

The Building Bridges Initiative (BBI): Advancing Partnerships. Improving Lives.

Calming and Coping Strategies for Youth

Receiving Residential Interventions: Basics of Sensory Approaches

Presenters:

- Joe Anne Hust, QIC and Family Coordinator, BBI
- Sarah Drummond, LPC, General Mental Health Clinical Director, Youth Development Institute (YDI); YDI Youth Representatives: Isaac & Shaun
- Jane Musgrave, President and Founder: Just Good Sense
- JuRon McMillan, Project Manager, BBI





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Thank you
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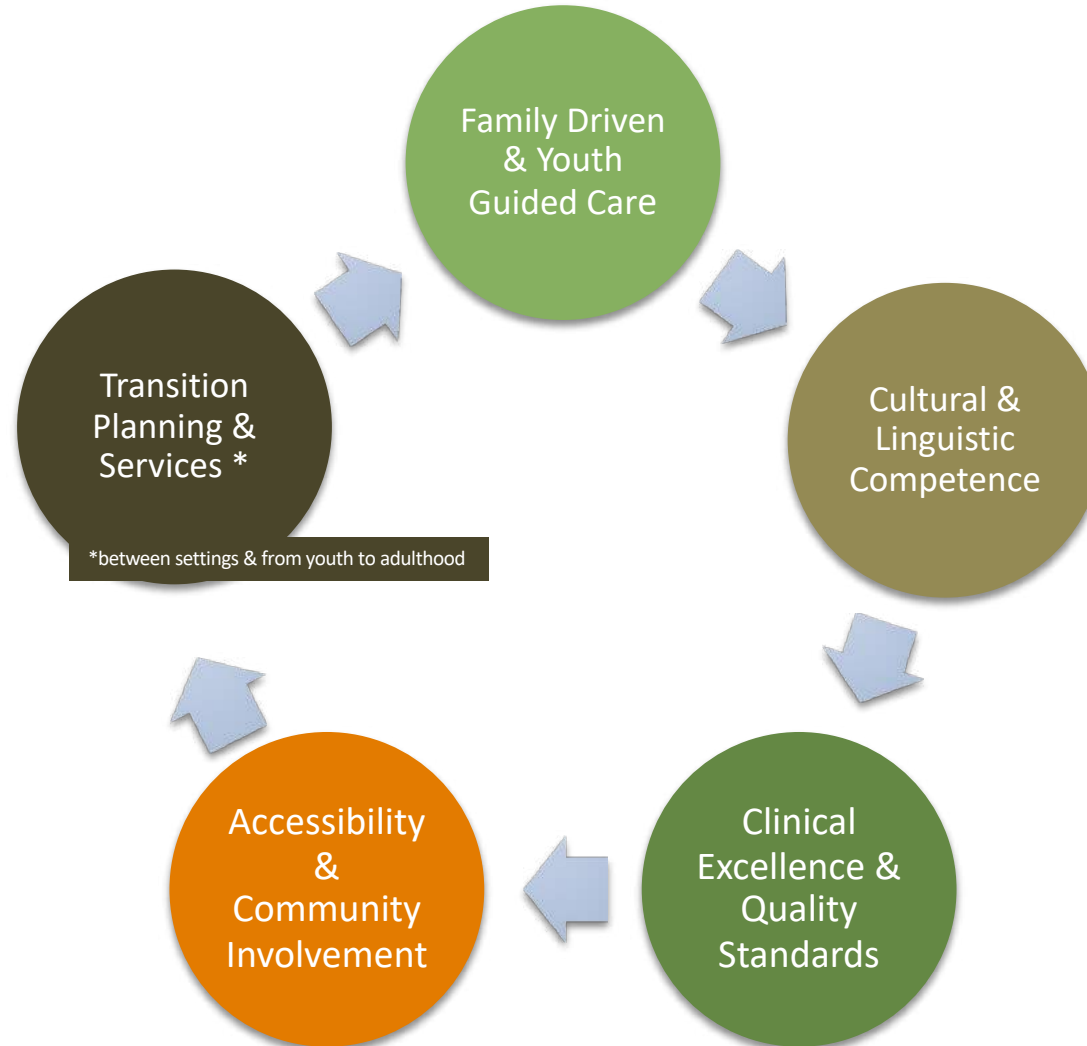


BBI Mission

Identify and promote practice and policy initiatives that will create strong and closely coordinated **partnerships and collaborations** between families, youth, community- and residentially-based treatment and service providers, advocates and policy makers to ensure that comprehensive services and supports are **family-driven, youth-guided, strength-based, culturally and linguistically competent, individualized, evidence and practice-informed, and consistent with the research on sustained positive outcomes.**



BBI Core Principles



BBI Resources Available to Support Residential Staff: www.buildingbridges4youth.org

Many documents to support the field; examples include;

- *Implementing Effective Short-Term Residential Interventions*
- *Engage Us: A Guide Written by Families for Residential Providers*
- *Promoting Youth Engagement in Residential Settings*
- *Successfully Engaging Families Formed by Adoption: Strategies for Residential Leaders*
- *Supporting Siblings When a Brother/Sister is Receiving Residential Interventions*
- *Cultural and Linguistic Competence Guidelines for Residential Programs*
- *Numerous documents translated into Spanish (e.g., SAT; Family and Youth Tip Sheets)*



