

Artsmaking, Teaching, and Breathing as *"Emotionally Disturbed"* in Education

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Through a first-person narrative, the speaker shares her story from diagnosis of mental illness, to discovery of art-making, to navigation of acceptance and stigmas in the professional world. While it seems to be clear when and who to tell about students with disabilities, the path for a teacher with a disability is foggy and unsettling. There is always questioning whether or not to share information because of snap judgments and societal views on mental illness, but there are times when knowledge is vital due to the nature of the disorder. This session's transparency of an otherwise taboo matter creates the opportunity for understanding and advocacy for those who cannot speak up.

All can benefit from learning about surviving, coping, and conquering Emotional Disturbance, whether it is to become a shoulder for a co-worker, a hand for a student, or a step forward in one's professional development.

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