



BSSC - SAFETY

**BECAUSE EVERYBODY DESERVES TO FEEL
SAFE**

**NEWSLETTER
DECEMBER 2023**



END OF THE YEAR WITH NEW BEGINNINGS



This holiday season, Kind Theory is wrapping up the year with high hopes and new aspirations. As an organization committed to promoting neurodiversity education and accessibility, we've made significant strides in the past two years, thanks to YOUR support. Our mission is to go beyond this now.

Our upcoming program, BSSC Safety, has officially started with a focus on resource development. Using print, virtual and hybrid training methods, we aim to make interactions with Law Enforcement Officers safer for Autistic people and people with ADHD.

The best part? It is led entirely by neurodivergent (Autistic or ADHD) experts and seasoned law enforcement trainers! BSSC Safety is a two-part initiative.

Unlike many existing programs that focus solely on police training, we believe it's crucial to provide the neurodiverse community with resources for their own safety.

So, are you ready to join us on this journey? Share your ideas and opinions with us at talktous@kindtheory.org. Because your words MATTER!



October

HIGHLIGHTS





EXCERPTS FROM FEATURED ARTICLES

JOYS AND CHALLENGES OF MOVEMENT

BY SWARIT GOPALAN

Many times, light might seem mostly dark when I am not moving. Images and perceptions become clearer and sharper on the move. I sometimes experience joyful hallucinations with a spectacular array of lights. Other times, rapidly lose focus of objects that were clear moments ago.

My body freezes with loud sounds or when I have crippling anxiety about a task that needs me to do something uncomfortable. I struggle to initiate movement when I freeze and need love, patience and very intentional motor coaching to get out of it.



WELCOME TO MY WORLD

BY HASAN AHMED

In my palace there are no lies
I roam around freely under the blue and grey skies

My cape is my family
They always cheer for me happily

My crown is a hidden treasure
Which many doctors have tried to measure





EXCERPTS FROM FEATURED ARTICLES

MY KINDA THEORY

MY KINDA THEORY



Jamie Shields

Host



**Neurodivergent
Rebel - Lyric Rivera**

Guest

**OCT, 12TH 2023
12:30PM CST | 6:30PM BT**

We celebrated Disability Employment Awareness Month by hosting the first live session of our monthly series with **Jamie Shields** as the host and the very talented **Lyric Rivera**, also known as the **Neurodivergent Rebel**. We discussed various questions about workplace environments and disability rights in the workplace. We cannot thank our audience enough for attending this live session on our Facebook and YouTube platforms. For those of you who missed it, the session is available on our YouTube channel and Facebook page. Don't forget to watch it and stay tuned for future live sessions on LinkedIn!



AUCTION



We have collaborated with Tara Shannon to auction three posters created by Tara Shannon herself for our fundraising campaign. We are extremely grateful for the overwhelming response we have received, and we want to express our gratitude to all the supporters of Tara Shannon and Kind Theory for their continuous support. With the first poster sold, stay tuned for more auction posts right on our Facebook and Instagram page!

The text is surrounded by a variety of decorative elements including small blue and red flowers, green leaves, and multi-pointed stars in blue, red, and purple. Some elements resemble berries or small clusters of fruit.

NOVEMBER
HIGHLIGHTS



EXCERPTS FROM FEATURED ARTICLES

IMAGINE



BY HASAN AHMED

Speaking of my body, let me go from head to toe.

My head feels both heavy and light at the same time.

My eyes take me to a different planet. I see patterns and colors suddenly, even right in the middle of something important and then I spin or go upside down to clear that up.

My ears travel. They suddenly go far enough to hear a dog bark blocks away and it can also catch the smallest sound of my sister tiptoeing to boo my mom.

My nose is all about food sometimes. I smell my cake, my biryani and so much more.

