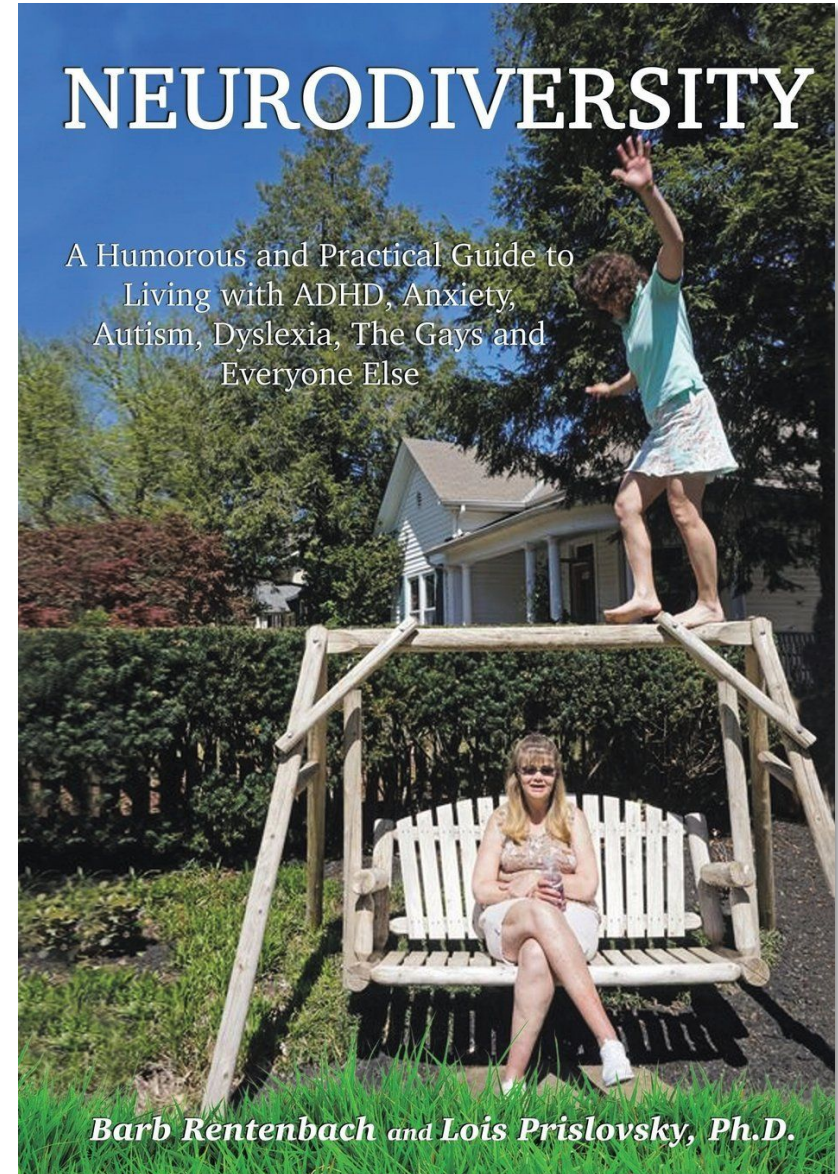
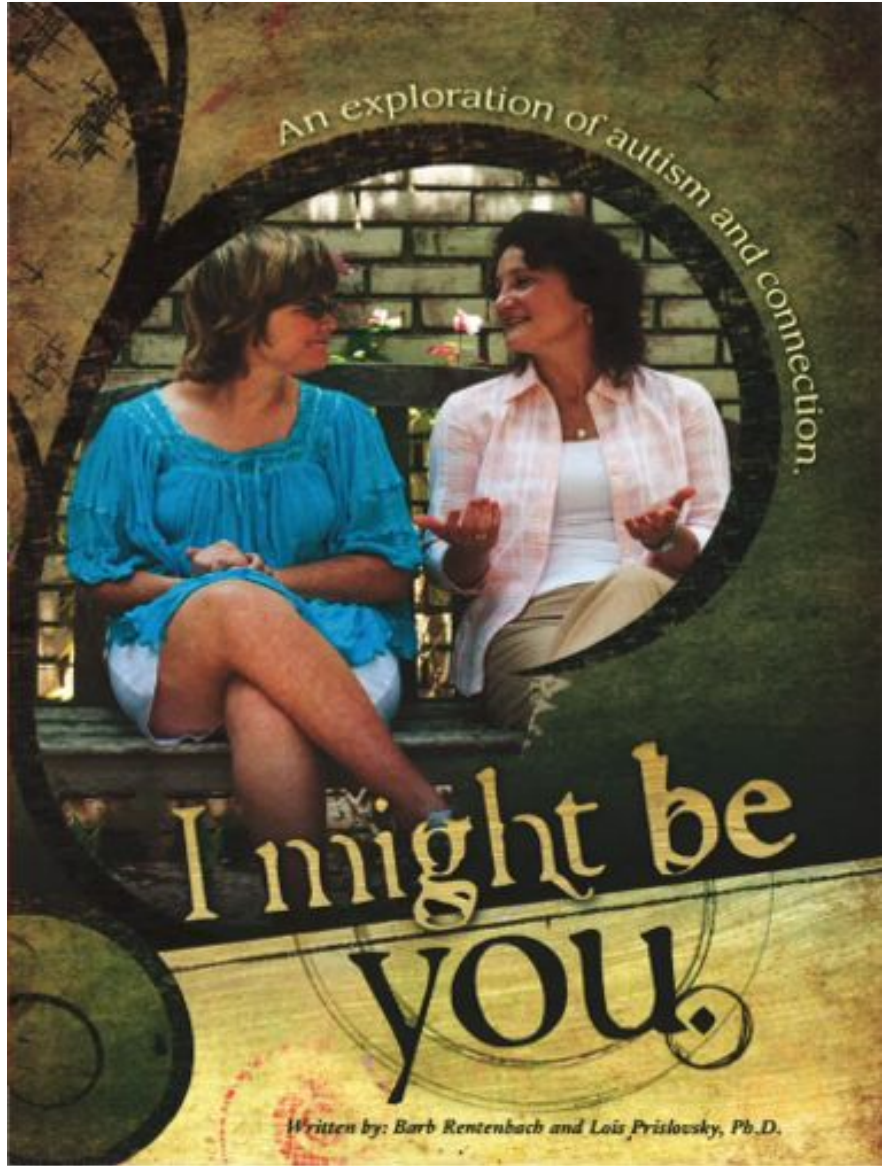


