

LOOKING BACK

YEAR
in
REVIEW



PLACE of MIND

Inclusive Psychological Services

O U R

FAVORITE MOMENTS

Hearing Alfie Kohn speak and getting to meet him at the Children's Come First Conference



WISCONSIN DEPARTMENT *of* HEALTH SERVICES

The first round of grant applications and awards has concluded and all awardees have been selected. Over 717 applications were submitted requesting over \$200 million in funding. A wide diversity and breadth of topics were represented in the applications. For the first round of awards, 69 applicant projects were selected, and over \$17 million in project funding disbursed.

Awarded an American Rescue Plan Act: Medicaid HCBS Grant in the first round

MORE OF OUR

FAVORITE MOMENTS

Hannah joined the POM Team (see her story on page 10) and had her first total Wisconsin experience- Dells, Kalahari, and Supper Club



Team Meeting at the new farm + deep fried pickles



BY the NUMBERS

36



*Long-Term
Team
Consultations*

15



*Diagnostic
Assessments*

17



*Professional
Presentations*

116



*Specialized Group
Sessions*

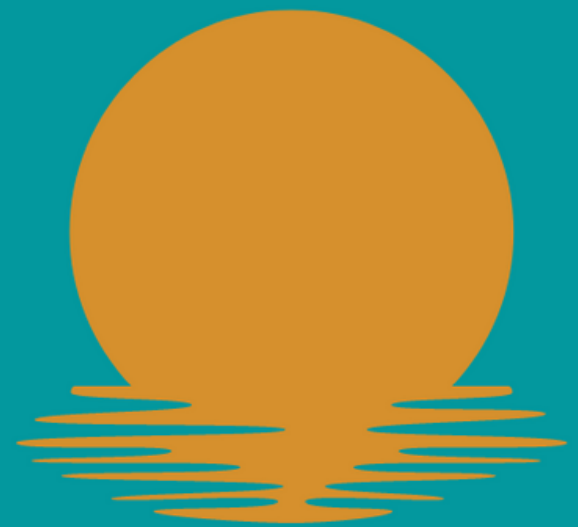


what support might look like...

PLACE OF MIND, LLC



BRAINSTORMING



CARER REFLECTION



**CULTIVATING CULTURES
OF SELF-CARE**



RESOURCE SHARING



**HOLDING SPACE
FOR WHATEVER
RISES**



**SHEDDING LIGHT ON
EXPERIENCES FROM A
BRAIN/ BODY PERSPECTIVE**

We call what we do consultation because we meet individuals and supporters wherever they are. We join with the expertise of each individual in a way that is specifically designed to avoid power differentials. The agenda is set together and success depends on the willingness to learn, take risks, and try new approaches.

3 parts
36 Weeks

Humanizing Health Fellowship

***Humanizing Health Fellowship:
Watch More About It***

PROJECTS



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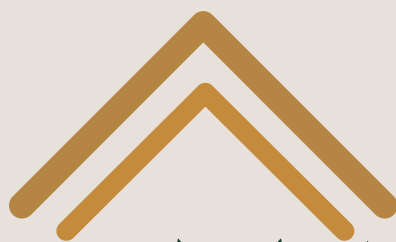
An ARPA-HCBS Grant

Redesigning Behavioral Health & Crisis Response

through prevention by addressing holistic
mental health in the context of disability and
long-term care

**American Rescue Plan Act: Medicaid HCBS Grant:
Read More About It & Stay Connected**

- *Taking Time To Help & Heal: Supporting Child Development Through a New Lens*
- *Trauma's Influence on The Brain, Body, & Behavior: Promoting Healing & Well Being*
- *Humanizing Healing*
- *Beyond Behaviors: Focusing on Connection Over Compliance*
- *Neurodiversity & Disability: What We Make of Brain and Body Differences*
- *Neurodivergent Flourishing: Fostering Happy, Healthy Brains & Bodies*
- *Expanding the Lens of Autism*
- *Autism Is Not What You Think It Is*
- *At The Intersection of Autism & Mental Health*
- *Autistic Flourishing*
- *Autistic Mental Health & Wellness*
- *Assessment of Autism in Adults*
- *Neurodiversity Affirmative Autism*
- *Neuroscience 101*
- *Ethics and Boundaries of Neurodiversity, Disability, & Health*



