

# THE YELLOW LADYBUGS PODCAST

## SERIES ONE: AUTISTIC GIRLS<sup>1</sup> AND TEENS MENTAL HEALTH

### REFERENCES, CREDITS & FURTHER READING



#### EPISODE ONE: Introduction to Internalised Autism

*Presenters: Katie Koullas & Natasha Staheli*



#### References and Credits:

The Trouble with High Masking (Autistic Pride Mumma):

[www.facebook.com/permalink.php?story\\_fbid=693052434491981&id=617314495399109](https://www.facebook.com/permalink.php?story_fbid=693052434491981&id=617314495399109)

Adaptive Morphing (Dr Wenn Lawson) [Abstract: Adaptive Morphing and Coping with Social Threat in Autism: An Autistic Perspective - Lifescience Global](#) or [Wenn Lawson \(buildsomethingpositive.com\)](#)

Identity First Language (Beth Wilson): [Identity First Language – Beth Wilson – Artist \(doodlebeth.com\)](#)

Neurodiversity (Samson and Bullis Psychology): [Neurodiversity - YouTube](#)

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<sup>1</sup> Yellow Ladybugs is an inclusive organisation, and we are using the term *girls* broadly to include cis women, transgender, non-binary and gender diverse individuals, and anyone who was socialised, or identifies as female. Our information may also be relevant to autistic cis-boys and anyone who identifies as male.

## EPISODE TWO: Protective Measures for Good Mental Health

**Host:** *Katie Koullas*

**Panellists:**

- *Ebony Birch-Hanger*
- *Dani Boucher*
- *Frances Brennan*
- *Mandar Nelson*



### Panel References and Credits:

'[So called] mild autism doesn't mean one experiences autism mildly... It means YOU experience their autism mildly. You may not know how hard they've had to work to get to the level they are.'  
Credit: Adam Walton.

### Research Papers

Autistic Masking: [A Conceptual Analysis of Autistic Masking: Understanding the Narrative of Stigma and the Illusion of Choice | Autism in Adulthood \(liebertpub.com\)](#)

Adaptive Morphing (Dr Wenn Lawson) [Abstract: Adaptive Morphing and Coping with Social Threat in Autism: An Autistic Perspective - Lifescience Global](#) or [Wenn Lawson \(buildsomethingpositive.com\)](#)

### Blogs - Autistic Adults on Autistic Masking & Energy Accounting

[Autistic Masking resources from Kieran Rose, The Autistic Advocate](#)

[Autistic Masking: Kieran Rose a new Academic Paper \(theautisticadvocate.com\)](#)

[How energy accounting has helped me manage anxiety and find balance - ABC Everyday](#)

['Blunt and frank': Embracing my Autistic identity | Reframing Autism](#)

### School Resources

<https://www.education.vic.gov.au/Documents/school/teachers/health/mentalhealth/mental-health-wellbeing-advice-for-teachers.pdf>

<https://www.education.vic.gov.au/school/teachers/health/mentalhealth/Pages/mentalhealthtoolkit.aspx>

### Other Resources:

Setting boundaries: [Boundaries-Webinar WomensAdvocates PPT-Slides-11-2020.pdf \(wadvocates.org\)](#)

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## EPIISODE THREE. Understanding Meltdowns and Shutdowns

**Hosts:** *Katie Koullas and Natasha Staheli*

**Panellists:**

- *Allison Davies*
- *Amanda Buckland*
- *Dannielle Wilson*



### Panel References/Credits

Flipping Maslow's Hierarchy of Needs: [Maslow Got It Wrong | Medium](#)

'Kids do well if they can' and 'If they can't do well, it's because they have lagging skills'. Credit Dr Ross Greene: [Lives in the Balance and Dr. Greene's approach](#)

'Kids do well if they can, and if they can't, we teach' Credit: Dr Alberto Veloso

### Autistic Adults on Meltdowns and Shutdowns

[THINKING PERSON'S GUIDE TO AUTISM: Autistic Insights on Meltdowns, Aggression, and Self-Injury \(thinkingautismguide.com\)](#)

[Faith, Hope, and Love...With Autism: Meltdowns and Shutdowns at School \(faithhopeloveautism.blogspot.com\)](#)

[Ask an Autistic #20 - What are Autistic Shutdowns? - YouTube](#)

[Ask an Autistic #15 - What are Autistic Meltdowns? - YouTube](#)

