

TAMYCA BRANAM PHILLIPS

SHE, HER, HERS

MULTI INVISIBLE (**NOT SEEN ON SURFACE**) DISABLED

MILITARY VETERAN WOMAN OF COLOR

MOTHER OF 2 CHILDREN WITH DISABILITIES

(DEAF AND AUTISM)

FORMER US NAVY, US COAST GUARD, EMT/FIREFIGHTER,

CERTIFIED NURSE ASSISTANT ACUTE CARE,

COMMUNITY HEALTH WORKER

SOCIETY'S LABELS DON'T DEFINE ME....

**"I REJECT YOUR REALITY AND SUBSTITUTE MY
OWN."**

ADAM SAVAGE

BRAINS/OPERATING SYSTEMS ARE UNIQUE LIKE YOU



PC



Apple/Mac



Goggle
Chromebook



VR/Gaming

What system do you use everyday? Have you tried performing the same task on another system? Was there issues, problems, frustrations? Did the same commands work on other systems? Take a min or two to discuss.



COMMENTS FOR SLIDE 2

- You can't function without the right software, apps, and compatible devices. All produce quality work and digital access but are uniquely different in delivery, quality, graphics, communication skills. Think of the old green screen floppy disc computers. They would not communicate well without accessibility to merging apps, software, equipment, all of which must be translated differently. It's slower, and simple but still can produce valuable content. It just looks different than the status quo.

BRAINS/OPERATING SYSTEMS ARE UNIQUE LIKE YOU



XBOX



SAGA Systems



Nintendo



VR

To the gamers and the youth here is a different system perspective. Are the graphics the same one each device. Does it get better with each newer version of the system? Can the newer versions be compatible with the older versions? If so, is it easy as 1,2,3 or is there allot of accessories or apps needed? Can you play each other's games in each others system? How do the unique systems relate to our unique brains?



COMMENTS FOR SLIDE 4

- You can't play the games without the right equipment. All produce video games but are uniquely different in delivery, quality, graphics, communication skills.

BRAINS/OPERATING SYSTEMS ARE UNIQUE LIKE YOU



Records



Cassette



Laser Disc



Digital

For my music lovers, this may date some of us. I have 4 examples of ways you can listen to music. All music forms require the right equipment to listen or stream. All have unique sounds. Some could interchange with assistive devices (note this is an accommodation under ADA). For example, I have a modern-day record player that has an axillary port that allows me to with the right software play my records and download it to my digital device. It's a lot of work, but I can do it. Just like it took a lot of work to make mix tapes from radio to cassette and cassette to Disc. Modern day it is quick to do disc to downloads. Cars and radios don't have CD players these days. So, you must modify or add accommodations to listen to them in modern form. People with disabilities do these very things every day in many elements of their life.



HOW TO NAVIGATE IN WHITE DOMINATED SYSTEMS

ART

Collaborative
Problem
Solving



YOUTH EDUCATION, DANCE, ART, PROGRAM'S PEERS WITH AND WITHOUT DISABILITY



This video which you will find in your resource links shows peers both disabled and nondisabled using dance, music, sound, teamwork, trust, problem solving, and their unique skills to choreographed a show together. The key take away in this video is its an example of how an environment that is inclusive, safe, and loving is one that all thrive, learn, and grow.

NOTES FOR SLIDE 8

- Due to time constraints, we will briefly touch on the videos in the slide show. Please feel free to go back and explore them. Please take a good look at all the different learning styles and the blending of styles. This will be a common theme in my presentations. You will see it mimics but is not the same approach as the dominate world. Remember to think outside the box!

ACADEMICS, ART, DANCE, MUSIC, PROGRAMS HIGH SCHOOL AND COLLEGE LEVELS



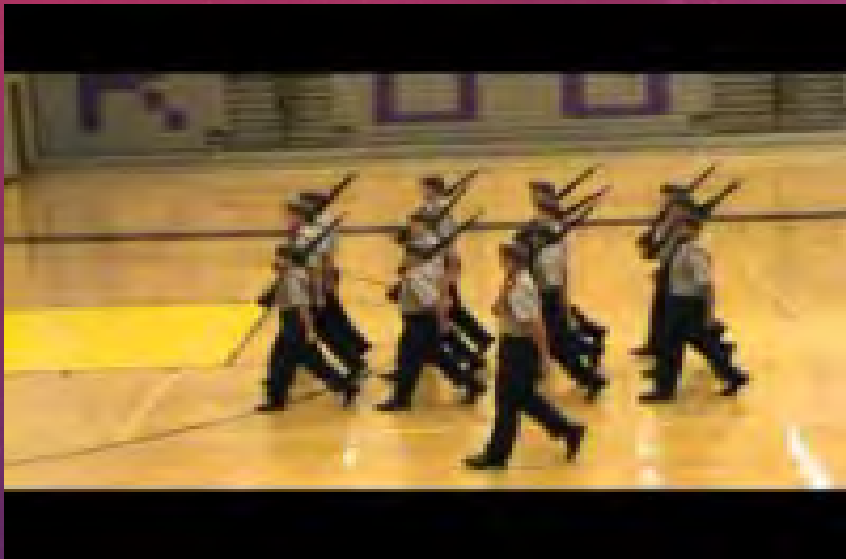
Music videos are all the rage and has been since our MTV, VH1, BET days. Dance has been around since man has learned how to walk and so has music. It was our first forms of communication. For our older youth and adults dance, music, and art can be a gate way to higher education, access to financial aid in forms of scholarships, and can be used to communicate a powerful message. This video shows all that and the blending of styles. People with disabilities to enjoy all of this and more. It may look the same but take extra preparation or accommodations that may be unseen to the naked eye. Others may have a different form because their physical bodies are not the same appearance as others. Like the operating systems we can accomplish the same goals, they just may look different than the dominate everyday playbacks.

