





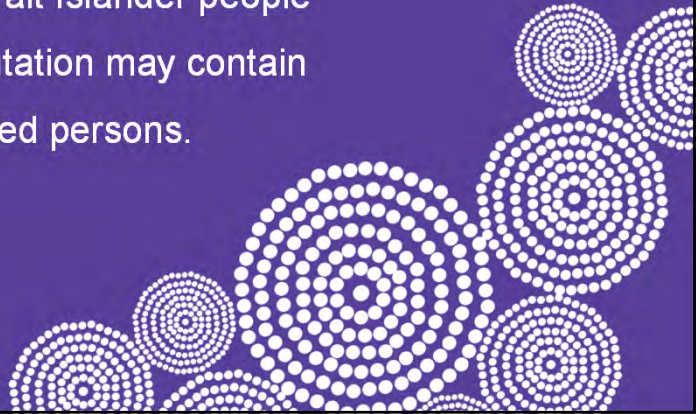
Wellbeing and Resilience



Acknowledgement



All Aboriginal and Torres Strait Islander people are advised that this presentation may contain images or voices of deceased persons.





Australian Government
Department of Education, Skills and Employment

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Positive Partnerships is delivered by Autism Spectrum Australia (Aspect).

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Welcome



Wendy Hickson



Lynda Hunt

Facilitator



Using the webinar tools

#NB Ensure you set your 'chat box' to "ALL panelists and attendees"

Chat window

Zoom Webinar Chat

From Natasha to All panelists and attendees: Hi and thank you for this opportunity

From Liesl to All panelists and attendees: Hello everyone

You can open the chat window and pop it up on the side of your screen

question and click enter

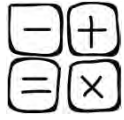
positive partnerships

Something about you...

- In what capacity are you attending?
- What is the age of your child/children or students?

positive partnerships

Webinar intentions...



Explore well being and resilience and possible reasons why this is of particular importance for young people on the autism spectrum



Share strategies and ideas to support young people in developing positive well being and resilience



Explore some resources and programs that support well being and resilience



Share the importance of home school partnerships in developing protective factors

“
WELLBEING CAN BE UNDERSTOOD AS
HOW PEOPLE FEEL AND HOW THEY
FUNCTION, BOTH ON A PERSONAL
AND A SOCIAL LEVEL, AND HOW THEY
EVALUATE THEIR LIVES AS A WHOLE
”

New Economics Foundation (2012)
Measuring Wellbeing: A guide for practitioners

What are the facts?

1 in 5 Australians are affected by a mental health condition

World Health Organisation, 2013

65 - 95% of people on the autism spectrum have a mental health condition

World Health Organisation, 2013

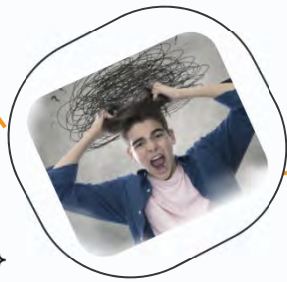
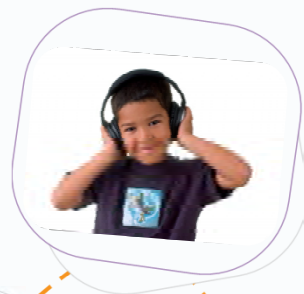
More than half of mental health conditions begin before the age of 14

Beyond Blue

Depression is the main cause of illness and disability for both boys and girls aged 10-19 years

World Health Organisation, 2013

What might impact wellbeing and resilience?



Activities students on the autism spectrum identified as challenging at school

- planning for assignments
- working as part of a group
- handwriting and being neat
- coping with change
- coping with bullying or teasing
- staying calm when the classroom is very noisy
- the speed at which handwriting needs to be completed
- copying information from the board
- doing homework
- staying calm when other kids annoyed them

Saggers et al, 2015

What are some things that can help?



