

Growing up in Chicago as a person with ADHD and Tourette's syndrome, I faced significant challenges navigating a world that often misunderstood or stigmatized neurodiversity. In my community, where resources were limited and misconceptions about developmental and behavioral differences were widespread, I often felt isolated and judged. This experience instilled in me a deep empathy for those facing similar struggles and a drive to break down the barriers that perpetuate these challenges for others.

My journey into the field of Applied Behavior Analysis (ABA) began with my children. As a father of three children on the autism spectrum, I've witnessed firsthand the difficulties that families face in accessing early intervention services, navigating educational systems, and overcoming societal stigma. Living in a low-income household, I understand the additional burden of trying to secure quality care and services in communities where resources are scarce. These experiences have shaped my passion for helping neurodiverse individuals and their families, particularly those in underserved areas like the one I grew up in.

At 43, I not only deal with the complexities of my own neurodiversity every day but also apply what I've learned to create strategies for growth and success. I combine ABA principles, cognitive-behavioral techniques, and mindfulness practices to manage my own ADHD and Tourette's. My personal experiences with stigma and perseverance inform my work, making me both a practitioner and an advocate. I see myself as an everyday learner, constantly seeking ways to grow and refine my approach to ensure I provide the best possible support to those I serve.

As a Registered Behavior Technician (RBT) and an aspiring Board Certified Behavior Analyst (BCBA), I aim to create accessible and culturally responsive services for neurodiverse individuals, particularly in low-income and minority communities. My ultimate goal is to address the stigma surrounding neurodiversity by fostering understanding and inclusion. This means not only working with individuals but also educating families, schools, and communities about the strengths and potential of neurodiverse people.

In the future, I hope to establish programs that combine telehealth with local outreach to ensure families in underserved areas have access to affordable, evidence-based interventions. Additionally, I plan to advocate for policies that reduce financial and systemic barriers to care, so no child or family is left behind due to their zip code or income level.

The stigma I faced growing up and the challenges I've navigated as a parent have fueled my passion for this field. Supporting neurodiverse individuals is not just a career for me—it's my purpose. By turning my experiences into action, I hope to create a more inclusive world where every person has the opportunity to thrive, no matter their background or circumstances.