[Dear Autistic Kid, on meltdowns and shame – Autistic Science Person](#)

[The Protective Gift of Meltdowns – Unstrange Mind](#)

[Anatomy of a Meltdown | Musings of an Aspie](#)

[Autistic Meltdown or Temper Tantrum? | Judy Endow](#)

[BBC - The Social - How it feels to have an autistic meltdown and how you can help](#)

[The Autistic Self Advocacy Network - 10 ways to Alleviate An Autistic Meltdown. - 10 ways to Alleviate An Autistic Meltdown. \(tumblr.com\)](#)

[THINKING PERSON'S GUIDE TO AUTISM: Meltdowns: How Autistic Humans Experience Crises \(thinkingautismguide.com\)](#)



## EPISODE FOUR: Understanding Complex Behaviour

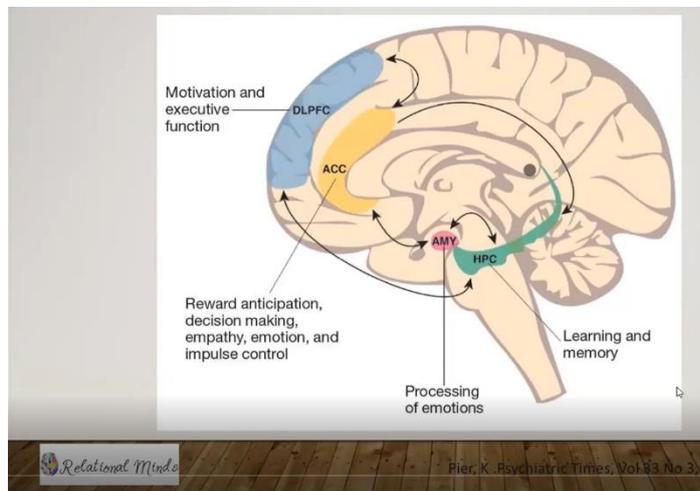
Host: *Natasha Staheli*

Panellist

- *Dr Alberto Veloso*



### Panel References



### PACE Resources

<https://ddpnetwork.org/about-ddp/meant-pace/>

<https://www.oxfordshire.gov.uk/sites/default/files/file/children-and-families/PACEforteachers.pdf>

<https://blogs.glowscotland.org.uk/na/naccovid19/staff/the-p-in-pace-a-care-giving-formula-by-dan-hughes/>

<https://www.communityservices.act.gov.au/ocys/therapeutic-resources/pace-a-brain-based-parenting-approach>

<https://www.epinsight.com/post/the-p-in-pace-playfulness>

### Other Resources:

[How Teachers Can Help Students with Challenging Behaviors, with Drs. Porges and Delahooke | Bright & Quirky \(brightandquirky.com\)](#)

Dr Stuart Shanker: [Self-Reg Institute – The Self Regulation Institute](#), [Tools - Self-Reg](#), [Home - Self-Reg](#)

Mona Delahooke, PhD: [Mona Delahooke, PhD - Pediatric Psychologist - California](#)

Dr Stephen Porges: [Home of Dr. Stephen Porges](#)

Dr Ross Greene: [Dr. Ross Greene \(drrossgreene.com\)](#), [Lives in the Balance](#) and [Dr. Greene's approach](#)

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## EPISODE FIVE: Complex Mental Health

**Hosts:** *Katie Koullas and Natasha Staheli*

**Panellists:**

- *Ginny Grant*
- *Chloe Hayden*
- *Amelia Berthold*



### References/Research Papers/Studies

[Autism Spectrum Disorder in Anorexia Nervosa: An Updated Literature Review | SpringerLink](#)

[A novel approach for autism spectrum condition patients with eating disorders: Analysis of treatment cost-savings - Tchanturia - 2021 - European Eating Disorders Review - Wiley Online Library](#)

[Is Anorexia Nervosa a Version of Autism Spectrum Disorders? – Science of Eating Disorders \(scienceofeds.org\)](#)

[The effect of dialectical behaviour therapy in autism spectrum patients with suicidality and/ or self-destructive behaviour \(DIASS\): study protocol for a multicentre randomised controlled trial | BMC Psychiatry | Full Text \(biomedcentral.com\)](#)

### Eating Disorders - Autism/ARFID (Controlled Eating/Sensory Eating)

[Why girls with autism are more likely to develop anorexia \(theage.com.au\)](#) (CN: Person-first language)

