



# **The Scottish Strategy for Autism Seventh Annual Conference**

## **Post Diagnostic Support**

Tuesday 26<sup>th</sup> March 2019

The Technology and Innovation  
Centre, University of Strathclyde



# PROGRAMME

The conference doors will be open from 09:00am

Time	Programme	Room
09:30am – 10:00am	<b>Registration, refreshments and Marketplace</b>	Level 2 Foyer
10:00am – 10:05am	<b>Welcome</b> Prof. Jean MacLellan OBE, Director, Autism Network Scotland	Auditoria B & C
10:05am -10.15am	<b>Introduction</b> Ms Clare Haughey, Minister for Mental Health, Scottish Government	Auditoria B & C
10:15am – 10:25am	<b>COSLA Engagement</b> Councillor Stuart Currie, Spokesperson for Health and Social Care, COSLA	Auditoria B & C
10:25am – 11:10am	<b>Public Awareness Campaign – A Social Movement</b> Introduced by Gillian Barclay MBE, Strategic Lead for Dementia, Autism and Learning Disabilities, Scottish Government  <b>Learning from “See Me”</b> Calum Irving, Director, See Me Scotland  <b>Collaborating for change</b> Celia Tennant, Chief Executive, Inspiring Scotland	Auditoria B & C
11:10am – 11:25am	<b>Mid-Morning Refreshment Break and Marketplace</b>	Level 2 Foyer & Level 3
11:25am – 12:00pm	<b>Autistic Identity and Culture</b> Jon Adams, Artistic Director, Flow Observatorium	Auditoria B & C
12:00pm – 12:30pm	<b>Autism in Scotland: Sustainable Locally Developed Solutions</b> Introduced by Gillian Barclay MBE, Strategic Lead for Dementia, Autism and Learning Disabilities, Scottish Government  Marion Rutherford, Lead for National Autism Implementation Team, Scottish Government and Lorna Johnston, Depute Head Teacher and Autism Co-ordinator with the Additional Support for Learning Service in City of Edinburgh Council	Auditoria B & C
12:30pm – 1:30pm	<b>Lunch and Marketplace</b>	Level 2 Foyer & Level 3
1:30pm – 2:00pm	<b>A Post Diagnostic Toolkit – Can we build it? Yes, we can</b> Charlene Tait, Deputy Chief Executive, Scottish Autism	Auditoria B & C
2:00pm – 3:00pm	<b>Workshop Session 1 – choose from 1 of 8 x workshops</b>	Rooms 1 – 7, Level 3 & Auditoria B & C
3:00pm – 3:15pm	<b>Refreshment Break and Marketplace</b>	Level 2 Foyer & Level 3
3:15pm – 4:15pm	<b>Workshop Session 2 – choose from 1 of 8 x workshops</b>	Rooms 1 – 7, Level 3 & Auditoria B & C
4:15pm – 4:30pm	<b>A Shared Future</b> Director, Scottish Government	Auditoria B & C
4:30pm	<b>Finish</b>	





# NOTES



# WORKSHOPS

Workshops will be delivered in several concurrent sessions, with delegates asked to attend their allocated workshop which is detailed on their badge.

**Workshop Session 1: 2:00pm – 3:00pm**

**Workshop Session 2: 3:15pm – 4:15pm**

Workshop Title & Speakers	Workshop Content	Room
<p><b>Workshop 1: Collaborating for change</b></p> <p>Leanne Anderson Performance Advisor, Inspiring Scotland, Julia Abel, Head of Funds, Inspiring Scotland</p>	<p>This workshop will be a positive look to the future of Scotland. In this session, we will be asking attendees: What is it like to live in a Scotland where autistic people are fully valued in society? We will collect views on education, employment and other areas and what needs to change to help us get there.</p>	<p><b>2</b></p>
<p><b>Workshop 2: Family Follow Up Meetings: A multi-disciplinary model for support for children and families in the months following ASD diagnosis</b></p> <p>Marion Rutherford, Lead for National Autism Implementation Team, Scottish Government &amp; Lorna Johnston, Depute Head Teacher and Autism Co-ordinator with the Additional Support for Learning Service in City of Edinburgh Council</p>	<p>Immediately following a new diagnosis for their child or young person, families are offered a one-off, one hour meeting with two autism skilled professionals (representing health and education). The meetings centre on (1) questions parents / carers have following the diagnosis, (2) signposting to individually relevant resources and information and (3) discussion about how support is co-ordinated locally with discussion on making the most of local processes.</p> <p>In this workshop we will share our model; materials used; summarise feedback from participating families and benefits of listening to issues raised by families.</p> <p>The workshop is likely to be of most interest to those providing or planning support to families following ASD diagnosis.</p>	<p><b>1</b></p>



