



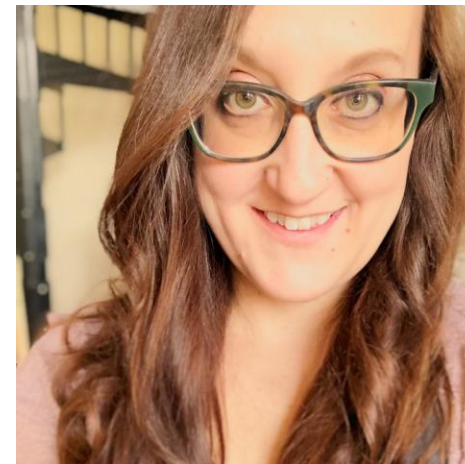
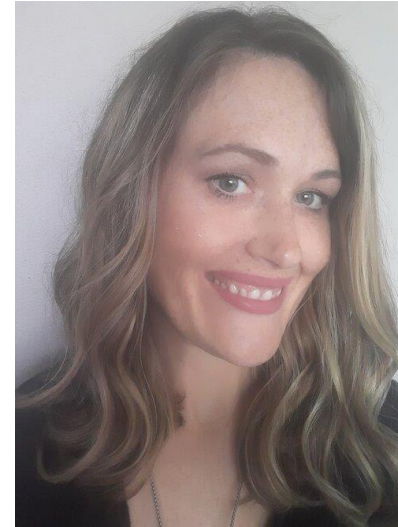
# Redesigning Behavioral Health & Crisis Response

THROUGH HOLISTIC HEALTH & NEURODIVERSITY  
IN THE CONTEXT OF DISABILITY & LONG-TERM CARE



# Place of Mind

- Mental & Disability Health
- Community-Based
- De-medicalize & De-centralize
- Individualized Health & Wellness
  
- Adult & Children Long-Term Care (CLTS, IRIS, Family Care)
- Comprehensive Community Services (CCS)
- Statewide





## IN THE CONTEXT OF DISABILITY & LONG-TERM CARE (LTC)

- Systems impact/ dependence
- Limited funding & resources
- Whole life
- Don't see a whole person (fragmented)



# Current Approaches:

## REACTIVE & TREATMENT FOCUSED/ DEHUMANIZING

### Behavioral Interventions

- Surface-Level
- Compliance-Based
- Focused on Normalization

### Physical Protection

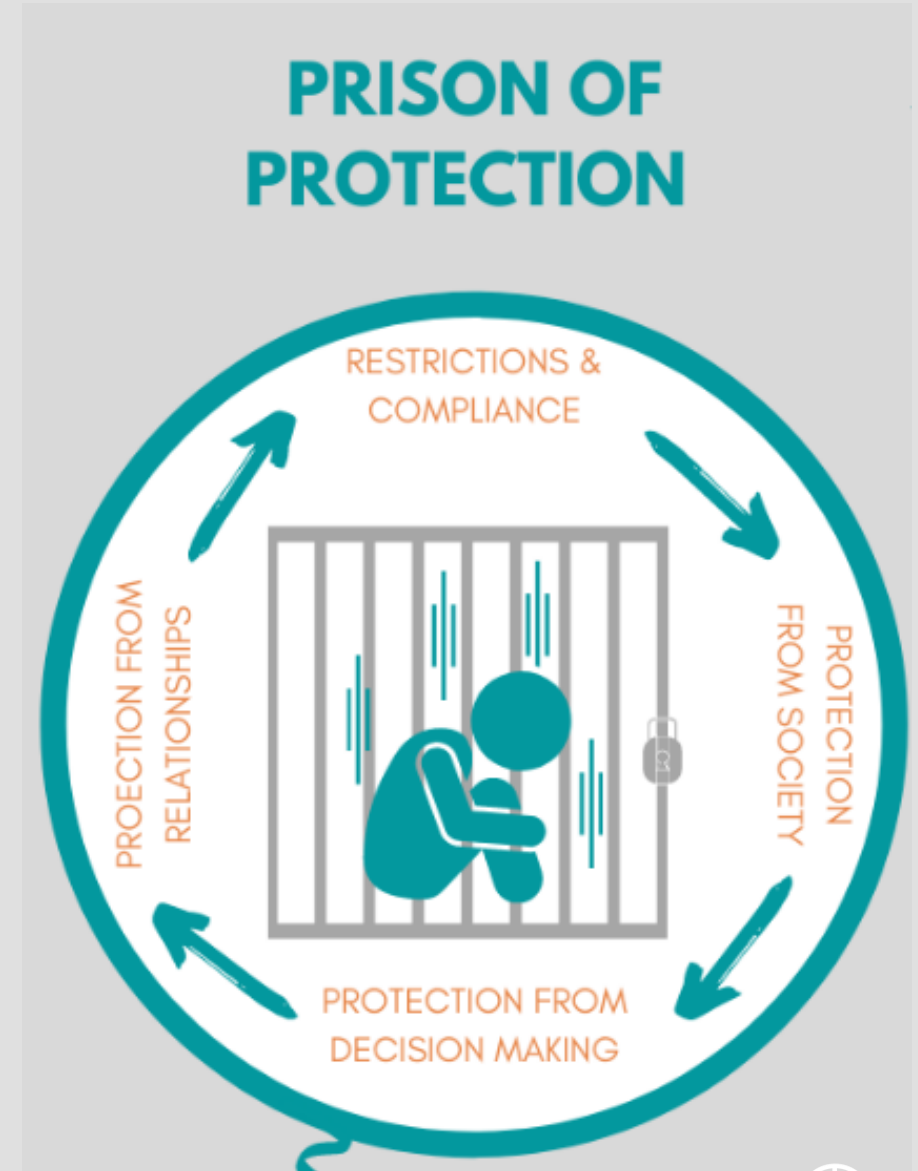
- Limitations
- Restrictions
- Isolation