[Support for Eating Disorders and Body Image Issues | Butterfly Foundation](#)

[Eating Disorders and Autism - Eating Disorders Victoria](#)

[Autism and controlled eating](#)

[Sensory Eating is not Picky Eating – Speaking of Autism... \(wordpress.com\)](#)

### Autistic Adults on Autism and Co-Occurring Conditions

[Atypical anorexia: Facing an eating disorder, Autistically | Reframing Autism](#)

[Obsessively, compulsively: An Autistic experience of OCD | Reframing Autism](#)

[Autism and mental illness: offering support not stigma – Yenn Purkis Autism Page \(home.blog\)](#)

[PEACE Pathway - Those with the Comorbidity](#)

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## EPISODE SIX: What to do in a Mental Health Crisis

**Hosts:** *Katie Koullas and Natasha Staheli*

**Panellists**

- *Amanda Buckland*
- *Gilly McKeown*
- *Dani Boucher*



### Panel References and Credits

Mobile phone analogy – credit: Jodie Smitton <https://www.jodiesmitten.co.uk>

### Research Papers

[Investigating mental health crisis in youth with autism spectrum disorder - Vasa - 2020 - Autism Research - Wiley Online Library](#)

[When a Psychiatric Crisis Hits: Children with Autism in the Emergency Room | Interactive Autism Network \(iancommunity.org\)](#)

### Adult Autistics on Autistic Burnout

[“Having All of Your Internal Resources Exhausted Beyond Measure and Being Left with No Clean-Up Crew”: Defining Autistic Burnout | Autism in Adulthood \(liebertpub.com\)](#)

[Autistic Burnout - How to Recognise and Understand \(theautisticadvocate.com\)](#)

[Autistic Regression and Fluid Adaptation | Musings of an Aspie](#)

[Burnout | autisticality](#)

[An Autistic Perspective #TakeTheMaskOff – Masking, Mental Health, & Burnout – Neurodivergent Rebel](#)

[Autistic Burnout and Aging | Judy Endow](#)

[Ask an Autistic #3 - What is Autistic Burnout? - YouTube](#)

[Emily Nagoski and Amelia Nagoski: The cure for burnout \(hint: it isn't self-care\) | TED Talk](#)

[Autistic Burnout: “My Physical Body and Mind Started Shutting Down” \(seattlechildrens.org\)](#)

### Self Harm

[Full article: “These Things Don’t Work.” Young People’s Views on Harm Minimization Strategies as a Proxy for Self-Harm: A Mixed Methods Approach \(tandfonline.com\)](#)

### Safety Plan templates

[Create your Beyond Now safety plan online - Beyond Blue](#)

[Brown\\_StanleySafetyPlanTemplate.pdf \(suicidepreventionlifeline.org\)](#)

[Safety Plan Template \(psychdb.com\)](#)

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## EPISODE SEVEN: Gender and Sexuality

**Host:** Katie Koullas

**Panellists:**

- *Dr Wenn Lawson*
- *Hannah Arbuthnott*
- *Clem Bastow*
- *Shadia Hancock*



### References/Research Papers/Studies:

“Transgender and gender-diverse adults are three to six times more likely as cisgender adults to be diagnosed as autistic” (2020 Study from University of Cambridge’s Autism Research Centre)  
[Transgender and gender-diverse individuals are more likely to be autistic and report higher autistic traits | University of Cambridge](#)

“Sexuality is also more varied among autistic people – in a 2018 study, 30% of autistic people identified as heterosexual, compared with 70% of neurotypical participants. 2020 study – although half of 247 autistic women in the study identified as cisgender, only 8% reported being exclusively heterosexual.” [Gender and sexuality in autism, explained | Spectrum | Autism Research News \(spectrumnews.org\)](#)

### Other Resources

Amaze: [Information Sheet 17 When your child is transgender gender diverse.pub \(amaze.org.au\)](#)

Amaze: [Information Sheet 18 Resources about transgender gender diverse youth for parents of autistic young people.pub \(amaze.org.au\)](#)

Safe Schools: [Safe Schools \(education.vic.gov.au\)](#)

I CAN Network: [TIP-SHEET-4-LGBTIQA-AUTISTIC.pdf \(icannetwork.online\)](#)

Minus 18: [Home | Minus18](#)

Hannah Gadsby interview: [Hannah Gadsby, Gender and Autism - AsIAm.ie](#)

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## EPISODE EIGHT: Supporting Neurodivergent Parents