PRESENTATIONS



PARTNERS



Developmental Disabilities Network

John O'Brien

Heart Consulting

My Kindness Therapy

Wisconsin Association of Family & Children's Agencies

Coalition for Children, Youth & Families

Inclusa

Dane County

Include, Respect, I Self-Direct (IRIS)

Children's Long-Term Support (CLTS)

Comprehensive Community Services (CCS)

Community Outreach Wisconsin- Waisman Center

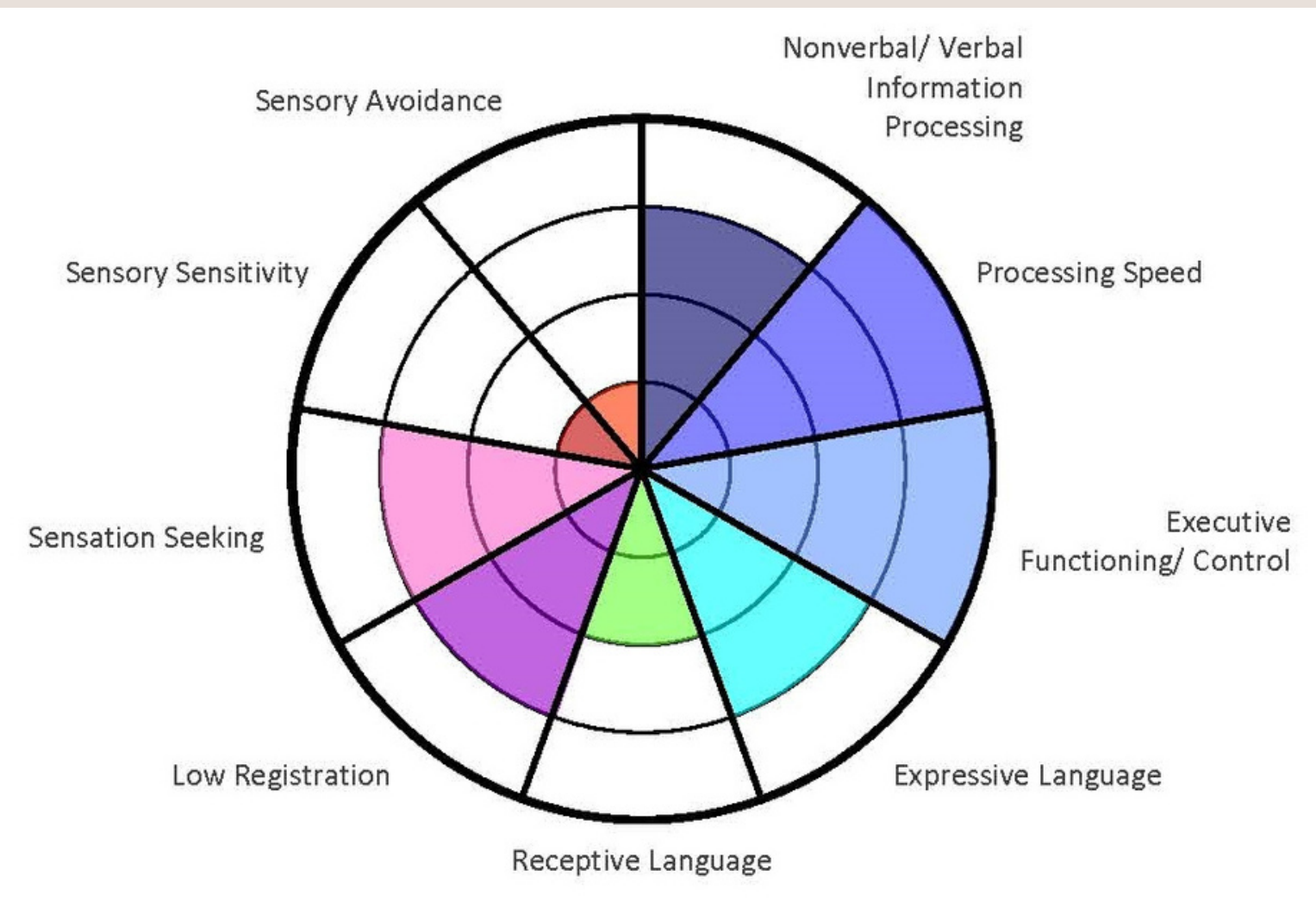
Center For Healthy Minds

American Association of Intellectual & Developmental Disabilities



USEFUL REALITY

Person-centered is not simply an approach or technique but is infused in everything that we do. All processes and interactions are sensitive, individualized, and flexible.