## WORKSHOPS cont.

<p><b>Workshop 3: A Post Diagnostic Toolkit – Can we build it? Yes, we can</b></p> <p>Charlene Tait, Deputy Chief Executive, Scottish Autism and Jon Adams, Artistic Director, Flow Observatorium</p>	<p>Developing a Post Diagnostic Toolkit is one of the key outcomes of the national strategy. This interactive workshop will give you the opportunity to have your say about what form that could take and to contribute ideas for the types of resources autistic people and their families would find supportive.</p>	<p><b>3</b></p>
<p><b>Workshop 4: Autism Initiatives' One Stop Shop Post-Diagnostic Support model</b></p> <p>Cathy Steedman, National Director Scotland, Autism Initiatives</p>	<p>Participants will hear about the post diagnostic model that is delivered through our three One Stop Shops, including workshops, 1:1 support and peer supports as well as partnership working with the Voluntary Sector and NHS teams. This interactive workshop will give you the opportunity to discuss what happens in your region and what would make things better?</p>	<p><b>6</b></p>
<p><b>Workshop 5: Decider Skills</b></p> <p>Faith Wilson, Autism Diagnostician, NHS Highland</p>	<p>The Decider is a resource containing 32 skills to help people live a more skilful and less impulsive life. In this workshop we will highlight a few of the actual skills and provide an insight into the use of the Decider skills in people with autism.</p> <p>Skills training is strongly grounded in theory and can be adapted for a range of settings. "Between stimulus and response there is a space. In that space there is the power to choose" Frankl.</p> <p>The Decider aims to create that space with a choice of skills.</p>	<p><b>Auditoria B &amp; C</b></p>



## WORKSHOPS cont.

<p><b>Workshop 6: Pathway Redesign</b></p> <p>Dr Audrey Espie, Consultant Clinical Neuropsychologist, NHS Fife &amp; Dr Katrina Johnston, Principal Clinical Psychologist, NHS Fife</p>	<p>This workshop aims to share information on multi-agency post-diagnostic practice developed in children's services in Fife. A 15-20 minute presentation will detail each of the steps involved in supporting a family and child / young person immediately after the diagnosis at assessment clinic through to longer term.</p> <p>Evaluation information from those who participated in the process will be also be discussed. Parallels will be drawn from other geographical areas.</p> <p>Participants will be encouraged to consider aspects of the Fife Pathway which may be transferrable to their own area.</p>	<p><b>4</b></p>
<p><b>Workshop 7: Autistic Community, Autistic People's Organisations (APOs) and Neurodiversity</b></p> <p>Kabie Brook, Chair, Autism Rights Group Highland (ARGH) &amp; Sonny Hallett, Chair, Autistic Mutual Aid Society Edinburgh (AMASE)</p>	<p>This workshop will help participants gain a better understanding of the Autistic Community, its representative organisations and what the Neurodiversity Movement has to offer everyone.</p> <p>Co-delivered by autistic representatives from Autism Rights Group Highland (ARGH) and Autistic Mutual Aid Society Edinburgh (AMASE).</p>	<p><b>7</b></p>
<p><b>Workshop 8: Not The Only One: Post-diagnosis social support</b></p> <p>Callum McCrosson, Project Co-ordinator – Person to Person, The National Autistic Society</p>	<p>This workshop showcases the contribution The National Autistic Society Scotland makes in terms of its post diagnostic support services and programmes. These range from social programmes, “coffee clubs” and 1:1 services ensuring that autistic people feel part of a community.</p>	<p><b>5</b></p>



