

# *NOT* YOUR NEUROTYPICALS

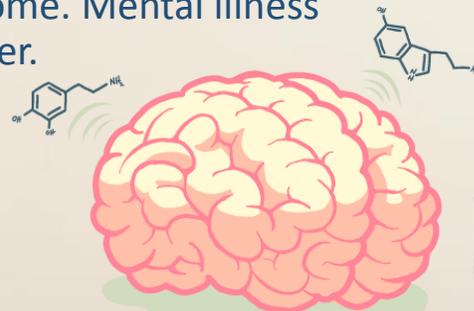
You Can Go To College!

Building a plan for success

# Who Are We?

Lisa is the Mom to two of the greatest kids on earth, Megan and Mitchell. A nonprofit executive during the day and a budding empty nester by night. She started this journey with Megan 6 years ago when that brave, brave girl left her diary on her desk and asked for help. We believe that with love, support and lots of therapy, we are all going to be okay.

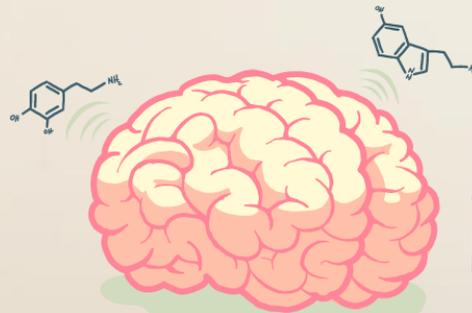
Megan is a sophomore at Loyola Chicago University, majoring in nursing. In her free time, she enjoys baking, reading, and long walks by Lake Michigan. Her story fueled the creation of this blog. When she was 15 years old, she was diagnosed with depression and an anxiety disorder. This blog is her way of fighting the stigma and misunderstanding around mental illness, and proof that a diagnosis doesn't change who you are or who you can become. Mental illness doesn't end your life, it simply starts a new chapter.



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# Objectives for Today

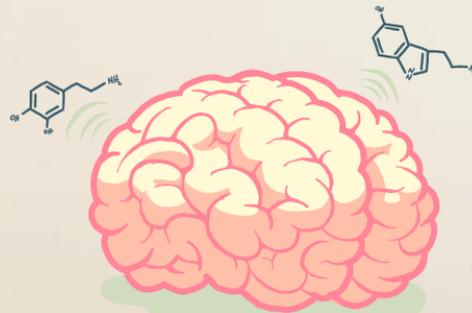
- We want you to hear our story. To know you are not alone AND so we all learn together. This is our perspective on how to handle mental health and college.
- We want to give you our learning about what skills to build NOW so a college career is successful.
- This is how we built our safety net in college – and we encourage you to build yours so EVERYONE can go to college that wants that experience.



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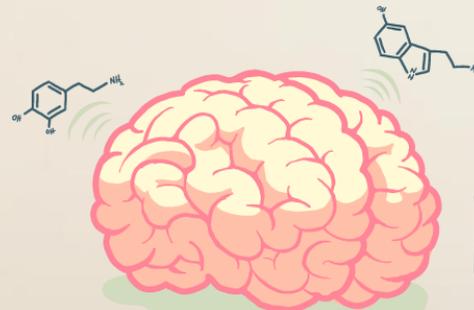
# Our Journey

- Megan's Story
- How we transitioned to talking about college
- Oops...what went wrong
- YES! What we did well.
- How to choose your college
- Questions and Suggestions

