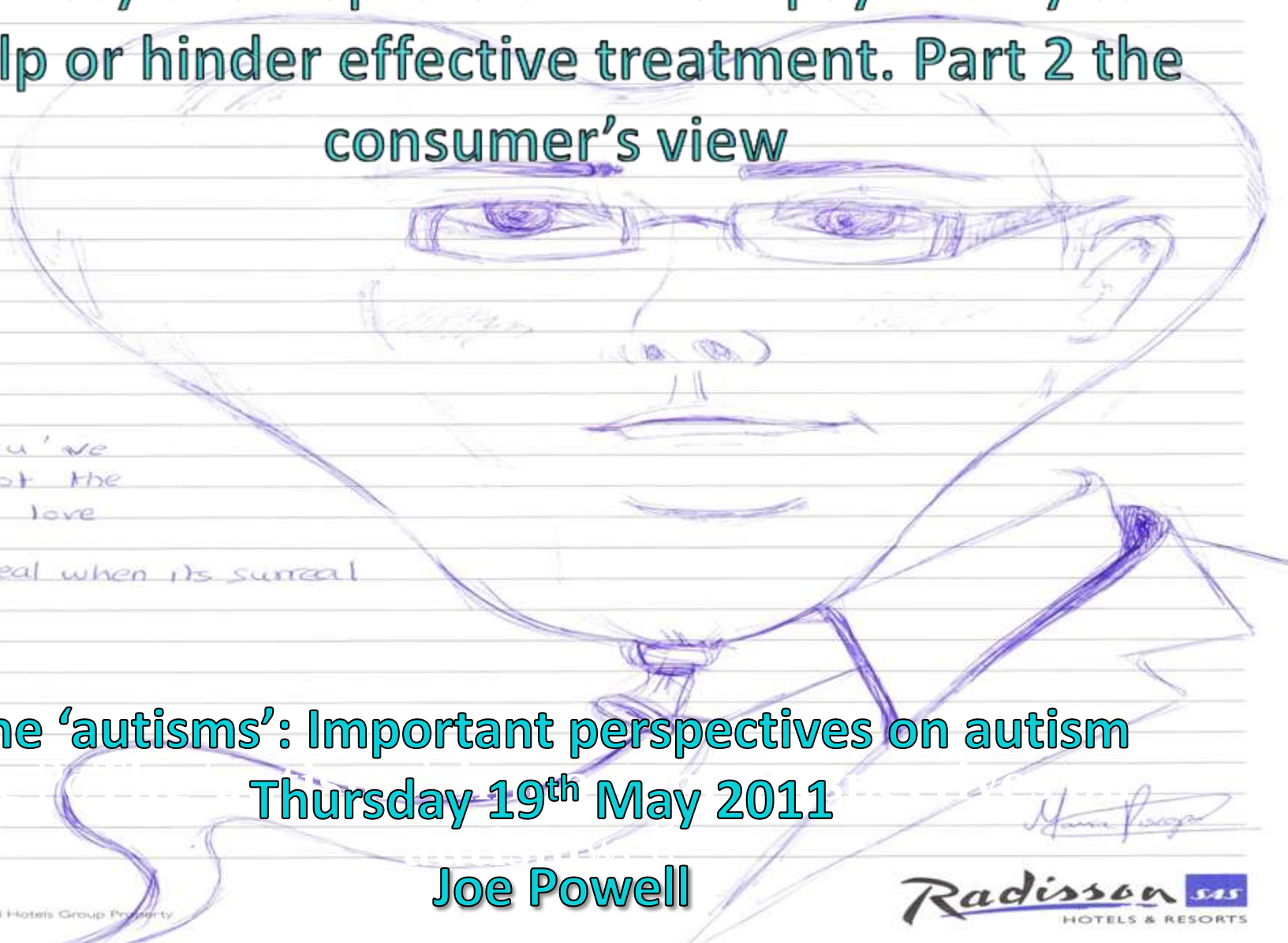


Co occurring psychiatric problems in autism.