# MARKETPLACE ORGANISATIONS

1	<b>General Information Table</b> <ul style="list-style-type: none"> <li>- Leaflets and brochures from organisations including Scottish Autism, The National Autistic Society, Abernethy Centre, Royal Caledonian Horticultural Society</li> </ul>
2	<b>SMARTS Model</b>
3	<b>Inspiring Scotland</b>
4	<b>ANS Projects</b>
5	<b>The Book Stall</b> Showcasing books by Dawn Connor, Katherine Highland and Gail Keating
6	<b>Support Groups</b> <ul style="list-style-type: none"> <li>- Triple A's – Grampian (morning)</li> <li>- Better Lives Partnership – Dumfries and Galloway (morning)</li> <li>- Reach4reality – Highland (afternoon)</li> </ul>
7	<b>Project SEARCH</b>
8	<b>NES e-learning Resource</b>
9	<b>SSSC</b>
10	<b>Support Groups</b> <ul style="list-style-type: none"> <li>- The Waggy Dog Project – West Lothian (afternoon)</li> <li>- Differabled Scotland</li> </ul>



# MARKETPLACE ORGANISATIONS cont.



**Autism Network Scotland**, based within the University of Strathclyde is a delivery partner in the implementation of the Scottish Strategy for Autism. In addition to the Strategy, Autism Network Scotland collaborates with many partners, providing consultancy services and responses to enquiries from autistic individuals, parents, carers and practitioners. Come and meet the team and discuss current projects.



**Better Lives Partnership's** aim is to develop and deliver a range of opportunities for children and young people with ASD and related disabilities as well as their families, carers and the practitioners who support them.

The Bridge to Employment Programme gives young people with ASD an individualised programme of nationally accredited training in the area of interest preparing them for their next step towards employment, self-employment, education, training or volunteering.

The programme offers 3 inter-linked strands – comprising; Employability, Enterprise and Independent Tasks. The young people also engage in a supported work experience placement. These are delivered together in a person-centred way to give the young people the best opportunity for transition.

## INSPIRING SCOTLAND

**Inspiring Scotland** was formed in 2008 to tackle some of the long-term entrenched social problems faced by Scotland's people and communities. Problems like long-term unemployment, poor health and inequalities. We wanted to change that. To do this, we adopted the venture philanthropy model of long-term financial support matched with tailored development support to the charity sector. We help organisations to maximise their social impact. Over the last 10 years, we are delighted that over 100,000 lives have been transformed, we've worked with over 300 charities and managed £120m in funds.



# MARKETPLACE ORGANISATIONS cont.



## “Autism across the lifespan: Because Life Happens!”



The animation and e-learning module have been developed in collaboration with Autism Network Scotland (ANS) and with the active participation of autistic individuals and the wider autism community. Five characters from the animation demonstrate in greater detail the key concepts of transitions and change, theories of autism and opportunities to reflect on personal experience of transitions and change. Learners identify personal and external resources available to autistic individuals that might support resilience, the ability to manage periods of transitions and change and living fulfilling lives.

The resource is appropriate for staff working across health and social care sectors in a variety of roles. Working through scenarios staff learn about their potential role in supporting individuals whilst recognising the roles also played by other organisations, as well as family and the wider community, in supporting the autistic individual.

The resource includes signposting to further information, guidance and support.



Project | SEARCH

**Project SEARCH** is a one year transition programme which provides employability training and education for individuals with disabilities and/or autism. The goal is to provide on-site internship experiences in order for young adults to acquire necessary skills leading to competitive employment.

The programme occurs on-site at a business which has the commitment to support people with learning disabilities and/or Autism in the workplace. It requires the young person to commit to attending Monday to Friday from 9am – 4pm, with a minimum of 4 hours work a day in their work placement.

Each individual applies to the programme through the City of Glasgow College website and is accepted through a selection process.