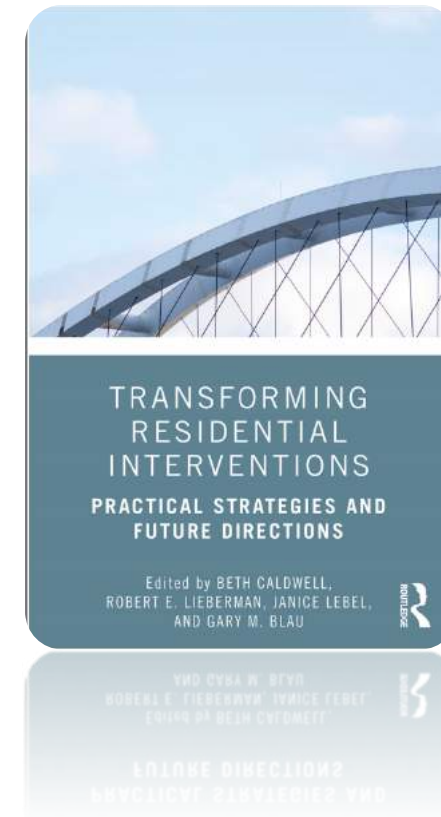
2020 Book: *Transforming Residential Interventions: Practical Strategies and Future Directions*

There are several options for ordering:

- toll free phone: at 1-800-634-7064
- fax: 1-800-248-4724
- email: orders@taylorandfrancis.com
- website: www.routledgejournalhealth.com
- 20% discount w/ web orders using code FLR40

Orders must include either: the Title: *Transforming Residential Interventions: Practical Strategies and Future Directions* **OR** the ISBN: 978-0-8153-9378-8

Note: As a former federal employee, Gary Blau, and as a state employee Janice LeBel receive no royalties or any other remuneration for this book. Any royalties received by Beth Caldwell and Bob Lieberman will be used to support youth and family empowerment consistent with BBI.



FAMILIES KNOW THEIR CHILDREN BEST



Sensory Regulation for Residential



Presented by:

Sarah Drummond, LPC

Clinical Director, General Mental Health Program, YDI

YDI Youth Representatives: Isaac & Shaun

Who we are....

- ▶ Youth Development Institute (YDI) is a non-profit organization operating residential services in Arizona since June of 1997.
- ▶ YDI services include:
 - An 84-bed secure Residential Treatment Center (SRTC) and 48 beds in Therapeutic Group Homes (TGHs)
 - Average Daily Population for SRTC: 70
 - Aftercare and Outpatient Services, with therapeutic day treatment services for youth with sexually abusive behavior
 - An on-site school that serves youth in residence or in Aftercare services, with approximately 50% requiring special education services.

Admission Criteria for SRTC

- ▶ Ages 10–17, male and female
- ▶ The youth presents with serious difficulties in emotion regulation and/or behavior disorders
- ▶ Danger to Self/Danger to Others (DTS/DTO)
- ▶ Admission to the Journey Program requires adjudication for sexual offense or a history of sexually abusive behavior with a psychosexual evaluation recommending residential treatment

YDI's Transformations

Three major transformations:

Youth-Guided Care

Student Advisory Board

Eliminating Restraints

Paradigm Shift: Not *Reduce* – **ELIMINATE**

Paradigm Shift: – Skill not Will

Trauma-Informed Care

Building Bridges Project

Services in the home soon after admission

Increasing home-based services during residential intervention

Aftercare: Maintaining home-based services post-discharge for as long as it takes to ensure permanence in the home

Eliminating Restraints: The Six Core Strategies[©]

1. Leadership toward organizational change
2. The use of data to inform practice
3. Workforce development
4. Full inclusion of individuals and families
5. **The use of seclusion and restraint reduction tools, which include the environment of care and use of sensory modulation**
6. Rigorous debriefing after events in which seclusion and restraint might have been used

The last restraint at YDI was on July 4, 2017

Sensory Work is Trauma Regulating Work

- ▶ When a brain becomes dysregulated, it functions from the lower two areas of the brain (brain stem/reflective and diencephalon/reactive). There is no language in these parts of the brain.
- ▶ To regulate a brain, we must first comfort, calm, and connect. Sensory work provides rhythmic, relational, repetitive activities that relieve distress so that reasoning can resume.
- ▶ Regulate, relate, then reason.

Sensory Work is Trauma Regulating Work

- ▶ From Dr. Bruce Perry's work:
- ▶ Rhythmic – mimics heartbeat and connection
- ▶ Relational – brings youth out of their own world and into a shared world, relationships drive connection and empathy
- ▶ Repetitive – learning in the lower two regions of the brain takes 500x per relationship to learn the same information in the upper two regions of the brain (50x per relationship)
- ▶ Activities must also be Rewarding (enjoyable to the client), Relevant (to their emotional age), and Respectful (to their culture)

Sensory Regulation for Residential



Presented by:

Sarah Drummond, LPC

Clinical Director, General Mental Health Program, YDI

YDI Youth Representatives: Isaac & Shaun

YDI's use of the Six Core Strategies©: Seclusion and Restraint Prevention/Reduction Tools, including the Environment of Care and Use of Sensory Modulation

- ▶ Converted seclusion/restraint rooms into Comfort Rooms
 - Comfort boxes – unit and individual
 - Chalkboard walls
 - Wall stickers of nature and space
- ▶ MP3 players to all youth with approved music
- ▶ Safety Plans and Self Assessment Safety Tools upon admission
 - include sensory activities that the youth like to participate in, such as walking, playing catch, coloring, rapping, etc.