Anxiety and depression – how psychiatry can help or hinder effective treatment. Part 2 the consumer's view



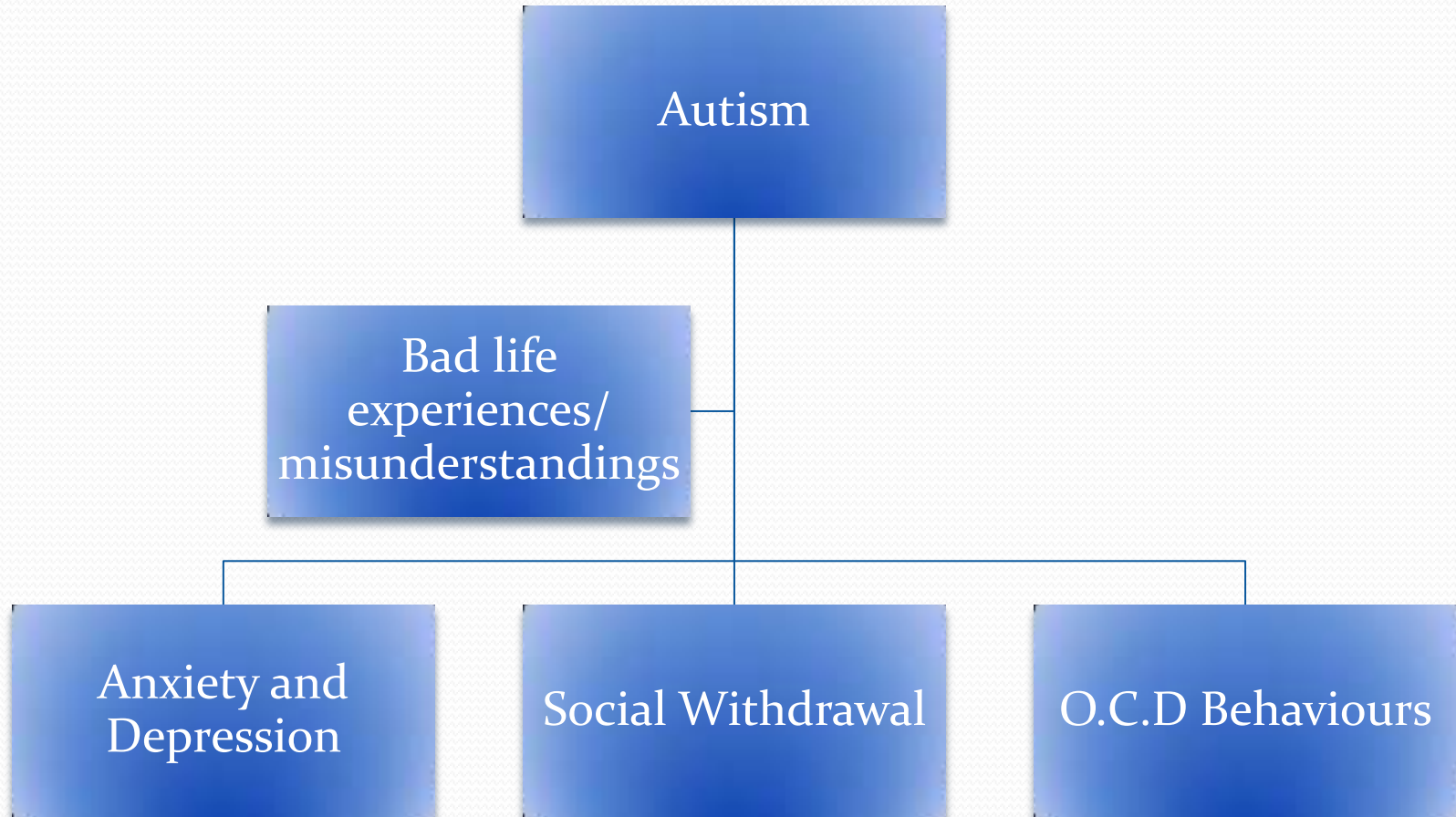
You've got the love

Real when its surreal

The 'autisms': Important perspectives on autism Thursday 19th May 2011

Joe Powell

How I see my Autism



Get a life

- A social network – friends and family (a life partner)
- A home of my own
- A degree of Autonomy
- Employment
- Financial Security (disability means poverty)