**Reach4Reality** was set up in Highland in February 2013 and provides positive activities for young people with social communication difficulties through a planned series of outdoor activity breaks (camps) tailored to their individual

needs. Camps may last from a 24 hour stop over, a weekend or up to a week in the school holidays. Young people are accompanied and supported on a 1:1 ratio by our team of carefully selected and trained volunteers.



# MARKETPLACE ORGANISATIONS cont.

**SMARTS Model - SMARTS** an acronym stands **S**kills, **M**otivation, **A**wareness, **R**egulation and **T**hinking, the last **S** stands for the 'stuff' that gets in the way of successfully getting on with the day.

SMARTS is a simple brain based approach that enables effective post diagnostic support in a wide variety of neurodevelopmental conditions. SMARTS is about supporting the person to bring their best (SMART) skills consistently so that the broadest range of situations work out day to day.

Within Forth Valley we have been running SMARTS Parenting Groups, SMARTS professional trainings and SMARTS for people with ASD and most recently Adults with ASD post diagnostic SMARTS support groups. The SMARTS project is supported by the Scottish Government ASD Fund.



The **SSSC** protect the public by registering social service workers, setting standards for their practice, conduct, training and education and by supporting their professional development. By doing this we increase the protection of people who use services. Our work means the people of Scotland can count on social services being provided by a trusted, skilled and confident workforce.

The SSSC has developed a Support Workers App to help provide guidance to people who want to have a basic understanding of autism, which will be launched at the conference. Please note that this is intended to be used for basic awareness only.



**The Triple A's** (Autism Awareness Association in Aberdeen) are an entirely autism led peer support charity for people on the autistic

spectrum. What we do is primarily social, providing people with autism a place where we can interact with others, in a way that is reasonably natural. We currently run a number of social groups throughout the week which default very strongly around gaming, as we run our groups around the interests of the members.



## MARKETPLACE ORGANISATIONS cont.



The Waggy Dog Project

**The Waggy Dog Project** was set up in February, 2017 by Laura Docherty and Sarah Nisbet and aims to help children with autism become more sociable by engaging with autistic children on their terms; raise awareness, acceptance and understanding by visiting mainstream and additional needs schools and to train and provide autism assistance dogs.

## THE BOOK STALL

**Dawn Connor's** book, "**Supporting Children with Autism in the Primary Classroom: A Practical Approach**" is an invaluable resource offering a wealth of strategies to enable you to support children with autism in the mainstream classroom. Cutting through the jargon and recognising the huge variety of ways in which children's perceptions, feelings and behaviours may be affected by autism, the text is packed with practical advice to help you create a classroom environment which will meet the needs of the individual child.

Each chapter in the book addresses some of the most common social, practical and behavioural difficulties that a child with autism may face at school, and details tried and tested approaches for improving their experiences and outcomes in your classroom.

Come and meet **Dawn** at the Marketplace.





## THE BOOK STALL cont.

**Deferred Sunlight** is a series of coping strategies written originally as individual handouts, each dealing with a specific issue. Subjects covered include travelling, moving house, working, claiming benefits, dealing with crowded events, redundancy and disciplinary action at work. There is also a chapter about supporting someone else, written for autistic people and anyone supporting an autistic person.

Adapted from a 2015 fundraising booklet, **If Streetlights Could Glow Ultraviolet** includes new and updated content. It combines personal stories with observations on being autistic in an often inaccessible society.

**Katherine Highland** is an autistic author, living in Nairn. She has published two books, all the proceeds of which go to the Highland One Stop Shop (HOSS). This is an Inverness based service run by Autism Initiatives for autistic adults in the Scottish Highlands.

**Katherine** will not be at the Marketplace.

**Gail Keating** who lives in Midlothian has distilled over 30 years of learning from young people with autism or complex needs, in a new book "**Paper and Pens**" aimed at parents and carers. Gail wrote this enjoyable, friendly read for anyone who is interested in creative ways to improve mutual communication. Gail's books are two illustrated volumes of her stories with plenty of ideas for creative dialogue to help her understand her pupil's point of view. This helped her find ways to reduce anxiety for everyone by better understanding what each other were trying to say. "This book aims to help all of us who share the lives of those with what is called autism to learn to think differently ourselves so that they can understand us better."

