



## HEALTHY LIVING | WELL-BEING

**Panel Title: The Benefits of Recreation on the Physical & Emotional Health & Well-being of Individuals with Autism Spectrum Disorder**

**Moderator: Dr. Erin Brooker Lozott, BCBA-D, CCC-SLP, Els for Autism Foundation**

**Panel Participants: Jen Van Horn, DT, MS HS, Holistic Nutritionist, Dr. Kimberly Watterson-Rivieccio, Licensed Mental Health Counselor, Els for Autism Foundation, and Dr. Stephen Shore, Professor, Adelphi University**

**Day One: March 23, 2023**

**Time: 9:30-10:30 a.m.**

### Abstract

In this interactive panel discussion, an interdisciplinary panel of experts will discuss the benefits of good nutrition, the arts, leisure activities, and exercise on the health and well-being of individuals with ASD. The panel will review recent research results from a Patient Care Outcome Research Institute (PCORI) study focused on mental health for autistic people, including suicide prevention. Practical examples of daily healthy living practices for individuals with ASD will be infused throughout the discussion.

### Learning Objectives

- Participants will be able to understand the role that healthy living plays in promoting positive outcomes in physical and emotional health and well-being for individuals with ASD.
- Participants will be able to recall the most up-to-date research results from the Patient Care Outcome Research Institute (PCORI) study focused on mental health for autistic people.
- Participants will be able to identify research-based practices in suicide prevention for individuals with ASD.
- Participants will be able to describe examples of daily healthy living practices supporting positive outcomes in individuals with ASD.