# Innovative Mental Health & Wellness Education for Neurodiverse Students & Community

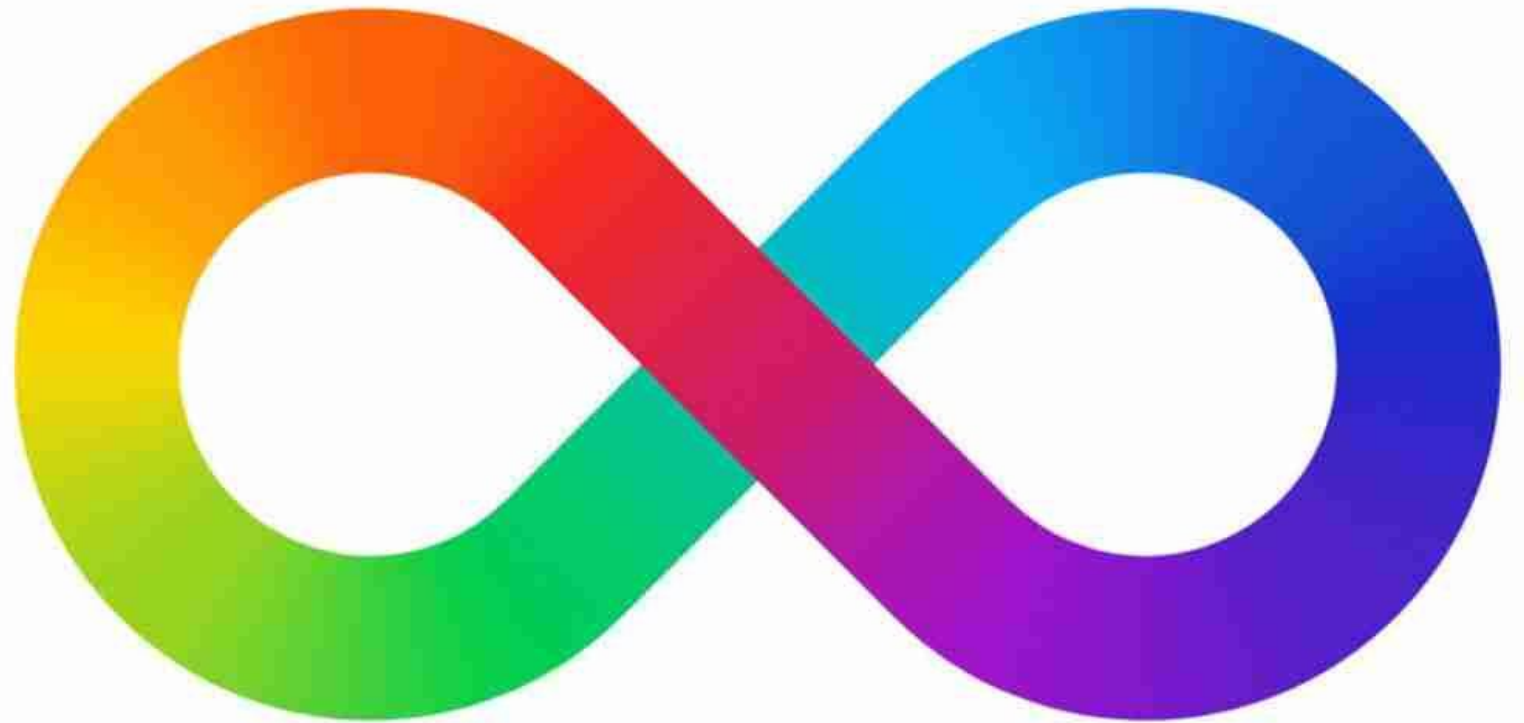
Dr. Lois Prislovsky

December 14, 2023





What is  
Neurodiversity?



# Benefits of Neurodiversity



“Autism is my  
prism, not my  
prison.”

Barb Rentenbach



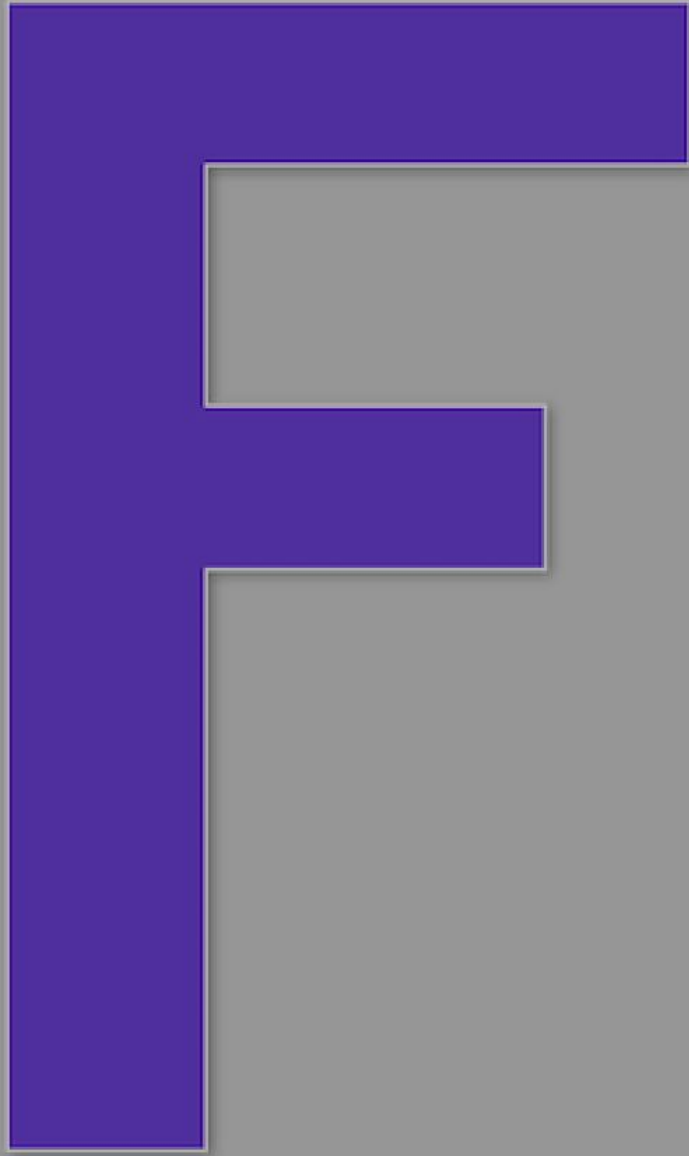
If we treat or medicate away ADHD,  
we may lose adventurers, explorers,  
protectors, inventors, athletes,  
and other bold contributors.

The traditional approaches to supporting neurodivergent youth...

# What is often missing?

- Practice to reinforce learning
- Real-time learning with role models
- Collaborative model
- Small-group learning
- Personalized approach

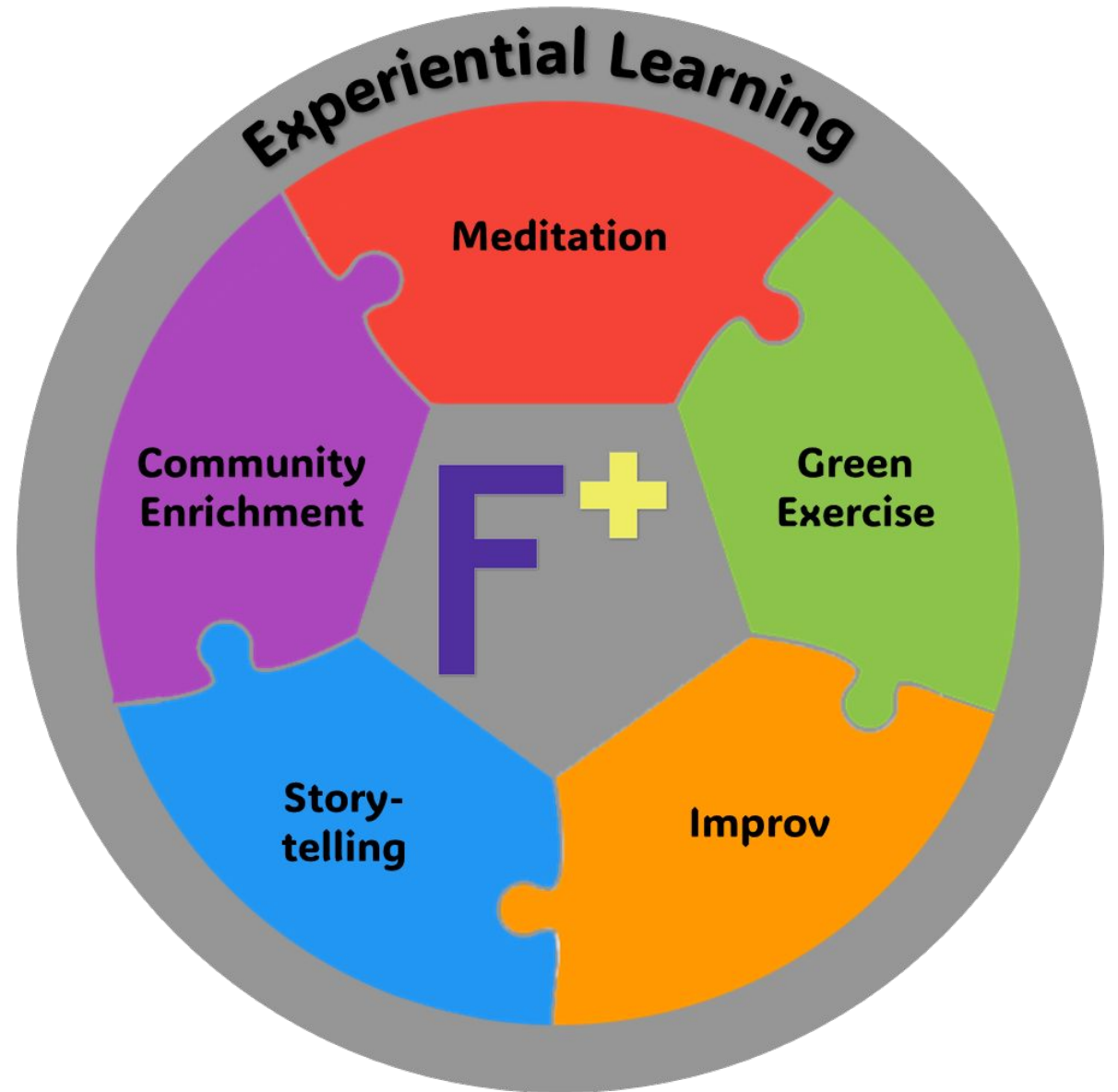






## Goals:

- Emotional Regulation  
incl. Anxiety Reduction
- Growth Mindset
- Sense of Belonging
- Compassion for  
Self & Others



True is kind.