# Current Approaches Come With High Costs

- Financial
  - Hospitalizations & readmissions
  - Institutionalizations
  - Medications
  - Many services & supports
- Human
  - Limits life & experiences
  - Increases vulnerability
  - Unmet human needs
  - Stress & trauma



# The Redesign: HEALTH & DIVERSITY FOCUSED/ HUMANIZING

## Neurodiversity

- Differences not defects
- Inclusion & accessibility
- Supports & accommodations

## Health & Wellness

- Brain & body science
- Lived experience
- Individualized

## Self-Advocacy

- Understanding self
- Identity
- Everyday life decisions

## Psychosocial/ Human Needs

- Support network
- Citizenship
- Basic human needs



More resources &  
training alone  
are not sufficient.

## REFRAMING SAFETY

PRISON OF PROTECTION

VS.

RING OF SAFETY



CREATES & ENHANCES VULNERABILITY



PROMOTES HAPPY, HEALTHY BRAINS & BODIES

Creating **capacity and community** to enhance quality of life; promote wellness; and address inclusion & citizenship



Those most influenced  
by the redesign will be  
co-creating it





## 3 Groups

Neurodivergent  
Emerging Adults (NEA)

Carers of NEA

Professionals supporting  
NEA



# Neurodiversity

- A biological fact
- Differences are important and necessary
- Neurodiverse
  - A group of people with different kinds of brains
- Neurotypical (neuromajority)
  - A person whose brain works in ways that society views as normal
- Neurodivergent (neurominority)
  - A person whose brain works in ways that differ from what society views as normal



# Emerging Adults: A Critical Time

- The brain is still developing and changing in very powerful ways until around age 25
- Psychological and environmental instability
- Stress & growth
- More sensitive & vulnerable
- Potential to shape health and quality of life throughout the lifespan
- Peers/ social is everything





## EMERGING ADULTS MOST AT RISK OF SOCIAL ISOLATION & EXCLUSION

- Systems impact/ dependence
- Limited funding & resources
- Whole life
- Don't see whole person (fragmented)





Joining with 3  
Groups By  
"Doing  
Differently"

