

A photograph of a woman in a light blue denim shirt holding a black pen with a blue eraser. In front of her, a young girl with curly blonde hair is resting her head on her crossed arms, looking directly at the camera with a weary expression.

Feeling Helpless When Your Dear Ones are Affected by Autism or Addiction?



**MIOT'S
NEXT-GEN
TELEMEDICINE**
WITH INTEGRITY IN CARE

A photograph of a young man with dark hair, wearing a brown jacket, sitting at a green poker table. He has his head buried in his hands, looking down with a distressed expression. A large pile of multi-colored poker chips is visible on the table in front of him.

Learn about the mental health disorders and get expert guidance in overcoming them.

Does Your Child Have a Speech Problem and Low Social Skills?

Worry not. Count on our expert care.

Every child is a unique gift and is comparable to no other. Nurturing them and watching them grow is a priceless phase of our lives. Isn't it? When they say their first word, when they play their first game, when they look into our eyes and laugh innocently, it fills us with unexplainable joy. Though every child is created equal, they may not experience life equally. Some children may need attention, love and support also from medical practitioners along with their parents and family.

Have you noticed your child being non-responsive to calls, having a speech problem, a limited vocabulary, and a low attention span or having difficulty in expressing themselves? The cause could be a condition called autism, but worry not, our experts are here to help. We, at MIOT's Department of Mental Well-Being are well-equipped to provide ample care and support to your little one and help them navigate life better. We will also help your family gain the skills required to raise your child. Be rest assured, our experts will hold your hand every step of the way and make parenting as easy as possible. Read on for more insights about autism and how we can help your child experience a better quality of life.



What is Autism?

Autism or Autism Spectrum Disorder (ASD) is a complex developmental condition involving persistent challenges with social communication, restricted interests and repetitive behaviour.

Early detection is key.

Help your child enjoy a wholesome childhood.

Every child deserves a healthy and free-spirited life. Paying close attention to their moods, noticing unusual behaviour and seeking timely medical intervention can help autistic children embrace a normal or near-normal life.

Early signs of this developmental disorder can be noticed by parents and caregivers or paediatricians before a child reaches 1 year of age. However, the symptoms typically become more consistently visible by the time a child is 2 or 3 years old.

Symptoms of Autism in Children

- Not responding when their name is called
- Not playing 'pretend' games
- Decreased sharing of interests with others
- Difficulty appreciating their own and others' emotions
- Aversion to maintaining eye contact
- Lack of proficiency in the use of non-verbal gestures
- Stilted or scripted speech
- Interpreting abstract ideas literally
- Difficulty making friends or keeping them
- Inflexibility of behaviour, extreme difficulty coping with change
- Being overly focused on niche subjects to the exclusion of others
- Expecting others to be equally interested in those subjects
- Difficulty tolerating changes in routine and new experiences
- Sensory hypersensitivity, for example, an aversion to loud noises
- Stereotypical movements like hand flapping, rocking and spinning
- Arranging things, often toys, in a very particular manner

How we Enhance the Lives of Children with Autism

Our scientifically designed methods of intervention will ensure your little one experiences a happier childhood by improving their overall well-being. In our state-of-the-art facility with a friendly atmosphere, we make every child feel safe and comfortable.

Our well-structured program for autism includes:

- Clinical & Developmental Assessment
- Psychodiagnostic Assessment (ADOS)
- Speech & Occupational Therapy Assessment
- Creating goals that are
 - S - Specific
 - M - Measurable
 - A - Attainable
 - R - Relevant
 - T - Time-bound
- Psychoeducation
- Applied Behaviour Analysis (ABA)
- Speech therapy
- Occupational therapy
- CBT in adolescents for problematic behaviours
- Caregiver counselling
- Use of Medication (if needed)

A loved one addicted to something and lacking self-control?

We will help them get back on track.