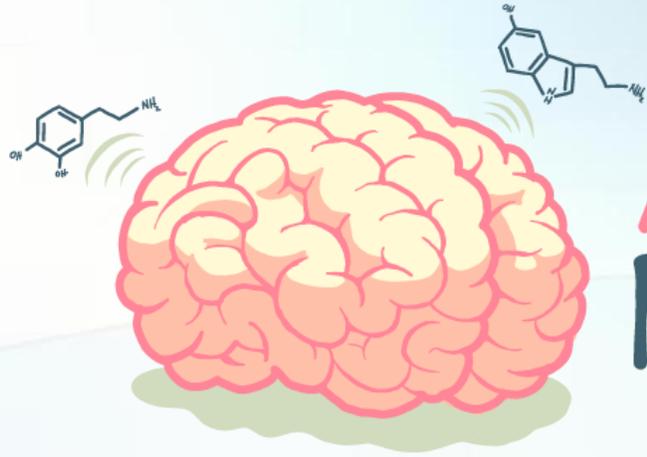


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# Megan's Story

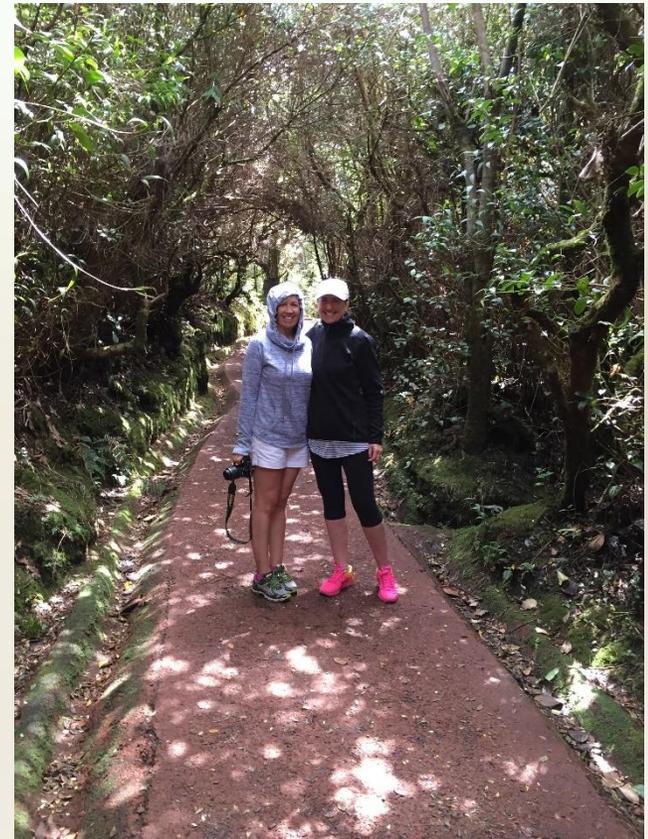


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## Lisa's Story



What went wrong...

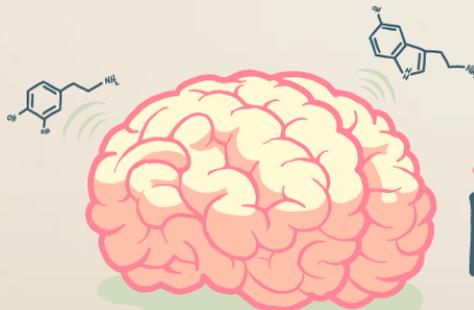
What are you doing?

Where do I go now?

Communication

Independence means what??

Grades Grades Grades



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Think you're alone? Think again...



# College Shopping 101

- Price and location – just like every other neurotypical...
- Drive/Fly/Bus/Bike
  - Travel Issues
  - Family support
- Services
  - SSWD/Student Services/"Health Clinic"
  - Make sure they value EVERY type of student
  - ActiveMinds.org



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**activeminds**

changing the conversation  
about mental health

**EVERY *Gator* COUNTS**



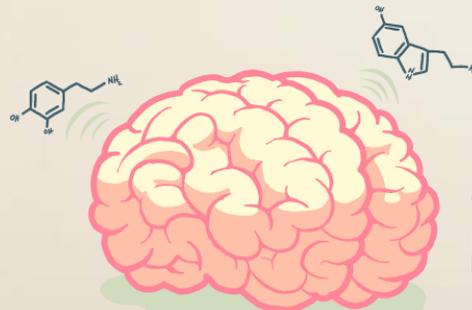
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# Communication!!! It's Everything.

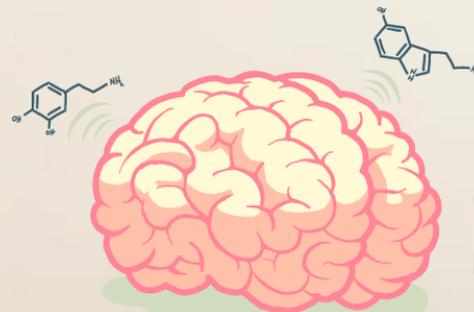
- Fill out the new student forms and let your parent or a guardian have access to that information.
- COMMUNICATE!
- Make sure you have your team in place before orientation. Make the orientation weekend be the “practice” visit to all of these resources.
- COMMUNICATE!
- Set up appointments the first week of classes. Don't need an appointment right now? DO. IT. ANYWAY.
- COMMUNICATE!



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“Mental health...is not a destination  
but a process. It’s about how you  
drive, not where you’re going.”

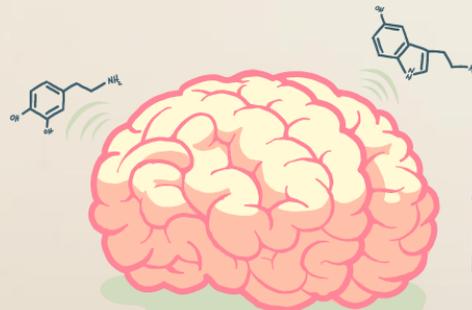
Noam Shpancer, *The Good Psychologist: A Novel*



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Video of Presentation on our Facebook page:

<https://www.facebook.com/notyourneurotypicals/>



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