



Child and Adolescent Autism Service

Intervention Support Services





- Here in Belfast Trust, our Child and Adolescent Autism Service aim to provide education, advice and support to children, young people and families who have received a diagnosis of Autism Spectrum Disorder.
- We are a multidisciplinary service made up of Occupational Therapy, Speech and Language Therapy and Psychological services.
- We also work closely with other Health, Education and Community based services.
- We work hard to provide child-centred services for those aged 0-18, via online sessions and training, individual and group interventions and by signposting to other appropriate supports.



Group Interventions – Psychology Team

The following four group interventions for young people/parents are internally delivered by the psychology team within the Child & Adolescent Autism Service.

Coping Kids - (KS2 8-11 years)

6-week face to face group CBT based programme covering recognising emotions in others, recognising them in ourselves, relaxation and sensory strategies, cognitive strategies, problem solving and flexible thinking skills.

Coping Teens - (KS3 11-14 years)

8-week group programme (including parent session) covering recognising emotions in ourselves, relaxation and sensory strategies, cognitive strategies, problem solving and flexible thinking skills. Uses a blend of CBT and Acceptance and Commitment therapy skills for young people.

[Child and Adolescent Autism Service | Belfast Health & Social Care Trust \(hscni.net\)](http://hscni.net)

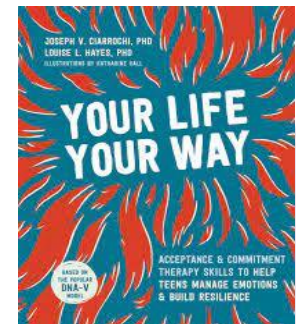
Group Interventions – Psychology Team

Your Life Your Way (15-18 years)

8 week programme (with 2 additional parent support sessions) using the Acceptance and Commitment Therapy DNA V model to increase psychological flexibility and broaden the range of coping strategies available to the young person, focusing on what is important to them in their own lives.

Parenting Teenagers with ASD - (parents of autistic teenagers)

6 week online support group for parents of autistic teenagers. Facilitated by multi-disciplinary pairs covering – the teenage brain and self-care, communication, sensory needs, emotional regulation and behaviour. Parents have the opportunity to reflect, engage and support each other. Mindfulness is used throughout the programme.



[Child and Adolescent Autism Service | Belfast Health & Social Care Trust \(hscni.net\)](http://hscni.net)



1:1 Interventions – Psychology Team

Therapeutic Sessions (parent/young person)

Initial assessment session followed by 6-week face to face individual sessions tailored to the young person's needs. Sessions can also be facilitated online if the family prefer.

In some instances, the therapist may signpost to other additional services or may make onward referrals to other services.

[Child and Adolescent Autism Service | Belfast Health & Social Care Trust \(hscni.net\)](http://hscni.net)

Occupational Therapy



What we help with:

- Motor functions:
 - Improving gross motor coordination and associated functional difficulties such as balance and ball skills.
 - Improving fine motor skills and associated functional difficulties such as scissor skills and aspects of self-care tasks e.g. fastening buttons.
- Self-care skills: Improving independence in activities of daily living such as dressing, toileting and feeding.
- Pencil skills: Improving pencil control, letter formation and speed and stamina for handwriting.
- Sensory Processing Difficulties: Exploring the impact of hyper-sensitivity and /or under-responsiveness to sensory input on tolerance of self-care tasks, attention and behaviour.



Occupational Therapy

Types of Support Available

- Supports available through Occupational Therapy services include assessment with specialist occupational therapists, advice for home and school, individual treatment, group occupational therapy programmes, individualised home programmes and parent training.

Speech and Language Therapy



- **Who we support...**

The SLT service works to provide communication support for preschool and primary-aged autistic children, who attend mainstream school or specialist units and, who are not receiving SLT in another service

- **We work with...**

- ❖ Children and families with ongoing language & communication needs.
- ❖ Children with difficulties in communicating their needs, ideas, and/or feelings.
- ❖ Children who's language & communication needs are affecting ability to access the curriculum.
- ❖ Parents who would like SLT support to implement visual communication strategies.



Speech and Language Therapy



We help with functional communication...

This includes

- ❖ Raising awareness of the need to develop the young persons ability to advocate for themselves- **Self-advocacy skills**
- ❖ Provide strategies to support the child's ability to organise their thoughts in a coherent order to support **sequencing** and **narrative skills**
- ❖ Develop strategies that will support understanding of emotions and ability to express these- **Emotional communication**
- ❖ Help child to understand the view of others- **Perspective taking**
- ❖ Developing functional understanding of language and or routines used within home and/ or school environments using **visual strategies**
- ❖ Supporting child to use a range of communication methods when necessary and support adults in their environment to respond positively to all types of communication used



Speech and Language Therapy

How we do it...

- ❖ Individual assessment/ intervention sessions
- ❖ Online Bitesize modules: Speech, Language & Communication Needs, Social Stories™, Comic Strip Conversations, Incredible 5 Point Scale, Visual Communication Supports
- ❖ Masterclasses: to provide tailored support to families, to help with implementing strategies from the bitesize modules.
- ❖ Small group sessions.
- ❖ Multidisciplinary support
- ❖ School visit and/ or telephone liaison.
- ❖ Communication and Sensory Differences training for education staff.

Group Interventions – SENsations Learning Support

The following two group interventions for young people are externally delivered by SENsations.

Fledglings (Pre-School)

Multi-disciplinary programme for children within their pre-school year (6 weeks centre based support, 6 sessions to provide support at school or at home.)

Superskills (8-11 years and 11-14years)

6-week face to face group aimed at helping children and young people understand their emotions and develop a range of coping strategies.

[SENsations Learning Support \(sensationsni.co.uk\)](http://sensationsni.co.uk)



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Group Intervention – Incredible Years

The following group intervention for parents is externally delivered.

[Incredible Years, ASD and Communication Specific Programme](#) (3-7 years and 8/ 9 years of age if there are additional learning concerns)

Approximately 12-week parent programme (currently running online in groups of 8). Positive parenting approaches and ‘buddy calls’ for additional support to parents between online sessions.



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Autism NI Services

The following two interventions are externally delivered by Autism NI.

MAP – Mental Health and Autism Project (11-18 years)

Provided by Autism NI. 12 week programme delivered 1:1 aimed at increasing children and young people's access to family life / school or the community.

Autism Support Officer (3-15 years)

This service consists of 3 initial visits to the family to help understand their child's diagnosis and begin to implement supportive strategies.



Cedar Foundation



The following two interventions are externally delivered by Cedar Foundation.

Right 4 U (16-18 years)

Provided by the Cedar Foundation. 1:1 intervention focusing on the issues relevant to the young person, may include education, transitions, life skills, emotional regulation, self-esteem, social skills, money management etc.

Understanding My Autism and Positive Friendships (16-18 years)

Online intervention provided by Cedar Foundation helping young people understand their diagnosis and what it means to them personally.

You can access more information on Cedar Foundation supports here:

[Specialist ASD services | The Cedar Foundation \(cedar-foundation.org\)](https://cedar-foundation.org)



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Cedar Foundation – Transition Services



Cedar Foundation also provides a regional **Transition Service** that fully involves young people and their families to make decisions about their life after school, with regard to:

- Education & Work
- Community Inclusion
- Health & Wellbeing

This service is provided for young people aged 16-20 years

<https://www.cedar-foundation.org/transitions-services>



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