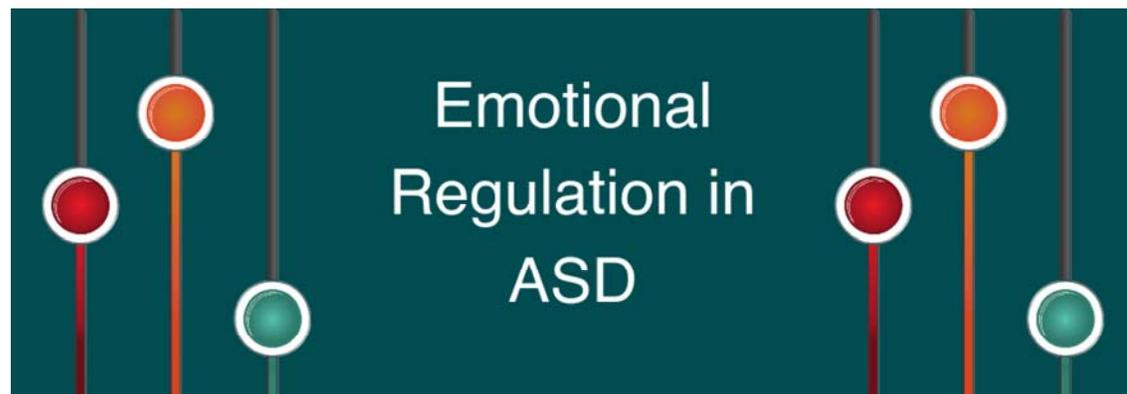




## In This Issue:

- Emotional Regulation in ASD
- Announcements
- Events and Trainings
- Resource Spotlight: Early Childhood



### What is Emotion Regulation?

Processes that we use to modify emotional reactions. We can be aware of them or not, purposefully trying to do them or not. Emotion regulation problems are common in people with ASD. These problems can be associated with symptoms of depression, anxiety, problem behaviors, and social difficulties, both in people with ASD and without ASD.

### How do problems with emotion regulation show up in ASD?

- Issues with recognizing emotions in one's self.
- Overuse of maladaptive emotion regulation strategies, like rumination, shutting down, avoidance.
- "I go from 0-100"—not noticing an increase of emotional intensity.

- Being stuck- like feeling unable to let go of a feeling.
- “Meltdowns.”

### **Meltdowns**

Some people with ASD have meltdowns. They occur when a person is totally overwhelmed and can become out of control of his or her actions. It is not a temper tantrum! This is not the same as misbehaving, which often has a goal (like avoiding a command). Signs include screaming, crying, kicking, lashing out, biting, engaging in self-injury, and running away.

### **How to avoid:**

- Help the person understand that emotions are natural, even ‘bad’ or uncomfortable ones.
- Ask the person if they know when they are about to have a meltdown.
- Identify triggers.
- Try to minimize common triggers.
- Use fewer verbal instructions.
- The person may be continuing to process the situation long after the meltdown has ended.

### **How to respond:**

- Have a plan in place, especially if meltdowns are common.
- Try to redirect attention early if you notice any warning signs.
- Give them space and time.
- Reduce environmental stimuli.
- Use calming strategies.
- Develop a system to help cue the person to use calming strategies.
- Acknowledge the feeling and model an accepting mindset about emotion. Help the person recognize when emotions are getting intense.

*Susan White, Caitlin Conner, Kelly Beck, & Carla Mazefsky*



## **Announcements**

**[2017-18 Independent Monitoring for Quality \(IM4Q\) and National Core Indicator \(NCI\) reports are now available on MyODP](#)**

You can view the reports on MyODP, including user-friendly charts and user-friendly icons. Additionally, the annual Information Sharing and Advisory Committee (ISAC) Report highlighting recommendations, strategies, and performance measures is online. This report similarly guides ODP and gauges its progress in helping individuals in the service system to achieve everyday lives. You can view the [2018 ISAC Annual Report on MyODP](#).



## Independent Monitoring for Quality (IM4Q) Marks 20 Years

IM4Q is an information-gathering method ODP uses to improve the lives of individuals with intellectual/developmental disabilities. Independent teams monitor the satisfaction and outcomes of a random sample of individuals receiving services. Info is used to ensure people are healthy, safe and to offer services that promote choice & control in their everyday lives.

## Stay Connected!

Want to receive the latest ODP updates, training opportunities, and newsletters? Subscribe by emailing [RA-PWODP\\_OUTREACH@pa.gov](mailto:RA-PWODP_OUTREACH@pa.gov).



## Events and Trainings

### Featured Events

- 7.9.19 - [Children's Museum of Pittsburgh: Sensory Friendly Tuesday Afternoon](#)
- 7.14.19 - [Academy of Natural Sciences of Drexel University](#)
- 7.14.19 - [Chips, Chocolate and Chat Adult Social Group](#)
- 7.17-18.19 - [2019 PA Community on Transition Conference](#)
- 7.25.19 - [L.E.A.D. Your Way to Healthy Relationships & Sexuality, Philadelphia](#)

7.29.19 - [First Responder Training: Detecting, Encountering, and Helping](#)

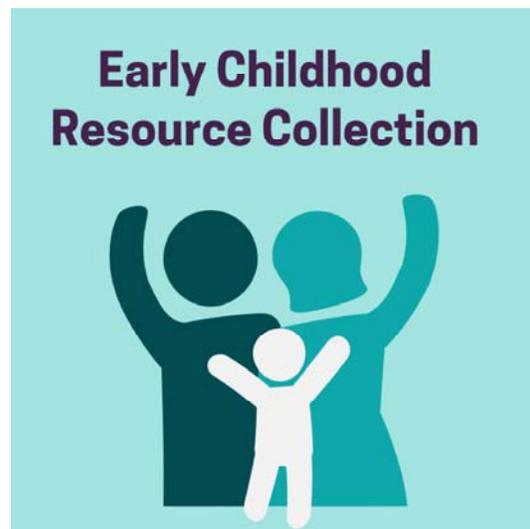
7.30.19 - [Creating a Vision for a Good Life: Safety in Your Community- Honesdale, Wayne County](#)

[Click here for a full list of events.](#)

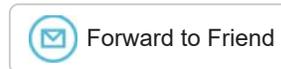


[Early Childhood  
Resource Collection](#)

This collection of resources covers different topics related to early childhood including information on developmental milestones, signs of autism and resources for families of young children who were recently diagnosed with autism.



*Help us spread the word!*  
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