Comfort boxes

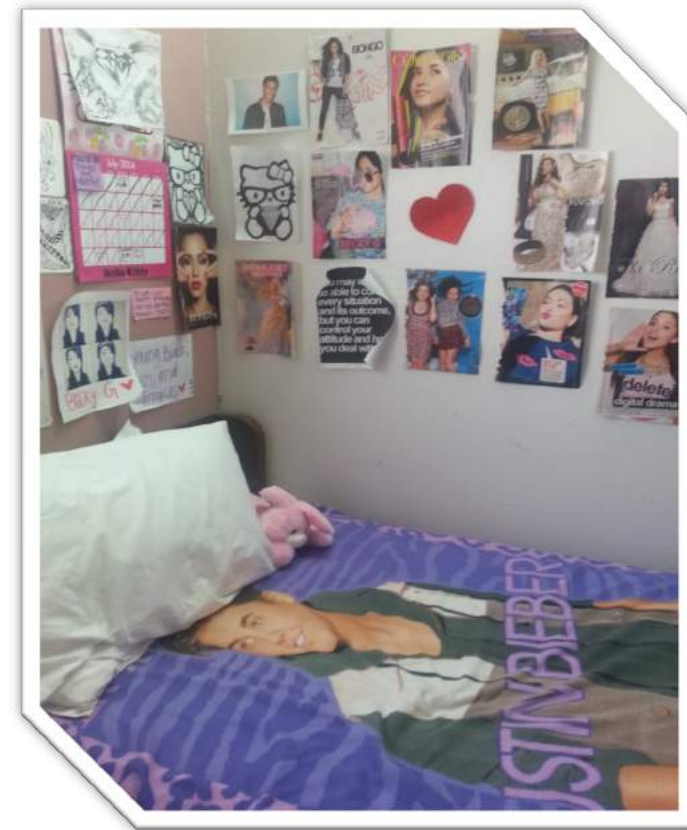
- ▶ Lotion, bubbles, playdough, variety of theraputty, modeling clay, variety of tangles, marble fidgets, baby brush, spikey ball, gel stress ball, soft clay ball
- ▶ Multiple colors, textures, and resistances offered
- ▶ Kinetic Sand
- ▶ Puzzles

YDI's use of the Six Core Strategies©: Seclusion and Restraint Prevention/Reduction Tools, including the Environment of Care and Use of Sensory Modulation

- ▶ **Hug program for youth that come to YDI with a history of restraints.**
 - Side hugs, as much as he/she can tolerate, from supervisory and administrative staff
 - Hug T-shirts
- ▶ **Sensory Regulation Program**
 - Extremely dysregulated youth receive scheduled and individualized sensory regulation breaks
 - Works like medication dosing to strength neural pathways

YDI's use of the Six Core Strategies©: Seclusion and Restraint Prevention/Reduction Tools, including the Environment of Care and Use of Sensory Modulation

► Decorate Rooms



Sensory Friendly Environment

- ▶ YDI made several environmental changes to help increase the use of sensory regulation:
 - Adding gliders to our breezeway for kids and staff to sit and glide together
 - Adding chairs that rock in the group rooms
 - Allowing all sensory items, with the exception of bubbles (due to computers) and MP3 players, in the classrooms.
 - Giving kids wall stickers to decorate their rooms and doors
 - Added more sensory games to our Rec Therapy Department
 - Catch Game Store sells sensory items

Sensory Activities

- ▶ Weighted stuffed animals and weighted vests
- ▶ Quiet ball, used with or without a ball
- ▶ Would you rather question game
- ▶ Scheduled Yoga
- ▶ Oximeter
- ▶ Calming jar
- ▶ Catch with a step
- ▶ Coloring
- ▶ Playing Around the World or Horse
- ▶ Monkey walk
- ▶ Face masks and foot soaks
- ▶ Getting on the floor and playing Legos
- ▶ Dancing
- ▶ Rapping

YDI Recommended Resources

▶ Building Bridges Initiative:

- www.buildingbridges4youth.org

- Promoting Youth Engagement: What Providers Should Know About Best Practices and Promising Strategies September 2012. Retrieved from

- <http://www.buildingbridges4youth.org/sites/default/files/Promoting%20Youth%20Engagement%20%20What%20Providers%20Should%20Know.pdf>

▶ Six Core Strategies:

- <http://www.nasmhpd.org/sites/default/files/Consolidated%20Six%20Core%20Strategies%20Document.pdf>

▶ Association of Children's Residential Centers:

- www.togetherthevoice.org

▶ Treating Explosive Kids: The Collaborative Problem–Solving Approach. Ross W. Greene and J. Stuart Ablon.

▶ Trauma Informed Treatment: The Restorative Approach. Patricia D. Wilcox.

YDI Leadership & Contact Information

- ▶ David Cocoros, MS
 - Co-Executive Director and Co-Founder of YDI in October 1996
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Calming and Coping Strategies for Youth Receiving Residential Interventions: Basics of Sensory Approaches



Presenter: Jane Musgrave MS OTR/L:
President and Founder:
Just Good Sense
Occupational Therapy
Consultation and Trainings

So What
Exactly is.....

Sensory Modulation???

How does it help with
Self Soothing?

Is that all it does?

