

All Abilities, No Filter Brings Unfiltered Conversations on Autism, Disability, and Advocacy

Hosted by frontline professionals, this powerful new podcast explores the raw realities behind autism care, education, and advocacy.



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In a world flooded with curated content and polished personas, a new podcast is breaking through the noise with honesty, heart, and humanity. All Abilities, No Filter is a roundtable-style podcast hosted by a team of professionals who work on the front lines of autism, education, and behavioral health—and they're not afraid to have the tough conversations.

The podcast is co-hosted by Jake Edgar, Lily Howard, Hannah Jernigan, and Brandon Clark—all of whom bring personal and professional experience to every episode. From IEPs to family systems, behavioral challenges to systemic breakdowns, All Abilities, No Filter is a raw, real, and inclusive space where stories matter and stigma gets dismantled.

"Honestly, it started with a conversation," says co-host Jake Edgar, Director of Education at Springbrook Autism Behavioral Health. "We realized we were having powerful, honest, and sometimes difficult conversations behind the scenes—and that they could really help people if we just hit record. It wasn't about being polished. It was about being real."

Meet the Hosts

Jake Edgar – Special Education Director

With over a decade in education, Jake leads individualized programs at Springbrook Autism Behavioral Health. In 2021, he founded the Carolina Special Education Advocacy Group to support families in navigating complex IEP and special education processes. His passion for collaboration and empowerment informs every episode. Outside of advocacy, Jake explores the world with his wife and shares his life with Cooper, their therapy dog.

"There's something incredibly personal about podcasting," Jake reflects. "It's not just about giving information—it's about connection. We want listeners to feel heard, understood, and empowered."

Lily Howard – Therapist

A South Carolina-based therapist since graduate school, Lily fell in love with autism work early in her career at Springbrook. Clinical supervision led to a deeper mission: combining professional practice with her lived experience navigating dyslexia. Lily brings genuine advocacy, empathy, and insider insight to every conversation.

Hannah Jernigan – Recreational Therapist-turned-Administrator

Hannah's career evolved from hands-on sensory work to administrative leadership. Grounded in personal advocacy and shaped by experiences at Clemson and summer camps, she now focuses on policy change and systems improvement. On the podcast, she offers humor, heart, and a no-filter approach to big-picture conversations.

Brandon Clark, PhD – Clinical Director / BCBA

A Board Certified Behavior Analyst with a PhD in industrial/organizational psychology, Brandon applies behavioral science to enhance individual lives and systems alike. Originally trained on clinical cases, he now streamlines processes and leads teams at Springbrook. Off the clock, he's either woodworking or jamming on guitar, bringing creativity to every part of his life.

Together, these hosts form a rare kind of roundtable: one that's both clinical and candid, professional and deeply personal.

What Makes All Abilities, No Filter Different?

The show doesn't shy away from nuance. While other podcasts may stick to surface-level tips or

theoretical discussion, *All Abilities, No Filter* dives into the messy middle—the places where families feel lost, teachers feel unsupported, and kids fall through the cracks.

“We talk about the stuff that doesn’t always make it into textbooks or training manuals,” says Jake.

“Whether it’s the reality of navigating an IEP meeting, the grief that comes with a new diagnosis, or the burnout professionals face—we’re here to have the real conversations.”

The hosts share stories from their own lives, their clients, and the classrooms and clinics they work in every day. But they also bring in guests—parents, advocates, educators, and individuals with lived experience—to ensure that the podcast is not just about autism, but with autism.

A Mission Rooted in Inclusion and Action

The heart of *All Abilities, No Filter* is advocacy. The team doesn’t just want listeners to feel informed—they want them to feel powerful.

“Our biggest goal is to keep showing up with honesty, heart, and helpful information,” says Jake. “If we can help even one listener feel less alone, more confident, or more equipped to advocate for their child, their students, or themselves—then we’re doing something right.”

Each episode tackles practical topics—like how to navigate a behavior plan, what questions to ask in an IEP meeting, or how to balance compassion with boundaries—while also offering space for deeper emotional truths.

Where to Listen and Connect

All Abilities, No Filter is available on all major podcast platforms including Apple Podcasts, Spotify, and Google Podcasts. Listeners can also tune in and learn more at <https://www.allabilitiesnofilter.com>

Follow the show on Instagram: [@all_abilities_no_filter](https://www.instagram.com/all_abilities_no_filter)

About Mental Health News Radio Network

Mental Health News Radio Network is the world’s first podcast network dedicated to all things mental health. With dozens of shows exploring the many dimensions of emotional wellness, neurodivergence, and lived experience, the network provides a powerful platform for voices that need to be heard. The network also proudly hosts the Autism Podcast Network, amplifying neurodivergent and professional voices across the globe.

To book podcast guests or network founders for media appearances:

Visit: <https://www.allabilitiesnofilter.com/guests/intake/>

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