Come and meet **Gail** at the Marketplace.

## JOHN SMITHS BOOKSHOP, UNIVERSITY OF STRATHCLYDE

Enjoy a **20% Delegate Discount** on a selection of new and recent publications on Autism **until 30<sup>th</sup> April 2019.**

The titles included in the offer can be viewed and purchased by entering the following link into a web browser

[www.js-strath.co.uk/offers/6113](http://www.js-strath.co.uk/offers/6113)

Purchases can also be made at the same terms via Institutional / L.A. procurement systems. Please contact [ian.merry@johnmsith.co.uk](mailto:ian.merry@johnmsith.co.uk) for further information.



# PLENARY & WORKSHOP SPEAKER BIOGRAPHIES

## Prof Jean MacLellan OBE, Director, Autism Network Scotland



Professor Jean MacLellan, is a social worker by background who has worked in a variety of roles in local authorities, health and the voluntary sector. For much of her career she worked as a Social Work Inspector and Senior Civil Servant in the Scottish Government. In that capacity she led policy on adult protection, autism, carers, learning disability, sensory impairment and self-directed support. She has written extensively in terms of policy development, implementation and evaluation.

Jean was awarded an OBE for services to people with learning disabilities and to the Scottish Government in 2012.

She lives on Islay as much as she is able to - a place in which she grew up - and where her growing grandchildren give her life much joy.

## Ms Clare Haughey MSP, Minister for Mental Health, Scottish Government



Clare Haughey was appointed Minister for Mental Health in June 2018. She has worked as a mental health nurse, specialising in pregnant mothers and those with a young baby, and has been a clinical nurse manager.

Clare was elected as MSP for Rutherglen in May 2016.

She was previously a divisional **convenor** in UNISON.



# PLENARY & WORKSHOP SPEAKER BIOGRAPHIES cont.

## **Councillor Stuart Currie, Spokesperson for Health and Social Care, COSLA**



Stuart Currie was born in Musselburgh and attended Campie Primary School and Musselburgh Grammar School.

He worked in the Civil Service for 20 years and, for most of that time, was an elected trade union official, serving at branch, regional and finally national level as vice president. He was appointed as a lay member to sit on employment tribunals in 2002.

He is a SNP Councillor for Musselburgh and leader of East Lothian Council SNP Group. Councillor Currie was appointed as COSLA Interim Spokesperson for Health and Social Care on 1 October 2018. He also serves on the Scottish Joint council for Local Government Employees as Employers' Member.

In his spare time, Councillor Currie enjoys horseracing, golf and opera.

## **Gillian Barclay MBE, Strategic Lead for Dementia, Autism and learning Disabilities, Scottish Government**



An analyst by background, Gillian began her career in the Scottish Government in 2000, having previously worked in local government and the private sector. Following posts in Local Government Finance, Food and Fisheries policy, she became head of the Older People's Care Unit in 2009 and specialised in dementia policy in 2015. Her policy responsibilities expanded to include Autism and Learning Disabilities in 2017.

Gillian has a keen interest in young people and community safety. She is a Cub Scout leader in her spare time and is a member of Water Safety Scotland.



# PLENARY & WORKSHOP SPEAKER BIOGRAPHIES cont.

## Calum Irving, Director, See Me Scotland



Calum Irving has been the Director of See Me, Scotland's programme to end mental health discrimination, since June 2016.

Previously he worked in communications and campaigns in a number of third sector organisations. In 2005 he was appointed the Director of Stonewall Scotland and built a programme focussed on improving the lived experience of LGBT Scots across workplaces, public services and at school. Calum built upon his experience in influencing for change by moving to the Manchester based Our Life focussing on alcohol and diet related public health. There he played a role in building a North West wide movement for change in alcohol harm.