A Fabulous Tool

- All humans utilize Sensory Modulation interventions
- Empowering and self soothing
- Prevention of dis-regulation



Sensory Tools

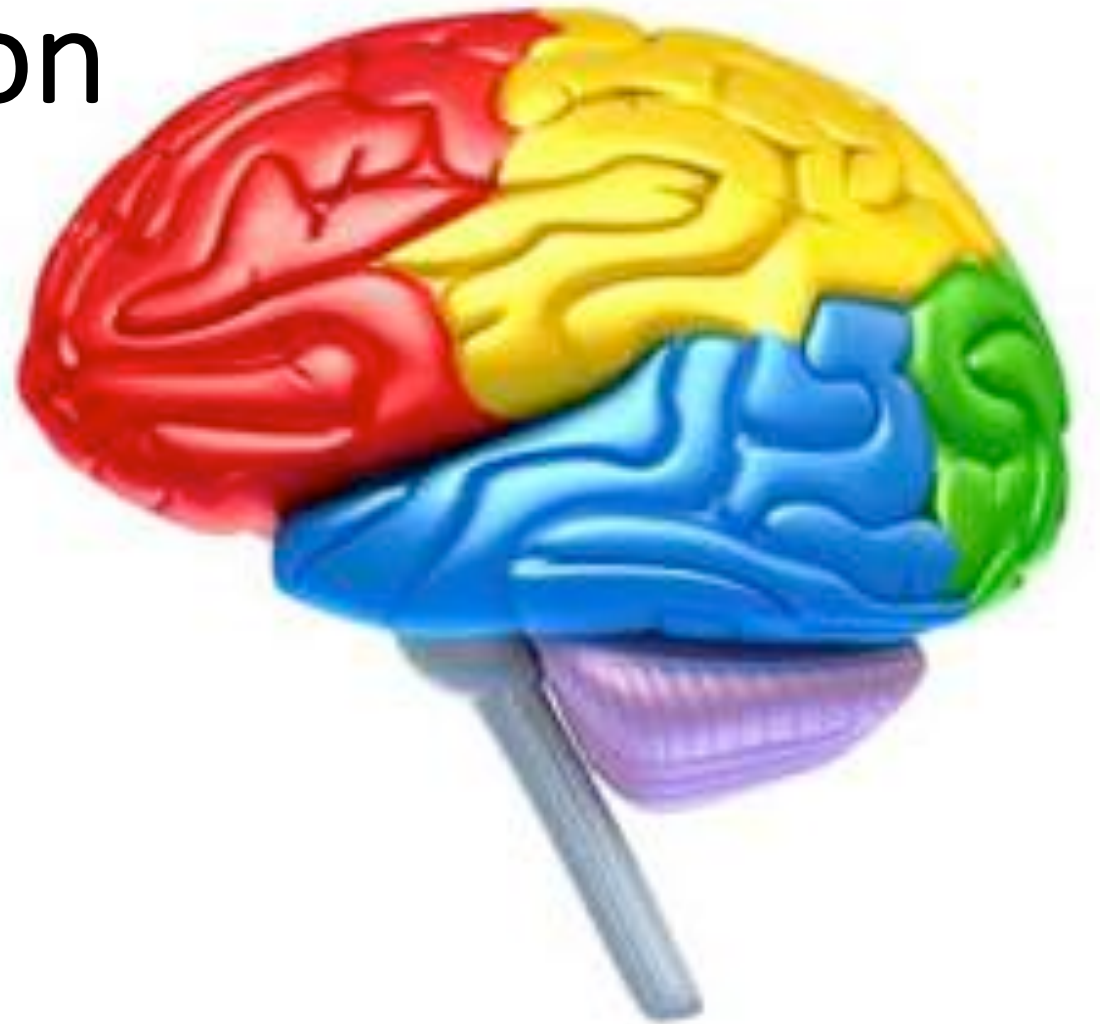
- *Help manage agitation and self-control*
- Improve engagement and motivation
- Balance the natural cadence of life
 - Increased ability to rest and sleep
 - Increased ability to engage in social activities
 - Increased ability to cope with triggers
 - Increased ability to participate in hopes and dreams



