

## AN INVITATION TO

### **Sensory Interventions from a Trauma Perspective: From Frustration to Function**

Why do some kids take an extremely long time to settle down when upset or refuse to participate in anything? Why do some seem to over react or be overwhelmed and anxious for what seems like no reason?

A segment of children have unique ways of interpreting their environment that places them “on guard” and interferes with their ability to function successfully. Knowing how to recognize and respond to behaviors that are trauma and/or sensory related can be very difficult for a care provider. This workshop will address tools that can mediate triggers, intense feelings, and low arousal, and care providers can learn the indicators of when a sensory process evaluation by a Registered Occupational Therapist (OTR) is needed to make a clear determination.

Some of you attended a similar sensory work shop sponsored by the Division of Mental Health and Substance Abuse Services in the Dells, August 2008. For 2009 we are offering a new and improved – but still free - all day event that will feature a morning presentation on Trauma Informed Care (TIC), recognizing trauma impacted behavior, and applying TIC as a way to reduce seclusions and restraints and bring about better outcomes for the children with whom you work or foster. Participants will have options of age or interest specific work shops in the afternoon.

#### AGENDA

**8:15 – Light breakfast and coffee available**

**8:45 - 12:00**

**General morning session:** Tim Grove, Director of Therapy Services at St. Ameilian - Lakeside in Milwaukee, will explore what Trauma Informed Care (TIC) means and how its key concepts can be applied to children and youth. He will touch on some of the current major models, including Dr. Bruce Perry’s Neuro-sequential Model of Therapeutics (NMT). Which techniques work best with individuals? Groups? Younger kids versus older ones? There will be time for questions and answers (Q&A) and for Tim to preview his afternoon workshops.

**12:00 – 1:00 Lunch provided**

**Afternoon breakout options**

**1:00 – 2:25**

**Session A – Caregiver Health**

Tim will follow up his morning session by addressing Caregiver Health. A key ingredient of TIC is the capacity of caregivers (administrators, supervisory and line staff, educators, foster parents, etc.) to provide healing relationships. Tim will explore some new “technology” related to enhancing caregivers’ “relational capacity”. Participants will leave with practical ideas on how to enhance their own and their organization’s capacity to relate effectively for improved outcomes for children.

### **Session B – Working with Children Ages 5 – 12**

Pat Adler is an Occupational Therapy Assistant with 15 years of public school experience working with children ages 5 – 12 who have sensory processing issues and challenging behaviors. You will learn what a sensory processing issue looks like and why it presents as a challenging behavior. What can be done to change a child’s behavior while reducing seclusions and restraints? And whose job is it, anyways?

Pat will discuss techniques and strategies to use that will help empower children to become more successful at home, school, and in social situations. There will be lots of “show and tell” tools and fun activities for working with children as they learn sensory regulation strategies. There will be time for Q&A, as well as sharing.

Deb Buchanan, a Registered Occupational Therapist also has 15 years of experience in school-based services and is currently is a consultant at St. Aemilian-Lakeside, Inc. Her passion is to support children and their teams (including parents, of course) in discovering strengths and ways to navigate through roadblocks to success using sensory-based strategies as well as adaptive/creative solutions.

She will join both Pat (above) and Paula (below) for parts of their work shops to help connect the TIC information presented in the morning to the behaviors adults observe in children and the strategies/tools presented by Pat and Paula. The goal is to assist participants in making frustrating moments into functional opportunities.

### **Session C: Working with Youth 13 and Older**

Paula Buege has lived through the challenges of parenting children with challenging behaviors. She is also a Wisconsin Special Education Parent-Educator Initiative (WSPEI) Liaison and Student Intervention Support Staff in a public school district. Paula will discuss strategies to promote regulation and success with youth ages 13 and up. She will introduce techniques and tools to engage the teen’s participation while empowering them to manage their responses to life’s stressors. Deb Buchanan, OTR, will join her for part of the session. See above.

**2:40 – 4:00**

### **Session D: Creating a Context for Organizational Change**

Tim Grove will look at ways to create organizational change, pulling together some of the most useful information geared to help agencies become Trauma Informed and encourage the type of changes that support TIC values. He will highlight one agency’s journey in creating a TIC culture, complete with frank information about successes and failures.

### **Session E: Repeat of Session B on kids 5 – 12**

Pat Adler and Deb Buchanan

### **Session F: Repeat of Session C on kids 13 and older**

## REGISTRATION

We encourage you to think in terms of bringing a team from your agency that includes staff that influence decisions about organizational change, those that work directly with children, and family (bio and foster) members. Space is limited; first come, first served. **Please submit your registration form (one per participant) by October 20<sup>th</sup>. Return the form to:**

Eleanor McEntee at [eleanor@wifamilyties.org](mailto:eleanor@wifamilyties.org), FAX (608) 267-6801, or mail to Eleanor McEntee, 16 N. Carroll St., Suite 230, Madison, WI 53703. If you have questions, you can call her at (608) 261-8780.

**Name:** \_\_\_\_\_

**Facility/Program Name:** \_\_\_\_\_

**Your role with children:** \_\_\_\_\_

**Address:** \_\_\_\_\_ **City/Zip** \_\_\_\_\_

**Telephone:** \_\_\_\_\_ **Phone:** \_\_\_\_\_

Where (choose one)

\_\_\_\_\_ Stevens Point - Holiday Inn, Friday, **October 30<sup>th</sup>**  
1001 Amber Avenue, Stevens Point (715) 344-0200  
Directions at <http://www.stevenspoint-holiday-inn.com>

\_\_\_\_\_ Madison – Bishop O’Connor Conference Center, Monday, **November 2<sup>nd</sup>**  
702 S. High Point Road, Madison (608) 821-3130  
Directions at <http://www.stbern.org/bocc.cfm>

Breakout preferences (one per time period) If you want to repeat an age specific work shop that is fine; we will do our best to accommodate your choices.

1:00 – 2:25

\_\_\_\_\_ Session A: Caregiver Health

\_\_\_\_\_ Session B: Working with Children Ages 5 – 12

\_\_\_\_\_ Session C: Working with Youth Ages 13 and Over

2:40 – 4:00

\_\_\_\_\_ Session D: Creating a Context for Organizational Change

(See reverse)

\_\_\_\_ Session E: Working with Children Ages 5 – 12

\_\_\_\_ Session F: Working with Youth 13 and Over

Do you want a vegetarian lunch? \_\_\_\_\_

Both facilities are wheelchair accessible. If you have other special requirements, please note below. We need a week's notice to arrange accommodations.

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