&

Make it as right as possible  
as soon as possible.





Thoughts become chemical.  
Treat yourself WELL in advance!



# Novel Stimulation ~ CrossFit for the Brain





Fear is **NEEDED** for courage.



Listening & Speaking  
from the Heart

~

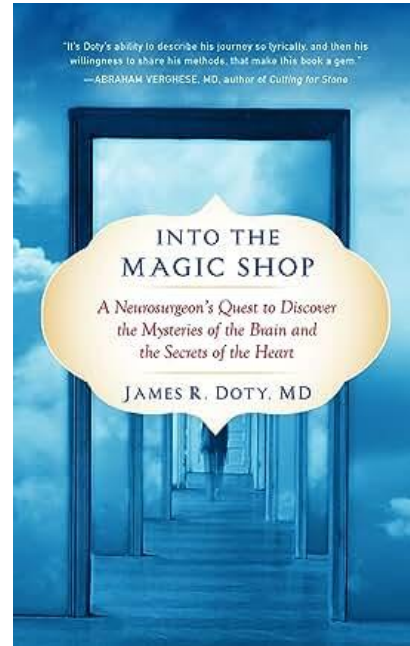
Nonverbal  
Communication /  
Physically Tuning In





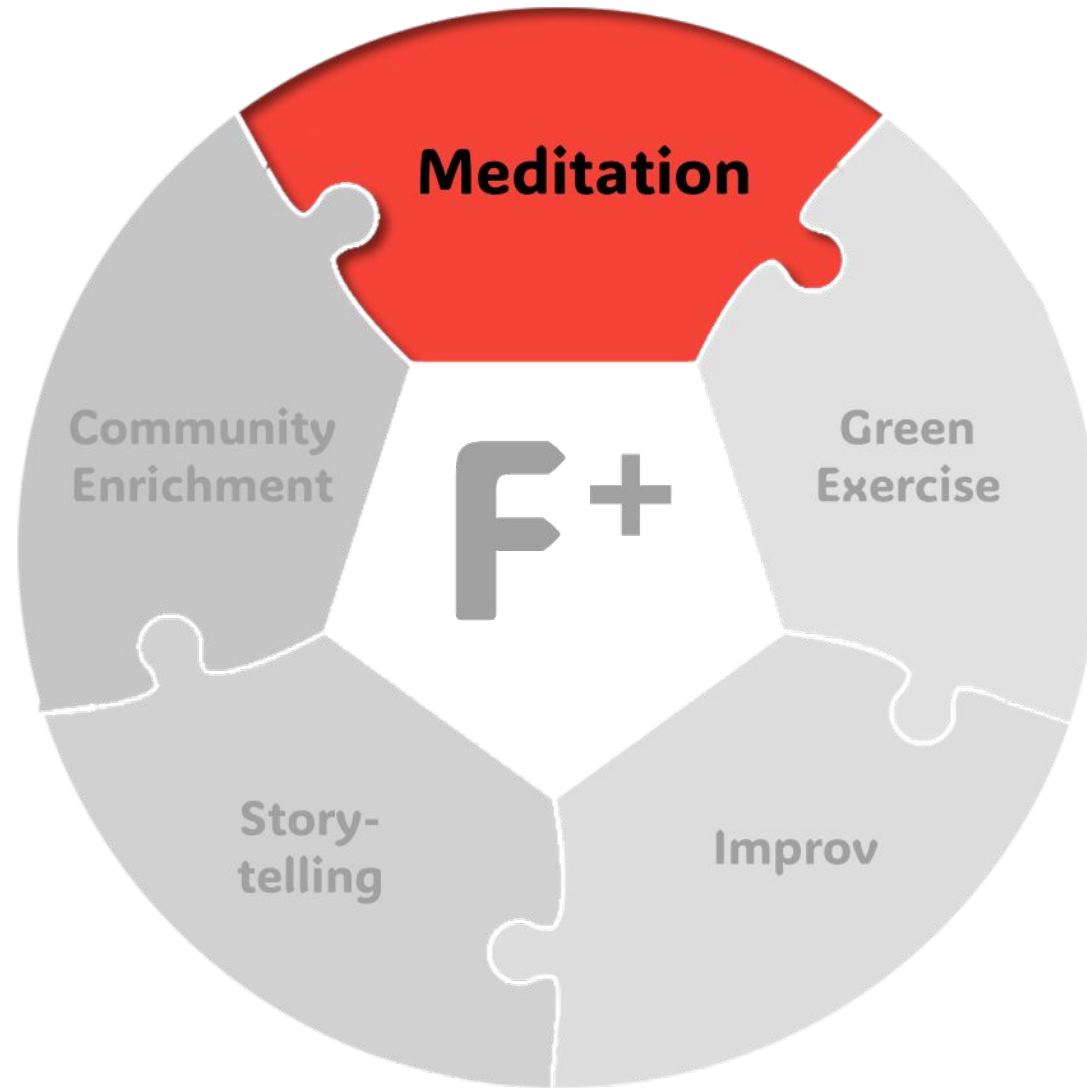


Mistakes are necessary for success -  
they force the brain to focus  
and find alternatives.



## Connecting Kids With A Compelling “Real-Life” Story







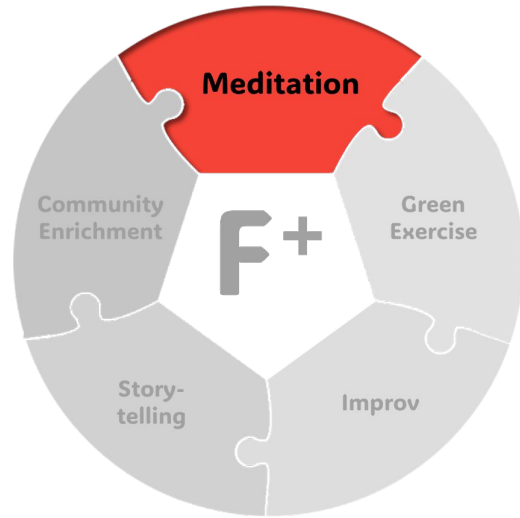
## Mirroring What Ruth Taught Jim

1. Relax full body quickly
2. Clear your mind (Nose breath)
3. Open your heart
4. Visualize yourself well (Feel it)

***Into the Magic Shop: A Neurosurgeon's Quest to Discover the Mysteries of the Brain and the Secrets of the Heart by James R Doty, MD***

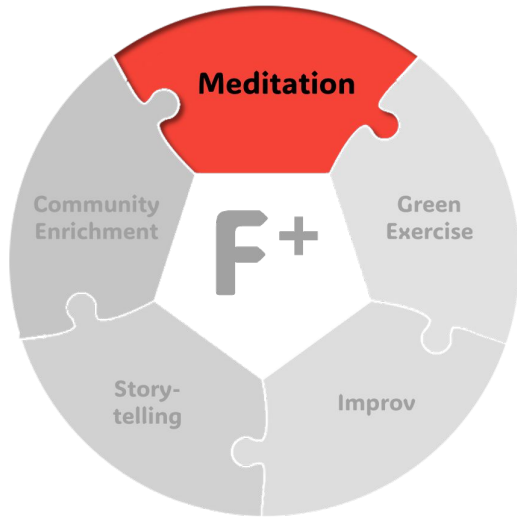
The truly wise understand they know  
only part of truth and are enthusiastic  
to learn more.