Body-Brain Connection

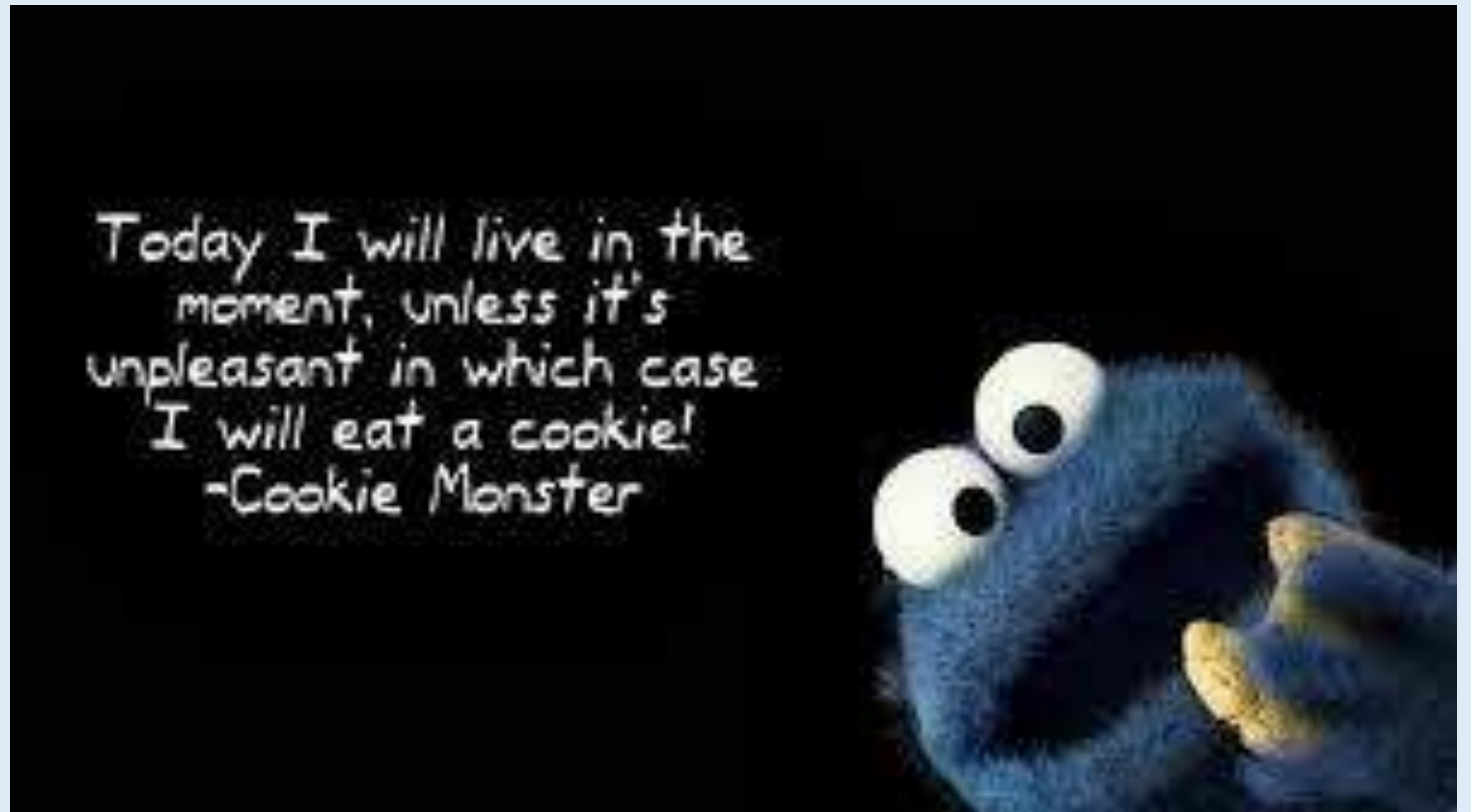
The **Other** Brain Parts of Mental Health....

- Brain Stem
- The Spinal Cord
- 9 senses ?



The Goal

Help youth manage
their own individual
sensory needs in safe,
effective, and satisfying
ways





The Senses

What senses can you name?

Only Seven Senses?

Hearing
(auditory)

Seeing (visual)

Smelling
(olfactory)

Tasting
(gustatory)

Touching
(tactile)

Body orienting in
space
(proprioception)

Balancing
(vestibular)

Interoception

Just-Right Balance

- Person is both *calm* and **alert**
- Place for self-awareness and learning
- Content, relaxed, engaged, and attentive



*Balance is the
Key to Life*

Arousal States



Not too low



Balanced



Not too High

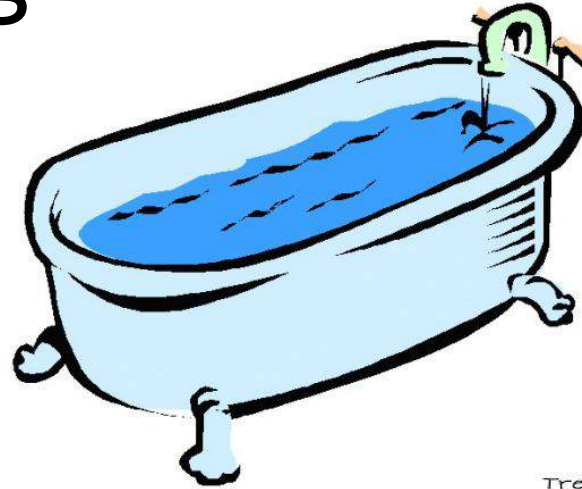
Calming

- Mild, soft
- Predictable
- Slow, rhythmic
- Simple
- Familiar



Calming De-stressing Activities

- Hot Shower/ Bath
- Hot Chocolate
- Use a glider chair or swing
- Yoga
- Present Smells
- Mindfulness Exercise
- Breath



Alerting and Grounding



- Strong, pronounced
- Fast paced, non-rhythmic
- Complex
- Novel
- Surprising, unpredictable

Grounding/Physical Activities



- Holding Something
- Placing a Weighted Stuffed Animal or Pillow in Your Lap
- Arm & Hand Massages
- Wall Push-ups
- Tunnels and Body Socks
- Walk With Joint Compression
- Aerobic Exercise
- Sour/Fireball Candies
- Fast paced upbeat music
- Hold ice in hands or to face
- Sing loudly
- Dance

For some youth, an Occupational Therapy evaluation can be very helpful

- If sensory issues are preventing a youth from being able to meet with success in their daily lives
 - They may be experiencing sensory processing issues
 - An OT evaluation can be very helpful
 - Help with identifying if the challenges faced are sensory based , behaviorally based, or both
 - Recommend specific individualized sensory tools/activities that can increase the youth's daily functioning and self-regulating abilities
- Examples of areas that OT evals can assist with
 - **Youth who self injure**
 - **Youth who struggle with self-regulation skills**
 - **Youth struggle with grounding and focusing skills**

Providing Sensory Opportunities?



