

"Perspectives on Health and Peace: Session One"
Carol Miller (Penn State University), Rose Hill (Crisis Connections)
International Disability Rights Affirmation Conference 2025
Thursday, November 6

[2025/11/06 09:48] Carolyn Carillon: Hello everyone.

Today's presentation is being transcribed so those without audio or who require text only can participate in real time.

A little explanation about this service.

Voice-to-text transcriptionists provide a translation of the key ideas discussed, NOT a word for word transcription.

Voice-to-text services provide an in-the-moment snapshot of ideas and concepts, so that those who are unable to hear or to understand the audio program are able to participate in real-time.

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Transcription is provided by Virtual Ability, Inc.

The transcriptionists are Carolyn Carillon, Elektra Panthar & Katie Cunningham

The following initials in the transcription record will identify the speaker:

Interviewer: Becky Adams / Elli Pinion (EP)

Panelists:

Tiago Horta Reis Da Silva (T)

Carol Miller (CM)

Rose Hill / rotopillow (RP)

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[2025/11/06 09:47] Elli Pinion: Welcome to our first panel.

I'm Becky Adams, Elli Pinion in SL.

I recently retired as the Director of Online Course Development and Faculty Support at the University of New Mexico.

I still teach one online class at UNM College of Education and Human Sciences.

It is for Pre-Service Public School Teachers on effectively using technology for teaching and learning.

My research employed an online approach to support public school teachers' professional development.

I am a passionate advocate for accessibility and am very interested in this year's conference theme, "No Health Without Peace."

We have a very interesting panel from varied backgrounds who will share how they view health and peace through their individual perspectives and life experiences.

Unfortunately one of our panelists was unable to make it today.

Audience, please hold your questions and comments to the end, so as not to interrupt our panelists.

First, we will start with introductions:

Panel, please introduce yourself, including what country you are from, your disability or relationship to disability, and what your work is outside of SL. Let's start with Carol.

[2025/11/06 09:50] Katie (Katie Cunningham): CM: My name is Carol Miller. I'm from the United States. I don't usually think of myself as having a disability but I do have hearing loss and I wear hearing aids.

I have personal relationships to disability. For example, two of my nephews are on the autism spectrum. My father has dementia, and my mother has severe hearing loss (which is probably what I can expect in the future).

I also have professional relationships to disability. I'm a professor at Penn State University in the Department of Communication Sciences and Disorders, where I do research about how neurodevelopmental disabilities affect language development from childhood to adulthood.

Most of my work has been with people who have developmental language disorder but I'm interested in a range of different types of disabilities. Most recently I'm part of a team studying speech, language, and swallowing in adults with Down syndrome. (and the relationships between those)

[2025/11/06 09:51] Elli Pinion: Rose?

[2025/11/06 09:52] Elektra Panthar: RP: Thank you for having me, I'm Rose Hill, I'm also in the US, Washington state

I have a background in library studies but I'm specializing in trauma

I also work with AI, and with the helpline. I have PTSD and want to help these people

[2025/11/06 09:52] Elli Pinion: Next, starting with Rose, how would you describe what "health" and "peace" look like in your daily work — whether that's a hospital ward, classroom, or community center?

[2025/11/06 09:53] Elektra Panthar: RP: My work is talking with people in moment of crisis - I don't work with them long term

I work with suicidal intent, drug addiction and [and those who] have reached a breaking point

I provide emotional support and listening

I use motivational interviewing, ask them what peace would [be] like to them,

Many of these people would benefit greatly from stable housing and food safety

Many times there aren't enough resources, the wait time for housing is very long

I see every day is that the political system is sick. We have plenty of resources but their allocation is completely out of balance

I am lucky to have a supportive workplace

[2025/11/06 09:55] Elli Pinion: Carol, please describe what "health" and "peace" look like in your daily work.

[2025/11/06 09:55] Katie (Katie Cunningham): CM: In my work as an educator and as a researcher with a big interest in how children learn, health looks to me like having opportunities to learn in a way that fits your cognitive strengths and needs.

I took a different tack on this

When kids and adults enjoy learning, when everyone can learn in a way that's natural to them, I believe it promotes health of mind and body. Peace is what makes those opportunities possible.

Only in peace do we have the time, resources, and mental band-width to support diverse learners and cultivate those learning opportunities.

[2025/11/06 09:57] Elli Pinion: Carol, let's start with you for this question.

Many in our audience live with disabilities or support someone who does.

How can peace, justice, and equity be advanced through how we design care, classrooms, or community programs for people with disabilities?

[2025/11/06 09:57] Katie (Katie Canningham): CM: I'm thinking about this question through my lens as a teacher of first-year graduate students who are training to be speech-language therapists.

We are thinking and talking together about culturally responsive practice and building a culturally responsive evidence base to support that practice. To me, cultural responsiveness means humbly meeting people where they are.