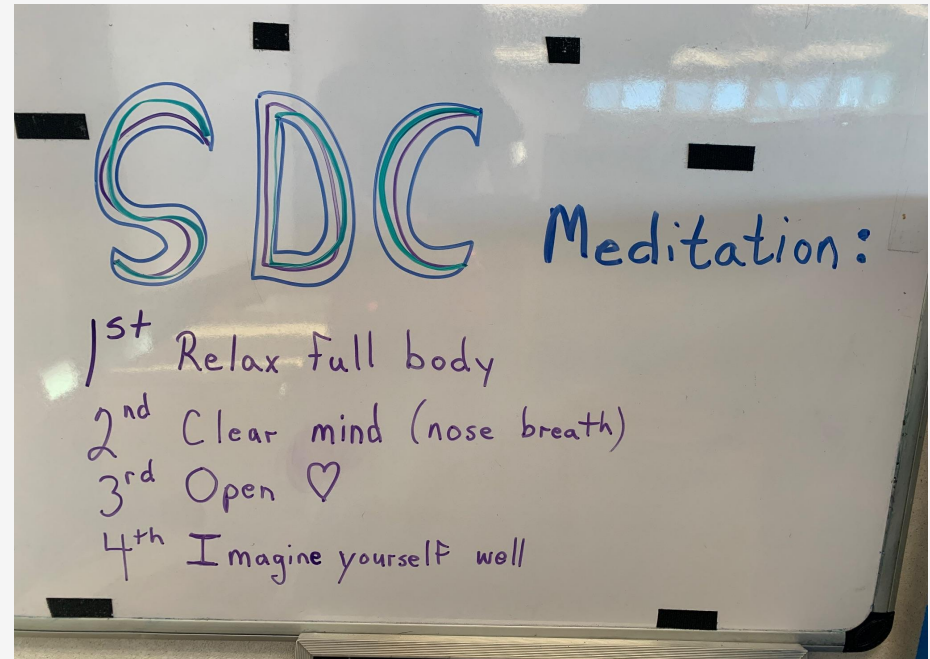
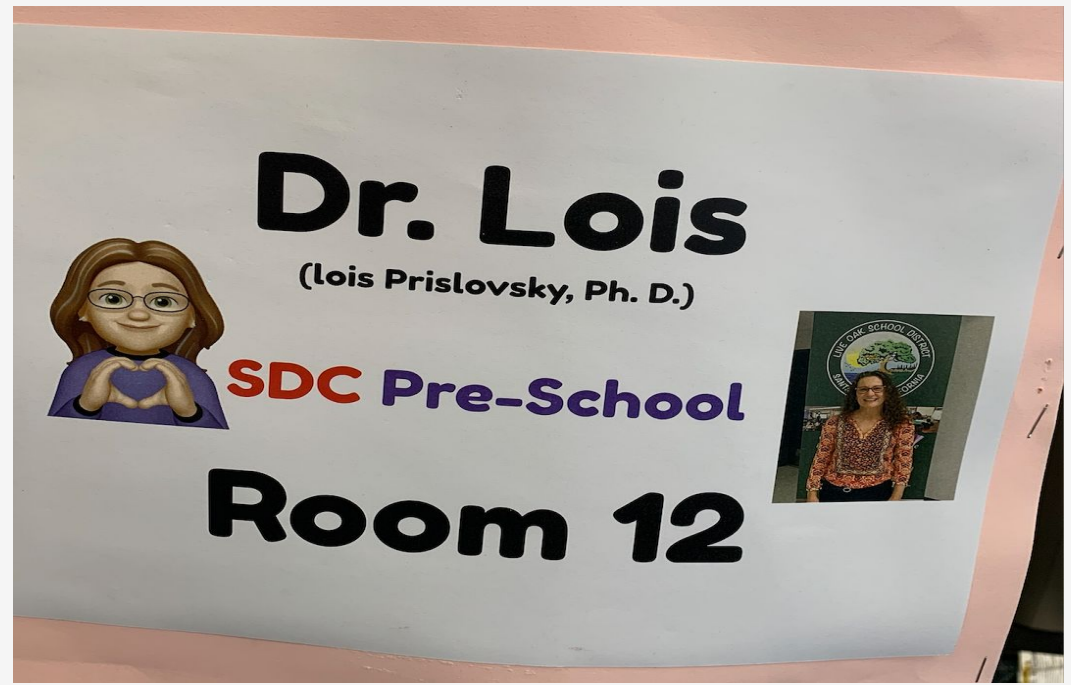