Joe's Age Concern Example

My Mental Health Experiences

- Low self esteem – unresolved issues from the past – learning about life again – if supported earlier most issues wouldn't occurred
- Anxiety and Depression
- Black and White Thinking (2 gears) – use logic in social situations not emotions – 'Beautiful Mind analogy'
- Autism vs O.C.D
- O.C.D (especially when under stress) – fear of losing control – finger cutting example – If I do wrong others will hurt themselves and I will be to blame
- Non Verbal/ Anorexia – Eating causes bad breath – literal thinking (when people joke I chat too much or my jokes are bad)
- P.T.S.D – issues still not resolved – perception (still feel threatened by others problems)
- 3 Breakdowns
- Obsessive ruminations – what drives an obsession? – Shard of light

The King and the Ambassador

Poor Mental Health

Good Mental Health



Why are people with Autism prone to Mental Health Problems?

- High Dependency on others
- The System – TRIAD of Impairments
- Life time of being misunderstood – Autistic Behaviour labeled as bad behaviour – care services treated as ‘naughty boys’
- Inappropriate Services – hard wired behaviours – drinking and smoking – care service intervention – wrong staff member – get them when there young
- Little education about their condition both AS and Autism – Will A.S. kill me? – Will I catch aids if I don’t wear a condom
- Support in crisis – rug pulled away when life improves - people left dependent on system – rocket analogy
- Insane Employment System – No incentive to work – hard to envisage a future – better off calculation analogy
- The disability itself – limited thinking – Wastesavers analogy
- The Autism Guru’s

The Local Autism Guru's

- Gurus most knowledgeable in local Area but are not real Autism Experts – only a handful of real experts in the UK.
- Most people with Autism supported by Guru's – unluckier ones just a G.P. – Local Authorities usually fund the Guru's - not specialists
- Regional Monopoly of Autism / Arrogance
- Guru's aligned with my care service – service practice mirrored by Guru's advice
- Guru's stereotypical autism practice – Assumption that my Dad is the genetic link to my Autism – Even though they've never met him or done any genetic research themselves
- Guru's only work with stereotype – only stereotype get services – exacerbation of rigid stereotypes
- Further education – Autism Education courses – Welsh Assembly Government
- 4 trick ponies – CBT, Ipod, Mind Over Mood, My Care Service
- Short term – not long term fixes – leaves people dependent on health care professionals and care services

Medication

- Fluoxetine (Prozac)
- Venlafaxine
- Trazodone Hydrochloride
- Zopiclone
- Thiorizadine
- Chlorpromazine
- Risperidone
- Haloperidol
- Diazepam

What didn't work for Joe

- C.B.T – Gurus versus Studio3 – False environment in care to make CBT work
- G.P. – Counseling – ‘Go out there and get on with it’
- Occupational Therapy sessions – get Joe talking
- Speech Therapy – P.T.S.D/ Obsession issues not addressed
- Telling Joe off – ‘Come on pull yourself together’
- T.E.A.C.H.H
- Life skills sessions/ curriculums
- Lots of medication
- PRN – regardless to factors
- Threats – S.U. Analogy
- No day centre/ structure
- Financial Management
- No 1-1 quality time



What did work for Joe

- Structured Day centre and the right medication
- Consistent support from people who know and understand me
- A certain amount of psychology
- Change of dynamics – right place at the right time
- The right dose of the right meds – 20mg Fluoxetine
- Closure – CSSIW
- Reassurance/ Counseling – by right person – limited and structured
- Education about my condition
- Positivity and Encouragement
- The right environment
- A degree of responsibility



Conclusions

- Positive and realistic role models – not Albert Einstein
- Joe's diet analogy – no tricks – no gimmicks – lots of common sense
- Structure, goals, limited pressure, financial structure, plenty of sleep, good diet, water
- People who understand me
- The right level of medication
- Positive things to look forward to, short term projects
- Healthy diet and plenty sleep
- Adaptable services/ support to changing life dynamics
- Access to Education about your Autism
- Government to take responsibility – lead by N.A.S and R.A.
- When the dynamics are right my mental health is right – every time
- Psychiatry versus Sociology



Thank You
Very Much