Sensory Activity

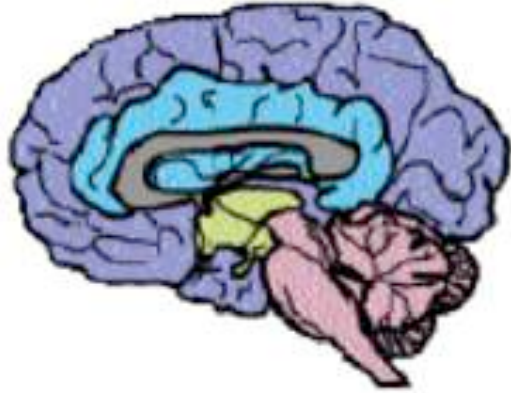


Sensory Tools



Movement with Sensory Activity

The Brain Stem Rules



Neocortex

Limbic

Diencephalon

Brainstem

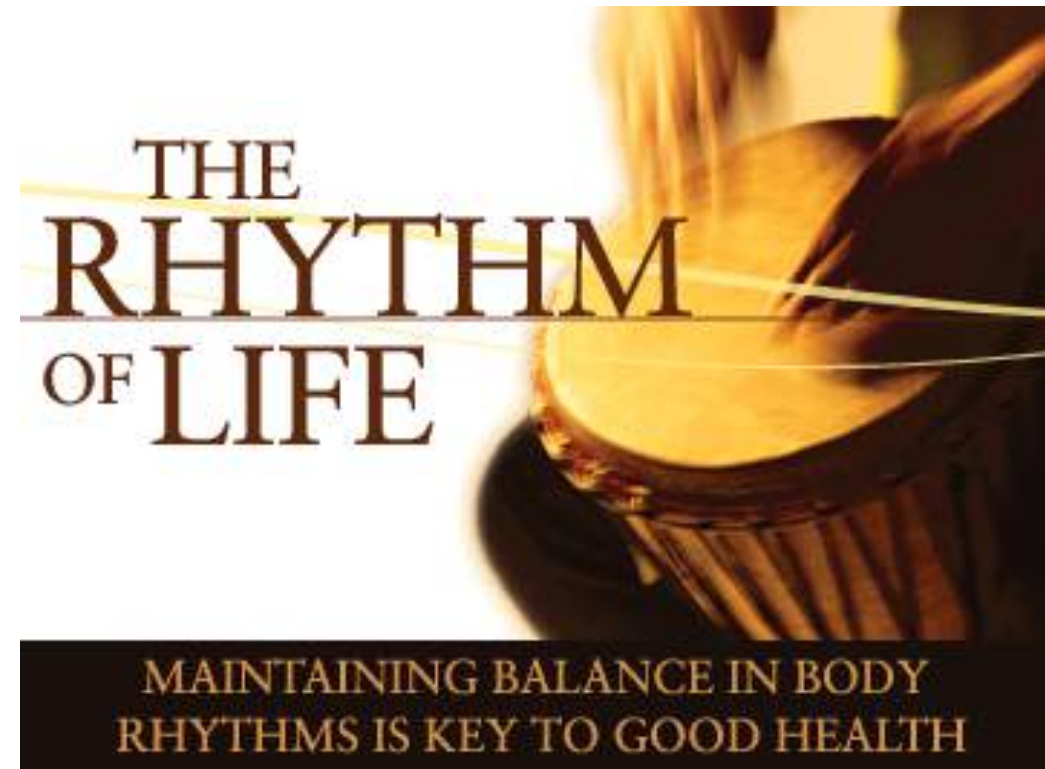
“We must regulate people, before we can possibly persuade them with a cognitive argument or compel them with an emotional affect”.

Dr. Bruce Perry, MD

Rhythm is regulating.

*“Patterned, repetitive, rhythmic activity
elicits a sensation of safety.”*

Rebooting the brain



Words of Wisdom



Never in the history of

calming down

has anyone

calmed down

by being told to

“Calm down”



Patterned, repetitive, rhythmic activity includes....



- Singing
- Dancing
- Drumming
- Most Musical Activities
- Meditation
- Yoga



- Walking -
- Running -
- Swinging -
- Trampoline -
- Work -
- Massage -

A dark blue, irregularly shaped graphic with a splatter effect, containing the text "Sensory Tools". The graphic has a rough, hand-painted appearance with some lighter blue and white splatters around its edges. The text is centered within the dark blue area.

Sensory Tools

*There are 100's of Sensory Tools but
the most requested tool is...WEIGHT*



When a person hugs something with enough weight in it, their brain tells their spinal cord to fire off C fibers to our muscles

***C fibers* tell our muscles
to not “contract” or feel tight**

**This feels relaxing and it helps people
feel calm and comforted**





Weighted Stuffed Bear

- 8 Lbs.


made with plastic pellets

or

un-popped popcorn
kernels

or

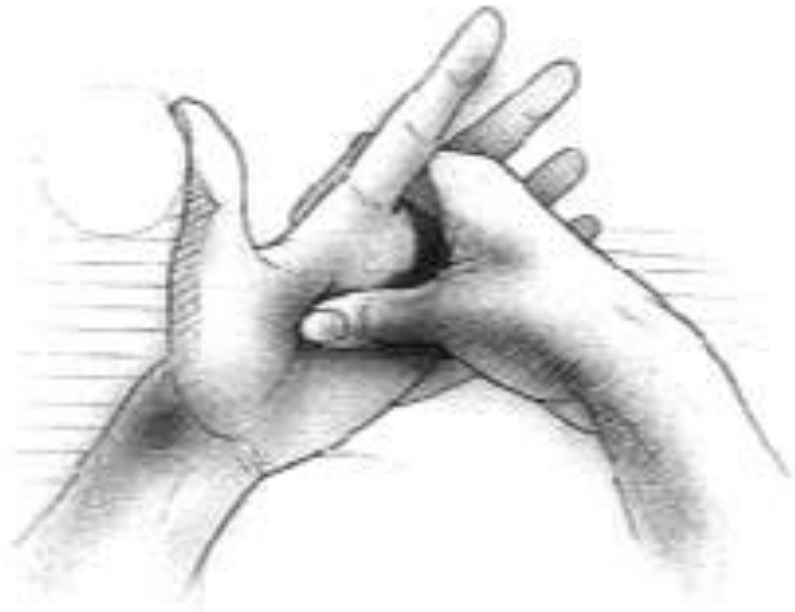
dried beans



**How about running a
“Make a weighted animal
group”?**

Let's Use Tools!

