

# WHO AM I?

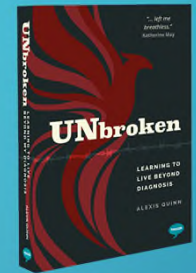


School TEACHER

MOTHER

Human  
Too

1<sup>ST</sup> CLASS HONORS



**UNBROKEN**  
ALEXIS QUINN

Ex British International Swimmer



# I HAVEN'T ALWAYS BEEN 'SUCCESSFUL'...

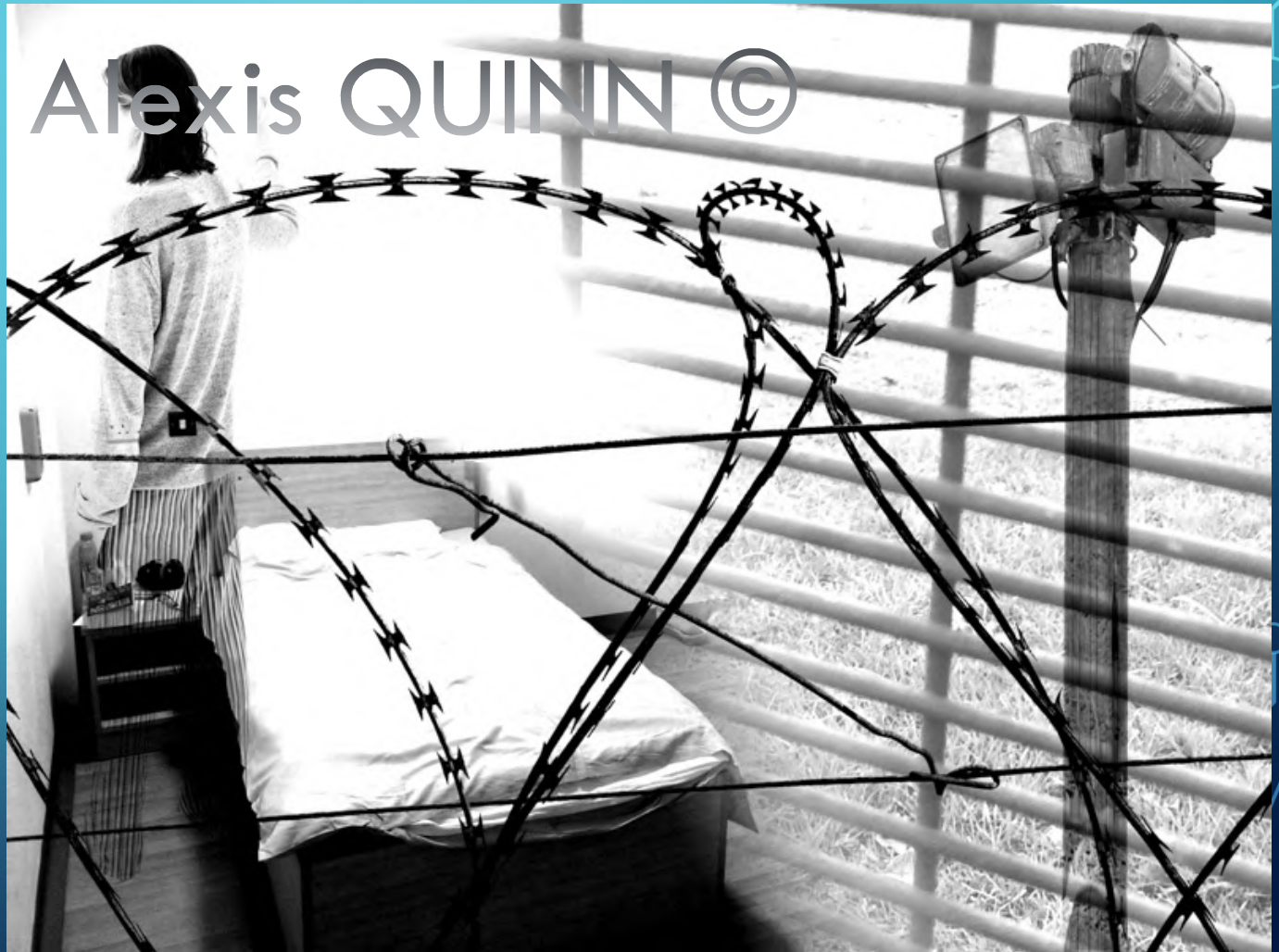
Detained under the  
Mental Health Act for 3  
and half years.