NOTES FOR SLIDE 10

- Due to time constraints, we will briefly touch on the videos in the slide show. Please feel free to go back and explore them. Please take a good look at all of the different learning styles and the blending of styles. This will be a common theme in my presentations. You will see it mimics but is not the same approach as the dominate world. Remember to think outside the box!

YOUTH JROTC DRILL TEAM

MY SON'S WHO HAS AUTISM AND A YOUTH SPEAKER
HAS BEEN ON TEAM FOR 2020-2021 & 2021-2022 SCHOOL YEAR
(THIS IS THE TEAM FROM A FEW YEARS AGO AS AN EXAMPLE)



Many High Schools All Over The State and Nation offer this program. It's a leadership Skill Building Program. It helps with maintaining grades, college prep, tech prep, and military prep if a student chooses. It also builds community and social skills needed as adults. My son can not go into the military yet because of his Autism but he can learn and grow from the structure of this program. This is Salem, OR where we live.

A different type of Choreograph using rhythm in sound. Listen to the unison taps, slaps, and responses.

DISABLED PEOPLE WHO PLAY PRO SPORTS

DO YOU KNOW WE HAVE OUR OWN OLYMPICS?



Video will be stopped after 22 seconds for discussion. This is a 10 min video and well worth watching so please watch it at your leisure.

COLLABORATIVE PROBLEM SOLVING 101

THE OUT OF THE BOX RESOURCE THAT WORKS FOR ALL!