# Personalized, Hypnosis-Assisted Meditation

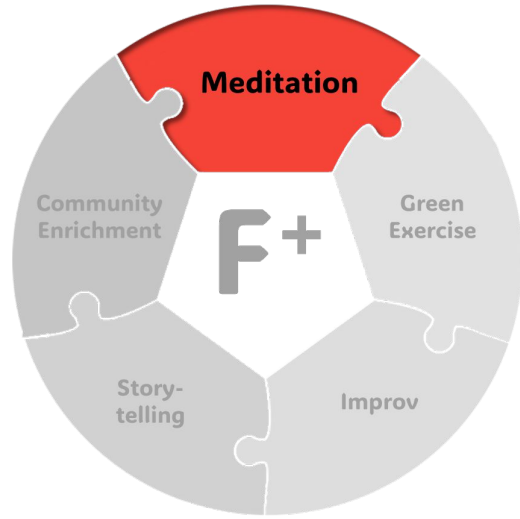




# Meditation for Pre-K SDC








# Muse Headbands to Track Progress



8:59 Save

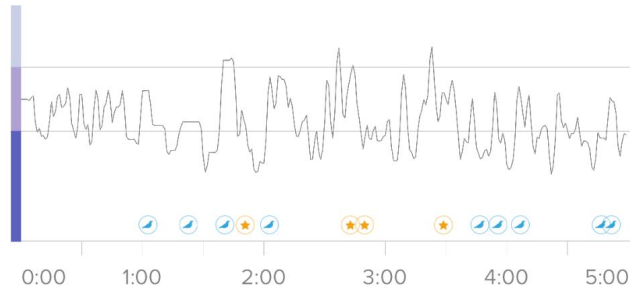


# Mind Meditation

May 28, 2021 - 08:51 AM - 5 mins

Training a Puppy  
**Rainforest**  
 Mind

Active 11 sec  
 Neutral 2m 44s  
 Calm 2m 5s



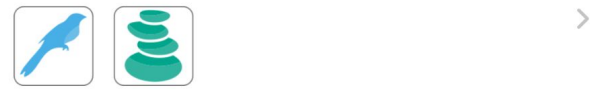
**Stats**

 **539**  
muse points

 **4**  
recoveries

 **9**  
birds

**Awards**



5:59 Save

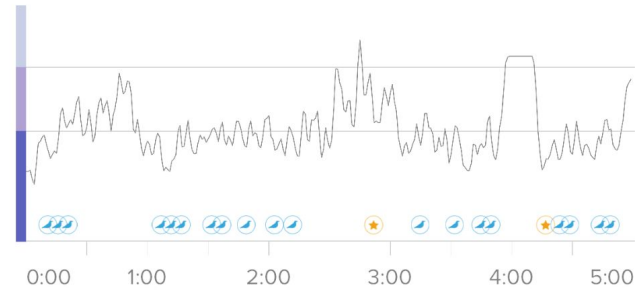


# Mind Meditation

May 28, 2021 - 05:49 PM - 5 mins

Breathing Through the Heart  
**Campfire Music**  
 Mind

Active 18 sec  
 Neutral 1m 50s  
 Calm 2m 52s



**Stats**

 **626**  
muse points

 **2**  
recoveries

 **19**  
birds

**Awards**



1:06 Save

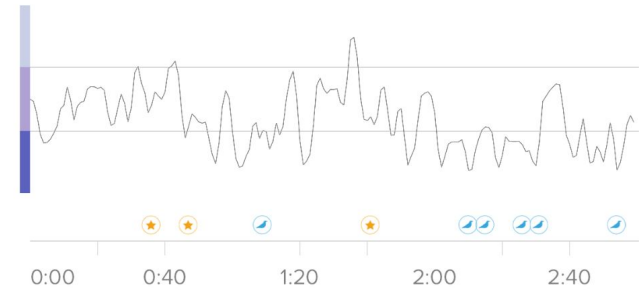


# Mind Meditation

July 22, 2021 - 12:55 PM - 3 mins

Training a Puppy  
**Rainforest**  
 Mind

Active 6 sec  
 Neutral 1m 39s  
 Calm 1m 15s



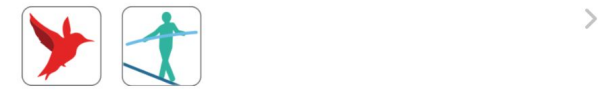
**Stats**

 **324**  
muse points

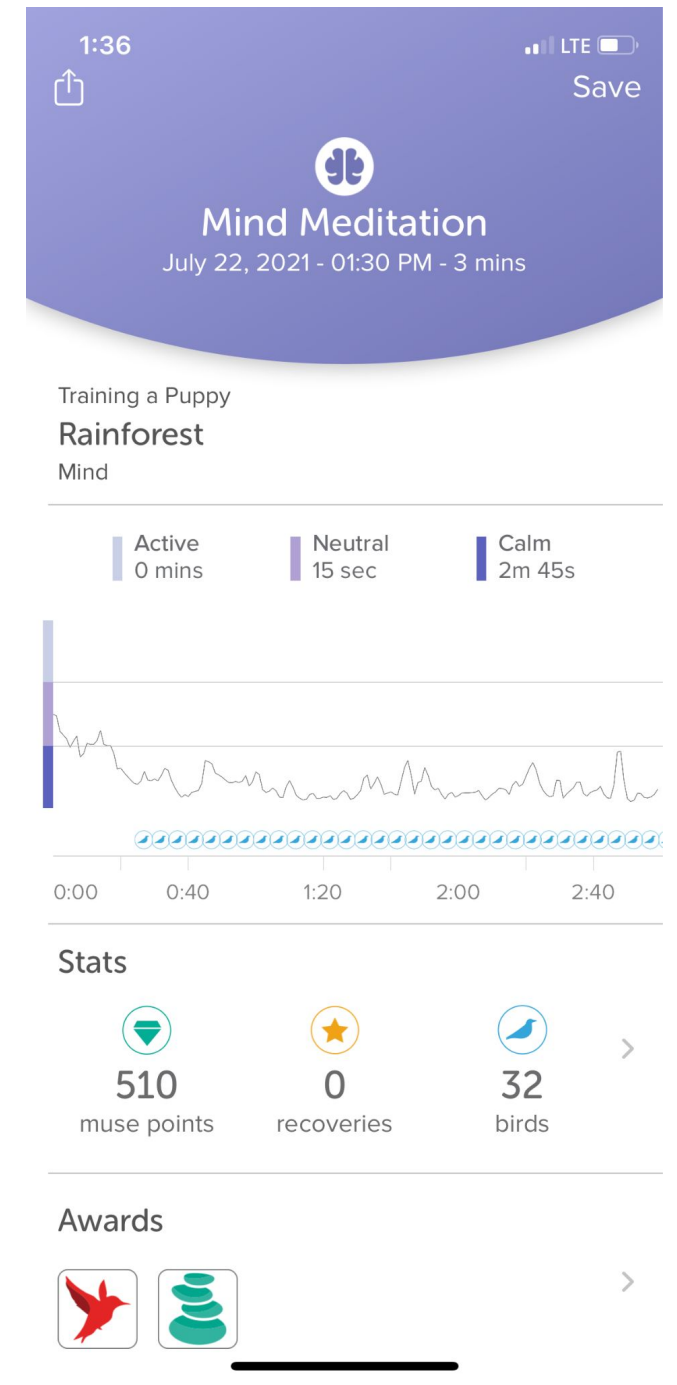
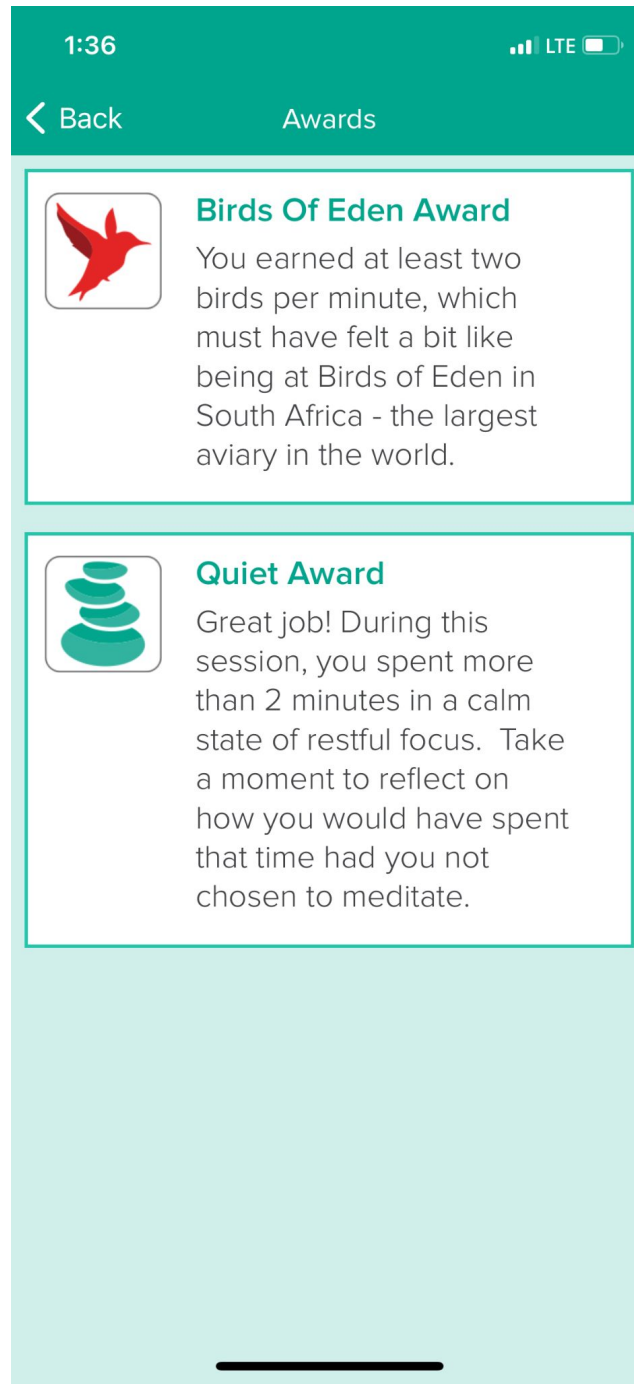
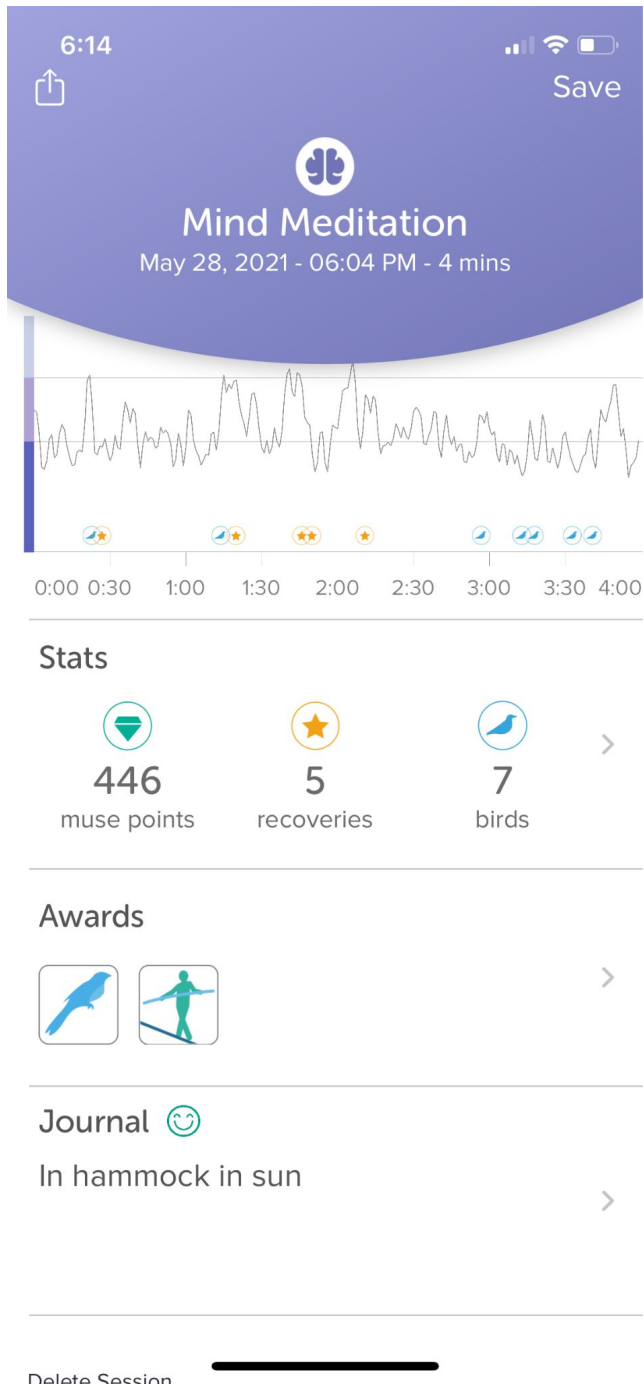
 **3**  
recoveries

