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Jesenia's Social Justice & Disability Advocacy

[About Jesenia](#)

[The NeuroSpicy Network on LinkedIn](#)

[Stay connected \(quarterly email updates\)](#)

[Calling Up Justice](#): Social Justice Collaborative

[OneFreeCommunity](#): a Mutual Aid Networking on Tiktok [@onefreecommunity](#)

Jesenia's Services & Topics

Disability Justice -

discuss the 10 principles of disability justice and how you can incorporate them into your work and life for libratory movement praxis. <https://www.instagram.com/p/DCo8s3bO87V/>
<https://callingupjustice.com/principles-of-disability-justice/>

Covid-Conscious Event Production -

how to produce Covid-Safer conferences and events.
<https://buymeacoffee.com/neurospicynetworking/travelling-disability-justice-producer>

Anti-Capitalist Business -

Want to work for yourself but don't want to recreate colonialist exploitive shapes? Join the growing number of people making anti-capitalists businesses work for their communities.
Read More

<https://callingupjustice.com/embracing-a-paradigm-shift-redefining-community-through-mutual-aid-and-radical-generosity/>

Join us in ND small business chat once a month in <https://onefreecommunity.com/> to support each other through starting a business, get through an issue, figure out your next move, peer support, or co-working. FREE first Wednesday Monthly at 5pm Central.

Workshops & Workbooks-

- 1 on 1 Consultations <https://buymeacoffee.com/neurospicynetworking/e/177748>
- Access Doula for Conferences or Events
<https://buymeacoffee.com/neurospicynetworking/e/177756>
- 1 page Canva website <https://buymeacoffee.com/neurospicynetworking/e/376486>
- Access 101 done in collaboration with Calling Up Justice <https://callingupjustice.com/practice/>
- Covid-Safer Events Workshop - TBD
- Neuro-friendly Spaces <https://buymeacoffee.com/neurospicynetworking/e/233357>
- Conflict Connection <https://buymeacoffee.com/neurospicynetworking/e/168395>

Support my work

- *Solidarity Pricing* - I operate on a radical generosity model that allows you to pay what you can afford. The first 15 minutes are free. If you need a sliding scale for any of my offerings you can request them here. <https://buymeacoffee.com/neurospicynetworking/e/169323>
- Donations support my efforts to provide services to low-income & historically marginalized clients!
 - [Buy Me a Coffee](https://buymeacoffee.com/neurospicynetworking) <https://buymeacoffee.com/neurospicynetworking>
 - [Patreon](https://www.patreon.com/c/NeuroSpicyNetworking) <https://www.patreon.com/c/NeuroSpicyNetworking>
 - [PayPal](https://www.paypal.com/paypalme/NeuroSpicyNetworking) <https://www.paypal.com/paypalme/NeuroSpicyNetworking>

Communities

- *NeuroSpicy Networking LinkedIn Group*: helping you understand networking and how to make it NOT suck. <https://linktr.ee/neurospicynetworking>
- *One Free Community*: <https://onefreecommunity.com/> a BIPOC led collaborative project working toward building communities and providing disability & neuro-affirming spaces online through Discord. We are a decolonization-focused advocacy organization committed to mutual aid and collective cross-solidarity activism. I am offering Coaching sessions to someone who is sharing them as an event in OneFreeCommunity Discord, FREE to JOIN.
- *Calling Up Justice*: <https://callingupjustice.com/> We are producing performances of Justice online, onstage, and in real life.

Access Resources

- <https://autisticadvocacy.org/resources/accessibility/>
-  Access Is Love reading list & <https://www.disabilityintersectionalitysummit.com/access-is-love/>
- <https://www.northwesthealth.org/djaudittool>
- https://www.trainingforchange.org/training_tools/making-accessible-visuals/

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ADHD

[Magazine on ADHD](#)

[The Neuroanatomy of ADHD and thus how to treat ADHD - part 1](#)

[How we treat ADHD part 2](#)

[Neurodivergent Meltdowns in Adults – A Guide for Autistic and ADHD Adults](#)

Articles

[Poverty, Racism and the Public Health Crisis in America](#)