PLAN A

Impose adult will

PLAN B

Solve the problem collaboratively

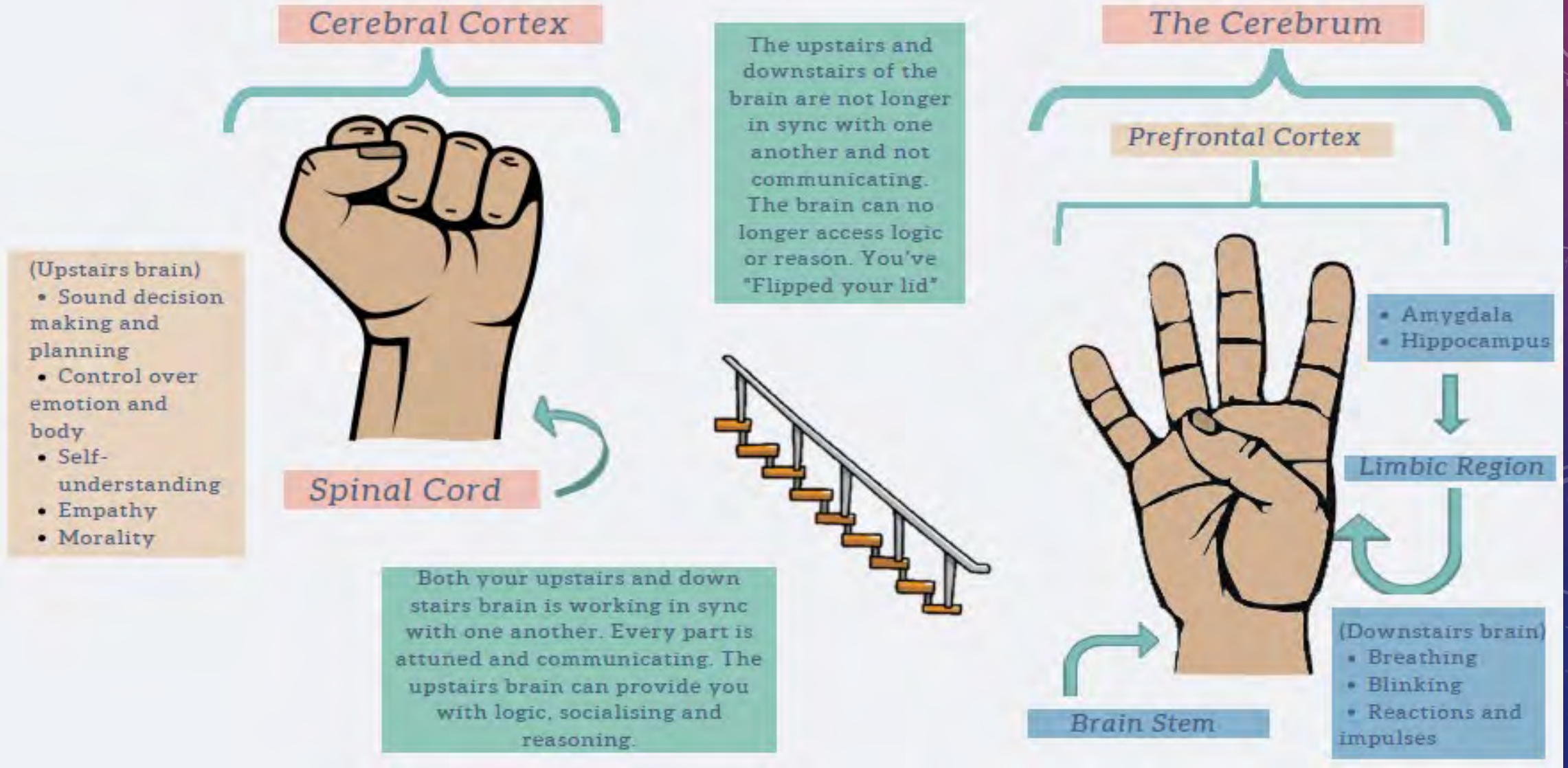
PLAN C

Drop it (for now, at least)