Restrained 97 times.

Secluded 17 times.

Put in long term  
segregation for over a  
week.

There was no happy  
ending for me...





A woman with long dark hair is holding a power drill to her forehead. Sparks are flying from the drill bit, and a large burst of fire and sparks is erupting from her chest. She has a pained or intense expression. The background is black.

Alexis QUINN ©

CHANGE,  
MANAGING SUDDEN/  
DIFFICULT LIFE EVENTS,  
MANAGING DIFFERENCE,  
MANAGING PEOPLE'S  
PERCEPTION

**THE POTENTIAL FOR**  
**CHALLENGING BEHAVIOUR**

# SERVICES REACTED IN THE ONLY WAY THEY KNEW HOW...



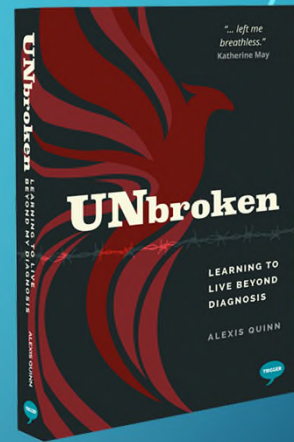


# HOW DID THIS HAPPEN? WHAT IS GOING ON?

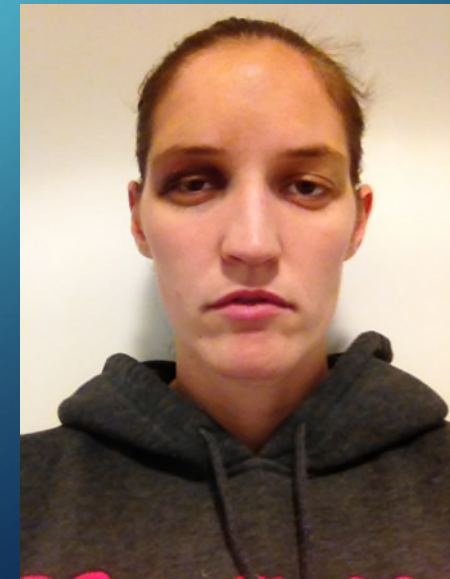
We live in a society which creates the perfect storm for poor mental health for autistic people.

- Human suffering is inevitable – it's a part of life
- Autism viewed as a pathology
- List of deficits – 'focus on what we cant do'

This led to services unintentionally reacting in an unhelpful way...



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**40% of autistic adults  
have diagnosed anxiety**