CONQUERING MY FEARS



BY SWARIT GOPALAN

My mind prepares me for lots of challenges. I keep visualizing what i would do in certain situations and that lets me handle those better when they come One of those challenges I have had is my fear of heights. In my younger years, this would be a constant around late spring where I would almost forget how to climb up to go on the swing and would relearn from scratch. My dad would patiently coach me every year and I would become proficient by the end of summer. And then this cycle would repeat again next year. And on for a few years.

ORGANIZING DOESN'T HAVE TO BE AN ORDEAL**BY EMILY MORSON**

Too often, we try systems and abandon them too soon, because even while using them, we don't accomplish everything on our to-do list. For example, I have boxes of old planners accumulated while developing methods for using them effectively. My phone has a few apps I actually use, and dozens that I've tried and abandoned.

People with ADHD often interpret these disappointing self-improvement efforts as "failure." We feel ashamed, and ever more discouraged. The next time, it's harder to get started and we abandon our system even sooner.

This is a vicious cycle that repeats daily for a lifetime. It saps our strength and even drives us into depression.

We can influence part of this ADHD Cycle of Pain and Paralysis: our thoughts, feelings, and reactions.

When we have difficulty using structure, how do we interpret it?

What do we learn? Do we believe the voice telling us we're helpless and give up?

Or, do we adjust our plans and try again?

WOMEN AND NEURODIVERGENCE



**Morenike Giwa
Onaiwu**

Guest



Jamie Shields

Host



Samar Waqar

Guest

**NOV, 29TH 2023
12:00PM CST | 6:00PM BT**

In this month's podcast, we had the pleasure of hosting an incredible guest duo, Samar Waqar and Morenike Giwa Onaiwu, engaging in a thought-provoking conversation about women and neurodivergence. The insightful discussion delved into unique perspectives and experiences, shedding light on the intersection of gender and neurodiversity.

Missed it? Good news! You can catch the entire podcast on our Facebook and YouTube channel!

LATEST ADDITION TO OUR CONTENT CONTRIBUTORS

MATTHEW RUSHIN



We are absolutely delighted to announce the newest addition to the Kind Theory team –Matthew Rushin, who joins us as a valuable content contributor. Matthew brings a wealth of expertise, experience and a fresh perspective that aligns seamlessly with our mission. We are genuinely excited about the unique contributions he will bring to the table. A warm welcome to Matthew- Matthew we're SO HAPPY to have you as part of the Kind Theory family!



WE CONNECT



WE CELEBRATE



WE CREATE

Did you know YOU are AWESOME?

Your support has helped us recruit many neurodivergent consultants.
With your support, we have turned **TWO** - successfully!

So here we are - calling our Kind Force again.

Please **DONATE** to enable us to continue our work, with a particular focus on empowering neurodivergent individuals through paid work opportunities. This commitment helps us employ neurodivergent people and utilize their expertise while fairly compensating them.

GIVE A GIFT

OUR FUNDRAISING GOAL



OUR GOAL FOR THIS FUNDRAISING CAMPAIGN IS TO
SECURE A MINIMUM OF **\$20,000**
YOUR SUPPORT WILL ENABLE US TO EXTEND OUR REACH
AND EMPOWER MORE NEURODIVERGENT MEMBERS OF OUR
COMMUNITY.

TOGETHER, WE CAN TURN OUR KIND THEORY INTO IMPACTFUL PRACTICE,
EMPOWER NEURODIVERGENT BRAINS AND MAKE A MEANINGFUL
DIFFERENCE IN THE LIVES OF MANY NEURODIVERGENT PEOPLE.

THANK YOU FOR BEING A PART OF OUR
JOURNEY, EMBRACING NEURODIVERSITY AND
FOR HELPING US CREATE A MORE INCLUSIVE AND
COMPASSIONATE WORLD!



NEWSLETTER

GIVE A GIFT OF NEURODIVERSITY AFFIRMING RESOURCES



As we work to create
light for others, we
naturally light our own
way.

Mary Anne Radmacher