

# TOGETHER JUST, INC

## In this month's special issue:

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## Mental Health Tips

Remember the holidays are a difficult time of year & illness doesn't take a break. It is important to be understanding of the people around you who are struggling. And don't forget to take care of yourself! Here are some tips:

- **Have a schedule** - This will help reduce anxiety. Try visualizing your schedule so you avoid overdoing it.
- **Adjust your expectations** - Don't expect family drama and tension to just disappear.
- **Boundaries** - You have the right to be respected, valued, and feel safe (emotionally & physically) at all times!
- **Ask for support** - Talk to trusted friends and loved ones about what you might experience during the holidays and how they can help!



## Our First Issue

We at Together Just, INC would like to welcome you to the very first edition of our monthly newsletter! We firmly believe that education is a key aspect in ending the stigma surrounding mental health and we plan to use this newsletter to do just that. Tune in each month for tips, activities, current events, and words from our Founder and Executive Director, Lilli Higgins CTRS/L. Together, we can end the stigma!

## Words from Our Founder

Hi everyone, most of you know that my name is Lilli Higgins, and I am a licensed Recreational Therapist and specialize in pediatric behavioral health. My passion is to give back and help others. In the beginning of my career while I was working at an inpatient behavioral health hospital, my eyes were opened to the heartbreaking reality of mental health in Oklahoma. This reality is what fueled my mission to reform mental health in our state by opening resources for everyone regardless of their ability to pay and to advocate for those who need it the most. This is what led me to starting Together Just, INC. a non-profit focused on providing mental health treatment, education, and advocacy for our community. We at Together Just pride ourselves on going above and beyond for the families we serve. I want to thank all of you for continuing to trust our team and watch us grow! As always, if you ever need anything we are here to help.



## #GivingTuesday

### Can She Feel It?

We believe every person, despite their diagnosis, deserves the opportunity to build positive relationships, engage with peers, and feel a sense of community. That's why this year, Together Just, INC, will be participating in Giving Tuesday in order to raise funds for an Autism Spectrum Disorder social skills group! For those of you that do not know, Giving Tuesday is a global movement created in 2012 in an effort to increase fundraising campaigns worldwide. Think the Black Friday of philanthropy. Miss Lilli has graciously volunteered to trust our viewers with our challenge "Can She Feel It?". With many thanks to Jimmy Fallon and the Tonight Show, "Can She Feel It?" is our spin on their popular segment "Can You Feel It?". Through generous donations, we have compiled a list of mystery items for Miss Lilli to blindly (and bravely) touch within a concealed box. She then has to guess what she believes to be hidden, if she can stand it! The item purchased to elicit the biggest reaction will win the donor free merchandise of their choice! Tune into Instagram or Facebook on December 1st for some #GivingTuesday fun!

### Autism Spectrum Disorder

Autism spectrum disorder (ASD) encompasses many conditions affecting an individual's social skills and cognitive development.

The signs of ASD vary depending on age and intensity. It is important that primary caregivers are aware of symptoms to look for that may need professional evaluation. Here is a list provided by Autism Speaks, a leader for the ASD community:

- Few or no joyful, engaging expressions
- Limited or no eye contact
- Persistent preference for solitude
- Delayed language development
- Resistance to minor changes in environment/surroundings
- Repetitive behaviors (flapping, rocking, spinning, etc)

This list is not exhaustive and any concern should be consulted with a licensed professional.

Please visit [autismspeaks.org](http://autismspeaks.org) for more information.

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*"Lilli from Together Just took a personal, trusting and vested interest in the mental health therapy of my niece. She not only worked with my niece on appropriate coping strategies and communication, she also advised our family in our efforts to provide structure and consistency with her. She always reached back out on Zoom or by phone when we contacted her to answer our questions and provide support." - Kelley M.*

