



PLACE of MIND

Inclusive Psychological Services

2021 Annual Report

HUMANIZING

This year, we continued to de-medicalize and de-centralize health & wellness, specifically as it relates to the overlap of mental health and disability health. Although we may utilize similar medically-based tools, instead of pathologizing and treating, we meet people where they are and individualize health and wellness based on a deeper understanding of their unique brain, body, and experience.

CONTEXTUALIZE

We also continue to make our supports inclusive and accessible to the diversity of human beings and brains. Our supports are long-term and relational meaning that we stick with people throughout their unique journey, however that might look.

EMPATHIZE

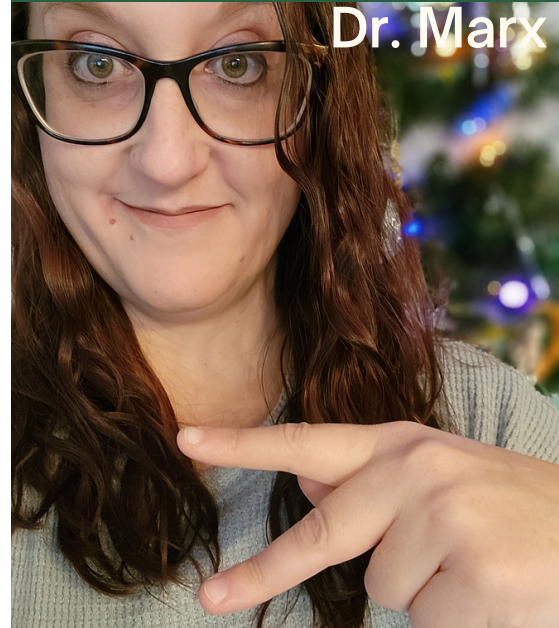
Humanizing Health A Fellowship Venture

We joined, as faculty and fellow travelers, those also invested in making concepts like citizenship and inclusion real by bringing meaning to the words; living the aspirations; and putting them into context.

The journey involved an advanced study in learning, unlearning, growing, and skill building in the context of long-term support grounded in brain and body science and the shoes of those with lived experience. It focused on doing things differently, rather than doing more by holding space for ourselves, others, and knowledge.

Throughout the venture, new and updated practices were explored and time and support were provided to integrate the new information in practical ways both personally and professionally.

This three-part hybrid fellowship consisting of virtual meetings, small group support, and individualized reflection time is ongoing into 2022 and beyond.



Dr. Marx



Kristin



Katie

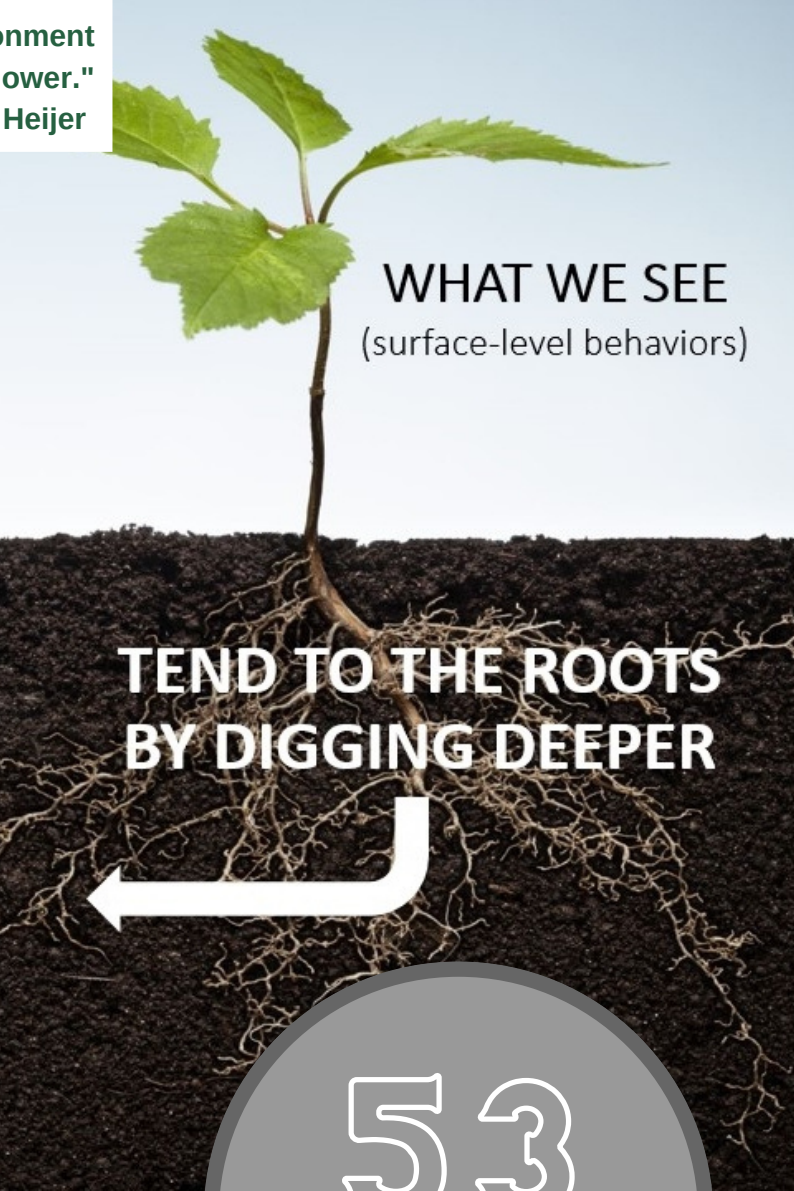
"When a flower doesn't grow, you change the environment in which it grows, not the flower."
~ Alexander Den Heijer

Consultation

Our support model is consultative and designed jointly with individuals and supporters.