When your mindset, as a practitioner or a researcher is "I'm here to learn from you so I can better help you," I believe that promotes peace, justice, and equity. Now, that's all pretty abstract so we need to train students as well as ourselves how to concretely put that attitude into action.

That is the grand challenge. I'm learning that one of the most powerful tools to meet the challenge is the art of active, selfless listening. If we can do that, we will set our feet on the road to peace, equity, and justice.

[2025/11/06 09:59] Elli Pinion: Rose, for those who live with disabilities or support someone who does.

How can peace, justice, and equity be advanced through how we design care for people with disabilities?

[2025/11/06 10:01] Elektra Panthar: RP: I was thinking of this in terms of consultation with people with disabilities - it should happen all the way through, not just at the end, so that people with disabilities can be co-designers and have the space be more efficient, also consultation should be ongoing

Peer counseling/support specialist is an interesting field as well, someone with lived experience can help better

[2025/11/06 10:02] Elli Pinion: Back to Rose:

What can your two fields learn from one another to create more "peaceful" systems of care and learning?

[2025/11/06 10:02] Elektra Panthar: RP: Knowing what it's like working in a different field is helpful

Understanding the scope and reality of another reality helps being more efficient in treating people and not having them go to many specialists without making much progress.

Sometimes referrals are not appropriate so they can't get help

It's inconvenient and also dangerous because these people are in a fragile state and the uncertainty can tip them over to crisis

[2025/11/06 10:04] Elli Pinion: And can you share an example where collaboration across disciplines made a difference?

[2025/11/06 10:05] Elektra Panthar: RP: I think we could work in a team with a prescriber, counselor, case manager

I think of my work as collaborative

[2025/11/06 10:05] Elli Pinion: Carol, what do you feel yours and Rose's fields can learn from one another to create more "peaceful" systems of care and learning?

Please share an example where collaboration across disciplines made a difference.

[2025/11/06 10:06] Katie (Katie Cunningham): CM: I also will echo what Rose said - but first prepared answer: Again, I can approach this question as a teacher of pre-service graduate students in speech-language therapy. The students need to see their clients holistically: each client is a person with healthcare needs and educational needs, living in a community.

Each client is influenced by the community and influences it themselves. Interprofessional education and practice are increasingly recognized as essential for the training of healthcare professionals, educators, mental health professionals, social workers...the list goes on. I think interprofessional teams are one of the best ways to create more peaceful systems.

To manage care in a way to make things easier for people not harder

I'm also very interested in interdisciplinary collaboration in my research life

I've collaborated with colleagues who know how to do research well, so I am appreciating their insights

To me, those collaborations are eye-opening and I hope my students by extension will see those areas

And thinking deeply about people's stories

[2025/11/06 10:09] Elli Pinion: Conflict can be large-scale, like war, but also personal — such as chronic stress, discrimination, or marginalization.

[to Carol] How can professionals in your fields support healing and resilience for people living with ongoing “everyday conflicts”?

[2025/11/06 10:10] Katie (Katie Cunningham): CM: many people with communication disorders, they face conflicts every day

For many people with communication disorders, their lives are filled with ‘everyday conflicts’ like being overlooked, dismissed, ignored, underestimated. Speech-language therapists put a spotlight on communication as a human right.

Everyone should be able to communicate in a way that works best for them.

[2025/11/06 10:10] Elli Pinion: [to Rose] How can professionals in your fields support healing and resilience for people living with ongoing “everyday conflicts”?

[2025/11/06 10:11] Elektra Panthar: RP: love that answer carol

The counseling field can support people by reducing stigma

Stigma isn't just external but also internal and it impacts on how we show up in the world and how to ask for help

In the case of opioid substance abuse, they hit the diagnosis for disability and often have started as treatment for pain. Many times these people are seen as dirty, as lesser, are dismissed

People think addiction is a choice, but it is a disease, they need treatment, they need to be able to advocate for their own rights

Substance abuse disorders and mental health problems need to be destigmatized, we need to educate people

Self reflection is essential for internalized stigma

[2025/11/06 10:14] Elli Pinion: The authors of the article “No health without peace” argue that “science and social practice are the same.”

[to Carol] If our audience takes one small action toward greater health and peace in their own community, what would you hope it would be?

[2025/11/06 10:15] Katie (Katie Cunningham): CM: going back to quality of research, motivated by the principle that research and action are one and the same

Aside from that, my suggestion: Tell your elected representatives and officials that educational policy matters for your vote, especially as it affects people with disabilities. That you vote on these issues

[2025/11/06 10:16] Elli Pinion: [to Rose] If our audience takes one small action toward greater health and peace in their own community, what would you hope it would be?

[2025/11/06 10:16] Carolyn Carillon: RP: I think it would be to act as if your voice matters. We assume our one voice won't make a difference.

Or we doubt our voice and its impact.

But act as if it matters.

If we practice that, we can see it does matter.

In the end, a single voice is the tipping point into change.

[2025/11/06 10:17] Elli Pinion: Starting with Carol, in one sentence, what gives you hope about the connection between peace, health, and community?