Protective factors



Support networks



A positive mindset
in seeking help



Identity and
connection with
cultural heritage

Strengths & Interests

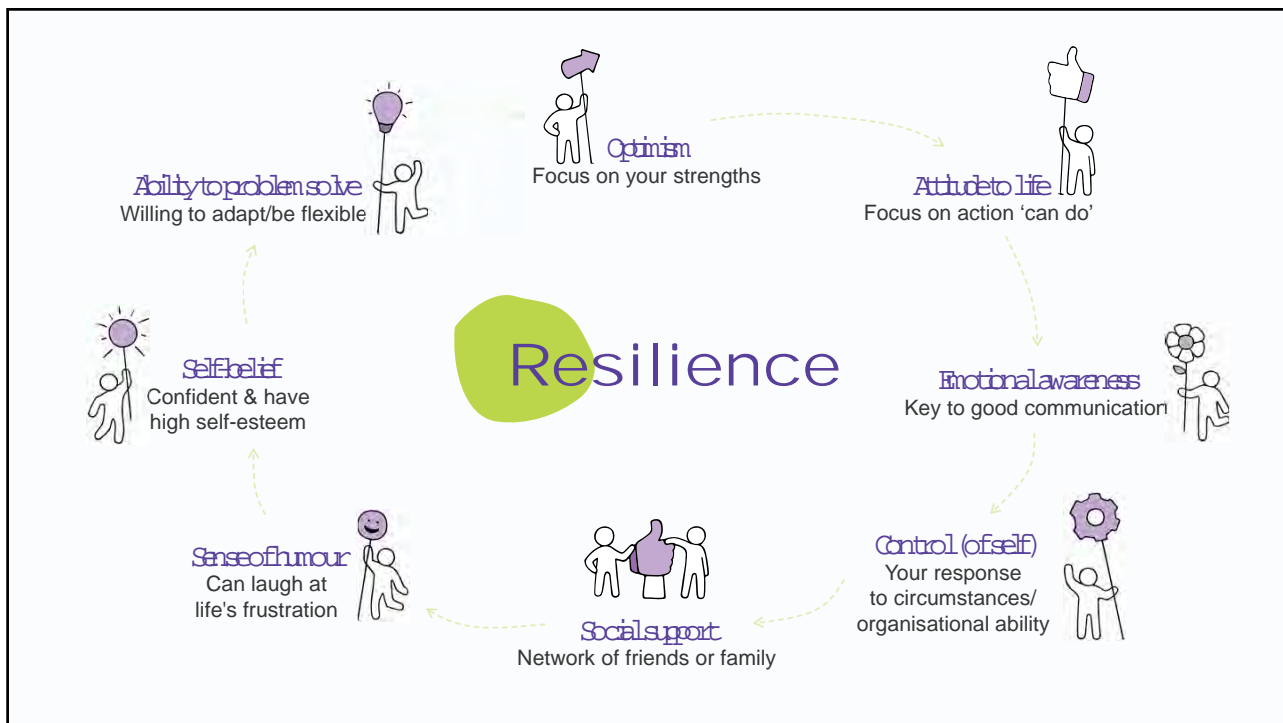
“Preferred Interests”

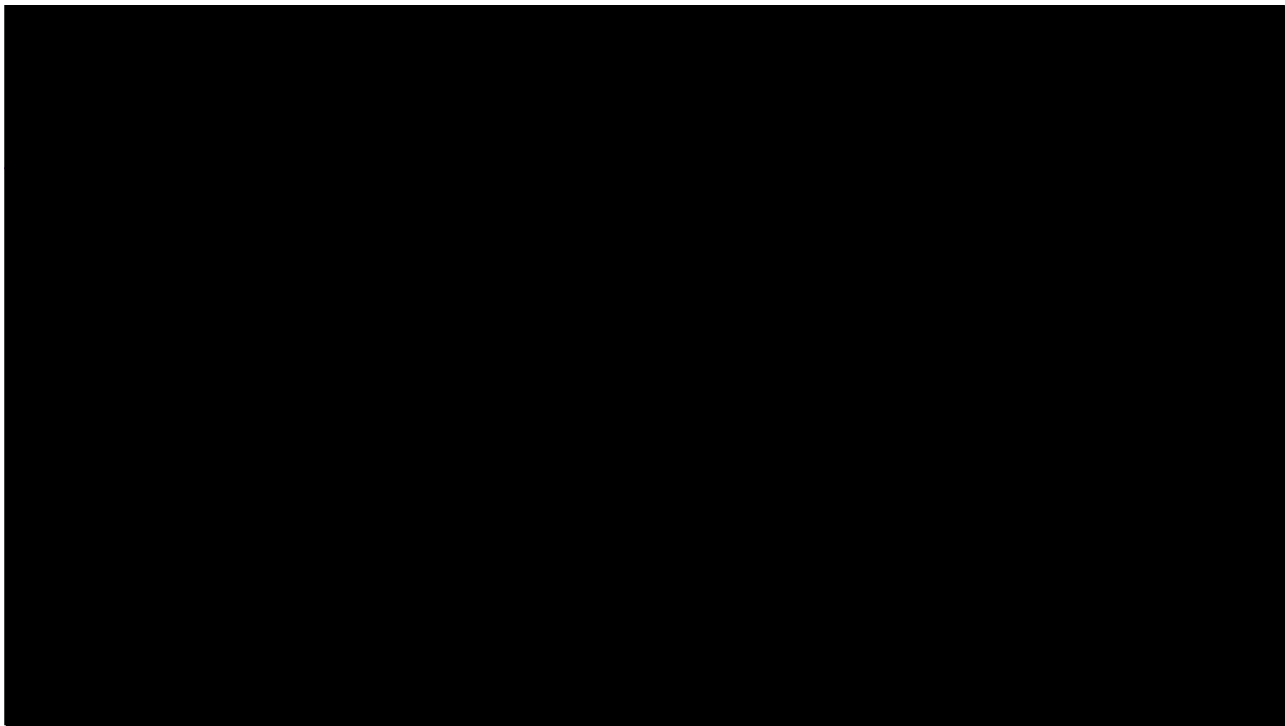
Activities that give pleasure and other positive feedback, things that people naturally choose to do. Things that capture the heart, mind & person’s time...

