

# SATURDAY 22ND JULY 2023

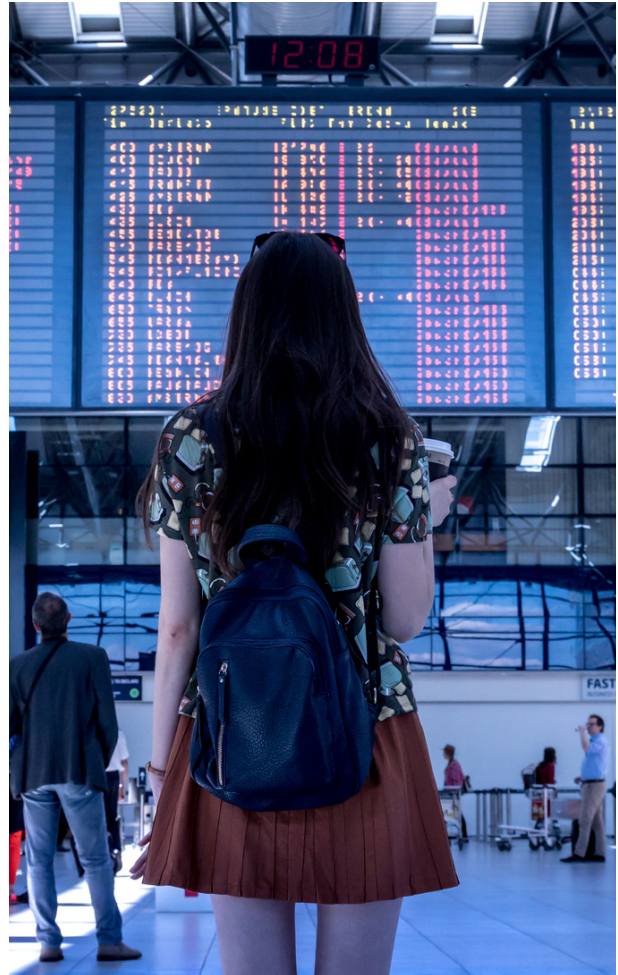
*With Lavinia Donling*

## HOLIDAY DISTRESS

Yesterday, I finished my morning clinic when John rang to ask if I was available to speak with a parent who was considerably distressed. I rang them to find that the family was expecting a taxi to take them to the airport within the next 30 minutes, but the child was still in meltdown having been so for over an hour. The issue had been semi resolved with parents agreeing that one parent would fly out whilst the other would remain with the young person. Then the parent would return and take over the care so the other parent could fly out, but the young person insisted that only Dad could fly out and not Mum. If Mum went, the young person threatened to commit suicide. The difficulty was that if Mum was to give in to this threat, the young person would continue to use this threat, yet the parents had already complied with the young person in not enforcing them to go on holiday.

With support, Mum was able to reiterate she was going whilst Dad remained with the young person, but she would return. I had a text later to state the young person had calmed and accepted Mum getting into the taxi.

It will come as no surprise that the young person has Pathological Demand Avoidance (PDA). Going on holiday can be very stressful, especially when it involves several transitions that are unfamiliar. It requires lots of prepping, as well as lots of communication and considerations. You need to look at the short term and long term picture, and make the necessary adaptations. Young people who are Autistic are usually very tired as they approach the summer holidays with the end of the academic year, regardless of the type of educational provision.





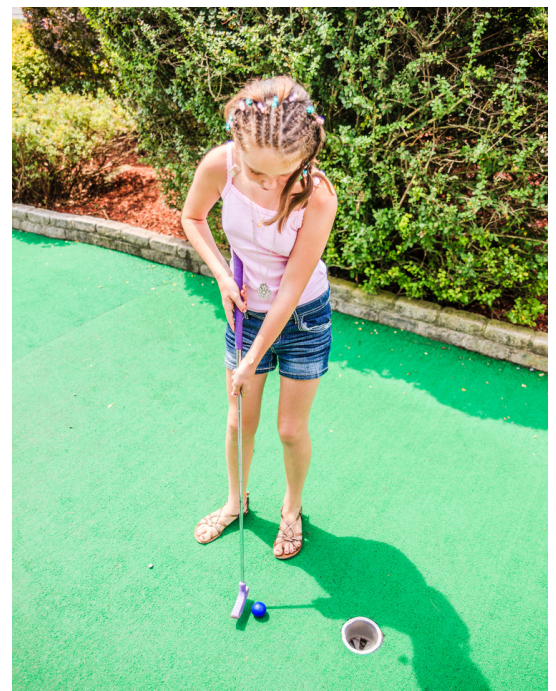
This young person had completed a family holiday abroad in the Easter holiday, and simply did not have the energy/capacity to do a second holiday abroad, even though it was a familiar holiday home with Grandparents. Boundaries cannot be lax with a PDA individual, but nor can they be rigid, and communication is vital. It needs to be more equal status discussions and negotiations. If you need help with your PDA child, then feel free to discuss your needs with John on [info@the-m-wordcic.co.uk](mailto:info@the-m-wordcic.co.uk).

#### NEURO-DIVERSE PARENTS

It's not just young people that are suffering with their Mental Health and Neuro-diversity. We have to remember that our parents are probably neuro-diverse. Many adults who were not recognized for their neuro-diversity often deteriorate and struggle throughout their adult life with poor mental health. This can have a negative impact on other family members. Many adults who have poor mental health are often diagnosed with Bi-polar when, in fact, it is ADHD, and some are diagnosed with serious anxiety types when they have not been recognized as being Autistic. If you suspect you are neuro-diverse, TMW can help with screening, and also offer support at unpicking the damage and helping you .

#### POSITIVE NEWS

We **always** love hearing news from families who are making good recoveries. One of our families sent photographs of a young person enjoying a game of crazy golf, something they have not been able to do for a long time without experiencing a meltdown. Another family has sent a photo of a young person stroking their pet in their bedroom, who has experienced very poor mental health with Obsessive Compulsive Disorder (OCD), and is slowly recovering to allow their pet into their bedroom! And a text about a young person who went to an Orthodontist appointment for braces when they could not enter a Dentist room over a year ago when their mental health was so poor! This shows you the power of tweaking parenting skills and supporting a young person's mental health. Recovery can happen very positively!





#### T M W B I R T H D A Y

We are approaching TMW's 3rd Birthday! 3 success stories of our young clients told to us this week! Our 2nd academic journal is in printing process, which will be our 3rd publication. We have received more funding from 3 different Local Authorities this week! What a way to celebrate!

Have a great weekend everyone!

*Lavinia*