Although consultation may address specific difficulties or concerns, it is ultimately focused on supporting each individual's unique neurodevelopment and mental health and wellness. The focus is on accommodations and understanding how to best support individuals long-term.

We consult across various settings in tailored ways with individuals, groups, families, support teams, organizations, and professionals.



WHAT WE SEE
(surface-level behaviors)

TEND TO THE ROOTS
BY DIGGING DEEPER

53
CONSULTATIONS
IN 2021

PROCESSES & PRODUCTS

Visual, Spoken, & Written Feedback

All information is provided in various ways and tailored to accommodate for differences in processing, communicating, and understanding

Comprehensive Report

An in-depth description of a person's unique brain, body, and experience with recommendations to promote health and wellness in the context of the person's life

Support & Accommodation Plan/ Tracking Documents

Captures co-learning experiences through consultation process and translates recommendations into everyday practices with guiding templates for tracking and follow through

It's not about doing more but "DOING DIFFERENT"

It's a common proclamation, "There's not enough time, money, resources, etc."

However, we also know that there is often not excess of any of these things available and more is not always better.

Instead of focusing on getting "more," we focus on doing differently with what we have. This involves considering what we are investing are energy in and why. Instead of the habitual ways of reacting, we support intentionally responding. And, if more does need to be added, we ask why and what is the best fit?

"Doing different' is not always an action and starts with seeing and noticing differently. The process of doing different is not a fear-based quick fix but is ongoing and evolving. It is as much about learning as it is unlearning. We welcome resistance; practice being gentle with ourselves; and stick with it, even when it feels difficult to do so. This is what we refer to as "standing in the current."



"The real voyage of discovery consists, not in seeking new landscapes, but having new eyes."

~ Marcel Proust

DD Network
Inclusa
IRIS
CCS
CLTS
Dane County
Community Outreach Waisman
Center for Healthy Minds
AAIDD WI
UW Madison Waisman Center
Heart Consulting
My Kindness Therapy

Homes
Garages
Restaurants
Day Programs
Crisis Homes
Residential Facilities
Online
Parks
Coffee Shops
Yards
Work Places
Hospitals
Institutions
Mobile Office
Schools
Doctor's Office
Vehicles

PARTNERS, PLACES & PRESENTATIONS

Take Time Tuesdays:

Discover and define what wellness means for you and facilitate health your way

Neurodivergent Book Club:

A way to connect with others, build community, and engage in intellectual discussion and a deeper reflective understanding around neurodivergence

Becoming a Self-Scientist Teen Group

Identify your brain's unique operating system. Discover life hacks for healthy, happy brains. Connect with other who have similar, yet unique brains.

Karben4 Autism Acceptance Month

Instagram Takeover:

Mythbusting- Because autism isn't what you think it is

How to Be An Ally- Because it's important this month and all year

Trauma's Influence on the Brain, Body, and Behavior

It's Not About The Behavior: Looking Beneath The Surface of "Challenging Behavior"

Supporting Neurodivergence: What We Make of Brain & Behavior Differences

Keeping People Safe With Inclusive Supports and Accommodations

"Do the best you can until you know better. Then when you know better, do better."

~Maya Angelou

INTENTIONS

Doing Differently



ALL ABOUT TRANSITION



*Connections
& Allies*



AMPLIFYING
VOICES



"When you put your hand in a flowing stream, you touch the last that has gone before and the first of what is still to come."
~ Leonardo da Vinci

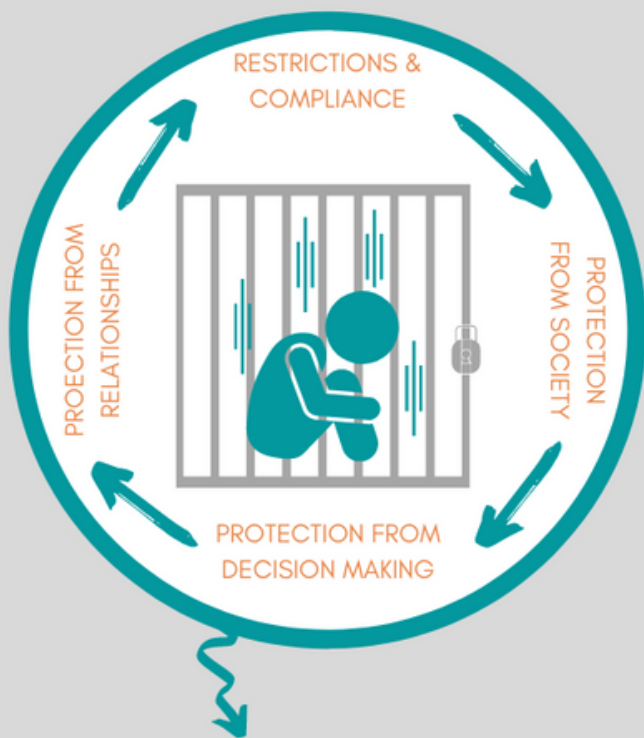


REFRAMING SAFETY

PRISON OF PROTECTION

vs.

RING OF SAFETY



CREATES & ENHANCES VULNERABILITY



PROMOTES HAPPY, HEALTHY BRAINS & BODIES

