

WHSCCT Children and  
Young People's Autism  
Service

**Early  
Intervention  
Service  
Support Sessions**



Advocate. Support. Love. Accept

# A LITTLE BIT ABOUT US

## WHO WE ARE

The Early Intervention Service is the crucial first step on the Autism Pathway within the Western Trust. We are a multidisciplinary team of Advanced Intervention Therapists.



## OUR VALUES

- Acceptance
- Advocacy
- Neuro-affirming
- Embracing difference
- Knowledge and Empowerment
- Evidence based
- Authentic

## WHAT WE DO

We meet all families at the beginning of their journey and together with them find the best support and intervention to suit their needs at that time.



## WHAT WE HAVE ACHIEVED

During our first year of development we were delighted to win a WHSCT staff recognition award for Improvement, Innovation and Involvement.

# HOW TO USE THE EARLY INTERVENTION SERVICE

01

Explore the range of support sessions in this brochure - available to you until assessment is completed.

02

Decide which sessions are suitable for you and your family - email us to book your place. [EIS.support@westerntrust.hscni.net](mailto:EIS.support@westerntrust.hscni.net)

03

Not sure which sessions to choose?  
Email us and we can help you decide!

04

Don't need help right now? That's OK!  
You will be updated via email on what's on in EIS.

05

Check out the WHSCT website and social media for more information and updates.

<https://westerntrust.hscni.net/services/childrens-services/children-and-young-peoples-autism-service/>



**The sessions outlined in this brochure have been carefully and specially designed for children with neurodevelopmental differences.**

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Welcome

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## Tier 1 - Autism - An introduction

This session will provide information on your journey within the WHSCT Children and Young People's (C&YP) Autism Service.

Within this session we aim to increase your understanding of Autism and Neurodiversity, help you see things from your child/young person's (C/YP's) perspective and make you aware of further supports available to you and your family.

Your Journey starts here

**\*This session must be attended in order to access Tier 2 support**

TAKING CARE OF  
YOURSELF DOESN'T  
MEAN 'ME FIRST',  
IT MEANS 'ME TOO'.

- L. R. KNOST

# Self-care IS EMPOWERMENT

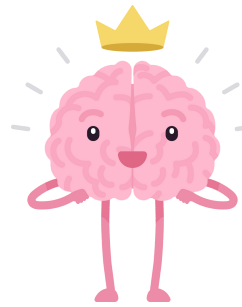
"Rest and self-care  
are so important.  
When you take time  
to replenish your spirit,  
it allows you to serve  
others from the overflow.  
You cannot serve from  
an empty vessel."

- Eleanor Brown

**Self Care** underpins all of the following support sessions



## NEURODIVERSITY... WE ALL THINK DIFFERENTLY



All of us think, learn and process information differently. The term Neurodiversity is about recognising this, and understanding that all brains work in different ways. It's a good idea to talk to your C/YP about their brain. This will help them become more accepting and understanding of themselves and others, while positively forming their own sense of identity. This session will celebrate your C/YP's brain and explore ways that you can begin to talk to them about their differences, embrace their strengths and empower them for their future.

Duration: 1hr

Parent Only

## Intensive Interaction

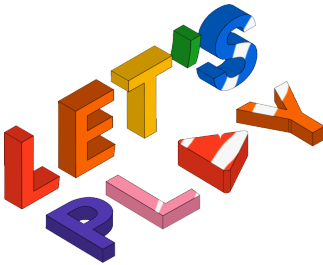


Intensive Interaction is an approach which works to engage a preverbal C/YP to communicate or interact with those around them. This session will focus on helping you find ways to understand how to follow your C/YP's lead and improve interactions. It is in some ways, a conversation that doesn't require spoken words. Building on skills your C/YP already has, it teaches them that they are valued and loved.

Duration: 1hr

Parent Only

## The Power of Play (0-7yrs)



Play is a universal language and the essence of childhood. Through play, we learn, understand and make sense of the world around us. This session will help you understand why play is so powerful and why everyone plays differently. Seeing play through your child's eyes will open up a world of opportunity and allow your child reap the full benefits of what their play offers.

Duration: 1hr

Parent Only

## Creating a Supportive Environment



We all experience the world differently, this can be both debilitating and empowering. Sometimes our environment can be overwhelming; this session aims to enable you to make small changes within your C/YP's environment in order to create a supportive space for them. These small changes will help meet their needs by considering their strengths.

