

**“Breaking the surface
of those dark waters”**

Jon Adams 2022



But before we swim a
Global content Warning

This talk will mostly contain: Humour,
Sarcasm, Empathy, Irony, Heresy,
Irreverence, copious metaphors,
surrealism, facts, numbers, and 2 Oxford
commas. plus personal references to
Autistic ways of being, thinking,
Mental health, PTSD, Trauma, and Suicide.

Just a comment
on something seemingly
controversial at present

Trigger Warning or a Content Warning?

CW: I will refer to Drowning

Firstly two Stories
Spanning 40 years
1974 & 2014

1: Seaton

Stars and Flint

Bioluminescence

Cold light

Self-defence

Luciferins

2: Southsea

Cloud and Flint

Desperation

Sand ripples

Shallow waters

Owl feathers

You can drown in a few inches of water

You have 87 seconds until the breaking
point of instinct vs thought

Some think of it as the 'devils number'
as it's 13 short of a century

I love water

I love to explore beaches

I love the taste of salt on my hands

The full on sensory experiences

As a child water held no fear for me

3: The Norfolk Broads

I jumped in to save my
toddler sister from drowning

The chances of Autistic children
drowning may be up to 160x higher

Why those **Deep Dark Waters**?

Deep

Impenetrable by light

Photic zone 0-200

Dysphotic zone 200-1000

Aphotic zone 1000+

Underwater spectrum

Red, orange, yellow gone by 100m
and the 1% of the something you started with
is now simply 'blue'.

By the way a number 87 filter
blocks visible light only allowing
infra red light to pass

The supermassive black hole M87
was the first to be directly imaged

Your light is quenched quickly

You become unable to see your
personhood and sometimes fatally
separated from purposeful belonging

The Dark

We are it seems inherently scared of things that live in the dark where we can't see them. It's a metaphor for dangers both imminent and imagined

Dark waters only? No we're talking about
entering the mental health care abyss

Why are we thrown overboard? allowed to
fall into silent sediments, buried in an
imposed darkness waiting for a million years as
we're covered by generations of hopes that
once glowed in our hands at the surface

The Mental Health Service abyss

1.

“You can’t have trauma because
you don’t meet the criteria”

Who cares?

2.

“Why are you here”
‘I’m so sorry to hear that’

Who cares?

3.

“Do you hear voices”

“Are you trying to be funny”

Who cares?

4.

“As you can SO eloquently describe what’s wrong and the help you need you obviously don’t need it”

Who cares?

5.

“If the treatment isn’t working
then your not trying hard enough
”

Who cares?

Reminder:

Everything was said
to me by a MHCP

I care

With **NDE** trauma PTSD we have an external reason recognised by MHS as causal

Often I feel with cPTSD the external causal reason whilst recognised by us is not respected and we are conditioned to believe it's our fault to gaslight and control us to accept **nothing** or inappropriate treatments

Often for Autistic people they only
see the surface and not the depth of the hurt
and pain

Are we not human enough to be helped?

Who cares?

Let's talk **Boundaries** metaphor

Shorelines

Unrequited love

Tested and transgressed

Present and past

Life and death

Performed to a soundtrack of an incessant
roar of pebbles shifting with the backdraw

Crossing waters metaphorical

styx and sharks

The cost of taking a boat or negotiating a bridge to another life either in a heaven or hell.

Researchers and Autless experts often talk about the 'Risk of autism' in papers dripping with monotripeism

How about we start talking about what autistic people are 'at risk of' instead

A full spectrum of abuse and miss understandings, systemic, personal, institutional, iatrogenic and intergenerational betrayal traumas

Where some tell others they're saved you from 'drowning' but only after taking their foot, holding you underwater off your head.

I am experiencing a Post-Post Traumatic
Stress Disorder

Achieved privately through
a mix of EMDR and IFS

They cared

But we are not the same as we were, we are changed mentally and physically.

Do we ever truly heal or do we just reach another place where we learn to live and come to terms with our trauma?

Another story: The Demons in the hold

A mindlessness ready to steer you
into the storm

Cnut and the tide

Holding the waters back with a
arrogant superhuman gift born of privilege?