**77% of autistic  
adults want to work**

**16% of adults capable of work  
are in full time paid employment**

**30% of autistic adults have  
diagnosed depression**

## **The reality of autism...**

**9x more likely to  
die by suicide**

**Average life expectancy for  
high functioning persons is 54**

**Average life expectancy  
for autism + LD is under 40**



**1/2 of autistic adults have been abused by someone they thought was a friend**

**1/3 of autistics do not leave the house most days.**

**2/3rds feel depressed because of loneliness.**

**4/5<sup>ths</sup> of autistic kids who have stayed in school have been bullied – a risk factor for depression.**

**1/2 of autistic adults stay home because of fear of being abused.**

**1/4 have no friends at all.**

**1/5 children with autism have been excluded from school and many end up deprived of the right to education.**

**50% of autistic adults feel lonely.**

**3 x more likely to be victims of abuse or neglect, robbery, or assault.**

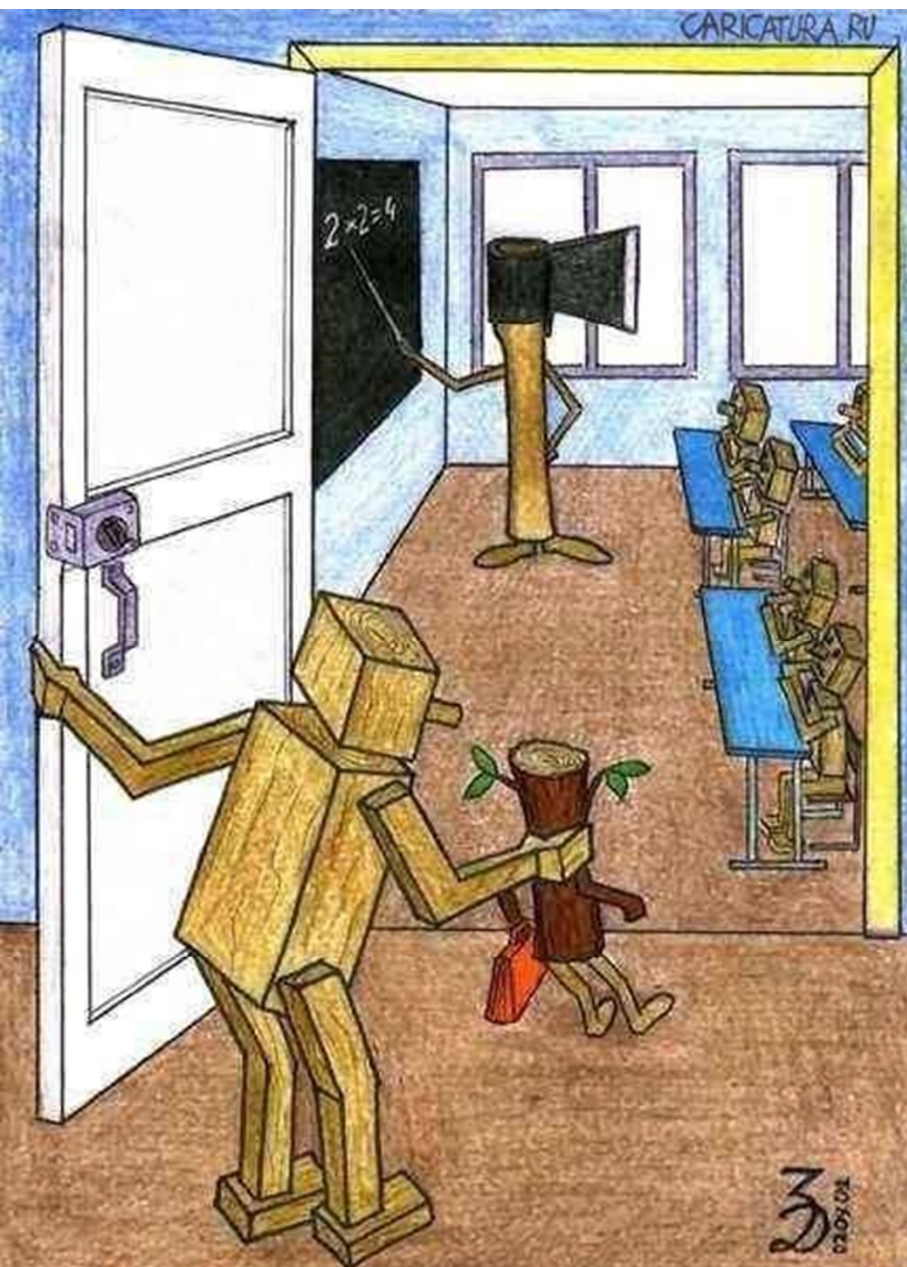
**Many autistic people get discriminated against e.g. asked to leave a supermarket or a cinema, because of their different behaviour.**

# HOW CAN WE HELP? WHAT CAN WE CHANGE?

Autism is  
**NOT** an  
appendage.  
It is not a  
tag that  
needs to be  
removed,  
cured or  
corrected.







GOALS AT HOME/IN THE  
CLASSROOM/ IN THERAPY MIGHT  
BE TO...



