

One part misfit, the other part high sensing empath. With equal parts of neurodiversity along with a research geek who seeks an understanding of our shared histories to inform our collective's goals. Sorting through mammoth quantities of materials looking for those wee truffles hidden or purposefully forgotten about will facilitate understanding and connecting the endless reams of useless knowledge that gets woven together into the stories that I share. My background is varied but vast from the care of a naked sphynx kitty rolling around to finding ways to connect people's passions towards cohesive productive partnerships towards their wellness to educating folks on the hands-on procedural techniques of catheterization, in how to work with the unruly two-legs, and in solving complex cases determining service needs in connecting folks to care with multiple co-occurring disorders. It all connects through the intention and focus shared across all fields that I have participated in.

Reviewing previous courses, such as GIS for Community Engagement, and OneStop Shops and Wraparound Services Integrated Service Delivery in the Public Sphere gave me a burst of hope. This program appears designed not in processes of yesteryear, but in a framework that I function best in. The kind that holistically addresses needs to assure folks have the support necessary to improve their quality of life. It's how I came to enjoy direct care with those living with HIV/AIDS, understanding who and how the person before me has come to be sitting in front of me was my entry into understanding them. Discovering individual motivators present in managing medication adherence. Once dynamics were uncovered, my work came into focus minimizing the barriers towards accessing these motivators. In measuring work, there was more work up front initially, the extra attention allowed my clients getting connected to up to date information about current medication therapies, and supported with additional programming linking them back into the community.

It's how I have designed a curriculum and taught others about navigating the needs of animals and humans by merging and sharing knowledge. Having spent this lifetime lost in attempts towards finding my purpose, the ancestors, and spirits were able to open my eyes for a big reveal in a grandiose way. One day, there was haze and confusion. The next unfolded as a crystal clear path, laid right out before me in steps that are logical and interconnected to all of my previous work, using community cohesion and collaboration with shared goals through the model of Truth and Reconciliation. My research buddy and I will be working together to develop the framework for a Commission dedicated to healing necessary for the people of Washington State. By studying the harms done to communities, and building roadmaps towards moving truths towards a reconciliation process. Only then can those ongoing harms be ceased, and lives can improve moving forward. It has always been important that my work has meaning, and through intentional connections with the community to facilitate goals that are provided within this work.

This legacy building, by helping others to find their voices and strengthening their resolve to provide the space for community to begin the process of self-advocating in changing outcomes has been my constant companion in how I have navigated working with others in my professional career to date. Such as designing a curriculum to support the specific needs of LGBTQIA+ youth in crisis, where aiding caretakers in the WISE program in understanding the nuances from their youth's perspective was key. Uncovering the difficulties in understanding gender, identity, and/or sexuality these caretakers could approach their work with added empathy and compassion for those under their care. Because these systems are complex, adding in the not formed frontal lobe, along with hormonal changes, and finally adding in the ways homophobia and transphobia manifest in forcing these youth into spaces where there are unmet needs for safety within their advocacy.

In learning to understand my neurodiversity, how focusing my work in areas that play well into my passions around research and the sharing of stories from the lives of others creates a passionate educator able to explain how we all are interconnected and have a role to play in dismantling these systems. Witnessing how these systems work in the macro and how it impacts the dispersal of programming offered. For instance, medical professionals' own biases around disabled bodies create providers lacking in offering compassionate empathetic care, for those who are disabled. When individuals having one or more disabilities are overrepresented across all facets of certain systems, reevaluation is necessary. Investigating further, having caretakers being proficient in only a percentage of the population, means that those with disabilities are not being understood, heard, and there are significant dangers imposed based upon this provider's implicit and explicit biases remaining unchecked.

By obtaining this master's degree, I will feed the way I research the outcomes through the truth and reconciliation framework. I cannot think of a better way to spend time maximizing privilege than to build a system outside of those constraints that are ethnically diverse and equitable. We can and should do better, and this is my focus moving forward toward my Ph.D.