

PROFESSIONAL OVERVIEW

Alora Young

Poet | Educator | Researcher |

Neurodivergent Systems Designer

**Biography**

Alora Young is a proud ninth-generation Tennessean, award-winning poet, educator, researcher, and systems designer whose work joins neurodivergent cognition, trauma-informed practice, creative pedagogy, and community-based education.

She Founded NeuroScouts, a research-informed educational ecosystem that turns complex ideas about executive functioning, emotional regulation, communication, identity, and access into practical tools people can use in real life. A Certified Autism Specialist and Board Certified Cognitive Specialist, Alora has also completed CYAPSS peer support training, Youth Mental Health First Aid, QPR, Psychological First Aid, and Skills for Psychological Recovery. She is pursuing graduate study at Vanderbilt Peabody College and Vermont College of Fine Arts, and her school and youth programs have served hundreds of learners in Tennessee and across the United States.

**BRING NEUROSCOUTS TO
YOUR HOME****CONTACT US**alorayoung2003@gmail.comalora2003@neuroscouts.orgInstagram: [@aloraofficielle](https://www.instagram.com/aloraofficielle)

Scan to explore NeuroScouts



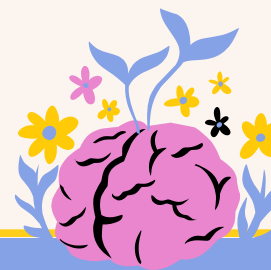
"Young people thrive when the people around them have better maps."

Alora builds memorable, evidence-conscious learning experiences for neurodivergent young people and the peers, families, educators, and providers who support them."

NEURO-DIVERGENCE SUPPORT

Selected accomplishments

- Author of *Walking Gentry Home* (Hogarth / Penguin Random House), a Kirkus-starred, Goodreads Choice Award-nominated, Amazon bestselling debut named Debut of the Year by the Nashville Scene.
- Fifth Youth Poet Laureate of the Southern United States; U.S. Presidential scholar in the Arts; United States Arts Envoy; Davidson
- Fellow; Princeton Prize in Race Relations recipient.
- Two-time TEDx speaker whose work has appeared in or on The New York Times, The Washington Post, National Geographic, CNN, CBS, NBC, NPR, and TIME.
- Graduate of Swarthmore College, where she developed a research-based framework for spoken-word pedagogy and neurodivergent learning.



SERVICES:

What partners receive

Peer workforce training and specialization

Interactive education for young adult peers and family peers on neurodivergence, evidence literacy, role clarity, systems navigation, co-regulation, self-advocacy, and nonclinical habitat planning.

School-based professional development

Practical training for educators, liaisons, counselors, administrators, and support staff on sensory and communication access, executive functioning, masking and burnout, demand and autonomy, IEP and 504 participation, and behavior through a whole-person lens.

Youth and young adult learning experiences

Groups, workshops, and one-to-one support for middle school through college-aged learners building self-knowledge, emotional language, executive-function systems, creative confidence, communication, and sustainable participation.

Family education and peer support

Parent and caregiver workshops, office hours, home Habitat Hacking, collaborative communication, school preparation, and warm navigation across education, behavioral health, and community systems.

Keynotes, consultation, and curriculum design

Customized keynotes, interactive workshops, program consultation, resource development, train-the-trainer systems, and immersive curricula that join research, lived experience, creativity, and implementation.

Primary communities served

- Middle school and high school students, including students navigating disability, giftedness, creative intensity, and school-system barriers.
- College students, transition-aged youth, and young adults ages 18-25 building adult systems, identity, advocacy, and sustainable independence.
- Young adult peers, family peers, parents, caregivers, educators, school-based staff, behavioral-health providers, and community program leaders.



Signature tools and resources

NEAT Method and Habitat Hacking

A whole-person system for understanding what the brain, body, and environment are communicating, then redesigning the habitat so support becomes possible without shame, coercion, or pretending harder.

Dopamine Farming

A practical method for cultivating the interest, novelty, anticipation, play, visible progress, and meaningful reward that help neurodivergent brains begin, continue, and return to what matters.

Weather Inside

A flexible language for mapping sensation, emotion, energy, attention, pain, and capacity before perfect words arrive, making internal experiences easier to communicate and support.

Embodied Tasking

A body-first approach to task initiation that uses movement, posture, clothing, sound, objects, location, ritual, and sensory cues to help the nervous system enter the work.

SEHTLO WEBS Regulation Deck

A card-based regulation tool that helps people notice what their nervous system may need, explore matching sensory and environmental supports, and build a personalized pathway back to safety.

NeuroScouts Quest Decks

Interactive decks that transform overwhelming goals, life skills, creative blocks, and bureaucratic monsters into small, concrete quests powered by curiosity, choice, XP, and visible progress.

Sensory Kits

Portable access kits filled with practical tools for sound, light, scent, touch, hygiene, movement, and regulation, making participation easier before overload becomes a crisis.

Self-Care Survival Calendars

A calendar system that gives invisible care work somewhere visible to live, transforming hygiene, hydration, meals, medication, rest, appointments, and maintenance into timely, survivable reminders.