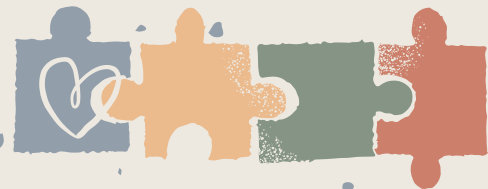


April

COUNSELING NEWSLETTER



NATIONAL AUTISM AWARENESS MONTH



April is National Autism Awareness Month.

Throughout the month, individuals focus on sharing stories and providing opportunities to increase understanding and acceptance of people with autism and fostering worldwide support.

What is Autism Spectrum Disorder (ASD)?

Autism Spectrum Disorder is a complex, lifelong developmental condition that typically appears during early childhood and can impact a person's social skills, communication, relationships, and self-regulation. The Autism experience is different for everyone. It is defined by a certain set of behaviors and is often referred to as a "spectrum condition" that affects people differently and to varying degrees.

AUTISM AWARENESS

While there is currently no single known cause of Autism, early diagnosis helps a person receive resources that can support the choices and opportunities needed to live fully.

In 2021, the Centers for Disease Control and Prevention (CDC) issued its Autism prevalence report to include the following:

- The report concluded that the prevalence of Autism has risen to **1 in every 44 persons** - more than twice as great as the 2004 rate of 1 in 125.
- Children who receive an Autism diagnosis by age 4, are **50 times more likely to receive services.**
- The 2021 report noted that more white and Black children were identified with Autism than Hispanic children.

AUTISM AWARENESS

- The 2020 report was the first to indicate that, on average, white and Black children were equally as likely to have a diagnosis by the age of 8 years, in the sample studied by the CDC.
- Currently, **boys are also approximately 4 times more likely to have an Autism diagnosis** than girls of the same age.
- Recent research suggests that girls may not display characteristics of Autism in the same way as boys and it might go undiagnosed because of their different presentations.

With the Autism diagnosis rate increasing fast, we take these 30 days to celebrate the differences, learn more, and empower autistic individuals. Everyone is encouraged to participate and bring awareness during the month of April. Whether you have autism, love someone who does, or are looking to support a diverse, accepting, and kind community, we can all come together to celebrate our differences.

RESOURCES

- Autism Society
- Puzzle Piece Project
- Autism Speaks
- Autism Helper
- Organization for Autism Research
- Autism Society
- Autism Speaks
- Autism Awareness Month