 **6**  
birds

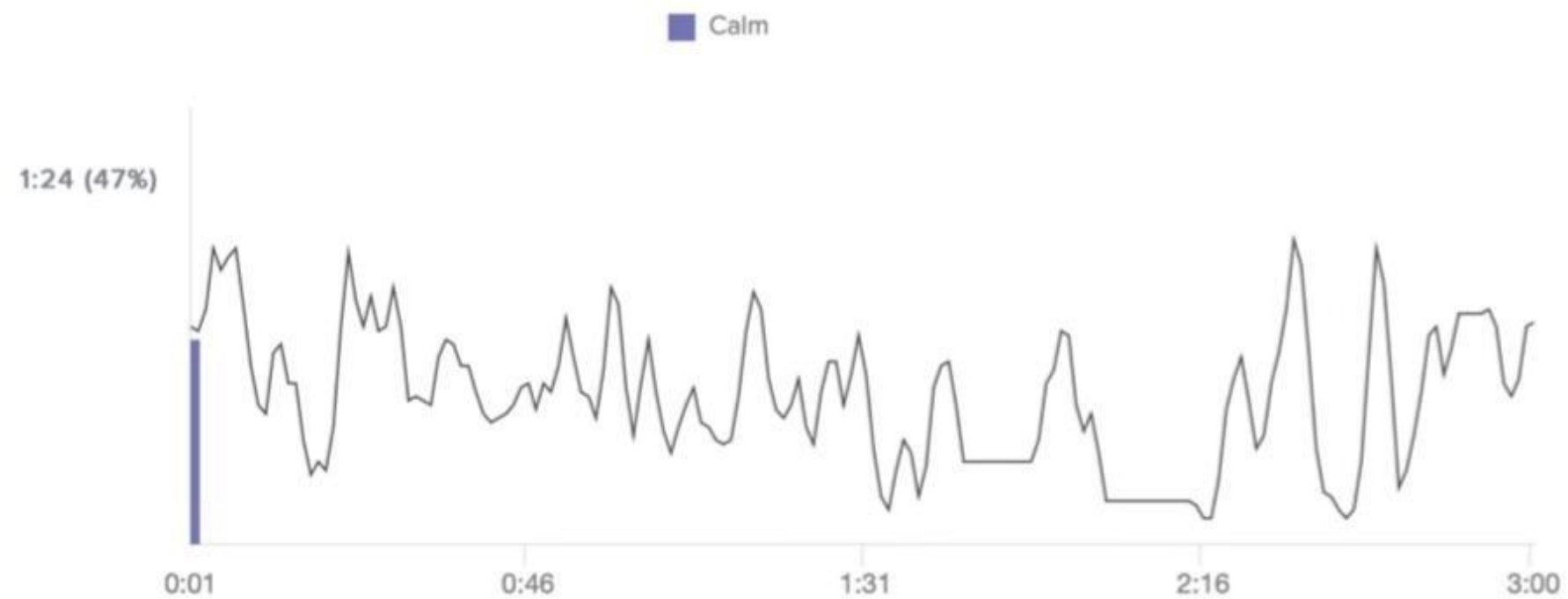
**Awards**







Jul 16, 2021 at 12:18pm Length: 3 minutes



5

Recoveries

4

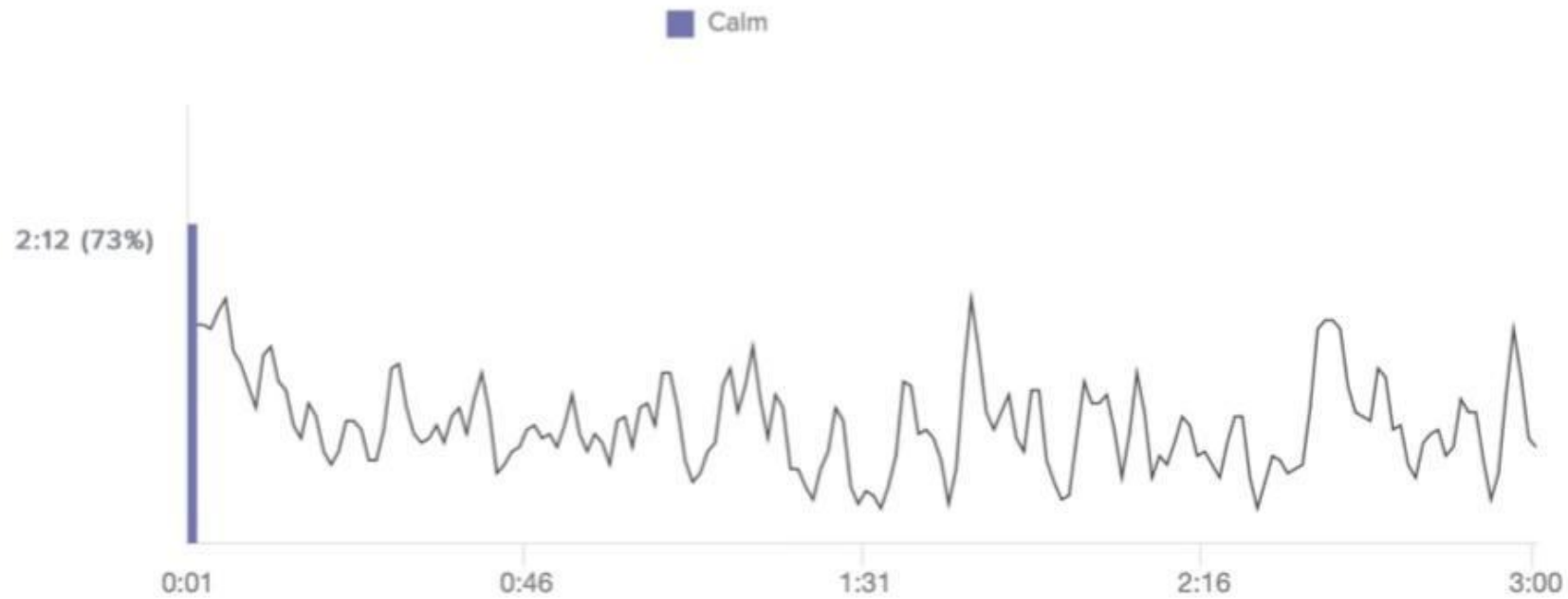
Birds

343

Muse points



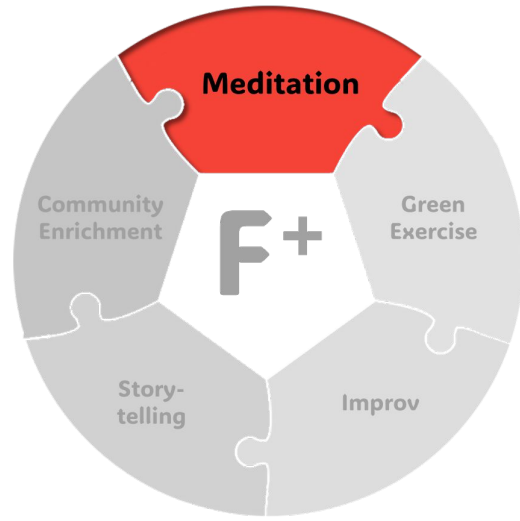
Jul 22, 2021 at 12:46pm Length: 3 minutes



0  
Recoveries

17  
Birds

444  
Muse points



BTW: Hammocks  
are a hit  
for emotional  
regulation  
for all ages





Accept the gift of being  
part of the solution.





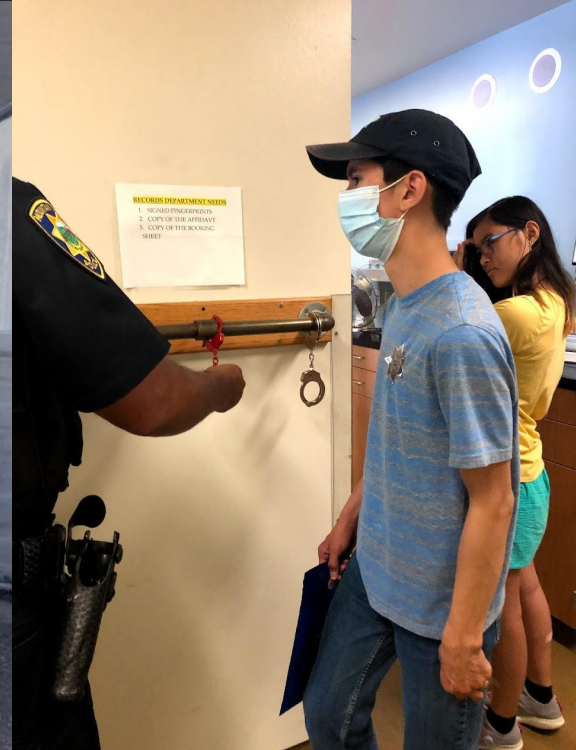
# Non-hierarchical learning







Building  
bridges









# Neuroplasticity – A Case Study

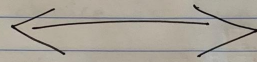
## Goals



- ↓ • Anxiety (Fear)
- ↓ • Depression (Sadness/Hopelessness)
- ↑ • Attitude about school
- ↑ • Attention (Focus)
- ↑ • Compassion (self-compassion & compassion for others)

N's F+

Decision tree



Love

or



Fear

We ~~4~~ Agree for 6 weeks

### 1. True

If one of us says or does something that is not true, we agree to make that error as right as possible as soon as possible. Practicing Ego Free, judgment free quick course corrections is how F+ works.