No, it was a profession of humility demonstrating we have no control over
the elements

Or are we waiting for the hypocamp, to
emerge and beguile us into helplessly
returning to the water we originally
sprang from?

Waterhorse games played by organisations
to gaslight and control



So who holds us when we try to hold back
the waters?

Are we not unwell enough to seek
comfort and wholeness?

Who cares?

Just ask for help?

Be more resilient

It will all look different in the morning

Your just not seeing it right

Gaslight

Are you

Angry at injustices autistic
people
suffer yet?

So who cares most
about Autistic peoples mental
health?

So who cares most
about **Autistic people's**
health?

I care, I care greatly about the autistic ashamed, the bullied, the betrayed, unable to articulate their pain enough to be taken seriously by MHS.

A child systemically misunderstood sat on the 'event horizon' contemplating leaving or older autistic who's just simply had enough of endless Autless BS looking for the rest sleep can't give.

We have to stop Neurodiversity loss?

No more empty chairs please

So will you support us?
Listen to our individual experiences
Treat us as rightfully human
Give our narratives respect and the
agency required to fulfil autistic
peoples wellbeing needs appropriately without
stereotypical traditional and
mythological bias?

Or do we have to *eternally* listen to excuses such as 'your too complex' 'your being difficult' 'blame your autism' 'if it's not working your not trying hard enough' 'Jon if you can *explain* what's wrong and what you need you obviously don't need it'



Why does it so often have to be like this?

A last story: HMS Cornwall 1942

Val type 99

Stanley

Carley

Humanity

So who will jump in to hold our head
above the waters when we slip or are
pushed overboard?

Do we not belong enough?

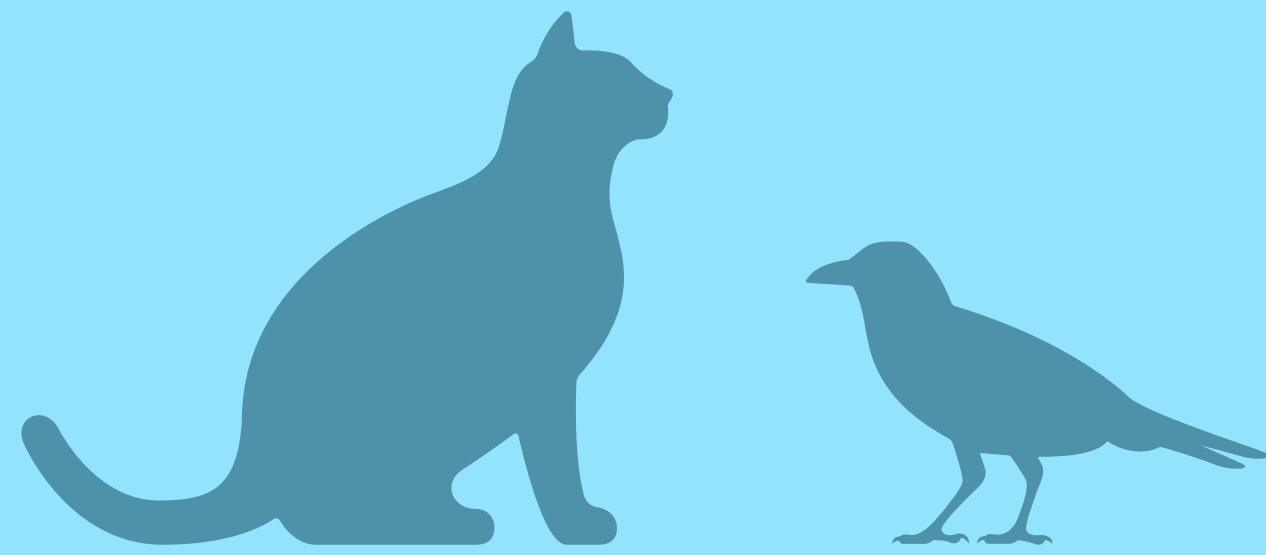
Who cares?

Do you?

Yes ~~Probably~~, because you're here

Now go home and make change happen where you are as soon as possible because we're bound to be there all around you, but remember how long can we keep holding on before the abyss takes us.....

Thank YOU



For Mr Horace

2012-2021

@ObservoriumF @Soundcube