- Fidget tools
- Essential oils
- Sensory Play dough
- Lavender stress sox's
- Wave Bottles
- Hand massage exercise



Fidgets

- Can be very effective in a daily sensory routine
- Self-regulation tools
- Alerting fidgets
 - help children /teens / adults
 - reach and maintain a "just right" level of alertness
 - used in the classroom or at homework time
- Fidgets and sensory balls
 - Used for:
 - to "wake up" fingers
 - before handwriting activities,
 - to promote focus and concentration.



Essential Oils

• Calming Oils • Alerting Oils

- Lavender
- Chamomile
- Bergamot
- Cedarwood
- Rose
- Honeysuckle
- Peppermint
- Lemon
- Lime
- Ginger
- Rosemary
- Basil



- Added to leather or felt wrist bands or bracelets
- Essential oils can be added to a diffuser
- Breathed in from the bottle
- Combined with hand cream and used on wrists or soles of the foot



Aromatherapy play-dough:

Basic Homemade Playdough Recipe

1 cup all-purpose flour

1/2 cup salt

2 teaspoons cream of tartar

1 cup water


1.5 tablespoons liquid cooking oil (I used olive oil, since that's all I had, but anything will work!)

Food coloring

6-8 drops of essential oils of your choice

<http://www.theprairiehomestead.com/2014/06/diy-aromatherapy-playdough.html#sthash.RjtpuxTW.dpbs>

theprairiehomestead.com



DIY
Aromatherapy
Playdough

Scented rice socks:



[http://www.ehow.com/
how_6467304_make-
rice-microwave-heat-
packs.html](http://www.ehow.com/how_6467304_make-rice-microwave-heat-packs.html)

Water Bottle Waves



- A plastic water bottle
- Sparkles
- Oil
- A bit of glue
- **Glitter**
bottles: <http://www.messforless.net/2014/01/calming-bottles.html>



Just Breathe

<https://youtu.be/RVA2N6tX2cg>

Uses:

Hand Creams and Hand Massages

- Can't sleep
- Need to relax
- Need to calm self
- With you all day long
 - Before a test
- Before a task that requires one to focus



So keep calm
and comforted
with sensory
tools.

Let's use some
tools now...





JuRon McMillan Transition Slide



How to access the webinar on BBI's website?

Go To: www.buildingbridges4youth.org

Click on: Resources Tab





How to access the webinar on BBI's website?

Once you've clicked on Resources Tab, Scroll down to "Additional Resources"

resources

DOCUMENTS & RESOURCES **BRIEFS & GUIDES** **HANDBOOKS & TOOLS**

DOCUMENTS

- Finding and Engaging Families for Youth Receiving Residential Interventions: Interviews and Examples
- Leading Innovation Outside the Comfort Zone: The Seneca Family of Agencies Journey
- Self-Assessment Checklist for Staff of Residential Programs: Promoting Cultural Diversity and Cultural and Linguistic Competency
- Successfully Engaging Families Formed by Adoption: Strategies for Residential Leaders: A Building Bridges Informational Document
- The Building Bridges Initiative & Child Welfare: A Collaborative Path to Achieve Permanency
- New! BBI Informational Document: Permanency Practices Collaboration Strategies for Child Welfare and Residential Programs
- New! BBI Leadership Series Document: Innovative Fiscal Practices Employed by Wraparound Milwaukee: A 20-Year Perspective on Promoting Community-Based Services and Short Term Residential Interventions that Support Better Long-Term Outcomes
- Frequently Asked Questions for Community Providers

ADDITIONAL RESOURCES

- New Webinar! Calming and Coping Strategies for Youth Receiving Residential Interventions: Basics of Sensory Approaches
- New! (PPT SLIDES ONLY) Calming and Coping Strategies for Youth Receiving Residential Interventions: Basics of Sensory Approaches

Resources & Tools



Inside spaces



Outside spaces



Handouts



Infection control
considerations



Buying Sensory
Tools



Making
Weighted
Animals

Infection Control Considerations

It is important to note that when using weighted modalities and other sensory tools with youth receiving residential interventions, it is necessary to be able to wash each of the items between use by different youth.

Therefore, use caution in the kinds of equipment purchased, being sure that they are *machine and/or hand washable* and that they will withstand ongoing washings.

When a weighted item is created or purchased specifically for one individual, infection control issues differ because it is not for general use.

However, when used by more than one youth this becomes an infection control issue within most residential programs.



Sensory Items & Resources

- Stress Balls & Bulk Candy
 - Rhode Island Novelty: www.rinovelty.com
- Weighted Items (blankets/vests/lap animals)
 - Flaghouse (Special Populations)
www.flaghouse.com
 - Abilitations: www.abilitations.com
- Vibrating Tube & Stuffed Animals
 - www.flaghouse.com
- Hand-held Massagers
 - Walmart / Walgreens
- Another recommended resource:
 - Marshalls /Home Goods/Pier One/CVS
 - www.OT-innovations.com (see “links”)

Please note: The list above is not meant to be an all inclusive. There are many wonderful resources. This is simply a good place to start seeking this equipment and more information.