### 2. Meditate everyday.

No one can do this part for you. Daily practice is required to maximize your joy and performance.

### 3. Privacy

No videos, photos, or information will be shared with others without expressed consent (specific permission).

### 4. Communication within 24 hours

\* Lois will email session notes within 24 hours and will respond to N's texts after 3:15pm on school days.



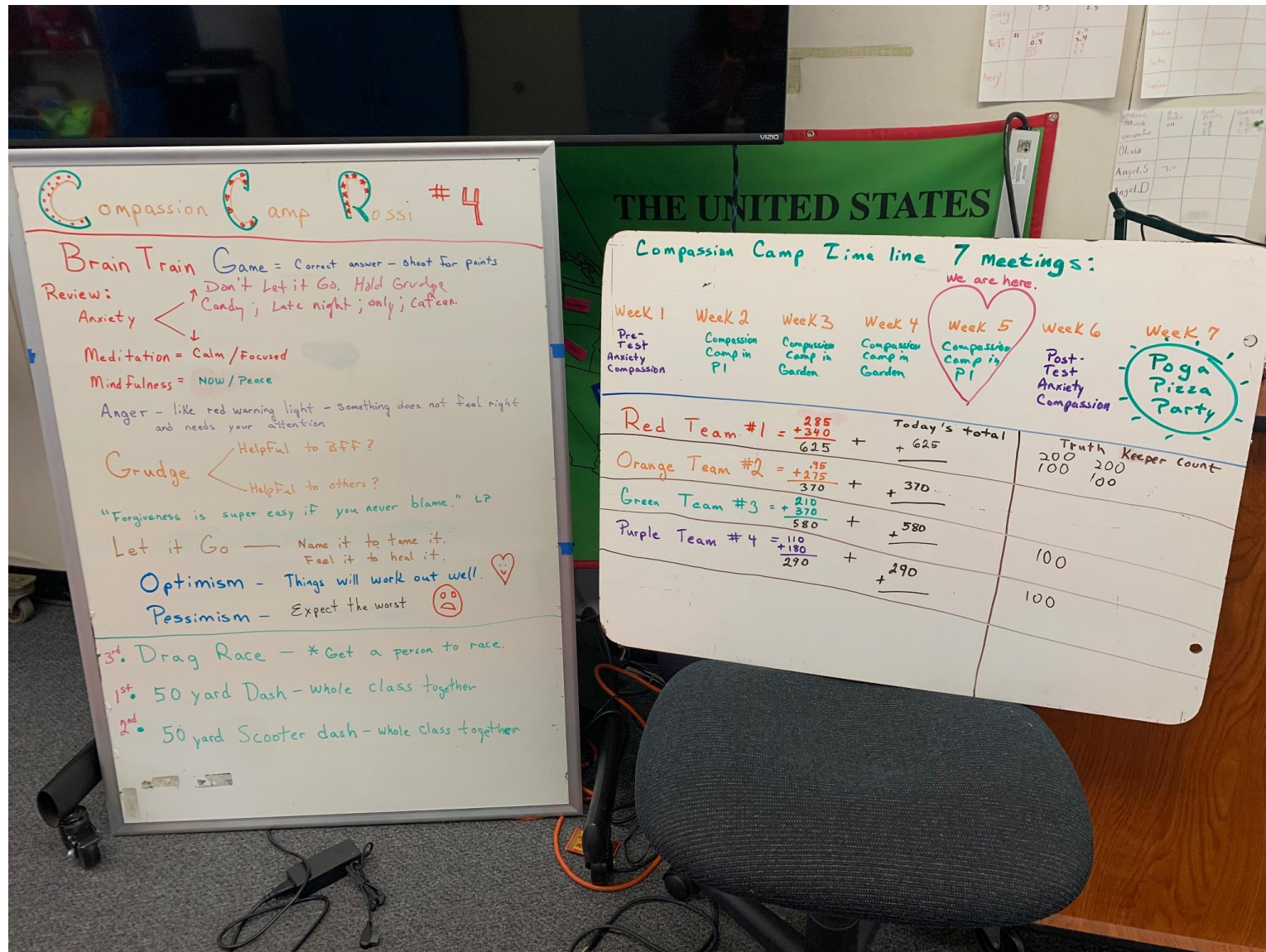


- ✓ Emotional Regulation
- ✓ Sense of Belonging
- ✓ Growth Mindset





- ✓ Compassion for Self & Others
- ✓ Anxiety Reduction
- AND...
- ✓ Personal Goals