*Host: Katie Koullas*

*Panellists*

- *Allison Davies*
- *Dannielle Wilson*
- *Mandar Nelson*



### Research Papers

[Intense connection and love: The experiences of autistic mothers - Amber-Sophie Dugdale, Andrew R Thompson, Alexandra Leedham, Nigel Beail, Megan Freeth, 2021 \(sagepub.com\)](#)

### Resources

[Kristy Forbes - Autism & Neurodiversity Support Specialist](#)

[Not water, tears: An Autistic story of motherhood | Reframing Autism](#)

[Mothers with autism: 'I mothered my children in a very different way' | Family | The Guardian](#)

[Having autism made me a better mother \(todaysparent.com\)](#)

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## YELLOW LADYBUGS PODCAST SERIES ONE: AUTISTIC GIRLS AND TEENS MENTAL HEALTH

### PANELLIST BIOGRAPHIES

#### **Hannah Arbuthnott (They/He)**

Hannah Arbuthnott is a queer, non-binary comedian from Melbourne, Australia. They have a dual diagnosis of Autism and ADHD, and have worked with Yellow Ladybugs as a speaker at past events, sharing their experiences as an AFAB (assigned female at birth) neurodiverse person, with a particular interest in the intersectionality of gender, sexuality, and autism, and autistic representation in media.

[Hannah Arbuthnott \(@h\\_arbuthnott\)](#) • [Instagram photos and videos](#)

#### **Clem Bastow (She/They)**

Clem is a screenwriter, author, autism advocate and cultural critic. Her writing appears regularly in *The Guardian* and *The Saturday Paper*, and she teaches screenwriting at University of Melbourne; she is also currently undertaking a PhD in screenwriting and autistic experience at RMIT. Clem was diagnosed as Autistic at 36, and now with the clarity of a diagnosis, sees her entire life through a prism of understanding and has never felt more comfortable being themselves. Clem's debut book, *Late Bloomer*, is out through Hardie Grant Books on July 7th, 2021; a heartfelt coming-of-age memoir that will change the way you think about autism, *Late Bloomer* challenges the broader cultural implications and ideas around autism, especially for women and gender-diverse people.

[Clem Bastow](#)

[Clem Bastow \(@clembastow\)](#) • [Instagram photos and videos](#)

#### **Amelia Berthold (She/Her)**

Amelia will share her mental health and autism journey, in particular her experience with complex anxiety and bipolar disorders. At 20 years of age, Amelia will unpack the struggles, what it was like being picked on and ostracised throughout her schooling and in sports teams but ultimately share her coping strategies so other autistic girls know that this is not the end of the road for them. Amelia is studying a Bachelor of Archaeology, and loves to read, play soccer, and dance ballet, and her favourite colour is green!

[Amelia Berthold | Facebook](#)

[Amelia Berthold \(@millze \)](#) • [Instagram photos and videos](#)

#### **Ebony Birch-Hanger (She/Her)**

Ebony is a Special Education Teacher, Teacher of the Deaf, Neurodevelopmental Therapist, Education Consultant & Kodaly Music Specialist. Ebony relates to her clients through recollections of the obstacles that being on the Spectrum has brought her. Her number one belief is that people are only limited by the limitations placed on them by others. Ebony has been a popular speaker at previous Yellow Ladybugs events with her combined lived and professional experience - offering practical and insightful strategies to support autistic individuals.

[Ebony Birch-Hanger \(ebonybirchhanger.com\)](#)

[Personalised Approaches - Education, Therapy, Consultancy, Health](#)

[Ebony Birch-Hanger - Speaker | Facebook](#)

#### **Dani Boucher (She/ Her)**

Dani is a 43-year-old mother of three and a teacher. She has a lot to say about raising and teaching neurodivergent children, but the child she wants to talk about is her. Chasing acceptance, she became the high achiever, and learnt to comply and people please to suppress any distress or overwhelm she was experiencing. In high school she chased brilliance, until it started unravelling. She couldn't manage friendships - it was all so intense. Family disappointment, pressure and isolation made her crumble. Dani decided life was just too hard and her mental health spiralled. Without receiving help, she continued chasing brilliance, which came at a cost - she became bulimic and lost friendships and ultimately ended up in autistic burnout. With her new diagnosis and self-understanding, Dani is disentangling herself from this conflict and in learning how to be who she is,

she is working out how to help all those children, including her own, whose story can be different through understanding, compassion and radical acceptance.

