

# *DBH Clinician's Corner*



Dr. Arrington  
Room 103a

Weekly  
valuable  
insights and  
nuggets of  
mental health  
wisdom





*April is Autism Awareness  
Month*

LOVE • HOPE • ACCEPT  
**AUTISM**  
Awareness

# What is Autism?

Autism Spectrum Disorder (ASD) is a developmental condition that affects a person's ability to socialize and communicate with others. People with ASD can also present with restricted and/or repetitive patterns of behavior, interests or activities. The term "spectrum" refers to the degree in which the symptoms, behaviors and severity vary within and between individuals. Some people are mildly impaired by their symptoms, while others are severely disabled.

A pink brushstroke graphic with a textured, hand-painted appearance, containing the text 'Symptoms & Behaviors' in a white, italicized serif font.

## *Symptoms & Behaviors*

- Impairments to social interaction & communication
- Restricted and repetitive patterns of behavior
- Sensory dysregulation
- Language delays
- Poor social skills and interactions
- Difficulty expressing emotions
- Learning ability ranges from gifted to severely challenged

# Treatment

Given that ASD is a developmental condition that begins early in life, having a cascading effect on developmental milestones, there is no known cure. But there is effective treatment available.

- Education and development, including specialized classes and skills training
- Time with therapists (such as Speech & Language and Occupational Therapists) and other specialists
- Behavioral treatments, such as applied behavior analysis (ABA)
- Medication for co-occurring symptoms, combined with therapy

*NAMI, 2024*

# Where do you go if you need to talk to a mental health professional?

DBH Clinical Psychologist (Room 103a)

MBI Care Coordinator (Room 103f)

Social Workers (Suites 200, 300 & 400)

School Professional Counselors (Suite 105)

Expansion Clinician from Mary's Center (Room A203c)