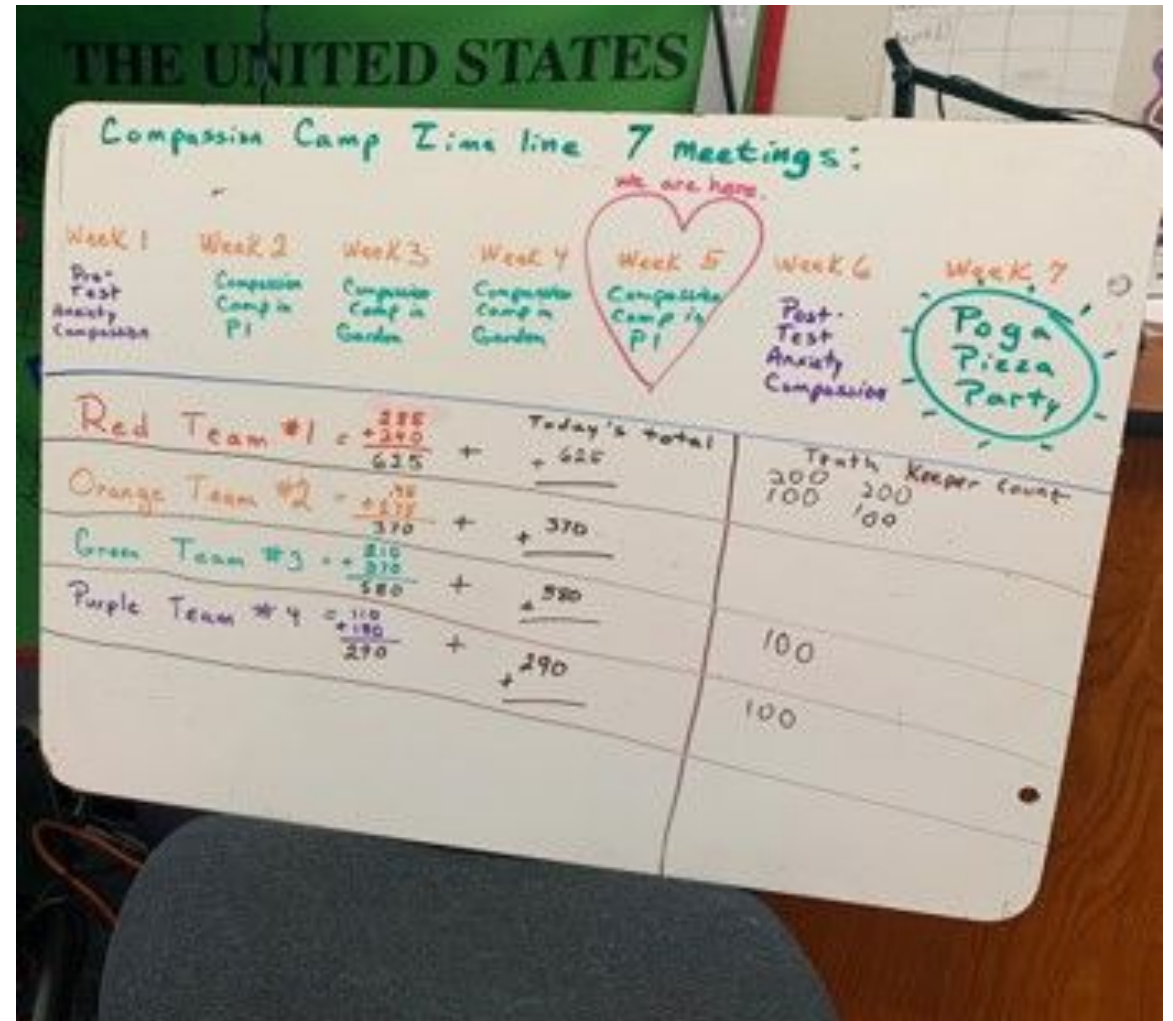
# Results from Pilot Programs

- 4 Pilot Programs Completed - 38 participants

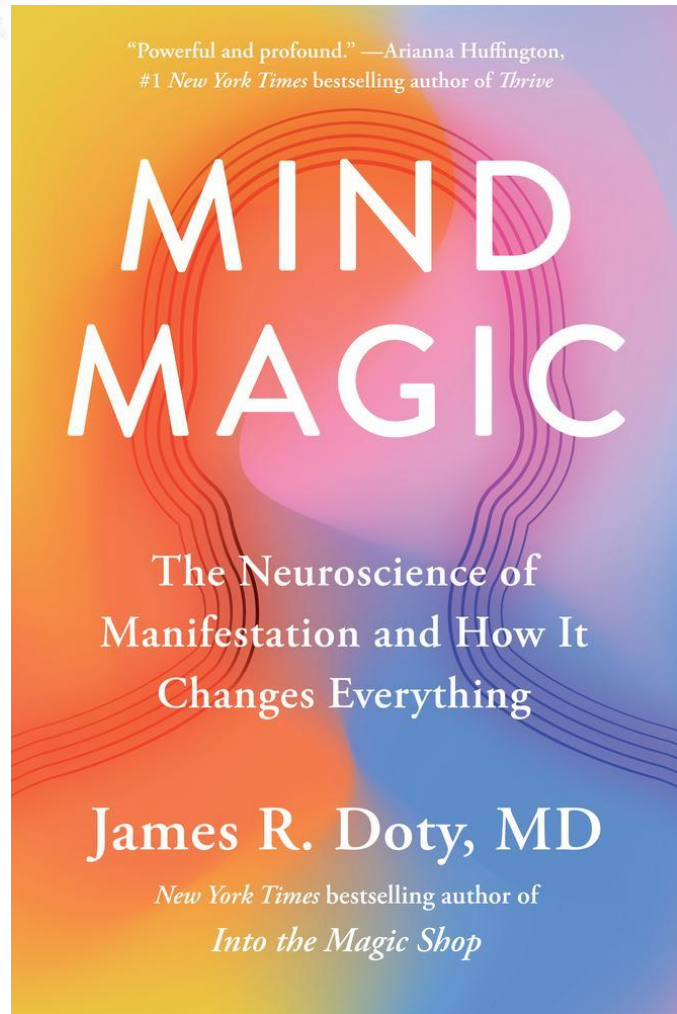
Palo Alto (2019), San Jose (2020 & 2021), Santa Cruz (2023)

- Pre & Post Metrics:

100% showed significant decrease in anxiety & meaningful increase in compassion for self & others



Coming Soon!



"Powerful and profound." —Arianna Huffington,  
#1 *New York Times* bestselling author of *Thrive*

# MIND MAGIC

The Neuroscience of  
Manifestation and How It  
Changes Everything

James R. Doty, MD

*New York Times* bestselling author of  
*Into the Magic Shop*

## Step One: Reclaim Your Power to Focus Your Mind

The two-wheeler hoverboard could go off-road, get up to eight miles an hour, and weighed 25lbs. Now, K held it over his head, ready to swing it smack into J's face.

It was a hot, sunny August day in Santa Cruz, California, at the local pump track, a looped sequence of acres and acres of rollers and berms—swoopy, banked turns—designed to maximize momentum where adventurous cyclists can ride with focus and practice tricks. As the two young men, both over six feet, stood there frozen in conflict, eyes locked on one another, wheels hummed while riders swished by, up and down the small hills, hooting exuberantly as they popped wheelies, bunny hopped, and launched over ramps into 360 spins. K and J were there that day to participate in a summer program for neurodivergent students called F+, which combined outdoor activities like dirt biking and dodgeball, improv games, and meditation training.

Leading this spirited gathering were Dr. Lois Prislovsky, a trained psychologist and expert in ADHD, and Colin Maslan, a former bike mechanic, EMT and teacher now in training as a social worker. Dr. Lois and Colin had met during compassion training at CCARE (Center for Compassion and Altruism Research and Education), the center I founded at Stanford, and bonded over their "redneck proclivities" for BMX biking and snowboarding, as well as a passionate desire to work with youth who were underserved by the policies of the conventional school system. Normally, children diagnosed with multiple behavioral and learning disability issues would be doomed to a summer of dreary analytical worksheets and lifeless PowerPoint presentations, all of it in the indoor imprisonment of sterile classrooms. Many of these students are on the autism spectrum, or had been repeatedly abused by their caregivers, or both. Some had

# The Way Forward

- Complement SEL programming
- F+ for incarcerated youth
- More paths for community involvement





# What can F+ be for you?



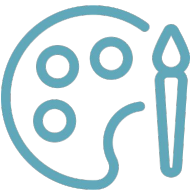
Cogency

Clear, logical, convincing



Compassion

empathy and ACTION to  
alleviate suffering



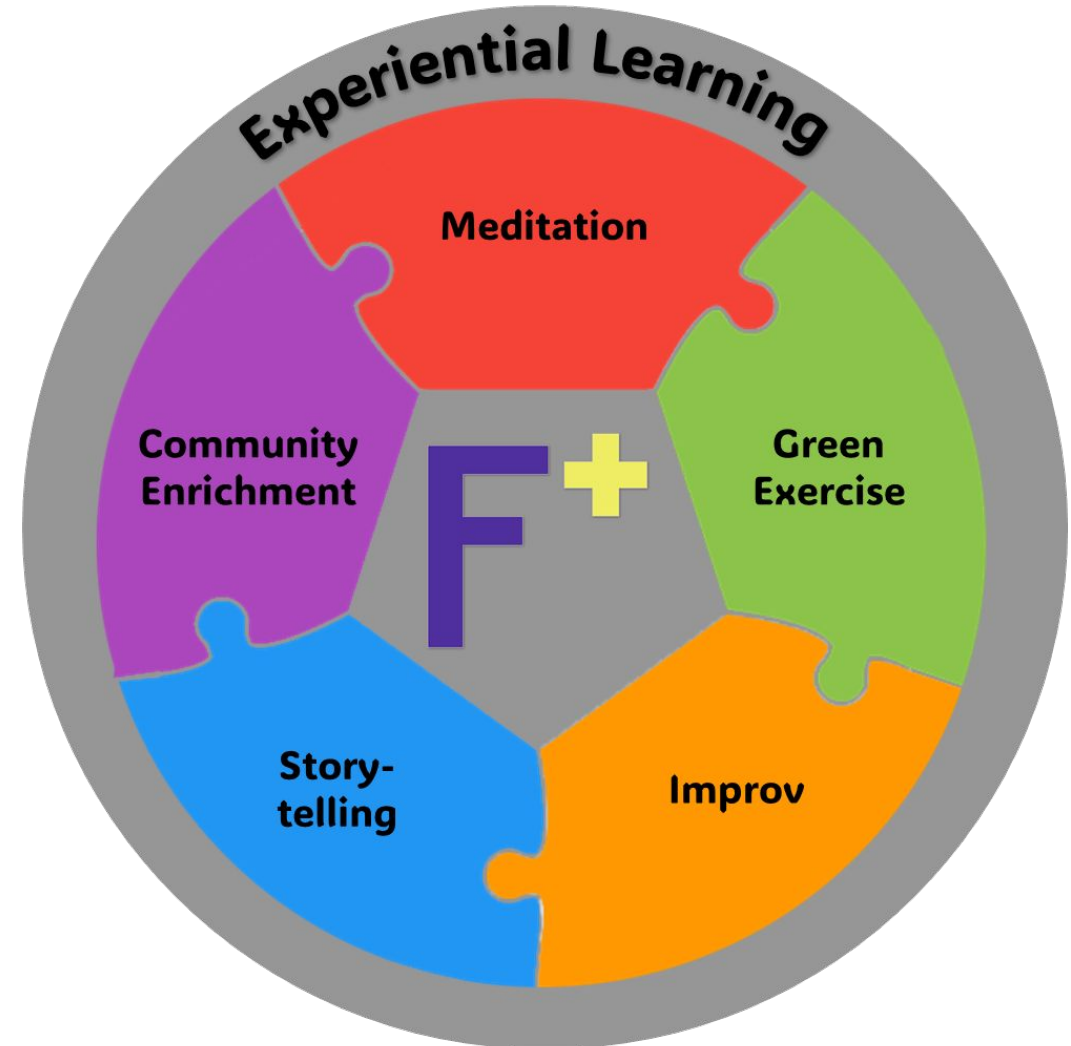
Creativity

use imagination for original  
ideas



Collaboration

work together to create  
solutions



# Thank You

**AJ Ouse** (Neurodiverse Educator)

**Officer Christine** (MVPD Community  
Compassion Camp Participant)

**Nir Levi** (Head F+ Researcher)

**Kavita Aiyar** (Community Activist  
and F+ Contributor)