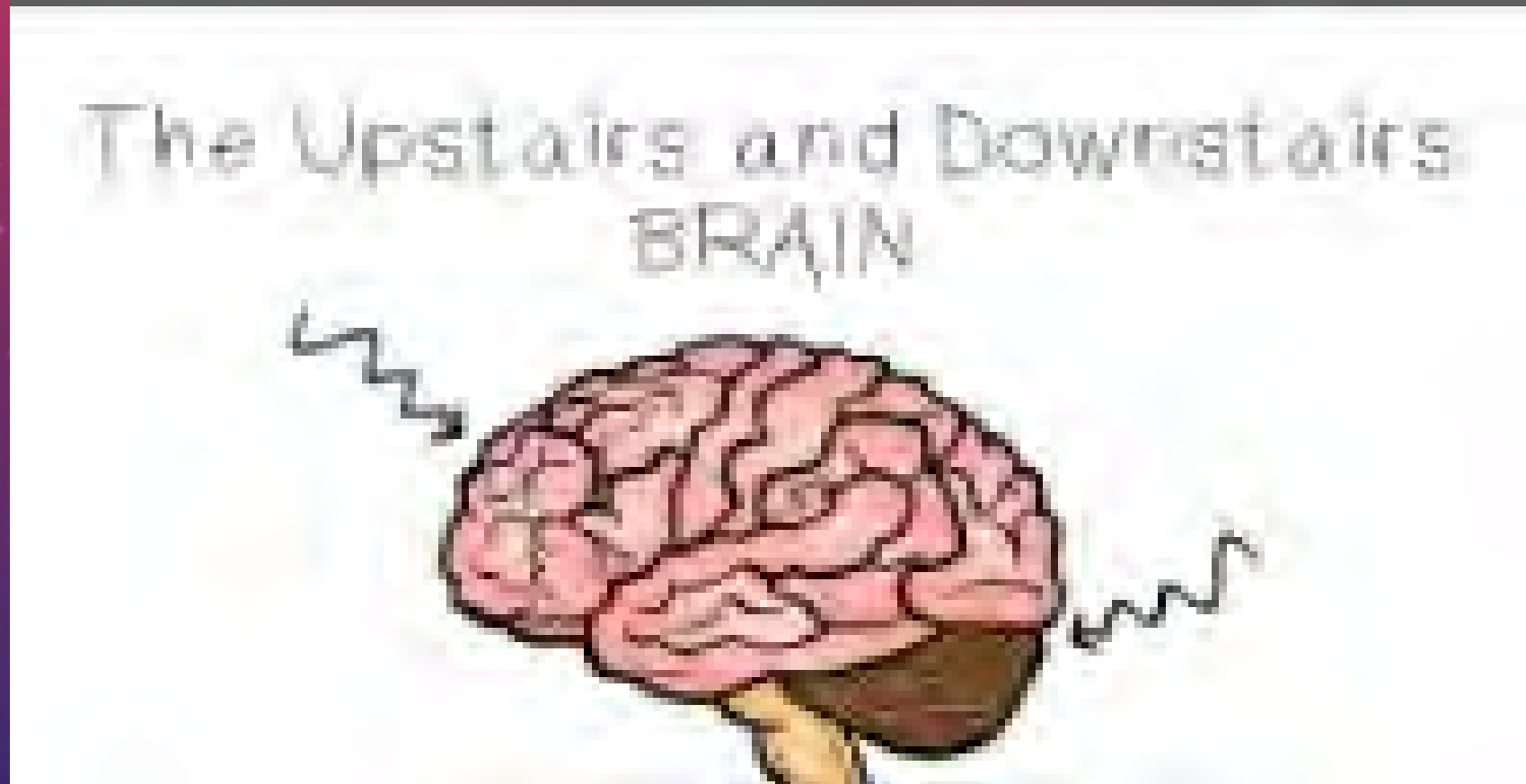
NOTES FOR SLIDE 14

- This out of the box approach was a game changer for me when I learned of my sons Autism. It was a very late diagnosis around age 9 or 10. Before that he had major behavior problems that kept him out of school. He did not present the same way other Autistic kids did there for he got missed by healthcare providers. This delayed his schooling and his skill building. This can be seen even today despite how far he has come in his progress and growth. This approach of parenting, as well as the first introduction to the visual connection of different operating systems and the brain is what allowed me to reach my son and fine tune his needs. It sounds easy but it is far from it because with this method you **MUST UNLEARN** and **CONSTANTLY PRACTICE** this new approach. This directly in many cases conflicts with the way you were taught to parent by dominate cultures and expectations or some indigenous cultural ways that are deeply rooted in tradition. It's and out of the box approach but it works for **ALL!** Bonus it can work in the schools, programs, family life, and work life.

HAND MODEL FLIPPIN YOUR LID



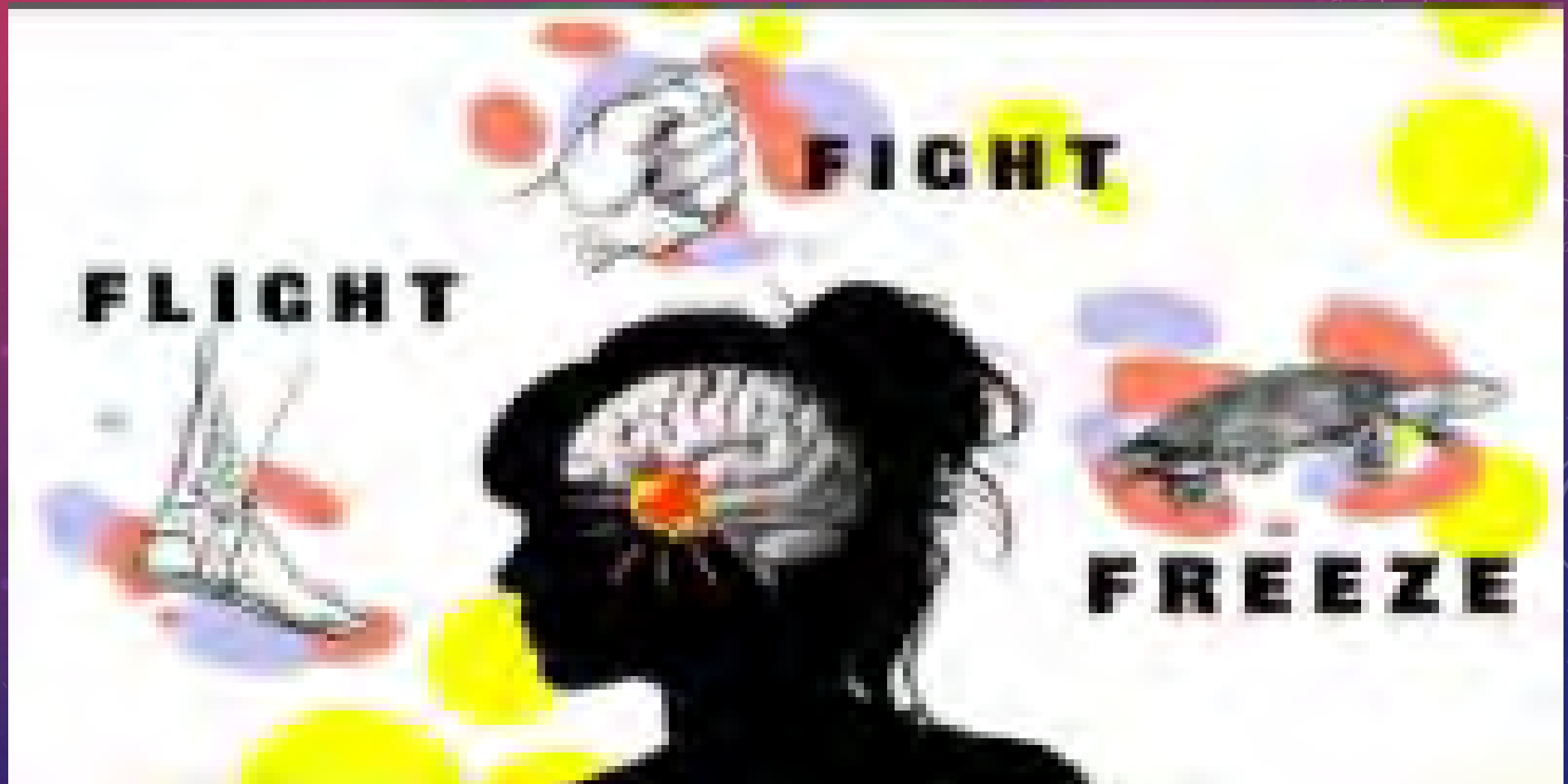
YOUR BRAIN AND FLIPPING YOUR LID? WHAT?!#?



