

# Destiny Huff Consulting Newsletter

May is Mental Health Awareness Month

\*Destiny will be presenting

## Upcoming Events

**Beyond Behaviorism Virtual Conference\***

**May 14, 2025**

**Autism Little Learners\***  
**July 2025 - Stay Tuned**

## 4 Tips to Support Mental Health

Check in on yourself and others - without judgement

Prioritize rest, boundaries, and personal joy

Choose affirming & inclusive providers

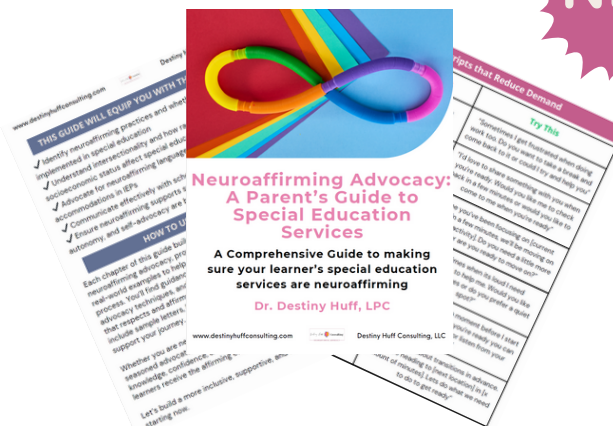
Speak up about access, stigma, and equity

## Tips

- **Request End of the Year IEP Meeting** - You can request an IEP meeting at anytime. Request an IEP meeting to make sure your learner has the right supports in place for the end of the school year. Click the link for 5 things to address!
- **Prepare for Burnout** - End of the year brings an increase for flexibility and decrease for demands. Click the link for what burnout can look like for neurodivergent learners and how to address it!

## New Resource Coming!!!

**NEW**



## **Neuroaffirming Special Education Guide**

**Super excited for you to check out a preview of my Neuroaffirming Special Education Advocacy Guide that will come out later on this month! Click the link for a preview!**

## Advocating for Your Learner's MH Series

**Anxiety.pdf** **Burnout** **Depression**

**\*988 Suicide & Crisis Lifeline**

**\*Click to access the resources**

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