
Calming and Coping Strategies For Family Members of Children Receiving Residential Interventions: Basics of Sensory Approaches

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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.
Examples of documents to support families and youth include:

- **Family & Youth Tip Sheets (available in Spanish)**
- **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**
- **BBI Applauds and Supports Foster Families Document**
Today's Webinar . . .

Ways to Take Care of You
So You Can Take Care of Your Family

Advancing partnerships among residential and community-based service providers, youth and families to improve lives.
ALWAYS REMEMBER:
FAMILIES TAKE CARE OF KIDS BEST
Calming and Coping Strategies for Family Members: Basics of Sensory Approaches

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

• Sensory Modulation???

• All Humans utilize Sensory Modulation interventions

• De-stressing and Self Soothing

• Increases your and your child’s coping skills
Sensory input is always around us

• Our brain makes sense of sensations in our surroundings

• Meeting sensory needs

• Sensory is part of daily life
Body-Brain Connection

- We use our brain for more than just thinking...
- The Other Brain Parts ....
  
  - BRAIN STEM
  - THE SPINAL CORD
  - 9 SENSES?
What do Sensory Tools do?

- Improve engagement and motivation
- Help manage agitation and self-control
- Improve sleep
- Increase concentration and focusing
- Help with life transitions and changes
- Increase participation in your and your child’s own hopes and dreams
Our Purpose Today

- Discover new ways of involving sensory approaches
  - In our Homes
  - In our Families
  - And in our Lives

'Today I will live in the moment, unless it's unpleasant in which case I will eat a cookie!' - Cookie Monster
The Senses

WHAT SENSES CAN YOU NAME?
Only Seven Senses?

- Hearing (auditory)
- Seeing (visual)
- Smelling (olfactory)
- Tasting (gustatory)
- Touching (tactile)
- Movement (balance and orientation in space)
- Interoception (feelings inside your body)
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 Exercises
- Breath
If I'm stressed right now? What do I do?

- Deep breaths
- Take a hot shower
  + If you have a drop of fragrance you enjoy, place on bottom of the shower, then turn on the hot water
- Take a walk
- Call a friend
- Listen to music
- Wrap up in a blanket
- Hum, sing quietly
- Hold/pat a pet
- Hand Massage
- Rock in a rocking chair
- Decaf teas
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
Movement
Rhythm is regulating.

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

Rebooting the brain

THE RHYTHM OF LIFE

MAINTAINING BALANCE IN BODY RHYTHMS IS KEY TO GOOD HEALTH
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
Sensory Tools
An Example of a Comfort Bag for Families

- Jump ropes
- Wind Chimes
- Balloons
- Bubbles

- Playdoh
- Stress balls
- Squeeze balls
- Jenga

- Word Search Puzzle
- Rubrics Cube
- Bean Bags
Let’s do something!

• Fidget Tools
• Essential Oils
• Weighted Stuffed Animals
• Hand Lotion and Massage
• 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:
    • alerting,
    • calming,
    • to "wake up" fingers
      • before handwriting activities,
    • to promote focus and concentration
Essential Oils

- Lavender
- Chamomile
- Bergamot
- Cedarwood
- Rose
- Honeysuckle

Calming Oils
- Peppermint
- Lemon
- Lime
- Ginger
- Rosemary
- Basil

Alerting Oils

Essential Oils
• 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
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
Hand Creams and Hand Massages

Uses:

• 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
• For a hand massage
Calming and Coping
…it is Just Good Sense!
Let’s now practice.
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
Shop around! You can save $ by improvising...

- Sensory toys... (from Living Well With Autism web page)
  - Cushioning floor mats: $15, Walmart. Special needs catalog price $60
  - Small trampoline: $30, Sears. Catalog price: $270
  - Ball pool w/balls: less than $100. Catalog price: $260.
  - Balance beams: Make your own with a 2 x 4 and 2 cinder blocks. Or pay $60+ from a catalog.
  - Water fountain: $10 - $40. Almost same one in catalog: $123
  - Fiber optic spray lamp: $40 at Target but $190 if you pay for it from a special needs catalog.
  - Jump-o-lene. I got mine for $5 at Rite Aid on a summer clearance after seeing it in the catalog for $50. The very same brand, too!
  - Sensory snuggle: They're $80 in the catalog, so I made my own with bags of popcorn in socks.
  - Resistance tunnel: Believe it or not, $7 for an Ikea chair cover that was almost precisely the same item marketed for $189 in catalogs.
  - Rhythms and Beads: I bought this for $1 at a flea market. It was $82 in a catalog.
  - Moon Shoes: Another flea market find for $3. The identical pair were $44 in a catalog.
  - Baby Walk/Funky Keyboard Set: $10 at Target. Same item was $60 in a catalog.
  - Climbing ladder: I bought mine from Ikea for $15. A similar version was $130 in a catalog.
Use **Sensory** as a search word
<table>
<thead>
<tr>
<th>Product</th>
<th>Price</th>
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<tbody>
<tr>
<td>One House Black Tree with Purple Leaves and Black Birds Wall Decal</td>
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<tr>
<td>Home Decor by OneHouse</td>
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<tr>
<td>Generic GEN74444 All River Into the Sea Plum Blossom Lotus Flowers</td>
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<td>Removable Wall Sticker by Generic</td>
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<tr>
<td>3D Butterfly 12PCS for Blue and 12PCS For Purple Stickers Making</td>
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<tr>
<td>Stickers Wall Stickers Crafts Butterflies by POVOS</td>
<td></td>
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<tr>
<td>Plum Blossom Flowers Butterfly Wall Decal Home Sticker (DESIGN 1, 1)</td>
<td>$8.80</td>
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<tr>
<td>by LedChoice</td>
<td></td>
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<tr>
<td>Badger Night Night Balm - 2 oz by Badger</td>
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<tr>
<td>Badger - Focus Balm Citrus &amp; Ginger - 1 oz. CLEARANCE PRICED by Badger</td>
<td>$12.99</td>
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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 allinclusive. 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 Sensationally: 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 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.
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 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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