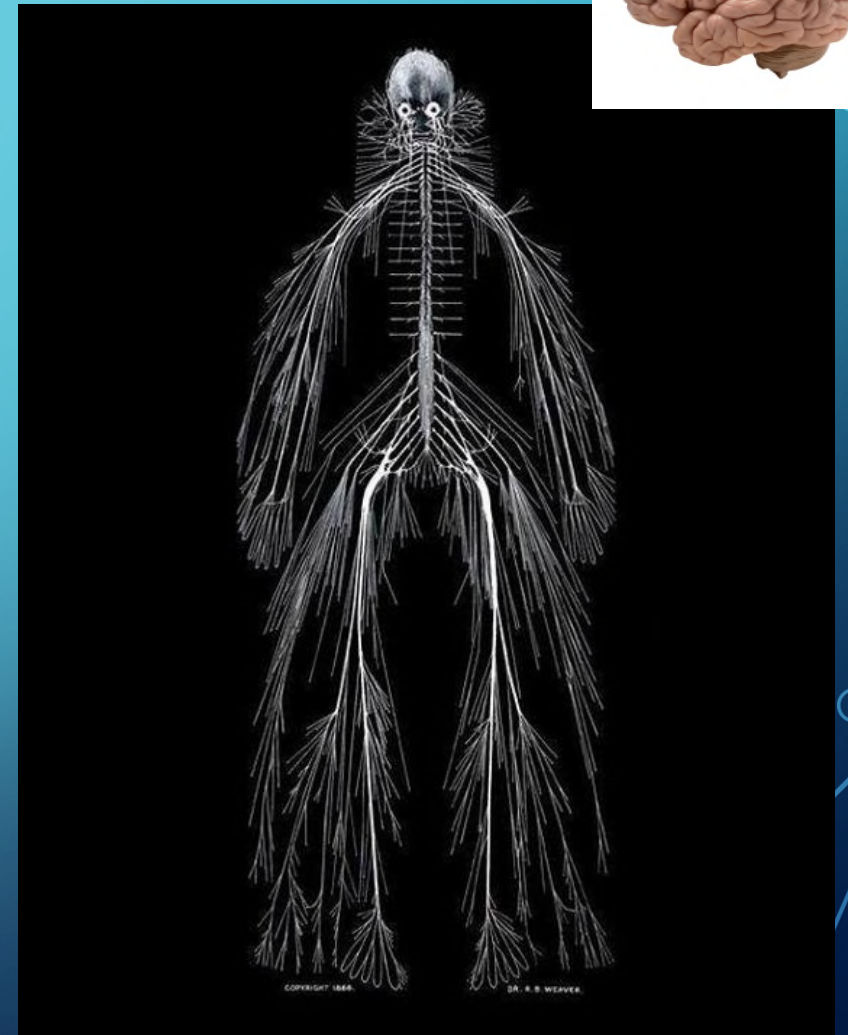
# MASKING





# WE ARE DIFFERENT FROM HEAD TO TOE

- This is the entirety of the human brain.
- This is why we say we're different from our heads to our toes?
- Our whole neurology, all our cognitive processes, our senses, the way messages are deciphered and sent from every part of our body to the cerebellum, the control centre, are all shaped and formed by our Autism.



