

# Join a community of families for a FREE virtual learning series

**Family ECHO: Autism**, supported by Autism Speaks, is a virtual learning program offering free, real-time access to autism and behavioral experts. Through a series of 75-minute online sessions, you will learn to engage and build skills around:

- Understanding and managing severe and distressing behaviors
- Building support for you and your family
- Anxiety and autism
- ADHD and autism
- Transition to adulthood
- Making decisions with your care team



**Eligible attendees:** family members and caregivers of an autistic child or adult

<https://bit.ly/FamilyECHO>

**For questions email:** [autismcarenetwork@nationwidechildrens.org](mailto:autismcarenetwork@nationwidechildrens.org)



## What can you expect?

**In each session**, presenters will share a case study and best practices that will deepen your understanding of autism and help you better advocate for your autistic child. Each session will include:

- A lecture from a subject matter expert about critical topics and best practices related to autism
- An interactive discussion about a clinical case study
- A Q&A with the presenter
- An opportunity to provide feedback

After each session, families are connected with relevant resources and action steps to continue their learning journey.

**Register for Family ECHO: Autism** today and receive the knowledge you need to be your child's best advocate.



<https://bit.ly/FamilyECHO>

# Family ECHO: Autism

## What is Family ECHO: Autism?

From navigating a diagnosis to learning about new therapies, parents and caregivers of children with autism need an immense amount of knowledge and support in order to provide the best care to their loved ones. But often, that information can be difficult to access.

Family ECHO: Autism is a virtual learning program for families and caregivers raising children with autism. The sessions are designed to shift medical and behavioral information from the clinic into the hands of parents and caregivers so they can learn to better support and care for their autistic children. Session topics have been chosen based on input from participants.

As an “all teach, all learn” environment, Family ECHO: Autism connects families with an interdisciplinary panel of experts from Nationwide Children's Hospital, Massachusetts General Hospital Lurie Center, Children's Hospital of Philadelphia, and the Autism Care Network. The series is designed to increase autism knowledge, build leadership skills for managing interdisciplinary care teams, and provide strategies that can be applied by families and their teams.

## What can you expect?

Eligible participants will register to participate in a 75-minute Zoom session. Each session will include:

- Presentation from subject experts on critical topics and best practices related to autism
- An interactive discussion about a clinical case study
- A Q&A with the presenter and opportunity to provide feedback
- Resources relevant to the session

## Who is eligible for Family ECHO?

To be eligible to participate in a Family ECHO session, you must fall into one of these groups:

- A family member of a child or young adult with autism
- Professional working in the field of autism
- Both a family member and a professional working in the field of autism

Register for Family ECHO: Autism today and arm yourself with the knowledge you need to be your child's best advocate.

[Family ECHO: Autism Registration](#)



REGISTER NOW

All sessions are 75 minutes and begin at 4:00pm Eastern Time (see note below). Please use the time **zone converter** to identify session time based on where you live and use Columbus, Ohio as the location.

<https://www.timeanddate.com/worldclock/converter.html>

NOTE: Eastern Daylight Time (EDT) is a [North American](#) time zone in use from the second Sunday in March to the first Sunday in November during [Daylight Saving Time](#) (DST). [Eastern Standard Time](#) (EST) is used during the remainder of the year.

# Family ECHO: Autism

Date	Session Topic	Description
September 21 4:00 – 5:15 pm <i>Eastern Daylight Time</i>	While you Wait: Don't Wait - Get Moving	Learn how to get things moving if you are placed on waitlists. <a href="#">Registration now OPEN</a>
October 12 4:00 – 5:15 pm <i>Eastern Daylight Time</i>	Anxiety and Autism	Session will review managing anxiety in ASD, effective evaluations used to assess anxiety, and behavioral and medication-based treatment options.
October 26 4:00 – 5:15 pm <i>Eastern Daylight Time</i>	Irritability and Challenging Behavior: Part I Skills vs Pills Discussion	Managing irritability and promoting emotional regulation at home and community settings.
November 16 4:00 – 5:15 pm <i>Eastern Standard Time</i>	Family Support: Healthy Thinking and Quality Team Based Care	Session will discuss leading and managing healthcare teams while finding time to take care of you and your family.
December 7 4:00 – 5:15 pm <i>Eastern Standard Time</i>	Transition Part I: Moving out of Pediatrics	Learn effective strategies for transitioning to adult healthcare. Session will also focus on puberty and the importance of psychological and emotional well-being for adolescents during this phase of life.
January 25 4:00 – 5:15 pm <i>Eastern Standard Time</i>	Irritability and Challenging Behavior: Part II Medical Discussion	How to rule out medical conditions that may impact behavior and identify best practices when incorporating medication into treatment plans.
February 8 4:00 – 5:15 pm <i>Eastern Standard Time</i>	RUBI: Part I	RUBI is a therapy-based approach often used to manage challenging behaviors in children with autism, leading to happier and healthier lives. This session will discuss the RUBI approach to behavioral therapy and parenting to prevent and reduce disruptive behaviors in children.
March 1 4:00 – 5:15 pm <i>Eastern Standard Time</i>	RUBI: Part II	Parenting to teach new skills and the RUBI approach to behavioral therapy.
March 22 4:00 – 5:15 pm <i>Eastern Daylight Time</i>	Transition: Part II Building Momentum for Adulthood	This session will begin the discussion on how to build independence, social opportunities, and leisure skills for adult years. Additional topics will include guardianship, housing and how to manage all of this!

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