



Autism Intervention Research Network
on Physical Health

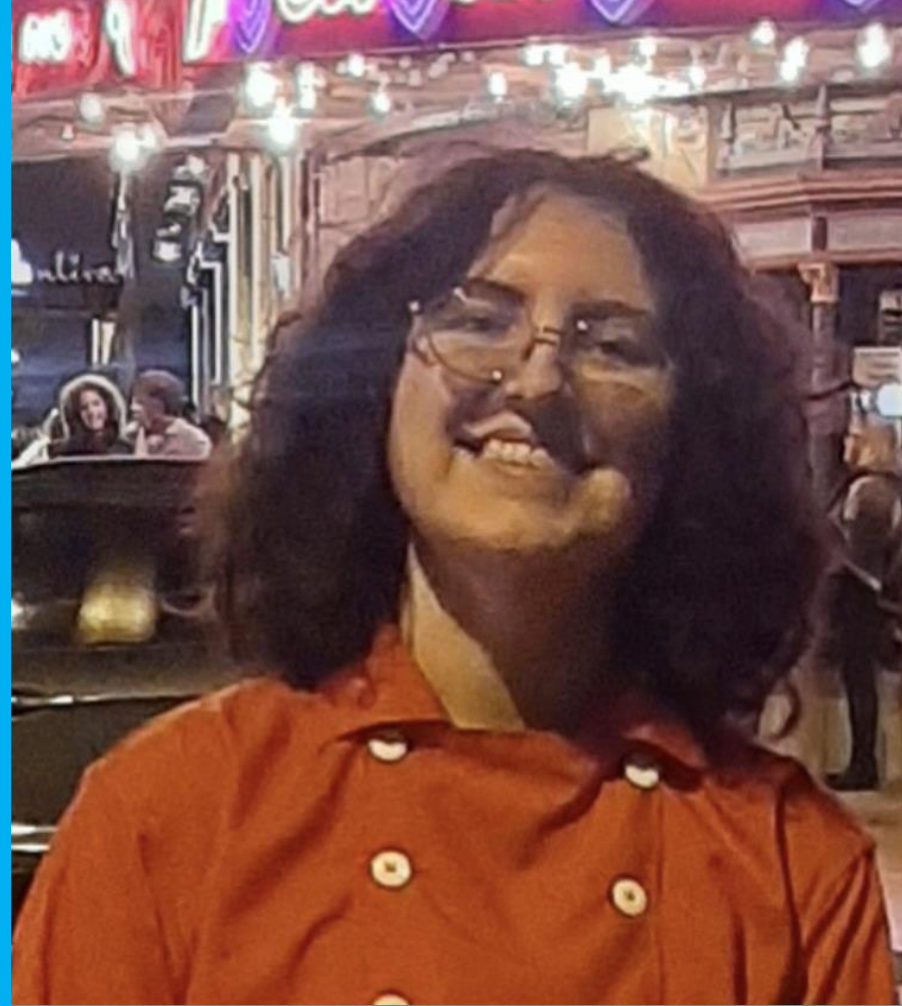
AIR-P FUNDED SCHOLAR PROJECT 2022

MAPPING MY HEALTH

MAPPING MY HEALTH TEAM



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MAPPING MY HEALTH OVERVIEW

- ▶ Intervention for young women with and without autism
- ▶ Exploring the impact of Mapping Assets for Postschool Success (MAPS) and the Self-Determined Learning Model of Instruction (SDLMI) on:
 - ▶ Social support networks
 - ▶ Self-determination
 - ▶ Health and wellbeing
- ▶ Participatory action research-participants share back what they learn with community members

The graphic features the title 'MAPPING MY HEALTH' in green, with a location pin icon to the right. Below the title is the tagline 'HAVE FUN | MEET NEW PEOPLE | PURSUE YOUR HEALTH GOALS'. A photograph of four young women is centered. Below the photo are three columns of text: 'WHAT IS MAPPING MY HEALTH?', 'WHO CAN PARTICIPATE?', 'WHAT WILL I LEARN?', 'WHERE DO WE MEET?', and 'WHEN DO WE MEET?'. Each column has a corresponding icon (book, location pin, clock) above its title.

MAPPING MY HEALTH

HAVE FUN | MEET NEW PEOPLE | PURSUE YOUR HEALTH GOALS

WHAT IS MAPPING MY HEALTH?

Mapping My Health is a research project focused on improving the social connectedness and health and well-being of young women with and without autism. Together participants set and go after their own health goals and create a community map with all the people, places, and programs that can support them on their health journey. At the end of the project, participants will share what they learned with the broader community.

WHO CAN PARTICIPATE?

Mapping My Health is for young women aged 14-22 with and without autism living in the broader Lawrence and Kansas City Metro areas. Some participants may be randomly assigned to a group that does not receive the Mapping My Health intervention, but all participants and their families will have the opportunity to learn about and create digital community health maps to support personal goals.