There may be a narrow range of interests but there is deep engagement & expertise and people are able to engage in these for long periods of time

Benefits of Strengths and Interests

- Strengthened relationships
- Increased motivation and engagement
- Social skills and communication
- Task completion and skill acquisition
- Motivation to engage in activities that are less-preferred





Tips to build resilience



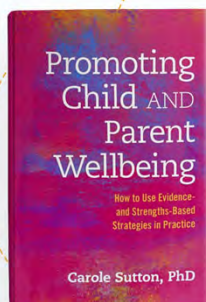
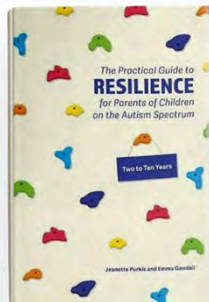
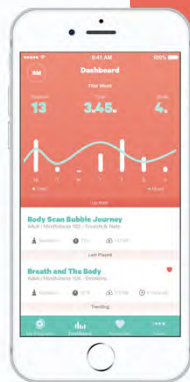
Share your strategies



Looking after yourself



Resources



Some other resources

REACH OUT.COM

be you | **Beyond Blue**

SECRET agent SOCIETY SOLVING the MYSTERY of SOCIAL ENCOUNTERS®

kids helpline Anytime Any Reason

positive partnerships

BounceBack!

YOUTH BEYONDBLUE

YOUTH BEYOND BLUE

RAISING CHILDREN NETWORK

Resilience: helping your teenager 'bounce back'

When young people are resilient, they cope better with difficult situations. They 'bounce back' when things go wrong. Young people need resilience to navigate life's ups and downs, to building resilience is an important part of adolescent development.

What is resilience?

Resilience is the ability to 'bounce back' after a tough situation or difficult time and then get back to being just about as good as you felt before. It's also the ability to adapt to difficult circumstances that you can't change, and keep on thriving.

When you're resilient, you can learn from difficult or challenging situations and get stronger.

Your child needs the **personal skills and attitudes to help her bounce back from everyday challenges** such as making mistakes, falling out with friends, moving to a new school or losing an important sporting match. Your child might also face more serious challenges such as family breakdown, adapting to a disability, the illness or death of a family member or bullying.

How resilient you act and feel can go up and down at different times.

You might be better at bouncing back from some challenges but not others. Some young people face

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Final thoughts

Final thoughts

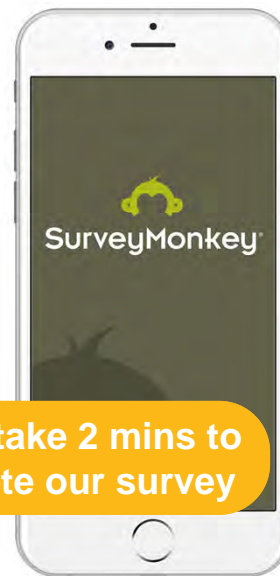
Upcoming webinars



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|--|---|
|  <p>PRACTICAL APPLICATION OF INTERCEPTION IN THE HOME & CLASSROOM Free webinar Monday 17 August, 2020 - 7:30pm-8:30pm (AEST) More information</p> |  <p>TECH TOOLS TO SUPPORT ACCESSIBLE LEARNING Free webinar Monday 24 August, 2020 - 12:00pm-1:00pm (AEST) Tuesday 25 August, 2020 - 7:30pm-8:30pm (AEST) More information</p> |
|  <p>MY SCHOOL EXPERIENCE Free webinar Monday 31 August, 2020 - 7:30pm-8:30pm (AEST) Tuesday 1 September, 2020 - 12:00pm-1:00pm (AEST) More information</p> | |



Questions



Please take 2 mins to complete our survey