[Distracted or Disrespectful: Perceptions of Autistic Women of Color in the Workplace](#)

[Laziness does NOT exist](#)

[The Voices of Autistic Women and Non-binary People](#)

[Study examines how bias affects hiring practices](#)

[When it comes your health care you're already expert](#)

[What Is Stimming? ADHD And The Possible Behavioral Issues](#)

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Autism Resources

[Internalized Ablism](#)

[Accommodations at work \(Google Doc by Allie S.\)](#)

[Autistic Brain Difference in Connectivity](#) @itsabigaillea

[Autistic People of Color](#)

[Autism Resources \(Google Doc by Allie S.\)](#)

[Autistic burnout](#) - differs from regular burnout

[Autistic Inertia: An Overview](#)

[ASAN Autistic Self Advocacy Network](#)

[Autistic Traits vs Autistic Trauma](#)

[Autism in Girls \(People socialized as Women\)](#)

[Autism in People of Color \(The Color of Autism\)](#)

[Autism and Comorbidities Theory](#)

[Body Map: Feeling emotions in the body](#)

[Dr. Martine Delfos](#), clinical psychologist, autism is mostly a difference in the speeds of development; meaning the cognitive development of the brain in autistic people is faster than the social-emotional development

[Drexel University Autism Institute](#) reported in 2020 that twice as many white autistic adults (66%) were able to obtain work compared to black (37%) and hispanic autistic adults (34%).

[Echolalia](#) - repeating phrases

[Emotional Regulation](#)

[Females with Autism: An Unofficial List](#) >> Google Doc: [Females with Autism: An Unofficial Checklist](#)

[Fidgeting](#) - Playing with toys to focus

[Human Senses](#) - there are over 21 human senses!

[HSP and Autism are the same](#)

[Masking](#) - the concealment of these normal behaviors

[Medical kidnapping](#) removal of autonomy by the medical complex. Being dependent upon unsupportive people or systems because finding employment is so much more difficult for an autistic person. These consequences are more dire for autists of color.

[Neurodiversity Training Tools](#)

[NeuroSpicy Networking Group on LinkedIn](#) connects neurodivergent professionals, helps us tell our stories, and elevates our excellence despite the lack of resources for adults.

[Neurodiversity Week](#)

[Neurodiversity Presentations and Infographics](#)

[Needs: feelings list](#)

[“No Way Out Except From External Intervention”: First-Hand Accounts of Autistic Inertia](#)

[OneFreeApp.com](#) Project aims to reconnect humanity with meeting its needs via community rather than commerce.

[Reset your nervous system](#)

[Self Diagnosis is Valid](#)

Self Diagnosis from *Psychology Today*: [Why self-diagnosis can be a good thing](#)

[Sensory Processing is Only Half the Story: Movement Differences in Autistic People](#)

SPARK [Autism Study Website](#) & [List of Genes Tested](#) through Yale

[Stimming](#) - rocking back and forth to remain seated

Job Accommodation Network <https://askjan.org/>

What is Autism? <https://neuroclastic.com/autism/what-is-autism/> & <https://writ.works/2022/05/05/what-is-autism-2017/>

Crisis Supports

- 24/7 Suicide & Crisis Lifeline: <https://988lifeline.org/>
- Resources for Individuals with Neurodivergence: <https://988lifeline.org/help-yourself/individuals-with-neurodivergence/>
- Substance Abuse and Mental Health Services Administration National Helpline, call 1-800-662-HELP (4357) or go to <https://www.samhsa.gov/find-help/national-helpline>
- American Psychological Association Crisis Hotlines and Resources: <https://www.apa.org/topics/crisis-hotlines>
- Mental Health America: <https://mhanational.org/crisisresources>
- American Association of Suicidology, Crisis Supports for the Autism Community: <https://suicidology.org/wp-content/uploads/2024/02/Crisis-Supports-for-Autism-Community-1.pdf>

Disability Rights and Legal Advocacy

- Administration for Community Living, Aging and Disability Networks, Find Your Protection and Advocacy Agency: <https://acl.gov/programs/find-your-pa-agency>
- National Disability Rights Network: <https://www.ndrn.org/>