Duration: 1½ hrs

Parent Only

### Eating

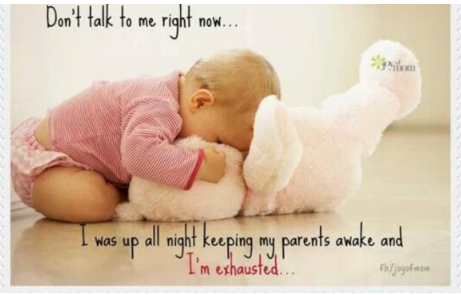


Many C/YP develop fussy eating preferences, this may mean that their diet becomes restricted. This session aims to help you understand eating behaviours and provide you with tips and strategies in promoting variety with food.

Duration: 1hr

Parent Only

### Can't Sleep, Won't Sleep



This session aims to help you understand the importance of sleep, provide practical advice, strategies and resources for families struggling to get a good night's sleep. The focus will be on your body & sleep, promoting healthier sleep habits and establishing bedtime routines.

Duration: 2hrs

Parent Only

### Time for Toileting



Toileting can be a difficult and overwhelming time for many families. We acknowledge that toileting issues can present at any age. We aim to provide you with help and advice in relation to your C/YP and support you with tips and strategies to meet their needs.

Duration: 1½ hrs

Parent Only

### Let's Tackle Transitions



Transitions occur in everyday life, from experiencing new social situations, changes in routine, to beginning school or starting a new job. For many people transitioning from one thing or place to another can be daunting, we may feel afraid, worried or even refuse to go. Some of us can transition with ease, others need a little more support. This session hopes to provide you with skills and tools to help you support your C/YP at times of transition.

Duration: 1hr

Parent Only

### Keeping it Visual



Visual supports can be used in a variety of ways to support understanding, manage tasks, learn new skills and reduce anxiety. In this session we aim to help you become aware of the importance of visuals, show you just how adaptive they can be, how to use them effectively and provide you with some resources for use at home.

Duration: 1hr

Parent Only


### #Social Media



Social media connects us with anyone in the world at anytime via the internet, navigating this can be overwhelming. It is important to be aware of digital platforms that exist. We aim to provide you with hints and strategies about how you can best keep your C/YP safe online.

Duration: 1hr

Parent Only



**Your Kids are  
Incredible  
(0-5yrs)**

We believe that your child is the most precious of all human beings and the ability to withstand social and emotional challenges rests upon a caring relationship between parent and child. These sessions aim to develop positive parent-child relationships, assist in supporting your child's behaviour and promote social, emotional and academic competence before your child becomes an adult.

Duration: 5 sessions x 1 ½ hrs

Parent Only

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**Why We Do  
the Things We Do  
(4-11yrs)**

It can be incredibly stressful to watch our children scream, cry, bite and shut down. As parents/carers we often struggle to understand what it is they really need. This session will explore what your child may be communicating through their behaviour, factors that can influence behaviour, and identify ways in which you can help them get their needs met more easily.

Parent Only

Duration: 2hrs

**On completion of the above parent session,**  
*a specific, more individualised programme of  
support is available*

**Why we do the things we do parent programme**

Duration: 5 sessions x 1 ½ hrs

Parent Only



# It's a Teens World (12+)



For teen sessions, parents are required to attend the parent only session

This session will explore what it means to be a teenager in today's world and support you in ways to nurture your relationship with your teen.

Duration: 2hrs

Parent Only

As teenagers we seek independence, new experiences, and identities to help us understand ourselves better. This is new and exciting, however, not only do we change and grow externally, lots of changes occur internally. This combined with our environment can lead to behaviour changes such as 'shutting down', 'not communicating', becoming 'emotional', or 'angry' at the drop of a hat. During these sessions we will explore how we can navigate these teenage years.

Duration: 4 sessions x 1 hr

Teen Session



# Connecting With Others (8+)

For child/ YP sessions, parents are required to attend the parent only session

This session aims to help you understand why your C/YP may experience peer relationships differently. We will share ideas on how to support them make and maintain friendships and how to help them recognise healthy relationships.

Duration: 1hr

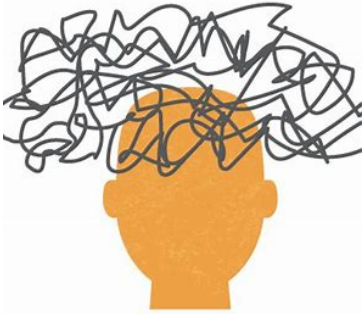
Parent Only

Connecting with others can increase our sense of belonging, happiness and well being. During these sessions we will share ideas on how to make and maintain healthy peer relationships, understand social expectations and build on your strengths to help your relationships grow.

