



Our **Mission**

“To run tabletop role playing games to support the growth of those with neurodiverse challenges in relational, social, and mental development, and inner well-being.”

Here is Spectrum Quest’s **mission**. With our **vision** for the world, this **mission** gives an overview of how we want to make the **vision** come true. Below, we breakdown the above **mission**, as well as give some examples of how Spectrum Quest may implement elements of this mission. For a more understanding of our implementation, please see our **methodology**.

“... tabletop role playing games...”

In a Table-Top Role Playing Game (TT-RPG) participants use their imagination and creativity to design unique fictional characters, while the Game Master (who runs the game) designs and/or describes the world these characters come to life in.

The Game Master presents challenges for the players to face, playing as other fictional characters, and sets quests for them to achieve together. A story develops as the participants tell the Game Master what actions their character takes in response: if the task faced is difficult, then dice are rolled to determine the outcome which the Game Master then narrates!

We use this tool, because it provides an amazing space to practice real life skills without real risk, while also being a really fun and attractive game for participants, allowing them to relax while doing so.

“... support the growth...”

For us this means

- Providing roleplay opportunities during the program to practice skills individuals may find challenging
- Remaining in line with our **value of empowerment**: Allowing players who join the program to choose whether they take on the social challenge in the game
- Providing a safe and enjoyable environment for the growth to take place.

“... those with neurodiverse challenges...”

Spectrum Quest will always welcome *anyone* who has challenges that we seek to help with (see below). Though we recognize neurodiverse people can often have a greater benefit from extra support. Whether or not a person is neurodiverse, we tailor our programs as much as we can for every person who joins Spectrum Quest.

“... relational, social and mental development”

This refers to every area that affects our ability to interact and connect with each other, that the individual has control over.

“Relational”

Refers to our ability to empathize, understand another person's point of view and gain an appreciation for who they are. Alongside the ability to open up and share one's own life with another person.

How this might be implemented

The Game Master may have fictional characters who express their views and values, humanizing them. Or put players in moral quandaries involving fictional characters, and have to deal with the ramifications of the decisions they make, in order to expose them to the more gray nuance of life.

“Social”

Refers to the practical elements of interacting with another person. When to speak. When to listen. What questions to ask. How to be culturally polite. And so on.

How this might be implemented

The Game Master may design encounters where there are certain cultural expectations on how to act.

For example: The Game Master may contrast cultures by having one in the game where it is polite to make eye contact, and another where it is rude.

In another situation, the Game Master may determine a specific participant may benefit most from learning simple and common Australian etiquette, such as shaking hands in greeting.

“Mental”

Refers to all that goes on in one’s own mind.

If we think well of ourselves, and are emotionally regulated, this may improve our ability to remain present, and connect with others. And the opposite can hinder these things.

How this might be implemented

We cannot read what goes on in a player’s mind, however, we recognize ways we can empower the participant in how they think about themselves. To start with, a large part of confidence can come from others believing in us. So a Game Master will seek to encourage the participants in how they attempt to act, and make an effort to highlight what players try to do, avoiding encouraging participants over the results of their actions which they cannot guarantee. For example: “I love how you tried to rally and encourage the team” compared to “I love how you managed to make everyone feel really encouraged.”

“... inner well-being.”

Assisting wellbeing is anything which allows the participant to “be themselves”. A sense of being present to where the participant currently is at in their character, personality, and the given moment.

How this might be implemented

If a player shows signs of being emotionally overwhelmed or overstimulated, it is inquired about by the game master. The player is asked how they're feeling, the Game Master will try to help them name it, deal with the source of the issue and/or give them/support them in whatever helps them recharge. In this example, their well-being is prioritized before their growth.

Big picture

Let's step back a moment, remembering this mission serves a **vision**. "...a world where every person has access to communicate and connect with other people".

Our **vision** could be considered a coin with two sides to it.

On one side of the "**vision** coin", we need to change society's structures, designs, systems, and cultures, to enable people to have access to "communicate and connect".

On the other side, we can empower the individual, giving them the growth so they can create their own ways to "communicate and connect".

Spectrum Quest's **mission** focuses on the latter, in our pursuit of our **vision**. And we are keen to work alongside other organizations that seek that same/similar **vision**. This is because we know that we cannot be everything to everyone, and need to all work together in different ways to see the world become a better place.