NOTES FOR SLIDE 17

- This is a great video that simplifies what flipping your lid is like from a different point of view. This is great for younger youth. Movies like Disney Pixar Inside Out and Soul show similar personalities. This can also be referred to as Emotional Intelligence. It is something that is **NOT** taught in mainstream society and is something that **MANY** with Mental, Cognitive, and Intellectual disabilities struggle with. Let alone everyone else in today's world especially in these historic times we are living today. Often those with a disability who struggle with this area is trying hard not to struggle. Its not because of laziness, rebellion, or for lack desire or want to behave but often there is a delay, a problem, a deficiency, or a barrier that is impleading it. Once you know the why you can work on reaching that unique person in a way that works for them and strengthening that weaker area. You'll be surprised what they can achieve and what you can learn from them when this happens.

FOR TEENS AND ADULTS



NOTES FOR SLIDE 19

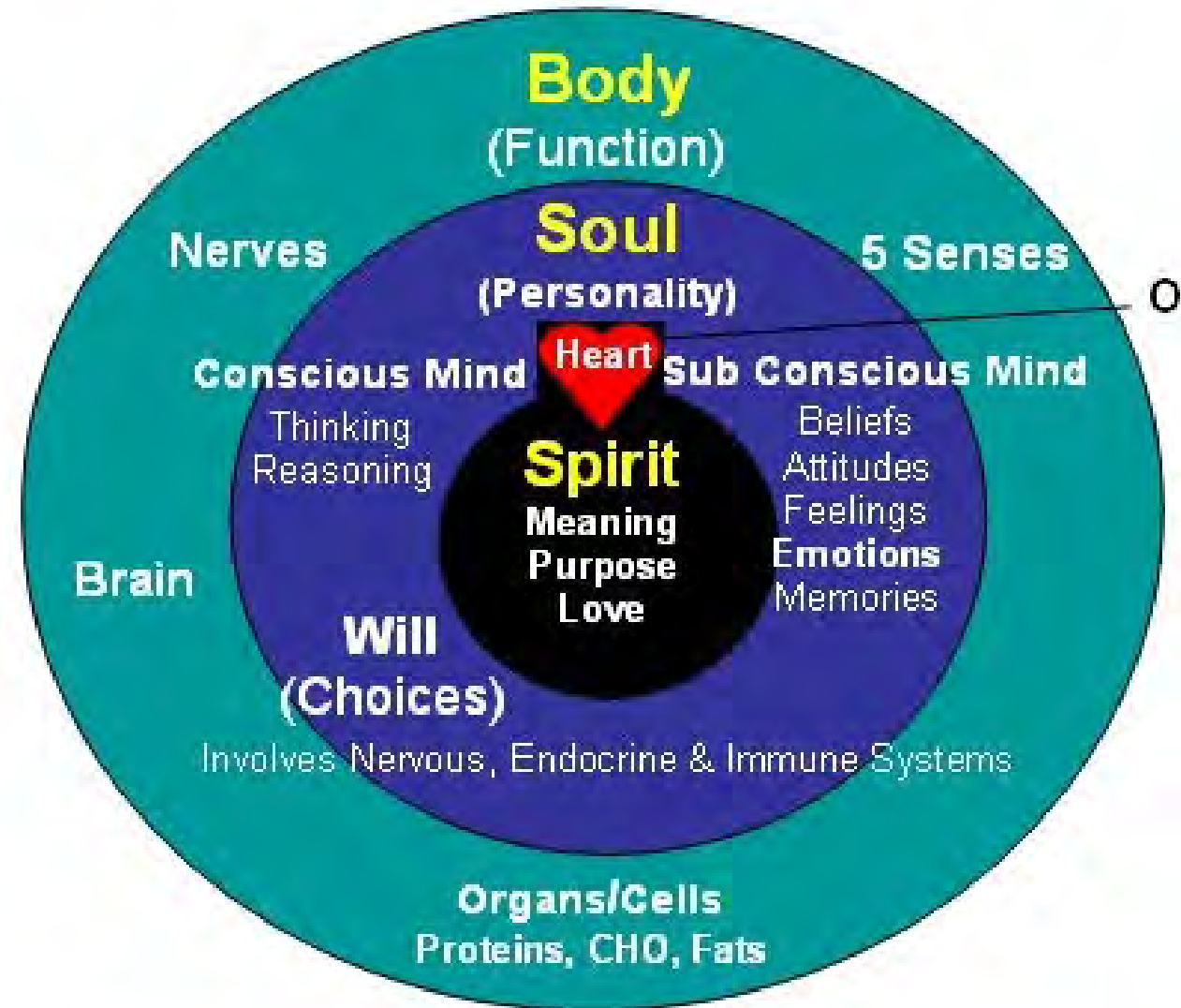
- This is yet another point of view for an older crowd. It links the flipping your lid concept with a word we all know but many don't understand the physical impact on any one person is. Its called Anxiety and has its own behavior manifestations related to where the person is in their process. (Remember this as a screening tool. Ask your what is causing this behavior? Why is this person reacting this way? Ask them how you can best help them? Don't do what you think you should do! Yes, Trauma can look like this too) Both abled body and disabled peers go through it. It just that those with a disability may be more impacted by it, the symptoms may be more intense, or it be more difficult for them to manage especially if their environment is a stressor. This is especially true for many who have mental, emotional, cognitive, or intellectual disabilities. An important note... people who deal with pain from both physical and invisible disabilities/ co-mobilities/ and chronic illnesses due to social determinates of health also experience this often more intensely and can become more difficult to manage as a secondary to their conditions being unmanaged or managed poorly due to access to care.