Duration: 4 sessions x 45mins

C/YP Session

## Anxiety and Me (12+)



For teen sessions,  
parents are required to  
attend the parent only  
session

Anxiety is a natural emotion that we all experience. It can be really useful when something dangerous is about to happen but sometimes anxiety shows up when we are not actually in danger! Prolonged anxiety can be overwhelming, confusing and draining. This session will explore why we experience anxiety in our body and help identify ways to support your C/YP when it does decide to show up!

Parent Only

Duration: 2 hrs

Does anxiety show up, preventing you living the life you want? Come along to our sessions where we will explore why we experience anxiety, what to do when it shows up and explore strategies that will help you get back to the life you want to live.

Teen Session

Duration: 6 sessions x 1hr

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## Have Hope! (12+)



For teen sessions,  
parents are required to  
attend the parent only  
session

Hope is needed in all aspects of life, having higher hope leads to great things! Hope is a teachable skill, this session will give you tools to help teach this skill to your C/YP to help promote positive thoughts and actions.

Parent Only

Duration: 1hr

These sessions are based on research that shows HOPE is a teachable skill. We will help you discover and use the tools you need to find and maintain HOPE in your life - even during the most trying of times. Sessions will focus on increasing HOPE, improving mood and developing coping skills

Teen Session

Duration: 5 sessions x 1hr



### I Am Me (8+Years)



For child/YP sessions,  
parents are required to  
attend the parent only  
session

Positive self-esteem is something we wish for all C/YP to have. Achieving and maintaining this can often be difficult. Living in a digital world creates an unrealistic illusion where endless comparisons have become the norm. This session focuses on developing self-acceptance - one of the greatest gifts we can give ourselves.

Duration: 1hr

Parent Only

Living in a digital world means that we have unlimited access into the lives of others. This often fosters unrealistic expectations of how we should look and live our lives. These sessions will encourage you to know yourself, accept yourself and be yourself.

Duration: 4 sessions x 1hr

C/YP Session

## Making Sense of our Senses



For teen sessions,  
parents are required to  
attend the parent only  
session

This session will increase your awareness of how sensory differences can impact on your C/YP's everyday life. It will empower you to identify and understand the sensory systems. We will provide you with practical strategies to help you better support your C/YP's sensory differences.

Duration: 2hrs

Parent Only

Understanding your own body's sensory differences is important to help you feel safe, calm and focused. During these sessions, we will help you identify and understand your own sensory differences and give you some tools to support sensory regulation and well-being.

Duration: 5 sessions x 1hr

Teen Session

## Relax and Unwind (5-11yrs)



These sessions will enhance both physical and mental health well being by providing C/YP with the tools to navigate life feeling more calm, creative and confident. By using stories, movement and calming techniques we aim to promote language development and social interaction, to promote positivity, resilience and a greater sense of self belief.

Duration: 4 sessions x 1 hour

**C/YP Session**

## Stretch and Unwind (12+)



A peaceful, quiet and safe space for young people to stretch and unwind. These sessions include guided movement and mindful breathing techniques which help promote flexibility, strength, positivity and a general sense of calm and well-being.

Duration: 4 sessions x 1 hour

**Teen Session**



A solace for parents to escape daily-life demands. Guided meditation, breathing and movement to help balance the mind, body and soul by building strength, flexibility a greater awareness of oneself.

Duration: 4 sessions x 1 hour

**Parent Only**

All of the above sessions are facilitated by fully accredited staff in a safe and inclusive way

# Feedback

"Each session was like spending time with a friend who understood"

"Getting to interact with other parents is brilliant. The facilitator was professional and knowledgeable"

"Thank You for the time and effort everyone has put in it really shows that people care"

"Loved the ethos of inclusivity and the positive approach to Autism"

"We were made feel very comfortable at every stage"



"This session gave a very positive message for the future"

"It gave my son lots of reassurance and made him feel content that other children suffer anxiety not just him"

" There is support available before assessment"

"Just so glad everything is needs focused and not diagnosis led, the session was so compassionate and informative"

" Thank you for a lovely welcome to your service"

"I can see my daughter putting the techniques into practice"

**Book your place  
via phone or Email**

## **WHSCT Children and Young People's Autism Service**

### **Contacts Details:**

**Lilac Villa  
Gransha Park  
L' Derry, BT47 6TG  
Tel: 028 7130 8313**

**Rivendell  
Tyrone and Fermanagh Hospital  
1 Donaghanie Road  
Omagh, BT79 0NS  
Tel: 028 8283 5983**

**Children's Centre  
South West Acute Hospital  
Enniskillen, BT74 6DN  
028 66382103**

### **Email Address:**

**EIS.support@westerntrust.hscni.net**

## **WHSCT Children and Young People's Autism Service Website**

<https://westerntrust.hscni.net/services/childrens-services/children-and-young-peoples-autism-service/>

