

MENTAL HEALTH AND DISABILITY

Did you know that over 32.9% of disabled adults experience mental health issues?

Neurodevelopmentally disabled people are more vulnerable to mental health challenges. In fact, the stigma associated with neurodevelopmental conditions can cause lower self-esteem, social isolation, and greater rates of mental illness. Studies suggest that neurodivergent communities have substantially greater rates of anxiety and depression than the general population. Many disabled people report that 14 of the 30 days of their month are emotionally unsettling. That is one huge and alarming number! Studies show that anxiety affects 3 out of 10 people with ADHD. Seven out of ten autistic people suffer from mental health problems such as anxiety, depression, or obsessive-compulsive disorder (OCD). This brings us to the most important question:

What are we doing about it?

There is a dire need of increasing mental health awareness along with accessibility to mental healthcare for people with disabilities. It is entirely possible to solve this mental health crisis with the help of awareness, education, and qualified therapists with inclusive, ethical and neurodiversity affirming practices.

IN THIS ISSUE

PAGE

Mental Health and Disability.....	1
Featured Articles.....	1
November Highlights.....	2
Pebbles Initiative.....	3
Coming Up on Kind Theory.....	4
Our Content Contributors.....	5

References for Statistics

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6946757/>
<https://www.cdc.gov/ncbddd/adhd/data.html>
<https://www.mentalhealth.org.uk/explore-mental-health/a-z-topics/autism-and-mental-health>

EXCERPTS FROM OUR FEATURED ARTICLES

Bringing Awareness and Acceptance to Neurodiversity by Amy Burden



In education, it's only teachers in "special education" that get any training in Neurodiversity, and even then, it may not be adequate. In our communities, few activities include neurotypical and neurodivergent people. Bringing awareness and acceptance to Neurodiversity is an essential goal organizations such as Kind Theory are working to achieve.

Why I Use The Word Disability by Emily Morson



While anxiety is an everyday obstacle in my life, it is significantly worse before I start a new job. I have dealt with this in every job change I have had, and I have had a lot of job changes. It is an annoyance, but at this point in my life I know it will fade out as I get comfortable in my new position and with the people. What is most difficult about starting a new job to me is the interruption in my routine.

Navigating my Neurodivergence by Jilly Wainer



As a group, people diagnosed with ADHD or ASD are undereducated, underemployed, have less access to medical care, are more likely to suffer abuse, and have higher rates of anxiety, depression, substance abuse, and suicide. We need to be able to talk about these problems in order to solve them. Saying those affected "just have a different ability" doesn't cut it. If we just "had a different ability," we wouldn't be struggling so much in a world designed for people who work very differently.

NOVEMBER HIGHLIGHTS

Conversation with JAIME A. HEIDEL - The Articulate Autistic

Jamie A. Heidel - The Articulate Autistic is a late-diagnosed autistic/ADHD woman who has dedicated her life to helping neurotypical people better understand and communicate with their autistic loved ones and vice versa. We had a heart-to-heart conversation with Jamie to learn from her experiences and how she dealt with different challenges, all in her own words.

Her lived experiences, as triggering as they may be for some, can be a source of inspiration and guidance to many neurodivergent people facing challenges in a world that is not designed to include neurodiversity.

You can watch our conversation with Jamie [here](#).

Book-Reading Session with Chris Bonello

“In an era when fictional representations of neurodiversity and disability are on the rise, Underdogs goes beyond mere tokenism and introduces a whole cast of teenagers who think differently, balancing their inbuilt advantages with their personal challenges.” Sounds amazing, right? We had our first-ever book-reading session of Underdogs, live on 28th July 2022. featuring the author himself- Chris Bonello! Following the immense response to the first session, Kind theory held three more sessions on 28th September, 26th of October, and 1st of December 2022 respectively. This series is planned to continue.



PEBBLES INITIATIVE - GIVING TUESDAY (ONGOING)

How valuable are small donations? Small donations are MIGHTY – like our team – small but MIGHTY! Your donated amount might look small to you, but it is valuable to us! Like pebbles aerate the soil, your support helps us keep going!

This Giving Tuesday, we launched the "Pebbles Initiative" campaign to unlock the power of small donations.

You can also support us in this initiative and donate by following the link:

<http://www.kindtheory.org/pebbles-initiative/>



The graphic is a vertical rectangular card with a light purple background and a white border. It features the Kind Theory logo at the top, followed by the title "THE PEBBLE INITIATIVE" in bold black letters. Below the title, there is a purple brushstroke background with white text that reads: "Help us **grow**, pebble by pebble!", "Every **5** **dollar** donation to our", and "“pebble bank” funds our growing operations." At the bottom of the brushstroke, it says "Your support is **MIGHTY!**". Below the brushstroke, the text "@KIND.THEORY" is written in small letters. At the very bottom, there is a row of colorful silhouettes of people. The card is decorated with purple floral and leafy patterns in the top-left and bottom-right corners.

KIND
THEORY

THE PEBBLE INITIATIVE

Help us **grow**, pebble by pebble!

Every **5** **dollar** donation to our

“pebble bank” funds our growing operations.

Your support is **MIGHTY!**

@KIND.THEORY

COMING UP ON KIND THEORY !

"Heart to Heart Conversation with Dr. Tahleel Javed"



“When you have met one neurodivergent person, you only know one neurodivergent person.” Conversations where people share their own journeys as neurodivergent individuals are so valuable and close to our hearts at Kind Theory. Being aware that you’re not alone can be extraordinarily relieving! After the incredible response to our last episode, we have a new release of the Kind Theory Conversation series for you.

The interview with Dr. Javed is one of a kind because of how her knowledge of medicine and personal experience come together. Our discussion with Dr. Javed is not only enlightening but also riveting on an emotional level. Why you are not alone in this path of neurodiversity, she is here to explain. Join us on the 17th of December 2022 to hear from the world of Dr. Tahleel Javed.

OUR KIND CONTENT CONTRIBUTORS



Amy Burden

Amy Burden is a Family Nurse Practitioner, Health Content Writer, and an ally to the neurodivergent community. She has a passion for helping people and enjoys volunteering her time to advocate for education, accessibility, and kindness.



Jilly Wainer

Jilly Wainer is a writer with her Bachelor's in Political Science. She received her diagnosis as an adult, but it was not a surprise as she always felt different from her peers. She has always been driven by her curiosity and empathy, so after her diagnosis working to make the world more inclusive and accepting seemed like a no-brainer.



Emily Morson

Emily M. is a writer fascinated by the infinite variety of human minds. She grew up inexplicably different and was diagnosed as an adult with several forms of neurodivergence, including ADHD and an auditory discrimination disability. Feeling as if she were living life without a user manual, she set out to create her own. In the process, she met other neurodivergent people on similar quests. She began working with them, advocating for inclusion, accessibility, and autism acceptance. Seeking to understand how neurodiverse minds work, she became a cognitive neuroscience researcher. Her favorite research topic: what do children learn from their intense, passionate interests? Wanting to help neurodivergent people more directly, she trained as a speech/language therapist. Ultimately, she turned to writing, combining research with personal experience to explain autism and ADHD and champion acceptance – because everyone is happier when they are seen and accepted for who they are. She envisions a world where neurodiverse people have equal opportunities for education, loving relationships, and meaningful work. She also blogs about autism and ADHD research at Mosaic of Minds. You can chat with her on Twitter: @mosaicofminds.



**A better
world is
worth it !**