IT'S THE WHOLE BODY

YOUR REALLY CAN'T
BREAK IT DOWN...

ITS ALL CONNECTED

We Are a 3-Part Whole



We are spirit, have a soul and live in a body

NOTES FOR SLIDE 21

- This is a concept that is shared amongst many cultures and even some regions. The basics is that we are whole bodied, and you can not separate or section off body parts. Like plants have roots we have veins and arteries. When one hurts it impacts the whole system of life. Yes, you can bypass but at what cost. There is damage and loss of function somewhere else in the system. So, with all that being said if you are not working on healing the body, mind, and soul then you're only putting a band aid on a wound that won't ever heal, Music, art, dance, stones, herbs, nutrition, access to care to solve health problems proactively vs reactively all matter in the whole system approach. Use this method to reach out when you're asking your what, why, how can I help, impact questions but also for yourselves. Why am I feeling drained, why am I feeling overwhelmed, why does something not sit right with me. Those who are actively trying to make a difference and be the change are quick to help other but often forget we need to take care of ourselves 1st. Put your O2 mask on first or you will pass out while helping others to live.

DON'T BURN OUT YOU NEED MIND BODY SPIRIT FUEL TO HELP YOURSELF AND OTHERS

What calms you or grounds you?

Me I garden or get out in nature. Especially the rivers and sea. I am a Sagittarius, fire sign, so water tends to help me cool down when I am running too hot.

What inspires you?

I create art through all mediums. I use art to get through the pain of my disabilities, to cut through the fog of my mind, to busy my hands when I feel like I am losing control. Hint kids who click pins, eat pencils, tap foot, would benefit from fidgets in their hands. They are often fighting something that threatens their attention.



DON'T BURN OUT YOU NEED MIND BODY SPIRIT FUEL TO HELP YOURSELF AND OTHERS

Music is my words and emotions when I can't say what I feel.

