Autism-Informed Mental Healthcare Training Course

22 – 26 November 2026
Nairobi

AGILE LEADERS
Training Center

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Ref: 1420_204850 **Date:** 22 – 26 November 2026 **Location:** Nairobi **Fees:** 4500 Euro

Overview

Autism-Informed Mental Healthcare Training Course is a one-week course for healthcare and mental-health professionals, service leaders, care coordinators, allied health teams, and education-health liaison functions who leave with an Autism-Informed Mental Healthcare Practice Dossier. Participants apply person-centered support, communication adjustments, sensory adaptations, co-occurring mental health formulation, risk planning, multidisciplinary care, and service improvement. Agile Leaders Training Center presents autism-informed mental healthcare as a coordinated practice discipline.

Who Should Attend

- Healthcare functions responsible for accessible assessment, treatment pathways, and reasonable adjustments
- Mental-health functions responsible for co-occurring conditions, formulation, intervention adaptation, and review
- Care coordination functions responsible for multidisciplinary plans, referrals, and continuity
- Allied health functions responsible for communication, sensory, occupational, and functional support
- Education-health liaison functions responsible for transitions and shared support arrangements
- Clinical service functions responsible for safeguarding, quality, and autism-informed service design

The course assumes participants already support people across health, mental-health, social-care, or education settings and leaves out diagnostic certification, introductory clinical practice, and prescribing decisions.

Departments and Industries

The course supports departments and industries responsible for mental-health access, coordinated care, safeguarding, and service quality.

- Hospitals, clinics, and community health services
- Mental-health, psychology, and behavioral health services
- Social care, disability support, and nonprofit organizations
- Schools, universities, and education support services
- Insurance, care-management, and employee-assistance services
- Public health, humanitarian health, and service-design teams

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Learning Objectives

By the end of this course, participants will be able to:

- Analyze autism-related communication, sensory, environmental, and mental-health needs
- Apply person-centered and neurodiversity-informed practice principles
- Build co-occurring mental health formulation and reasonable-adjustment plans
- Evaluate risk, safeguarding, crisis, and transition requirements
- Use multidisciplinary coordination and care-planning tools
- Design autism-informed mental healthcare service improvements

Course Agenda

Day 1: Autism-Informed Practice and Context

- Person-Centered Partnership and Preference Map
- Neurodiversity-Informed Practice Principles Canvas
- Communication Profile and Accessible Information Plan
- Sensory and Environmental Needs Mapping Tool
- Autonomy, Consent, and Supported Decision Record

Day 2: Mental Health Assessment and Formulation

- Co-Occurring Mental Health Condition Screening Map
- Autism-Informed Biopsychosocial Formulation Template
- Communication and Behavior Context Analysis
- Physical Health and Distress Differential Checklist
- Strengths, Protective Factors, and Support Network Map

Day 3: Adjustments, Risk, and Crisis Support

- Reasonable Adjustment Planning Matrix
- Adapted Psychological Intervention Delivery Checklist
- Risk and Safeguarding Assessment Framework
- Crisis Trigger and Response Planning Template
- Health Passport and Essential Support Profile

Day 4: Coordination and Service Improvement

- Multidisciplinary Care Coordination Map
- Shared Care Plan and Responsibility Matrix
- Transition Between Services Readiness Checklist
- Family, Carer, and Advocate Involvement Protocol
- Autism-Informed Service Improvement Scorecard

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Day 5: Autism-Informed Mental Healthcare Practice

- Exercise: Build a Communication and Sensory Adjustment Plan
- Exercise: Develop a Co-Occurring Condition Formulation
- Exercise: Construct a Risk and Crisis Response Plan
- Exercise: Map Multidisciplinary Care and Transition Actions
- Capstone Exercise: Autism-Informed Mental Healthcare Practice Dossier

Practical Exercises

The course uses suggested activities drawn from hospitals, community mental-health services, schools, disability support, and care coordination.

- Suggested activity: create a communication profile, sensory map, and reasonable-adjustment plan for an intake pathway.
- Suggested activity: develop a co-occurring mental health formulation using contextual, physical-health, and protective-factor evidence.
- Suggested activity: assemble risk, safeguarding, crisis, and transition actions for a multidisciplinary case.
- Suggested activity: evaluate a service pathway and prioritize autism-informed improvements in the capstone dossier.

FAQs

Who suits autism-informed mental healthcare training, and what does it assume?

Autism-informed mental healthcare training suits experienced professionals who support autistic people and already work with assessment, intervention, care coordination, safeguarding, education-health liaison, or service improvement.

How does autism-informed mental healthcare differ from general autism awareness training?

Autism-informed mental healthcare applies communication, sensory, formulation, risk, care-planning, and service-adjustment tools, while general autism awareness training usually introduces characteristics, language, and broad inclusion principles.

Why are communication adjustments important in autism-informed mental healthcare?

Communication adjustments make information, assessment, choices, and interventions more accessible by using clear language, preferred formats, visual support, pacing, and checks for shared understanding.

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How does autism-informed mental healthcare address co-occurring conditions?

Autism-informed mental healthcare separates autism-related needs from possible mental or physical health changes, considers context and sensory factors, and adapts assessment, formulation, intervention delivery, monitoring, and coordination.

What role does risk planning have in autism-informed mental healthcare?

Risk planning connects safeguarding, self-harm, self-neglect, exploitation, crisis triggers, environmental factors, support breakdown, responsibilities, and response actions in a person-centered plan.

Conclusion

The course connects person-centered practice, communication, sensory needs, co-occurring mental health formulation, adjustments, safeguarding, crisis response, care coordination, transitions, and service improvement. Participants take back an Autism-Informed Mental Healthcare Practice Dossier. The dossier changes practice by making preferences, adaptations, risks, responsibilities, review points, and improvement actions explicit across services.