

# MHET in a Minute



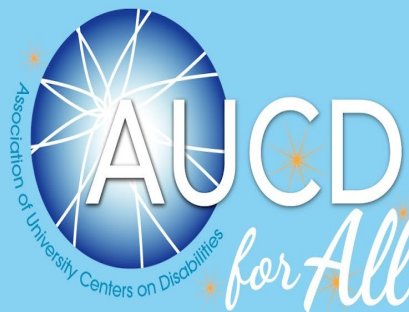
Mental Health  
Evaluation Team (MHET)

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## AUTISM ACCEPTANCE MONTH

- Autism spectrum disorder (ASD) is a neurological and developmental disorder that affects how people interact with others, communicate, learn and behave
  - \* Over **7 million** individuals in the U.S. are on the Autism spectrum
  - \* **1 in 44** children are diagnosed with Autism
- Behaviors and symptoms of Autism can vary in degrees:
  - \* Repetitive behaviors, movements, or phrases
  - \* Lack of response to normal stimuli
  - \* Atypical verbal communication, non-speaking, or non-verbal
  - \* Becoming upset by slight changes in routine or parts of objects
- May display a range of strengths and abilities: learn and remember details and information for long periods of time, has strong visual and auditory learners, excel in math, science, music, or art
- May have co-occurring conditions including but not limited to, mental health illnesses, gastrointestinal issues, seizure disorders, e.g.
  - \* Anxiety disorders affect up to **40%** of individuals with Autism
- While there is no clear cause for Autism, risk factors include brain structure or genetic factors
- Although ASD is a lifelong disorder, treatment and services can improve symptoms and daily functioning
  - \* Early identification is associated with dramatically better outcomes for people with Autism
- To learn more about Autism, click [here!](#)

Sources: [Autism Society](#), [National Institute of Mental Health](#), [National Today](#)



### 2022 Autism Acceptance Month Webinar Series

AUCD's Autism Special Interest Group (SIG) is sponsoring a series of webinars on mental health and Autism Spectrum Disorder. Topics will range from social skills to mental health parity laws to suicide prevention.

[Click here](#) for webinar dates and times!

### A Minute Read



### [Is It a Mental Health Problem? Or Just Puberty?](#)

### COMMUNITY RESOURCES



[Frank D. Lanterman Regional Center](#), (213) 383-1300: Serves children and adults with developmental disabilities; e.g., services include assessment and diagnosis, counseling, lifelong individualized planning and service coordination.

[Family Service Agency of Burbank \(FSA\)](#), (818) 845-7671: Provides crisis intervention, clinical counseling, and violence prevention services and education for youth, teens, adults, and families.



POLICE  
DEPARTMENT

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