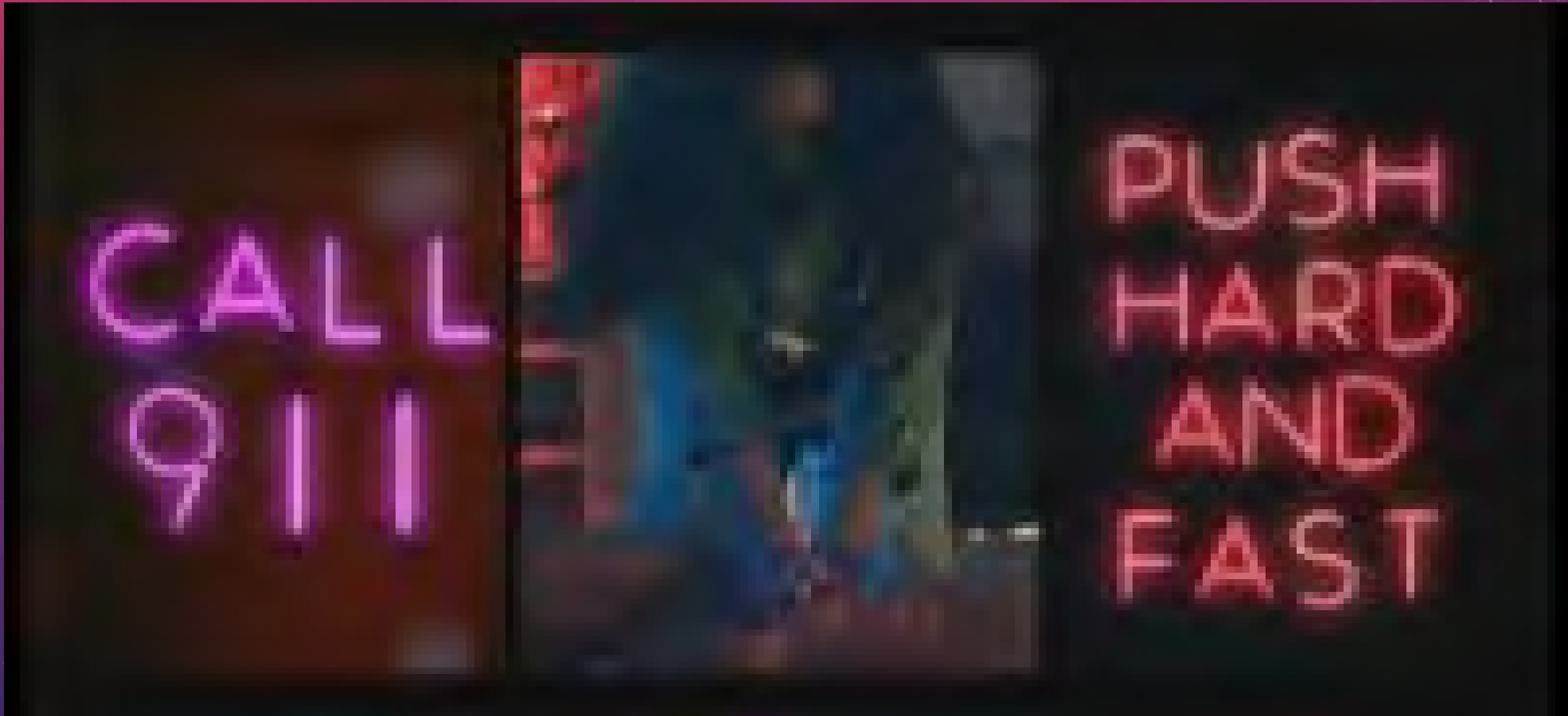
You can tell a lot by someone's choice of music. You can also change someone's mood by changing the music in the room. Blend styles, make your own. Blend styles to convey a diverse message. Blend styles to save a life. For years the tune *Stayin' Alive* from the *Bee Gees* was used to practice CPR.

Where there is music there is dance.

Music is felt at the cellular level that is why it is almost impossible not to move something on your body to the music. Even our heart rate and respirations can be altered by music. Military and Paramilitary (like military structure) uses song known as Cadences to keep soldiers on the same feet, moving at the same speed, and to keep a sense of order and unison. This is also seen in marching bands, drummer lines, and Caliber Dance Teams. Dance offs, of all styles are also a mix of cultural diversity and blends.