### **Frances Brennan (She/Her)**

Frances is a 31-year-old speech pathologist and entrepreneur and was diagnosed with ASD and ADHD last year. Frances' high school years were marked with delinquent behaviour and school issues, and her young adult years marked by mental health issues and many different/incorrect labels. Many educators/doctors refused to acknowledge her neurodivergence based on her success in her studies/career as though this precluded her from having any struggles. Frances speak about both the toll masking takes on an individual and the struggles that can be faced when neurodivergence is not recognised and supported early.

[The Speech Tree – Paediatric Speech Pathology](#)

[The Speech Tree | Facebook](#)

### **Amanda Buckland (She/Her)**

Amanda (AKA Autistic Pride Mumma) is a registered and openly-Autistic and multiply- neurodivergent psychologist with substantial clinical and life experience, and mother to two differently Neurodivergent teens. Being late-identified as Autistic herself, Amanda has a unique set of knowledge, skills, working from an Autistic and Neurodivergent-empowering, trauma-informed, holistic approach. She has also worked in several secondary and primary Schools since 1998, providing counselling, assessment and therapeutic support to young people, their families, and educators.

[Autistic Pride Mumma | Facebook](#)

[Neurodivergent Psychologist | Facebook](#)

### **Allison Davies (She/Her)**

Allison is one of Australia's leading voices for child inclusion and changing the way we approach behaviour. All is autistic and works with schools and parenting groups worldwide to help deliver light bulb moments about how our children's brains work, and how we can support their brain development to help them (and us!) thrive. Her extensive training, personal experience and incredibly engaging and entertaining style of delivery connect with her audience and create raving fans whose lives are forever transformed for the better.

[Home - Allison Davies - Music and the Brain](#)

[Allison Davies - Music and the Brain | Facebook](#)

### **Ginny Grant (She/Her)**

Ginny is a proud late-diagnosed Autistic woman. She is passionate about Autistic and mental health advocacy and has written several wide-reaching articles on her experiences of mental illness. Ginny currently works as Communications Manager of Autistic-led not-for-profit organisation, Reframing Autism, which provides support and education to families of Autistic people. Ginny is the host of the Amplified podcast series, featuring Autistic individuals from around the world. Previously Ginny volunteered as Yellow Ladybugs' New South Wales Chapter Head, coordinating Sydney-based events for Autistic girls and gender diverse individuals.

### **Shadia Hancock (They/Them/Theirs)**

Shadia is the proud owner, and founder of Autism Actually, and enjoys presenting and consultancy. Shadia is committed to empowering fellow Autistic and Neurodivergent individuals and helping them reach their true potential. Shadia is currently studying Bachelor of Speech Pathology with the hope of providing client centred animal assisted therapy for Neurodivergent individuals. Shadia was diagnosed with Autism at the age of three, and Generalised Anxiety Disorder at the age of 14. Shadia came out as non-binary in early 2018 and loves talking about Autism and gender issues. Shadia benefited from numerous early supports such as speech therapy and occupational therapy. Shadia is very passionate about sharing information about what being Autistic is like.

[Autism and Neurodiversity | www.autismactually.com.au | Australia](#)

[Autism Actually | Facebook](#)

[Frey the Assistance Dog Trainee | Facebook](#)

**Chloe Hayden (She/Her)**

Chloe is an autistic woman & has ADHD. She works as a passionate advocate, is an actor, YouTube artist, horse rider, Tiktoker, singer & is an award winning international public speaker. As a Yellow Ladybugs ambassador, she is excited to be joining the panel, and will talk through her lived experience and the intersection of autism and eating disorders.

[Chloe Hayden – Different, not Less \(princessaspian.com\)](https://princessaspian.com)

[Chloé Hayden - YouTube](#)

[Chloé Hayden | Facebook](#)

[Chloé Hayden \(@chloeshayden\) • Instagram photos and videos](#)

**Katie Koullas (She/Her)**

Katie is the passionate creator and CEO of Yellow Ladybugs – an autistic led charity dedicated to supporting autistic girls, women, and gender diverse individuals. Being part of a neurodivergent family, and accessing a range of mental health services, Katie will share both her lived experience and represent the wider community, in order to deliver much needed change in this space. Katie has presented at many conferences, been nominated for Australian of the Year for her advocacy and worked hard to create systemic change with the state and federal government to better support neurodivergent individuals. Her career has been a windy road of discovery, like many fellow ADHDers can relate to, including professional roles as accountant and tax advisor, marketing and events manager, HR and recruitment advisor and even a university teacher! But her favourite role has been working alongside her neurodivergent team and helping YLB grow to make as big of an impact in the community and for her community as possible. She is also passionately obsessed with cat and kittens, anything that sparkles and Golden Girls.

