OK: A toolkit to help autistic pupils understand and look after their own mental health and wellbeing.
How to talk about Autism
Tips for Dealing with Sad news
Resources for daily/weekly planning
A parents guide to positive mental wellbeing

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Organisations working to support families with autistic children

National Autistic Society

A UK-based charity that supports autistic individuals and their families. They provide a wide range of services, advocacy, and resources aimed at improving the lives of autistic people.

Their services offer:

- **Support Services**: Offers support lines and online resources for individuals and families seeking guidance. Along with information about autism and tailored advice on issues such as diagnosis, education, employment, and social care.
- **Education:** Runs specialist schools and educational services for autistic children. They also provide resources for parents and educators to better support autistic learners in mainstream and special education settings.
- **Advocacy and Campaigning:** Campaigning for greater awareness and understanding of autism among the public, policymakers, and employers.
- **Training Courses:** They offer training programs for professionals (e.g., teachers, healthcare providers, employers) to improve their ability to work effectively with autistic individuals.
- **Social Support:** Facilitates social groups, events, and activities to reduce isolation and foster community among autistic people.
- **Research**: Contributes to research efforts to improve understanding of autism and to develop better support practices.
- **Employment Support:** Works with businesses to create autism-friendly workplaces along with job coaching and support programs to help autistic individuals gain and maintain employment.

Resources:

Autism Services Directory: A toolkit to help autistic pupils understand and look after their own mental health and wellbeing.

Help & Support

Spectrum Live: online series, where we chat to autistic people, their family members, and professionals about all things autism-related.

Magazine: one of the UK's largest collections of autistic art, poetry and prose.

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Organisations working to support families with autistic children

Child Autism UK

Child Autism UK helps children with autism achieve their potential. They provide services to support children in overcoming difficulties with communication, learning, and life skills. They also equip families with techniques and strategies to manage autism effectively, using evidence-based methods. In addition, Child Autism UK offers training for families, schools, and professionals working with young children.

Helpline

If you need advice or support just call **01344 882248**

The Child Autism UK helpline operates on weekdays from 9 AM to 5 PM, excluding bank holidays. This service provides support and advice for parents, families, and ABA tutors, addressing issues such as communication, life skills, and professional concerns related to autism care.

Family support can be found here.

School's support can be found here.

ABA Tutor support can be found here.

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Organisations working to support families with autistic children

Autism Central

Autism Central is a peer education programme, commissioned by NHS England. It aims to build knowledge and understanding of autism and empower families and carers to advocate for autistic people they support.

Their services offer:

- **One-to-One**: Talk to your local hub for a one-to-one chat to help you find the information and services available in your area.
- **Events:** Talk to people who share similar experiences to yours by joining a local workshop, coffee morning or virtual meet up.
- **Resources**: Learn more about topics like diagnosis, employment and mental health and find key information from trusted sources.

The Toby Henderson Trust

The Toby Henderson Trust (TTHT) is an independently funded charity supporting autistic children, young people and adults, their families and carers. While they are based in the North East of England they have a number of useful resources and webinars available to all families who reside in the UK.

Their services offer:

- Webinars: Ongoing programme of free webinars and support groups coving topics from toileting and sleep to managing meltdowns.
- Resources: They have a range of free to access resources from advice and tips for an autism friendly Christmas to downloadable Autism Alert Cards and tools.

Beyond Autism

A centralised resource where parents/carers and professionals can access a wide range of information, tools, and support support related to understanding and supporting autistic individuals.

https://www.beyondautism.org.uk/

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Some of your key takeaways from the talk...

Thank you so so much for your time, wisdom, advice and support. So insightful and helpful and so lovely to be in such a neuro-affirmative and trauma informed space. It's like a breath of fresh air.

Real & raw...
excellent, as always.

Much appreciated and I now have lots of support links.

Thanks so much - as a school leader and parent to an autistic daughter, there's plenty to consider!

Thank you for tonight's session, I really appreciated it. I will be in contact about any co-production opportunities.

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Recommendations from delegates

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1. The Declarative Language Handbook (Linda K Murphy) very helpful in adapting my communication style with my PDA son.
2. SEN Parent Support Group founded by the wonderful Andrea Dixon boldly on Facebook.
3. https://www.thepotatogroup.org.uk/
4. https://www.stockportplus.org/spectrum

Team OLLIE's stand out notes:

1. On language and communications: "Bluntly honest is kind and supportive."

2. In a crisis situation it's not always helpful to ask the ASD teen how they feel, better to ask "What are you thinking?"

3. If they don't or can't reply to your questions or if the reply is something to the effect of "I have no words right now" that doesn't mean they don't want to tell you, it more likely means they have so many 'tabs' open right now that the system has crashed and they can't talk.

4. If you are a business with a call centre or perhaps a help line or crisis line - ask yourselves how do you identify you have an autistic caller on the line? And is what you have in place working well? If not, you probably need to invest in more training and the development of ASD friendly practice guidelines.

5. ASD does not make you suicidal. Just like everyone else, thwarted belongingness and perceived burdeness does. Tragically our ASD community have many more experiences of feeling both those things.

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Staying connected with The OLLIE Foundation

OLLIE is based in the UK but our training is delivered both online and in person. This means that wherever you are in the World, OLLIE can deliver training to you!

Thought Leadership

As well as hosting discussions around Adoption, Addiction and Trauma, we also run regular Thought Leadership events with a focus on topics such as the Link between Autism and Suicide and Gender and Suicide. These can be found on our Youtube.

Online Training Sessions

We have a range of wellbeing and suicide prevention training programmes that are delivered online via Zoom. You can access more information and booking here.

In-house Training Sessions

All of our open training offers can be delivered in-house to your workplace, school or community group, tailored to your needs and at a time convenient for you. Please email contactus@theolliefoundation.org for more information about this.

Volunteers and Fundraisers

If you are interested in supporting OLLIE, either by volunteering your time and skills or completing a fun challenge or run to raise funds for us, please email chris@theolliefoundation.org to find out more.

To keep updated with when our events are happening and to hear regular updates about OLLIE's work, subscribe to our Newsletter here.

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