# CHALLENGING THE COMMENTARY

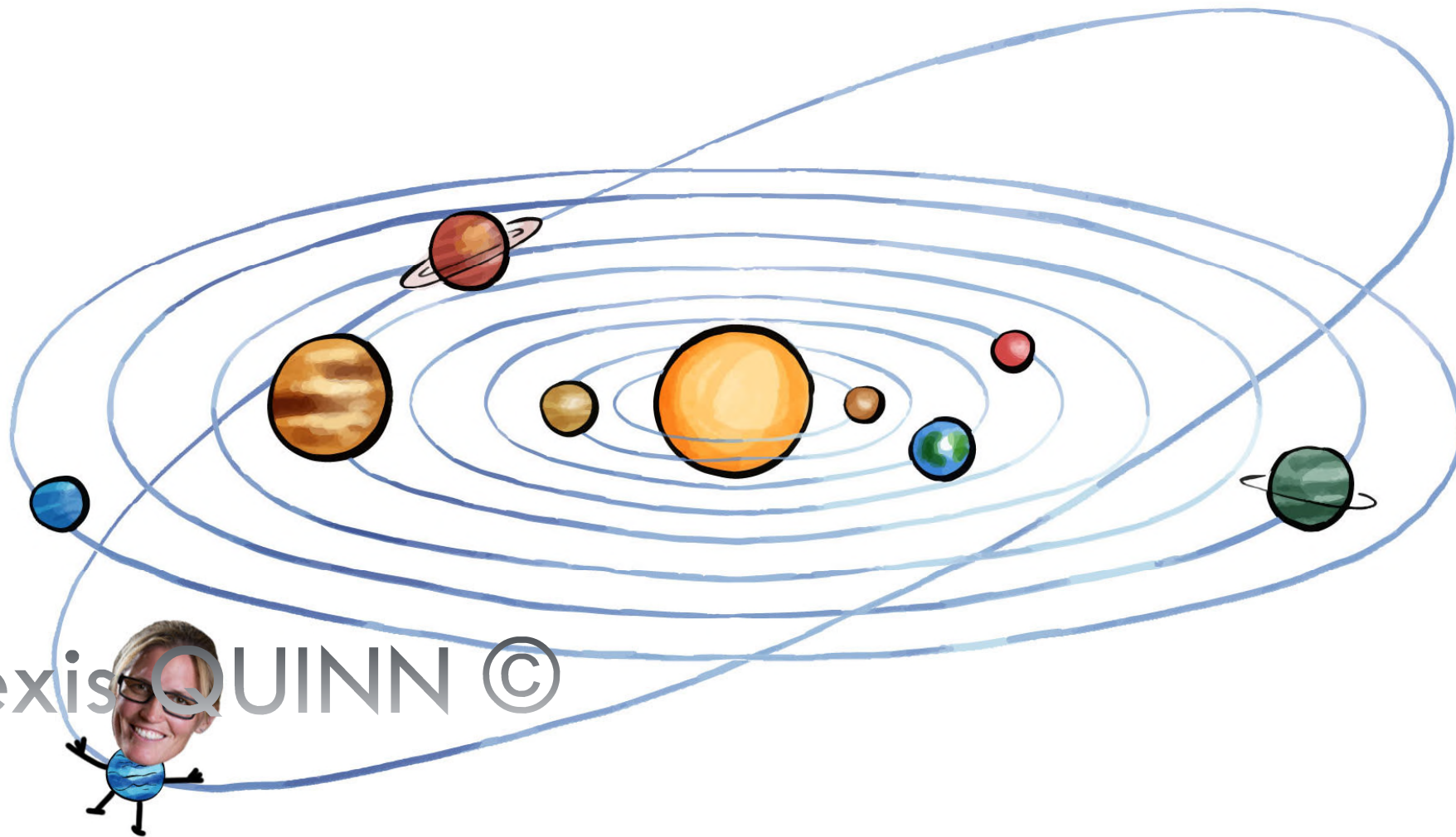
**MEDICAL MODEL**



**Social model & PRIDE!**

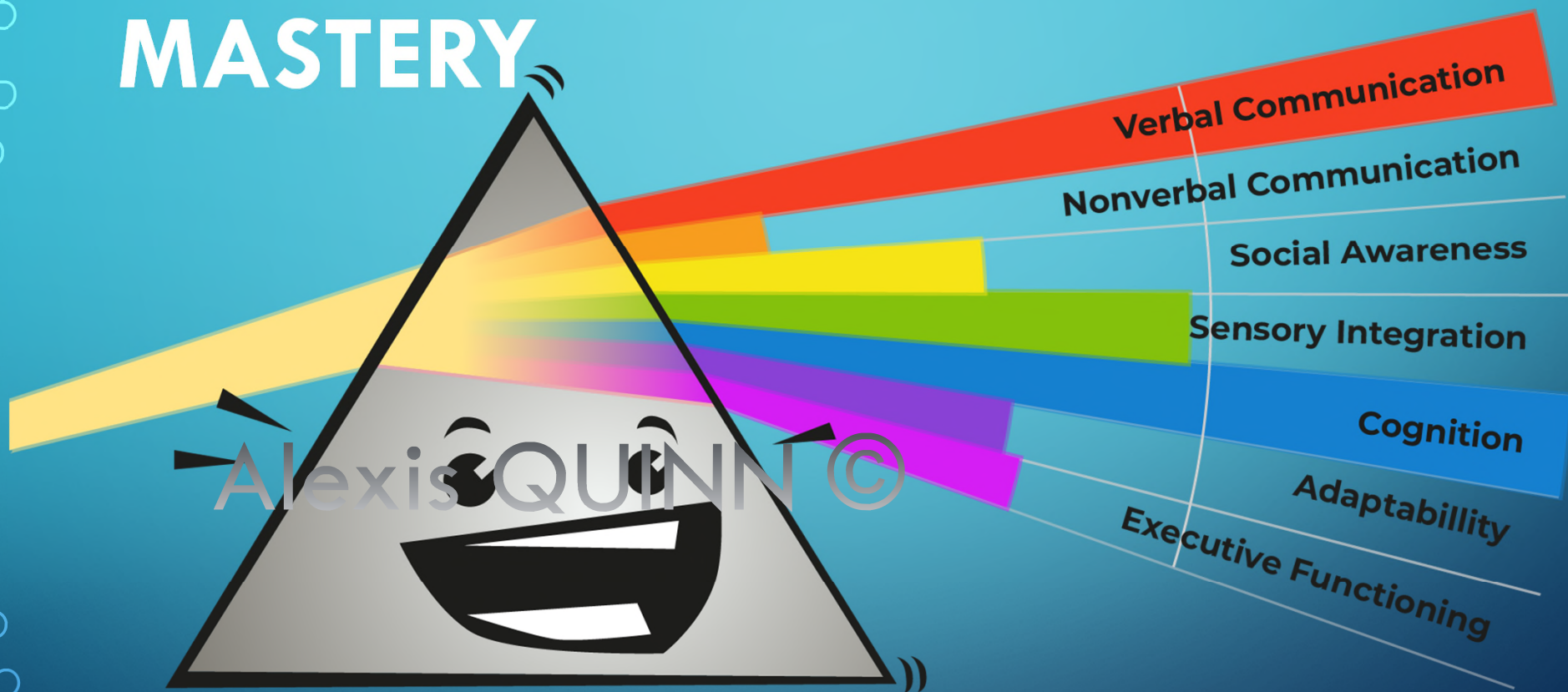


# AUTISM ORBIT



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# MY PRISM AND BUILDING MASTERY





# HOW TO HELP AUTISTIC PEOPLE KEEP GOOD MENTAL HEALTH:

- Protect our dignity.
- Teach approaches which allow us to navigate our world – one which isn't designed for us
- Facilitate sensory needs. Teach strategies with the awareness that the world is designed for neurotypicals
- Communicate with us and help us bridge the gap...

# HOW TO HELP AUTISTIC PEOPLE KEEP GOOD MENTAL HEALTH:

We are going to struggle – the world is tough for us to thrive in – recognise this!

Ensure we get advance strategies tailored to our profile so we are not left vulnerable to getting caught out.

Help us feel less of an outsider. Less weird.

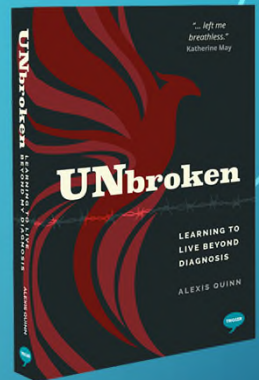
Don't label our very understandable reactions to the world as more 'disorders'!

Praise us! Teach us to be proud of ourselves.

Let us know we are a valued member of society.

Protect our human rights.

Build MASTERY!



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