[Yellow Ladybugs](#)

[Yellow Ladybugs, Autistic Girls & Women | Facebook](#)

[info@yellowladybugs.com.au](mailto:info@yellowladybugs.com.au)

**Dr Wenn Lawson (He/Him)**

Dr. Wenn, (Phd) AFBPsS MAPS AASW, autistic, a family man with autistic offspring and autistic grandchildren, a lecturer, psychologist, researcher, advocate, writer and poet, has shared his experiences, writings and resources for over 3 decades. Wenn is an Associate Researcher with Curtin University (WA), & Macquarie University (NSW) & Tutor Practitioner with the University of Birmingham's (UK) Masters Autism course, a member of the autism Co-operative Research Centre (ACRC), Co-Chair of the Autism Research Council, Australia, Ambassador for 'I CAN', Australia, and on the Editorial Board 'Autism in Adulthood'. Dr. Wenn is a member of The ND Co. Australia. In 2008 he won 4th place as Victorian Australian of The Year & in 2017 he presented to the United Nations on matters of Autism and ageing.

[Wenn Lawson \(buildsomethingpositive.com\)](https://buildsomethingpositive.com)

**Gilly McKeown (She/Her)**

Gilly McKeown is an autistic woman who will share her experiences (as an undiagnosed autistic woman) at high school. She wants to talk about bullying, self-harm, trying to fit in and exam pressure. She will share how a special interest can save you and change your life in a really positive way and encourage girls to find that space where they really belong. Gilly-Elle is currently undertaking a PhD at the Faculty of Education, University of Tasmania. Gilly-Elle is studying autism and physical activity.

**Mandar Nelson (She/Her)**

Mandar is a Melbourne-based illustrator and designer whose deep and insatiable curiosity is rivalled only by the torment of a toddler who has recently learned the word 'why'. Innovative and irreverent, she is equally likely to let loose a little bit of alliteration, weird a personalised patois patched together from predominantly pop culture, and to use big words good. Third generation autistic/ADHD and raising two members of the next to be even louder and prouder of it, Mandar's vivacity brings all the peeps to her yard, without ever having to make milkshakes. It's this joy de vivre that makes her an engaging speaker who revels in sharing her wide spectrum of experience from a wild, colourful ride of a life. With a deeply personal understanding of how

important positive self-identity is, Mandar is passionate about creating resources to help inspire and empower others to embrace their place in the neurodiverse universe.

[Mandar Mandar \(@mandar.mandar\) • Instagram photos and videos](#)

### **Dr Alberto Veloso (He/Him)**

Dr Alberto is a specialist Child and Family Psychiatrist and General Paediatrician. He is a fellow of the Royal Australian and New Zealand College of Psychiatrists, and the Royal Australian College of Physicians. He is passionate about Child and Family Mental Health with a particular focus on understanding and assisting the emotional development of children and adolescents. He has specialist training in the assessment of mental health disorder including Mood disorders, Bipolar Disorder, Psychosis, Substance Abuse Disorders, PTSD, Eating Disorders, ADHD and also supports many neurodivergent and autistic clients and their families. Dr Alberto is passionate about using connection-based strategies, driven by the attitude of Playfulness Acceptance, Curiosity and Empathy to support and promote good mental health.

[Family Psychology Melbourne | Relational Minds](#)

[info@relationalminds.com.au](mailto:info@relationalminds.com.au)

### **Dannielle Wilson (She/Her)**

Dannielle Wilson is an enthusiastic neurodivergent parent, educator and student teacher who is passionate about integrating Neurodivergent and autistic culture into education and mainstream society. She uses her special interest in education psychology as well as evidence based, trauma informed practices in her every day interactions in the classroom, university, Scouts and personal life to create an inclusive environment for all. You will most often find Dannielle in the comments section supporting others and giving advice and encouraging people to use their empathy, compassion and in managing boundaries and expectations to overcome when times are tough.

[Dannielle Wilson - Neurodivergent Educator | Facebook](#)

[Dannielle Wilson \(@shewhowearsmanyhats\) • Instagram photos and videos](#)