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ASPIRE Programs

Supporting Patients & Families

LEARN ABOUT PANS PANDAS

Sudden Onset OCD and/or Food Restriction & Multiple Neuropsychiatric Symptoms

Infectious Triggers
 • Ring, Mycoplasma, Lyme, Respiratory Infections, EBV, Influenza, Coxsackie, & more

Symptoms
 • OCD
 • Severe Food Restriction
 • Anxiety, Separation Anxiety
 • Mood Swings, Depression
 • Irritability, Aggression, Severe Oppositional Behaviors
 • Developmental Regression
 • Detachment in School Work, Loss of Math Skills, Dysgraphia
 • Sensory Processing Issues, Tics, ADHD-like symptoms
 • Sleep Problems
 • Enuresis, Urinary Frequency

No one should navigate PANS alone.
 When families first find ASPIRE, they often need information, reassurance, and someone who understands what they're experiencing.

- One-on-one email support
- Peer support through our Facebook community
- Virtual and in-person ChatChat meetings
- Educational resources, webinars, and toolkits
- Connections to trusted information and community resources

Support doesn't end after diagnosis— we're here throughout the journey.

LAST YEAR...

- 2,000+** Support emails answered
- 30+** Peer support meetings
- 4,100+** Facebook community members

www.ASPIRE.care info@aspire.care

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ASPIRE Programs

Educating the Community

ASPIRE WEBINAR SERIES PANS PANDAS

- Assessment Modalities
- Assessment Updates
- School Support
- Family Support
- Integrative Medicine

ASPIRE will host a webinar series throughout the year. Access to all webinars will be free of charge.

SCHEDULE TO BE ANNOUNCED

When more people understand PANS, more patients get help.
 Awareness is only the first step. ASPIRE develops practical, evidence-informed educational resources for families, schools, healthcare professionals, and communities to improve recognition, diagnosis, support, and access to care.

- A content-rich website with articles, webinars, and videos
- Downloadable handouts, toolkits, and educational resources
- Professional education for schools, clinicians, and community organizations
- Grand Rounds, Lunch & Learns, conference presentations, and CME collaborations
- Ongoing resources that continue to grow as new research emerges

OVERALL...

- 20,000+** Educational resources downloaded
- 300+** School and professional lectures
- 19,000+** Views of our "About PANS" educational video

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ASPIRE Programs

Changing Systems

We Work To...

- Improve access to care
- Shape public policy
- Educate professionals
- Strengthen research partnerships
- Increase public awareness

Advocacy is more than passing bills.

It's about creating systems where children and adults with PANS are recognized sooner, treated appropriately, supported in their communities, and able to access the care they need.

The Goal

- ✓ Earlier recognition**
More patients are identified sooner.
- ✓ Better access to care**
Fewer barriers to evidence-informed evaluation and treatment.
- ✓ Stronger support in schools and communities**
Children and adults receive the understanding and accommodations they need to thrive.

OVERALL...

- Driving policy changes that expand access to care
- Building systems that recognize, support, and treat PANS
- Creating real, lasting change for today's patients and tomorrow's families

*Better systems.
Better outcomes.
Better futures.*

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ASPIRE Programs

Looking Ahead

Every connection matters.

- Every article shared.
- Every school lecture.
- Every physician educated.
- Every family supported.
- Every insurance bill.
- Every story told.

Together, we create a future where children and adults with PANS are recognized sooner, treated appropriately, supported in their communities, and given every opportunity to thrive.

Whether you're a patient, parent, clinician, educator, researcher, or advocate, there's a place for you at ASPIRE.

Let's keep building a better future—together. Connect with us. Stay informed. Get involved.

We aspire to improve lives.

SHARE YOUR PANS/PANDAS STORY TODAY.

We're united in the fight against PANS/PANDAS. Will you share your story?

We all have a story to tell. We are not alone.

Our stories are powerful. Sharing our stories shows that this isn't alone. They inform, educate and reassure. Learning what PANS is really like from families and patients provides an invaluable window into the reality of living with a PANS diagnosis. Every story is unique in its own way but all have an universal connection that ties our experiences together.

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We aspire to

move mountains together.

ASPIRE

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