Thinking

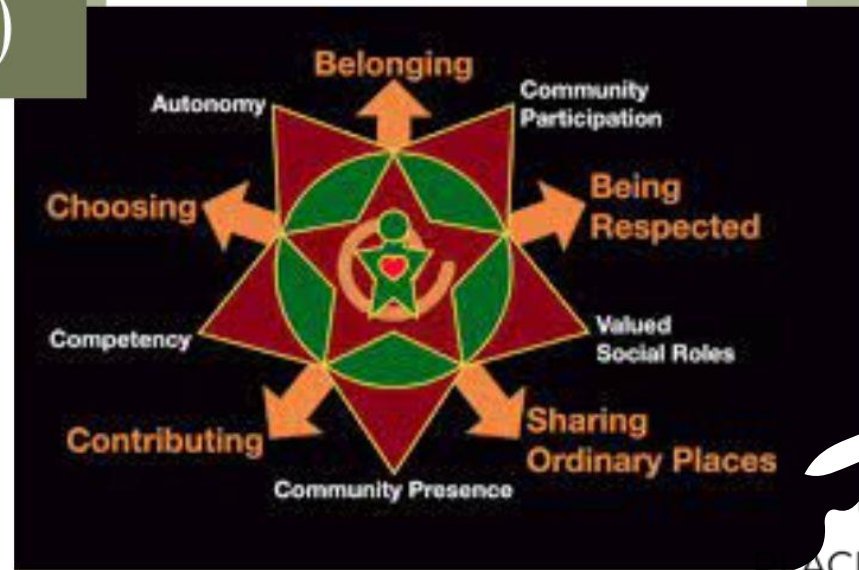
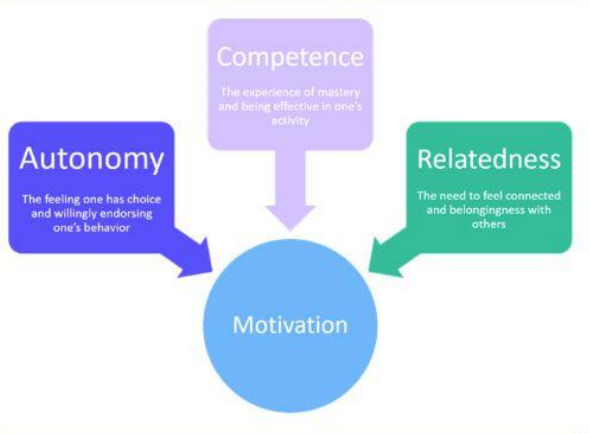
Acting

Joining/ Supporting





# HUMANIZING HEALTH (& HEALING)





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

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ALEXANDER DEN HEIJER



# Accessible Curriculum & Community

Affirms  
neurodiversity



Reclaims,  
redefines, and  
seeks wellness for  
all



A different  
common sense  
approach/ sense  
of what is possible



Interrogates the  
systems



# Experiential Learning Groups

- Prototypes
- Coming together for 24 weeks
- Co-create curriculum
- Communities of care & support

Neurodivergent  
Emerging Adults (NEA)

Carers of NEA

Professionals  
supporting NEA





# Professionals Supporting NEA Group: Aptiv

Humanizing  
Health &  
Healing  
Fellowship

Neurodiversity  
Navigator



# Content Experts

- Lived experience interviews
- Individualized co-learning opportunities

Neurodivergent  
Emerging Adults (NEA)

Carers of NEA

Professionals  
supporting NEA



- Collaborators
  - Marcie Brost
  - John O'Brien
  - Erin Smith
- Guest speakers

- Emerging and co-creating
- 22 months
- Statewide
- Inform LTC & expand beyond

## Partners & Processes



# Intentions

## Advocacy

- Better understanding of self and psychosocial & support needs
- Practical strategies and support to prevent crisis and feel better prepared to respond to concerns when they are experienced

## Inform

- Crisis prevention & response models
- Children & adult HCBS system
- To reduce admissions and readmissions of crisis hospitalizations

## Community

- Communities of care & support
- Opportunities for members become moderators/facilitators (peer support)
- Specialized certifications and career development opportunities

## Build Capacity

- Priority on psychosocial needs and advocacy in everyday life
- Diversity in support that counters isolation
- Alternatives to restrictions and rights limitations



# Opportunities

- Experiential learning groups
- Individualized interviews/ co-learning
- Partnership community
- Communities of care & support
- Bigger learning events & Listening sessions





# *What's Coming Up For You?*

QUESTIONS & FEEDBACK





*<https://myplaceofmind.com/hcbs-grant>*