Additional Resources

- Autism Society Helpline, call 1-800-328-8476 or go to <https://autismsociety.org/contact-us/>
- National Alliance on Mental Illness, call 1-800-950-NAMI (6264) or text "HelpLine" to 62640 or go to <https://www.nami.org/Contact-Us>
- Autism Response Team at Autism Speaks, call 1-888-AUTISM2 (1-888-288-4762) or go to <https://web.autismspeaks.org/autismspeaksorg-arrhn/pages/b2d1084148ceed11912900155dcc340e.html>

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Covid Resources

[COVID-19 and Masking Information - Expand Yu](#)

<https://lcdcmar15.com/>

<https://www.pandemicsolidarity.org/>

<https://www.peopleshub.org/>

[Covid isn't Over](#) - a group calendar of covid safe or online events for people who are not denying the multiple ongoing pandemics.

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Communities to Join

[NeuroSpicy Networking on LinkedIn](#) - Group for sharing space about work as Neurodivergent Professionals

Book a 15 min [Free Consult](#) - get support in ideation for solutions or guidance with me.
NeuroSpicyNetworking.com

[Free Resources & Services](#)

[One Free Community](#) - BIPOC lead disability & mutual aid digital third space

[Divergent For Community](#) - Leadership retreat for Neurodivergent people looking to reconnect to indigenous practices with weekly Saturday Space.

[Crip Create](#) - is a Disability Justice-centered co-working and socializing space for all Disabled people. Twice a week zoom meeting.

[Covid isn't Over](#) - a group calendar of covid safe or online events for people who are not denying the multiple ongoing pandemics.

[Pandemic Solidarity 4 Our Future](#) - BIPOC only online GatherTown annual Event. A three day convening for BBIAPI folks invested in pandemic solidarity that we named Pandemic Solidarity for the Long Future.

[Garden](#) - BIPOC only online GatherTown Community Garden is a 24/7 virtual community center specifically designed for BIPOC folks who are practicing pandemic safety (i.e. wearing

high filtration masks, testing for COVID, avoiding crowds, etc.). It came from the need for our folks to have spaces to meet new people and hold events just for us in ways that are safe and imaginative.

[Disability Cultural Center](#) - The Disability Cultural Center (DCC) hosts online programming that celebrates the joy, creativity, and brilliance of disability communities in San Francisco and beyond. Our brick-and-mortar hybrid space opens in San Francisco summer of 2025!

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Equity through a decolonizing lens

[What is WSC?](#)

[10 Principles of Disability Justice](#)

[Able Gamers - disability gaming](#)

[Amanda Gorman – “The Hill We Climb”](#)

[Brene Brown on Empathy](#)

[Calling Up Justice: Understanding Calling Up & Calling Up Responses](#)

[Care Pods & Accountability](#)

[Disability Visibility](#)

[Harvard Implicit Bias Test](#)

[How to Have a Great, Disabled Life](#)

[Implicit Bias](#)

[Let's Talk About White Supremacy Culture \[YouTube\]](#)

[Overt vs Covert White Supremacy Pyramid](#) [LevertTheBaseman](#)

[Professionalism Is a Relic of White Supremacist Work Culture](#)

Professionalism used against BIPOC [The Bias of ‘Professionalism’ Standards](#)

[Restorative Justice](#)

[Systematic Racism Explained](#)

[Social Model of Disability](#) *"recognises the social origin of disability in a society geared by, and for, non-disabled people. The disadvantages and restrictions, often referred to as barriers, permeate every aspect of the physical and social environment. Disability can, therefore, be defined as a form of social oppression."*

[Spoon Theory](#) & [Unified Cutlery Theory](#)

[Universal Design](#), *"design that's usable by all people, to the greatest extent possible, without the need for adaptation or specialized design"*. When jobs, buildings, and communications are accessible, the disability is diminished or eliminated.