Immediately prior to joining See Me Calum was the first Chief Executive of Voluntary Action Scotland, the network of local third sector support organisations known as 'TSIs'.

## Celia Tennant, Chief Executive, Inspiring Scotland



With 20 years' leadership experience in the private sector, chief executive Celia Tennant joined Inspiring Scotland at its inception in 2009. Inspiring Scotland has managed over £140 million of funds invested in the Scottish voluntary sector, to tackle youth unemployment, a lack of free play opportunities for children, increased support in early years, and support for disadvantaged communities to harness their own potential.

She is a voluntary board member for the Building Safer Communities Programme Board, the Common Purpose Advisory Group, and is Chair of Building Recovery-centred Communities and Reducing Stigma Group, established by the Partnership for Action on Drugs in Scotland. Celia is also a Director of the Winning Scotland Foundation.



# PLENARY & WORKSHOP SPEAKER BIOGRAPHIES cont.

## Jon Adams, Artistic Director, Flow Observatorium



Jon Adams is an autistic artist who works cross-platform in image, word, sound, performance and Public art, weaving in fragments of autobiography, science and hidden metaphor. The result is a unique visual perspective of recording and systemizing history, time and place.

He has worked with London 2012, the Imperial War Museum, Professor Simon Baron Cohen and Sir Peter Brook. He actively feeds into national arts policy and debate around the abilities of artists, diversity and digital inclusivity and is campaigning for parity in the arts for neurodivergent artists through Flow Observatorium.

## Marion Rutherford, Lead, National Autism Implementation Team, Scottish Government



Marion Rutherford is an experienced Speech and Language Therapist, educator and researcher.

She has worked as a practitioner with people with Autism Spectrum Disorders and their families for over 25 years. Her research and publications have developed new supports and insights related to children with a range of disabilities, particularly individuals with ASD. Since 2009, Marion has maintained a

clinical role within a collaborative team in Lothian, whilst working as a Senior Research Fellow at Queen Margaret University. She has focused on research with children with disabilities, including children with ASD throughout.

She is currently advancing a PhD in Health Sciences and was a Member of the SIGN Autism Guideline Development Group (2016). In March 2019 she has taken up a role as the lead for the Scottish Government National Autism Implementation Team.





# PLENARY & WORKSHOP SPEAKER BIOGRAPHIES cont.

## **Lorna Johnston, Depute Head Teacher and Autism Co-ordinator with the Additional Support for Learning Service, City of Edinburgh Council**



Lorna Johnston is Depute Head Teacher and Autism Coordinator with the Additional Support for Learning Service in City of Edinburgh Council. Prior to this she held an autism development role working as part of a multi-disciplinary team to develop a comprehensive map of training, child and parent supports for the city. She has over 15 years of experience as a practitioner working with children and young people with autism and their families.

She completed an MSc in Autism at University of Strathclyde in 2011. For the last two years she has held a researcher role within the CIRCLE Team at Queen Margaret University focusing on the participation of children with additional support needs in mainstream school classrooms.

## **Charlene Tait, Deputy Director, Scottish Autism**



Charlene Tait has worked in the field of autism for twenty nine years. In that time she has been engaged in direct practice and service development. She was lecturer and Course Director in Postgraduate Autism studies at the University of Strathclyde and has been involved in a number of national strategic initiatives.

Career highlights to date include being a co-author of The Autism Toolbox, a resource for Scottish Schools and the development of Right Click, an on line support programme for parents and carers. She is currently leading on the development of practice based research within Scottish Autism, an initiative that aims to build an evidence base related to an individualised, personalised approach to practice.

Her main areas of interest are in family support and enabling quality of life and quality lifestyles for people across the autism spectrum.



# PLENARY & WORKSHOP SPEAKER BIOGRAPHIES cont.

## **Catherine Steedman, National Director Scotland, Autism Initiatives**



Catherine Steedman is the National Director for Autism Initiatives in Scotland. She has worked with autistic people for over twenty five years. Her career started as a Registered Nurse before moving to the voluntary sector, during which time she attained a Masters Degree in Community Care and a Masters Degree in Advanced Positive Leadership.