Color Wheels: Our strength-based approach views personal differences and diversity as meaningful, not pathological. We help individuals discover what thriving means for them and facilitate each person's unique healthy, authentic wellness.

Digging Deeper: We support health and facilitate wellness by discovering what lies beneath the surface of behaviors. The focus is on tending to the roots by understanding and supporting what's underneath.

"When a flower doesn't bloom, you change the environment in which it grows, not the flower."
~Alexander Den Heijer

WHAT WE SEE
(surface-level behavior)

TEND TO THE ROOTS BY DIGGING DEEPER

UNDERLYING REASONS

EXECUTIVE FUNCTIONING DIFFERENCES	SENSORY SENSITIVITIES	TAKES LONGER TO PROCESS INFORMATION	STRONG EMOTIONS
A LOT OF THINKING ENERGY	NEURODIVERGENT MASKING	DISCHARGING ENERGY & DISTRESS	AUTOMATIC TRAUMA/ STRESS RESPONSE
MEDICATION	UNACCOMMODATED DIFFERENCES	UNMET SOCIAL NEEDS	CONNECTION SEEKING

PLACE of MIND
Inclusive Psychological Services

THE POM TEAM

Angela Marx, PhD



Hannah Johnson, MSW



Kristin Gremban, MS



Katie Getschow, BSN, RN



HANNAH'S POM STORY



I entered my first position in the realm of home and community-based services feeling confident and well-prepared. By that time, I was equipped with formal training (a master's degree in social work and advanced training in interdisciplinary care for children and families with special healthcare needs) and relevant professional experience having worked in educational and clinical settings.

Upon starting that job, however, two truths became apparent to me. First, home and community-based services can offer unique and highly valuable opportunities for support provision and interdisciplinary collaboration. Second, while I was technically qualified for the role I stepped into, I felt an immediate urgency for more advanced training. I knew I was missing critical information that could help illustrate “the bigger picture(s)” and support more sustainable change efforts.

I started to notice similar themes emerging:

- Consistent expectations that I would provide immediate answers and solutions to complex issues that required time to understand (support teams often lacked time and/or curiosity to explore what may be going on “beneath the surface” for clients in moments of crisis).
- Much of my time was spent hearing and thinking about ways to disrupt recurring patterns of behavioral reactions and crises. Team discussions often focused on identifying new solutions to address recurring issues (such as connecting with new services, seeking out new forms of treatment, adjusting medications, adding more providers to the team, etc.), though this was not always helpful and rarely prevented issues from recurring.
- Clients often felt lonely and under-supported; it was clear that many of their basic needs were not being met.
- Setting and maintaining my own professional boundaries felt confusing and difficult (especially when providing support in people's homes).
- Significant intersectionality of disability and mental health struggles. Additional diagnoses and/or medications did not always appear to be helpful. Also, many common therapeutic interventions have not been adapted to adequately serve the needs of neurodivergent clients.
- Clients and support teams struggled with the siloed nature of our disability and mental health systems.

Even surrounded by a wonderfully supportive team of coworkers, I felt myself starting to burn out as I attempted to meet various unaddressed needs, wear a multitude of “different hats,” and form meaningful supportive relationships with clients who often needed more companionship, communication, and time than I could offer. Eager for answers, I attended a community training run by Dr. Angela Marx titled “Trauma's Influence on the Brain, Body, and Behavior.” I knew this training would provide me with valuable insights to better understand and support the clients on my caseload, but Dr. Marx's training offered me even more. Her approach, knowledge base, professional and lived experience, and expertise in the field were immediately apparent. She spoke to so many of the questions and dilemmas that I had been facing in my practice; it felt as if the integral puzzle pieces that I had been searching for were finally visible.

Once the training concluded, I introduced myself to Dr. Marx and shared the impact her presentation and overall philosophy had on me. As I conveyed my eagerness to continue learning from her, she met my enthusiasm with grace and shared excitement. Soon thereafter, I accepted an opportunity to join Dr. Marx's team at Place of Mind. Although it was a difficult choice to leave my caseload of clients and supportive team of coworkers, I am certain that I made the right choice; making this leap has allowed me to find the place where I truly belong.

YEAR SUMMARY

2022

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Professional does not mean non-relational.

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