STAYING ALIVE ...MUSIC...ART...EDUCATION...YOUTH
PEOPLE WITH DISABILITIES CAN SAVE A LIFE TOO

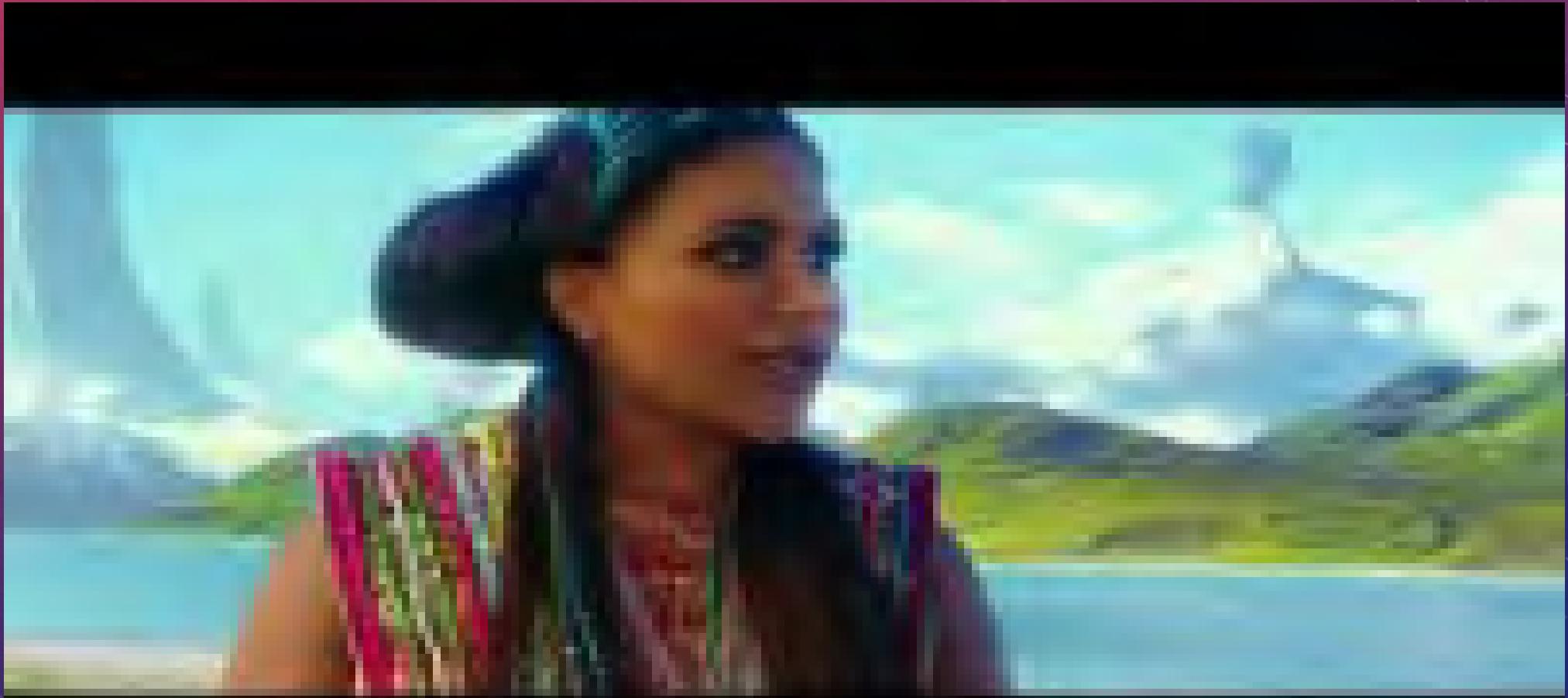


NOTES FOR SLIDE 25

- People with disabilities have the compacity to save lives too. The Good Dr. TV Drama Series is based on an Autistic adult with a super ability to see cause and effect at a hero's level but lacks your social cues and there for socially awkward. My son is this way very smart and a wiz with art and tech with an engineering eye. He struggles in traditional reading, math, and social graces. Where he is good, he is great, where he is weak, we can help him get better by asking him how he needs our help. This CPR video links art, and music to explains the younger youth's question "what does 100 beats a min look like". Sometimes we need to use diffrent learning modalities to explain everyday concepts.

MRS. WHO COMMUNICATES OUTSIDE OF THE BOX

A WRINKLE IN TIME



NOTES FOR SLIDE 27

- Could Mrs. Who have a learning disability and thus her using quotes is her way of relating to the world around her and communicating. Many people with intellectual, mental, emotional, and cognitive disabilities will mask, mirror, imitate, use art, music, and sound to communicate where they lack. This does not easily fit in the dominate cultures boxes but is a great way to connect and get to know a whole new world, you just have to slow down and listen.

MIRROR NEURONS

YOU ARE WHAT'S IN YOUR ENVIRONMENT



Here is a way of using art, science, and exploration to describe what mirror neurons are and how we all are affected.

MICRO AGGRESSION EXAMPLES IN A CARTOON



NOTES FOR SLIDE 30

- Before we go, I want to touch on micro aggression. Many BIPOC already know all too well what this looks like. Touching our hair or asking us to style our hair in ways that conform with the dominate cultures expectations. Our clothes are often targeting as well. This is no different for us who are BIPOC and disabled. In fact, many of us get an extra dose. When we ask for accommodations, we can be belittled, dismissed, or put in a one size fits all box. We can be talked to harshly, written up for using or advocating for our needs to frequently. We get a lot of back handed complements. Not to be confused with the strength-based approach. Tone, context, and what is said goes a long way in what I am meaning concerning back handed complements. For example, great job here, but you lack here, or you have to have it done this way. We are talking sugar coating a rotten apple and claiming it's A+ intentions and delivery. You know the snake that bits you sweetly and in plain site. Or this is great but its not enough. Total dis regard to all we have to do in our everyday lives. Things like, interpretation, modifications, and producing desired content in a system that is not our own. For those who have other languages this can be even harder to juggle because now your BIPOC, disabled, and multi-lingual. We need an environment that embraces our unique one of the kind presence and does not stick to a set dominate one size fits all approach.

THANK YOU!

HAVE QUESTIONS WANT TO LEARN MORE?

PLEASE FEEL FREE TO REACH OUT

MY EMAIL : ORRSWEETPEA@GMAIL.COM

PHONE: 971-227-5193

DUE TO ROBOT /SPAM CALLS AND THE CHANGING NUMBERS THEY USED

(AND THE DO NOT CALL LIST THEY DON'T FOLLOW)

WHEN YOU REACH OUT BE PREPARED TO REFERENCE THIS TRAINING.

LEAVE YOUR CONTACT INFORMATION

AND

THE BEST TIMES TO REACH YOU.

I WILL CONNECT WITH YOU AS SOON AS I AM ABLE.