Throughout her work in the voluntary sector she has developed housing and occupational services; developed transition strategies and promoted stakeholder involvement. Her research into quality of life for autistic people is a foundation for Autism Initiatives in Scotland.

## **Faith Wilson, Autism Diagnostician, NHS Highland**

Faith Wilson has been employed by NHS Highland for over three decades. Her first case study as a student a way back in 1980 was about a 6 year old girl with autism and she has been fascinated by Autism ever since. Autism is known to Faith on a personal level too and she made it her mission to specialise and help people on the spectrum. After initially working in Bothwell, she moved back up to the Highlands to work with children with learning disabilities, then adults with learning disabilities, and ultimately assessing adults to identify autism. She now covers all of Highland area, which is a challenge given that it's the size of Wales.



## **Dr Audrey Espie, Consultant Clinical Neuropsychologist, NHS Fife**

Dr. Audrey Espie is a Consultant Clinical Neuropsychologist and Head of Adult and Child Learning Disability Psychology in NHS Fife. Her clinical interests include differential diagnosis, autism and challenging behaviour. She is an Honorary Research Fellow at the University of Glasgow and lectures on the Doctorate courses at both Glasgow and Edinburgh universities. She has undertaken research in a variety of areas including sleep disorders, epilepsy and, more recently, received funding for a project specific to autism and mental health. She has published on a range of issues pertinent to adults and children with intellectual disabilities and was awarded the Gower Prize in neurology

for a paper in this area pertaining to her Ph.D thesis.





# PLENARY & WORKSHOP SPEAKER BIOGRAPHIES cont.

## **Dr Katrina Johnston, Principal Clinical Psychologist, NHS Fife**



Dr Katrina Johnston is a Principal Clinical Psychologist in the Service for Children and Young People with Learning Disabilities and Autism in NHS Fife, where she has worked for 20 years. She is also a Local Area Clinical Tutor for the Doctorate in Clinical Psychology at the University of Edinburgh. Her clinical interests are in autism, particularly autism in girls, and she has published a number of papers on this topic with Dr Joshua Muggleton. Last year she was nominated for an NHS Fife award and a finalist in the Scottish Health Awards for her work with children and families in Fife.

## **Kabie Brook, Chair, Autism Rights Group Highland (ARGH)**



Autistic activist, mother & campaigner, Kabie has 30 years experience working paid and unpaid with and for Autistic people of all ages and perceived ability. Kabie is co-founder and current chairperson of ARGH – Autism Rights Group Highland, a collective advocacy, lobbying and campaigning group of Autistic adults whose projects include a UK wide alert card.

Kabie sits on the national Scottish Government Autism Strategy Review Group as well as being involved with other national and local organisations including, ASK (Autistic Space Kit), the Inverness Access Panel, the National Autistic Taskforce and also holds a community advisor role for Police Scotland.





# PLENARY & WORKSHOP SPEAKER BIOGRAPHIES cont.

## **Sonny Hallett, Chair, The Autism Mutual Aid Society Edinburgh (AMASE)**



Sonny is an illustrator, natural history enthusiast, and autistic activist. They are a co-founder and current chair of AMASE (Autistic Mutual Aid Society Edinburgh), an organisation run entirely by autistic people, aimed at advocacy, education, and autistic community-building. Sonny is co-author of AMASE's recent mental health report 'Too complicated to treat'? Autistic people seeking mental health support in Scotland', and they serve on the Scottish Government Autism Strategy Review Group. They are particularly interested in support for late-identified autistic people, the intersection of autism and mental health, and communicating autistic perspectives.

## **Callum McCrosson, Project Coordinator – Person to Person, The National Autistic Society**



Callum coordinates the 'Person to Person' project for The National Autistic Society Scotland and is himself on the autism spectrum. Diagnosed in 2011, he has been through supported and now supports others utilising his personal experiences and professional knowledge. Callum focuses primarily on public space access, employment support, post-diagnosis information, and social support for autistic people of all ages.