WHAT WILL I LEARN?

Participants will build self-determination skills, self-advocacy skills, and learn about health resources in their community.

WHERE DO WE MEET?

Participants will meet in-person and virtually. Lawrence or Kansas City location will be determined by participant enrollment.

WHEN DO WE MEET?

Participants will meet 9 times in Summer 2022 in-person and virtually. Participants will receive a gift card as a thank you for their time and to support transportation.

INTERVENTION COMPONENTS

- ▶ Mapping Assets for Postschool Success (MAPS)-a way to map community resources
 - Create personal maps with people, providers, and programs who might support their health goals
- ▶ Self-Determined Learning Model of Instruction-flexible instructional model for setting and monitoring progress on goals
 - Applying the SDLMI, participants use their map to identify supports, set goals, and evaluate their progress as they learn more about themselves and their community.

Erika's MAP - Rhode Island Stud...
441 views
Last edit was 42 minutes ago

Add layer Share Preview

All About Me!
Individual styles
My Goals after Graduation

My Support Circle
Individual styles
Ocean State Center for Indep...
The Arc of Blackstone Valley
My Parent's House
University of Missouri-St. Lo...
Line 5

Let's Work
Individual styles
Vocational Rehabilitation Offl...
Gansett Animal Hospital
Lunch Break - Dunkin' Donuts
Lunch Break - Persy's Place
Lunch Break - Walgreens
Lunch Break - Tortilla Flats
Bus Stop at Gansett Animal ...
Bus Stop at City Kitty Veterin...
Veterinary Services of Pawtu...
City Kitty Veterinary Care for ...

Apartment Hunting
Individual styles

Vocational Rehabilitation Office
1 of 1
My VR Counselor's name is Mike. Mike is going to help me get extra training when I am at work so that I can accomplish the goals Dr. Peter gives me each day. My counselor is also helping me learn how to take the bus to work independently.
I can email Mike at SMITH@ORS.RI.GOV or call his office at 401-XXX-XXXX

Details from Google Map
40 Fountain St Suite 1, Pr...
www.ors.ri.gov
+1 401-421-7005
1.4 ★★★★★ View in

41.82413, -71.41498

My Goals after Graduation
1 of 1
All about me! Here is my vision board for life after high school. I like to add information, like videos, text and pictures on here about the things that I do and want to do in the future.

Gansett Animal Hospital
1 of 3
Likes:
- Taking care of all types of animals, big and small
- Working with other people who love animals too
- Dr. Peter, Dr. Emily and Dr. Jessica seem like great bosses
Dislikes:
- Long Bus ride to work (over an hour)
Every day after work I write a journal reflection about my experiences. I can click on the link below to write about my day. My counselor and I will review and make plans to help me do the best that I can at work.
<https://forms.gle/zPsY1Z37LQzyFcZS9>
My Work Journal:
https://docs.google.com/spreadsheets/d/14PYtt0OrGvotnRH_8MKIDStvMy4yMBbitQyfmwWIDBs/e/dit?usp=sharing

MAPPING MY HEALTH APPROACH

- ▶ Participant led exploration about physical, emotional, and social health
- ▶ Five principles:
 - ▶ We are all experts on our own feelings, ideas, and experiences
 - ▶ We all have strengths
 - ▶ We are all different
 - ▶ We are on a health journey
 - ▶ We can do hard things

The collage displays several pages from the 'Mapping My Health' workbook. The top page is the title page, 'Mapping My Health Workbook', with the subtitle 'GETTING HEALTHY. BUILDING RELATIONSHIPS. CHASING GOALS. MOBILIZING COMMUNITIES.' and a photo of a diverse group of young people. Below it is a page titled 'DIMENSIONS OF HEALTH' which explains that health is multidimensional and lists five primary dimensions: physical, emotional, intellectual, spiritual, and social. To the right of this page is a smaller graphic titled '5 DIMENSIONS OF HEALTH' with icons for each dimension. At the bottom left is the KU logo and 'THE UNIVERSITY OF KANSAS KU CENTER ON DEVELOPMENTAL DISABILITIES'. On the right side of the collage is a page titled 'MY HEALTH NETWORK' featuring a lightbulb icon, a purple box with horizontal lines for notes, and a large green box labeled 'DRAW IT OUT...' with a central circle containing the word 'ME'.

DESIGN

- ▶ Pretest-posttest control group design with 26 young women (treatment 12, control 14) mostly ages 14-22
- ▶ Meet in-person for 9 sessions (20 hours)
- ▶ Share back what they have learned with control group and their families (skits, presentations, dance, song, poster, podcast, etc.)
- ▶ Community advisory board (siblings, self-advocates, educators, parents)

QUESTIONS FOR FEEDBACK

- ▶ What dissemination strategies do you think might be most effective based on your experiences?
- ▶ Who might be included on a future advisory board that would be beneficial?
- ▶ What other groups do you think might benefit from an intervention like this?

THANK YOU!

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