[What is the social model of disability? | D&A | Diversity and Ability](#)

[White Supremacy Culture Explained](#)

<https://www.whitesupremacyculture.info/what-is-it.html>

[https://collectiveliberation.org/wp-content/uploads/2013/01/White Supremacy Culture Okun.pdf](https://collectiveliberation.org/wp-content/uploads/2013/01/White_Supremacy_Culture_Okun.pdf)

[https://www.thc.texas.gov/public/upload/preserve/museums/files/White Supremacy Culture.pdf](https://www.thc.texas.gov/public/upload/preserve/museums/files/White_Supremacy_Culture.pdf)

<https://rrapp.hks.harvard.edu/the-culture-of-white-supremacy-in-organizations/>

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Genetics

[Generational Trauma - Mice Smell Study](#) & [Mice study YouTube](#)

[Epigenetics Explained YouTube](#)

[What is epigenetics? - Carlos Guerrero-Bosagna](#)

HyperMobility / Ehlers Danlos Syndrome (EDS)

<https://www.eds.clinic/>

[PMDD, Histamine, and Mast Cells: Exploring New Avenues for Treatment](#)

[People with celiac have a 49% increased risk for EDS](#)

[Hyp-Access - hypermobility community resources](#)

[ehlers-danlos talking to your doctor toolkit](#)

[ehlers-danlos diagnostic-criteria](#)

[Precautions to Consider Before Surgery When You Have EDS - Ehlers-Danlos News](#)

[EDS Support](#) crowdsourcing survey & sharing information from StuffThatWorks courtesy

[Medical Journal EDS](#)

[hEDS informational doc](#)

[Marfan vs EDS](#)

[Differences in manifestations of Marfan syndrome, Ehlers-Danlos syndrome, and Loeys-Dietz syndrome](#)

[It's NOT your weight! How losing weight can harm your EDS body](#) (video)

@stynalane: You can check out the EDS community and others on StuffThatWorks at:
<https://www.stuffthatworks.health/ehlers-danlos-syndrome>

@marysabina11: Elephant track sign is called reumatologia-dr-bravo.cl/index19c6.html
gptoolkit.ehlers-danlos.org/

ehlers-danlos.com/diagnostic-criteria/

healthywomen.org/content/article/when-it-comes-your-health-care-youre-already-expert
medicaljournals.se/acta/download/10.1080/00015550410024616/

[Hacking Hypermobility Podcast](#)

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Mental Health Links

[Loveland Foundation](#): helps black women and girls get mental health services

[Low Cost Mental Health Resources: Open Path Collective](#)

[Caring for Others \(and Being Cared For Yourself\)](#)

[Why You Are Lonely and How to Make Friends - YouTube](#)

[Therapist NeuroDiversity Collective](#) - list of ND therapists

[The Association of Neurodivergent Therapists](#)

[How to Find a Neurodiversity-Affirming Therapist](#)

[Neurodiverse Counseling Services](#)

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PDFs

[Black Reproductive Justice Policy Agenda](#)

[From Self-Diagnosis to Self-Realization](#)

TikTok PlayLists

Decolonizing playlist Check in every week for more uploads!

[BIPOC tokens are being pushed out of spaces](#)

[Black Feminist Books to Read](#)

[Recovering from Racial Capitalistic Society](#)

[Marginalized people traumatized in diversity trainings](#)

[Intersectional Feminism and Combat White Women Feminism](#)

[Non Profit Leadership Mission Action](#)

[Establishing Boundaries](#)

[When BIPOC say it's racist...believe them](#)

[Don't ask POC to do YOUR emotional labor](#)

[Book Recs on decolonization book about collectivism, activism, and or empowerment](#)

[How to speak up about racisms](#)

[White woman hood positionality and power](#)

[What is Privilege](#)

Decolonizing Info: <https://crushingcolonialism.org/about-us/>

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Other Links

[Weekly Meal Planner Template on Canva](#)

[Learn Anything for Free](#)

Ikigai with Chris Do https://www.youtube.com/watch?v=G2SqqjRn_c0

How to find ideas <https://www.youtube.com/watch?v=BAzs3amtEFA>

All the Clairs <https://reikilifestyle.com/wp-content/uploads/2019/09/The-Clair-Senses.pdf>
<https://medium.com/pages-from-the-inked-grimoire/all-the-clairs-from-clairvoyance-to-clairempathy-83ff12fac838>

Activism Resource: <https://www.radicalinprogress.org/study-guides>

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