It pains us to see a loved one – an adult, an adolescent or a child facing a setback in life because of their addiction to something – from alcohol, tobacco, drugs to gaming. They just cannot stop doing it and when they are forced to, they tend to behave in unpleasant or antisocial ways.

Addictive behaviour in a child or an adolescent can affect their education and the development of their IQ and social skills. Addiction in adults can impact their careers and important relationships. It is vital that we take steps immediately to help them overcome their psychological condition and rehabilitate them to a normal, healthy lifestyle. At MIOT's Department of Mental Well-Being, we consider your loved one as our own and help them restart life with renewed vitality. Read on to gain more insights on overcoming addiction.



What is Addiction?

Addiction is an inability to stop using a substance or engaging in a certain behaviour even though it may cause psychological or physical harm. This disorder can occur in children and in adults in different forms.

Indications to watch out for:

- A problematic pattern of drug, alcohol or tobacco use
- Poor performance in school or at the workplace
- Unusual mood changes
- Disrupted eating and sleeping habits
- Deteriorating relationships

Take Charge. Take Action Today.

Gambling, substance abuse, drinking, smoking, and even frequent gaming or the usage of social media can turn into an addiction. This is a worrisome psychological disorder that needs immediate professional treatment. Consult our team of experts if your loved one is displaying addictive behaviours. Together, let us give them a new lease of life!

MIOT's Transformational Intervention Methods

Rehabilitation for Alcohol & Substance Addiction

- Clinical & Psychosocial Assessment
- Detoxification (Pharmacological)
- De-addiction & Rehabilitation (Pharmacological & Psychological)
- Psychoeducation
- Motivational Enhancement Therapy
- Relapse Prevention Therapy
- Harm Reduction Therapy
- Individual Psychotherapy
- Group Therapy
- Caregiver Counselling
- Continued Care

Rehabilitation for Gambling Addiction (Pathological or Problem Gambling)

- Clinical & Psychosocial Assessment
- Screening Co-occurring Disorders
- Pharmacological Management
- Psychoeducation (client & family education)
- Motivational Interviewing & Enhancement Strategies
- Individual Psychotherapy
- Cognitive Behaviour Therapy
- Relapse Prevention Therapy
- Problem Solving Therapy
- Dialectical Behaviour Therapy
- Financial Counselling
- Group Therapy
- Mindfulness Therapy
- Multicultural Counselling

Rehabilitation for Gaming Addiction

- Clinical and Psychosocial Assessment
- Screening Co-occurring Disorders
- Pharmacological & Medically Augmented Therapy
- Psychoeducation
- Motivational Enhancement & Relapse Prevention Therapy
- Individual Psychotherapy (patient-centric/CBT)
- Family Counselling
- Mindfulness & Meditation
- Cyber Hygiene Counselling
- Multicultural Counselling
- Activity Scheduling & Recreational Therapy

Experience our Dedicated Expertise in a Relaxing Environment

At MIOT's Department of Mental Well-Being, we believe in a holistic approach that considers not only the psychological aspects but also the physical, social and emotional dimensions of well-being. Our handpicked team of experts create personalised treatment plans that combine therapy, medication, lifestyle changes, and support from loved ones.

Our department is a part of the sprawling 14-acre MIOT International campus. We have a state-of-the-art facility that reflects the finest global standards. Our rooms are air-conditioned and spacious, with ample natural light. They are designed with every patient's safety and convenience in mind. Our patients also have access to lush green spaces that put them in a relaxed state of mind, aiding in their recovery.

The team on-board:

Psychiatrists | Liver Neurologists | Psychologists | Developmental Paediatricians | Speech and Language Therapists | Physiotherapists | Occupational Therapists | Nursing and support staff.



MIOT's Teleconsulting Brings our Experts Right Next to You



Through MIOT's new-age teleconsulting, your loved ones can experience the care of our experts in real-time, right next to them. It can help us understand their needs before they begin their journey of recovery.

MIOT's experts give your loved ones the best chance of overcoming autism and addiction. Together, let us help them regain a healthy mind and live life to the fullest.