[2025/11/06 10:17] Katie (Katie Canningham): CM: My bright and compassionate students who are aware of the connection and want to learn more.

[2025/11/06 10:17] Elli Pinion: Rose, what gives you hope about the connection between peace, health, and community?

[2025/11/06 10:17] Carolyn Carillon: RP: I think we're having this conversation today ... that gives me hope.

The fact that we're discussing it deeply matters and will have an impact.

EP: we all need to hear that. We can all make a difference.

[2025/11/06 10:18] Elli Pinion: We have a little time for a few questions.

[2025/11/06 10:18] Gentle Heron: Thank you Elli and panel. QUESTION- How do virtual worlds fit into these solutions?

Elli, you can answer also!

[2025/11/06 10:19] Katie (Katie Canningham): CM: I'll try!

I'm new to Second Life myself, and discovering its capabilities.

I think virtual worlds like SL give people a place to express their voice and feel safer, to find their voice, and confidence to express yourself more broadly.

[2025/11/06 10:19] Carolyn Carillon: RP: I also agree with that, Carol.

I think only looking at it through a mental health lens, there are so many disorders – and this applies to disabilities as well –

That showing up in person is challenging if not impossible.

The options are isolating and lonely and can exacerbate mental health issues.

It gives a place to be.

Where you do have memories that are made.

You have a shared place.

EP: One thing we see is that online, everyone is more equal.

They have the same opportunities.

They feel safe.

You can be a part of a community and have colleagues that have the same expertise or experiences that you have.

It can make people feel more included and less lonely.

And have more opportunity to reach people.

Or be around people that wouldn't necessarily have
I couldn't go to the Midwest
But our speaker has expertise that I can take advantage of
There's a lot that virtual worlds offer

[2025/11/06 10:22] Gentle Heron: QUESTION- How does social media impact peace and health?

[2025/11/06 10:23] Carolyn Carillon: RP: great question, Gentle!

My short answer is social media impacts negatively

We're going to be more connected now

I think this is from Maria Ressa

Who said misinformation spreads 6x faster than the truth because it invokes more emotion

The more we lose sight of the truth, the harder it is to find peace

[2025/11/06 10:24] Katie (Katie Canningham): CM: I agree - negative impacts

When it could have been helpful, is helping us disseminate research findings and can make that process more efficient

But the other sword edge as Rose said is that the negatives can also be disseminated quickly

[2025/11/06 10:25] Carolyn Carillon: EP: I'm still stunned that truth is taking a back seat and perhaps social media has caused that

[2025/11/06 10:22] Buffy Beale: QUESTION: I loved hearing what you are all hoping for, but what are your fears that things won't change

[2025/11/06 10:25] Carolyn Carillon: RP: Buffy has an interesting question

[2025/11/06 10:26] Katie (Katie Canningham): CM: I'll try that one

I guess my fear is that we will become accustomed to things being not as they should be, that this is normal, and therefore acceptable

Maybe another reason that events like this - not stoke outrage- but remind us that things DON'T have to be the way they are

We don't have to accept the way things are

[2025/11/06 10:27] Buffy Beale: great answer, thank you

[2025/11/06 10:27] Carolyn Carillon: RP: I agree with that

That made me think of a frog in a pot of water

And the water starts to boil

If the water is turned down, but not off

It gets less hot and the frog feels ok even if it's uncomfortable

That's how we are

Things can be bad and get a little better and we feel ok

[2025/11/06 10:28] Buffy Beale: great analogy

[2025/11/06 10:28] Namaara MacMoragh: It's like the old dog and rocker story ... it just don't hurt bad enough.

[2025/11/06 10:28] Gentle Heron: Roro, that really scares me!

[2025/11/06 10:28] Carolyn Carillon: RP: having ways to verify what's real gets harder and harder

It's hard to know who's advocating based on facts or emotion

My hope is that things always change

So even if they revert for a time and then advance

Whatever state it's in will change

We need to make sure voices don't disappear in that change

[2025/11/06 10:33] Phanessa (Phanessa Svenska): ★★♪☆☺☆♪★★ Applause Applause
★★♪☆☺☆♪★★

[2025/11/06 10:33] Gentle Heron: Thank you Elli, Carol and Roro

[2025/11/06 10:33] Stranger Nightfire: thank you all

[2025/11/06 10:33] Elektra Panthar: 🎵🎵🎵🎵 Applauds 🎵🎵🎵🎵

[2025/11/06 10:33] Lloud Laffer: 🎵🎵 ☀️Thank you ☀️ 🎵🎵

[2025/11/06 10:33] Eme Capalini: Thank you!

[2025/11/06 10:33] Pecos Kidd: Great job - thanks!

[2025/11/06 10:33] M Θ Π Ϸ Τ Σ Я (Monster Macabre): Very well done.

[2025/11/06 10:33] Gentle Heron: Wonderful discussion

[2025/11/06 10:33] Carolyn Carillon: <<transcription ends>>