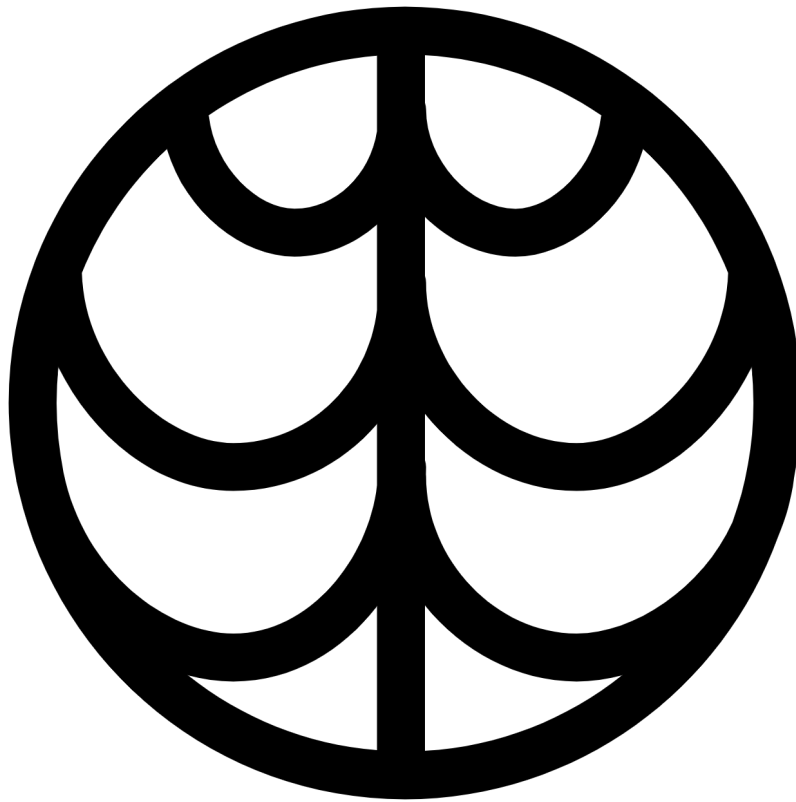


PLACE OF MIND

ANNUAL REPORT



2020

Sharing Knowledge

Knowledge is power; Place of Mind uses an education-based approach to mental health and wellness with group and individual learners.

2020

Group Presentation Topics:

- Trauma's Influence on the Brain, Body, & Behavior: Promoting Healing & Well Being
- Mental & Behavioral Health in Children with Developmental Differences
- Ethics & Boundaries of Neurodiversity & Health: What We Make of Brain and Behavior Differences
- Inclusive Mental Health & Wellness with Neurodivergent Minds
- Proactive Support & Mental Health for Complex Needs

Supporting Happy, Healthy Minds

Neurodiversity is the natural diversity of human brains and minds. Different minds are useful, important, and healthy. Place of Mind joined with neurodivergent individuals and their supporters to better understand, embrace, and celebrate differences instead of diagnosing them. Supporting healthy minds means access to accommodations for visible and invisible disabilities and a focus on health and wellness instead of interventions or treatment.

Exploring & Healing

We had many opportunities to join with individuals and supporters to better understand behaviors in a different way through person-centered brain and body science. We do not provide or recommend behavioral compliance methods and instead help to discover what underlies behaviors. We also provide community-based healing and support as many current practices and systems further traumatize and oppress neurodivergent people.

Promoting Resilience During COVID

Meeting people where they are resulted in changing and creating places including virtual options, the outdoors, and an old camper converted to a mobile office.

We also provided weekly and targeted virtual health and wellness support for individuals, families, teams, and organizations.



We Grew By Two: Introducing Clinical Consultants

WHO WE ARE

Katie Getschow, RN:
CLINICAL CONSULTANT

Dr. Angela Marx:
Licensed Clinical Psychologist
FOUNDER
[Read Full Bios](#)

Kristin Gremban, MS:
CLINICAL CONSULTANT



WHAT WE DO

Place of Mind promotes health, wellness, and healing by bringing mental health out of medical offices and into communities through inclusive relational support with neurodivergent minds across the lifespan.

REFLECTIONS

People Make Places

PARTNERS

- ▲ Inclusa
- ▲ Developmental Disabilities Network
- ▲ Dane County Human Services
- ▲ Children's Long Term Support (CLTS)
- ▲ Comprehensive Community Services (CCS)

MEETING PEOPLE WHERE THEY ARE

- Homes
- Parks
- Garages
- Hospitals
- Coffee Shops
- Doctor's Office
- Yards
- Day Programs
- Restaurants
- Crisis Homes
- Residential Facilities
- Mobile Office

16 Presentations

JOINING WITH

127
Virtual Health &
Wellness Sessions

- Neurodivergent Folx
- Families
- Individuals with Long-Term Care Needs
- Guardians
- Case Managers
- Nurses
- Primary Care Providers
- Psychiatrists
- Therapists
- Crisis Workers
- Caregivers
- County Human Services
- Teachers
- Residential Providers
- Trainers
- Behavioral Health Specialists
- Direct Care Professionals
- Agency Directors
- Advocates

30
Ongoing Clinical
Consultations

10
Health & Wellness
Plans

16
Assessments

CONTINUING TO PROMOTE HAPPY, HEALTHY BRAINS & BODIES

COMMUNITY-BASED HEALTH & HEALING:

- Prioritizing relationships and community
- Person-centered support in the social context
- Focusing on health, wellness, and happiness as defined by each person
- Trauma-informed and healing-centered at all levels

NEURODIVERGENCE & DISABILITY FOCUSED:

- Advocating against and providing alternatives to outdated and harmful approaches and practices
- Going beyond compliance to discover what lies beneath behaviors
- Respecting, supporting, and accommodating unique brains and bodies
- Inclusive mental health assessment and support for neurodivergent minds
- Clinical and health and wellness support to caregivers and support teams

EDUCATION & OUTREACH:

- Invest in new and existing partnerships and opportunities around
- Neurodiversity, disability, mental health, and community-based support

HAPPENINGS & PROJECTS

Writing

Book: Inclusive Community-Based Health and Healing (working title)
ADHD Mindfulness Manuscript with Center for Healthy Minds

Connecting/ Community Building

Empowering Neurodivergent Teens
Divergent Minds Book Club
Local Neurodiversity Affirmative Community of Practice

Creating

Info-graphics/ Videos/ Podcasts/ Blogs
Guides/ Tools for facilitating mental & behavioral health and wellness

Trainings/ Presentations

Myth-busting Autism
Trauma's Influence: Promoting Healing and Well-Being
Supporting Neurodivergence: What We Make of Brain Behavior Differences
Proactive & Responsive Behavioral Support



PLACE of MIND

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