If you want to learn more about Sensory

- Web Pages:
 - American Occupational Therapy Web Page (AOTA.ORG)
 - Has Parent Tip sheets on lots of sensory topics and Children's mental health
 - Resources to find an Occupational therapist in your area
 - OT-Innovations.com
 - Look under “sensory” section
- Books
 - Living Sentionally : Understanding Your Senses by Winnie Dunn(available on Amazon).
 - Great book that helps you understand your own sensory preferences, as well as your child’s
 - The Out-of-Sync Child Has Fun, Revised Edition: Activities for Kids with Sensory Processing Disorder (The Out-of-Sync Child Series) by [Carol Kranowitz](#)
 - “Each activity in this inspiring and practical book is SAFE—Sensory-motor, Appropriate, Fun and Easy—to help develop and organize a child’s brain and body. Whether your child faces challenges with touch, balance, movement, body position, vision, hearing, smell, and taste, motor planning, or other sensory problems, this book presents lively and engaging ways to bring fun and play to everyday situations.”



Joe Anne Hust Short Bio & Contact Information

Joe Anne Hust, Family & Quality Improvement Coordinator; Email: joannehust@gmail.com

Joe Anne Hust first entered the world of children's mental health as an advocate for her own child. She has been involved in activities related to improving services, supports and reducing stigma for children and youth with mental health challenges and their families for more than 20 years. Hired as a parent partner for one of the first wraparound projects in Los Angeles County, Joe Anne went on to build a division of peer to peer support for a large children's mental health provider. She co-lead a pilot in 2004 at the same provider to reduce lengths of stay for children in residential utilizing wraparound principles and parent partners. Joe Anne served as the parent representative for the Los Angeles County RBS Reform workgroup which went on to statewide legislation for residential reform and was a member of the State of California Emily Q. lawsuit settlement team. She received the California Mental Health Association for Children and Youth (CMHACY) Advocate of the Year award.

Experienced developing family involvement at all levels of the child serving system, Joe Anne also worked as the Director of Innovation at a Family Run organization in Phoenix, Arizona and as a National Trainer, Coach, and Manager for The Institute at the University of Maryland, School of Social Work. She has presented at numerous conferences and has done extensive training and consultation on parent peer to peer support, family professional partnerships, Wraparound, program design and residential transformation.

Joe Anne has been involved with The National Building Bridges Initiative since 2005 and participated in several national efforts to integrate system of care and family-driven care values into residential care settings. Ms. Hust is President and Principal Consultant for JH Consulting in Scottsdale, Arizona.





Sarah Drummond Short Bio & Contact Information

Sarah Drummond, LPC, Clinical Director, General Mental Health Program, YDI

Email: Sarah.Drummond@ydi.org

Sarah began her work at YDI in September 2003 as a Youth Care Worker. She was promoted to Milieu Coordinator in November 2004, back in the day when restraints were frequent. After she obtained her Master's Degree in Counseling from Arizona State University in December 2006, Sarah became a YDI therapist in January of 2007 and subsequently was certified as a Licensed Professional Counselor in June of 2013. Sarah also has advanced training in Play Therapy, Collaborative Problem Solving and is certified in Trauma Focused Cognitive Behavioral Therapy (TF-CBT). Sarah is also a certified Clinical Supervisor under the Arizona Board of Behavioral Health Examiners. In November 2016, she became YDI's General Mental Health Clinical Director.





Jane Musgrave Short Bio & Contact Information

Jane GR Musgrave, MS, OTR/L, Consultant, BBI; Email: justgoodsenseot@gmail.com

Ms. Musgrave is the president and founder of Just Good Sense, an Occupational Therapy consultation company. She conducts workshops and provides consultation at state and national levels in Occupational Therapy, Sensory Modulation assessments and techniques, and the development of sensory programs and environments in hospital, residential and group settings, and family homes. She is the author of articles in the American Journal of Occupational Therapy and American Journal of Psychiatry. She is a consultant for the National Building Bridges Initiative, and a faculty member of the National Center for Trauma Informed Care, (formerly the Office of Technical Assistance) National Association of State Mental Health Program Directors. For 20 years she was the Director of Rehabilitation at Taunton State Hospital and co-chair of the hospital's Restraint/Seclusion Reduction Committee, renamed the Recovery Integration Committee. The hospital received a SAMHSA recognition award in 2009 for effectiveness in reducing restraint and seclusion. In 2013, Jane received a Commonwealth of Massachusetts Citation for Outstanding Performance Recognition Award for her work in restraint and seclusion prevention. She is the creator of Nigel the Weighted Polar Bear, and author of *The Nigel Story: Calming and Coping Through the Senses*.

Ms. Musgrave completed her MS degree at Tufts University in Occupational Therapy and BS from Northeastern University in Recreational Therapy. She is married to Gregory, mother to Sam (their son) and Blue (their English springer spaniel).



JuRon McMillan Bio & Contact Information

JuRon McMillan, MBA, Project Manager, BBI; Email: juronbbi@gmail.com

JuRon McMillan serves as the project manager for the Building Bridges Initiative, which focuses on improving outcomes for youth and families post-residential discharge.

McMillan received his MBA in 2015 and has had a successful career in fostering culturally-sensitive trauma-responsive environments that empower youth, family and community voice and choice.



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