

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



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

**Joe Anne Hust, BBI QIC and Family Coordinator**

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**JuRon McMillan, BBI Project Manager**





# Redlich Horwitz Foundation

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*This activity is funded in part by the Redlich Horwitz Foundation. The Building Bridges Initiative (BBI) would like to thank the Redlich Horwitz Foundation for its partnership and support and acknowledge that the material presented at this event do not necessarily reflect the opinions of the Foundation.*

 Advancing partnerships among residential and community-based service providers, youth and families to improve lives. 



## 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.**



## Go to the BBI Website: [www.buildingbridges4youth.org](http://www.buildingbridges4youth.org)

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*



# Todays Webinar . . .

## **Ways to Take Care of You**

*So You Can Take Care of Your Family*



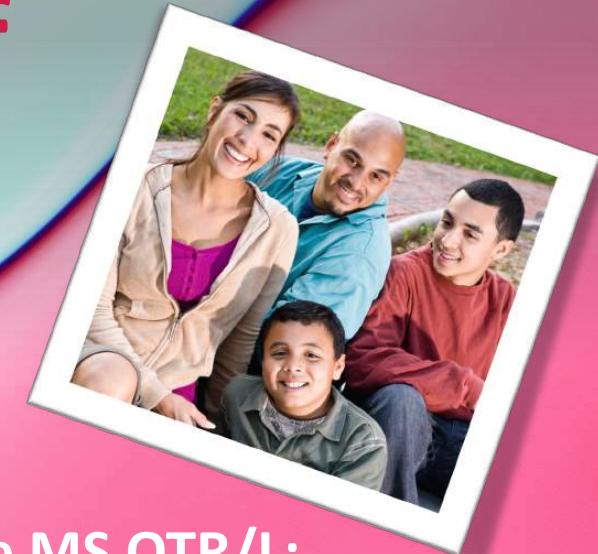
Advancing partnerships among residential and community-based service providers, youth and families to improve lives.



**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***

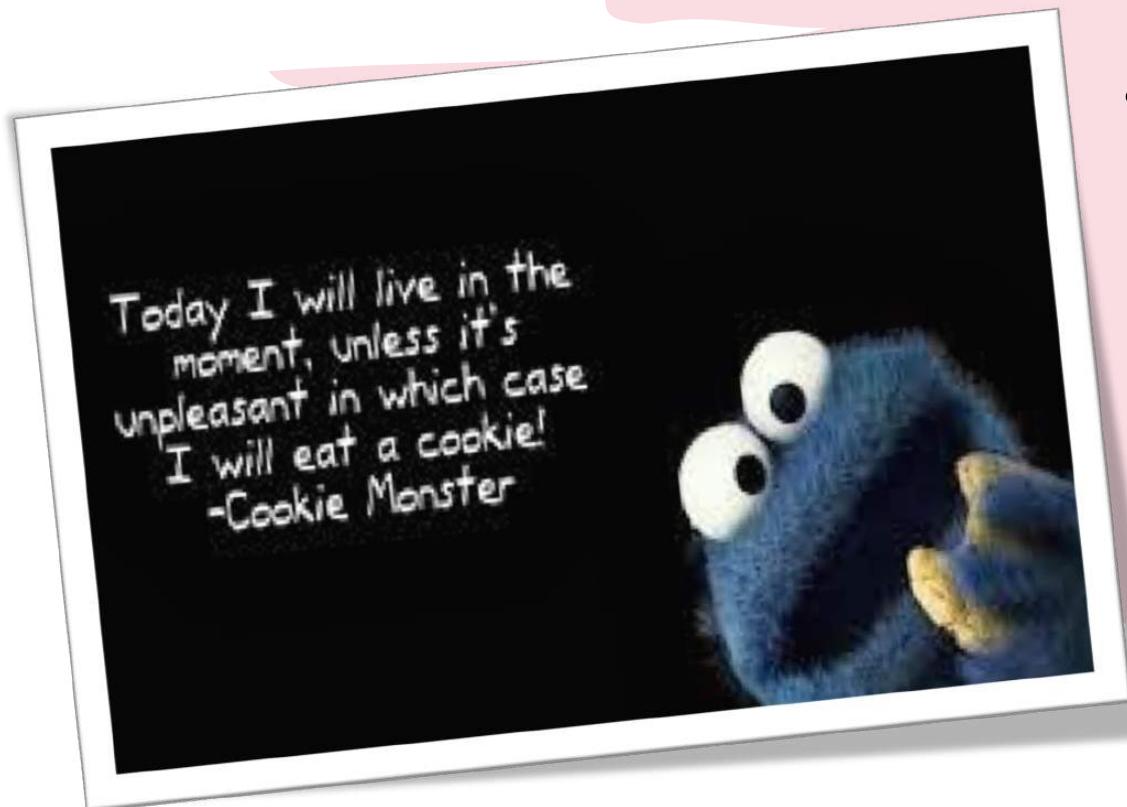
- We use our brain for more than just thinking...
- The Other Brain Parts ....
  - **BRAIN STEM**
  - **THE SPINAL CORD**
  - **9 SENSES ?**

# *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





# *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)**

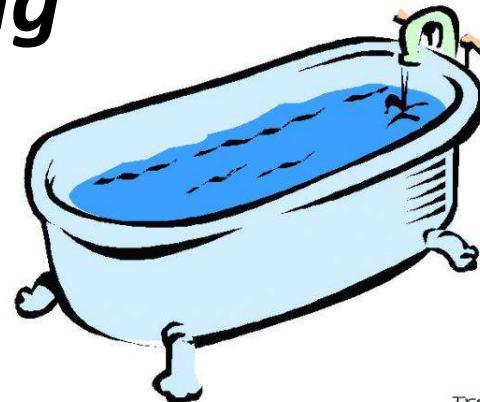
# *Calming*

- 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

A large, powerful blue ocean wave crashing.

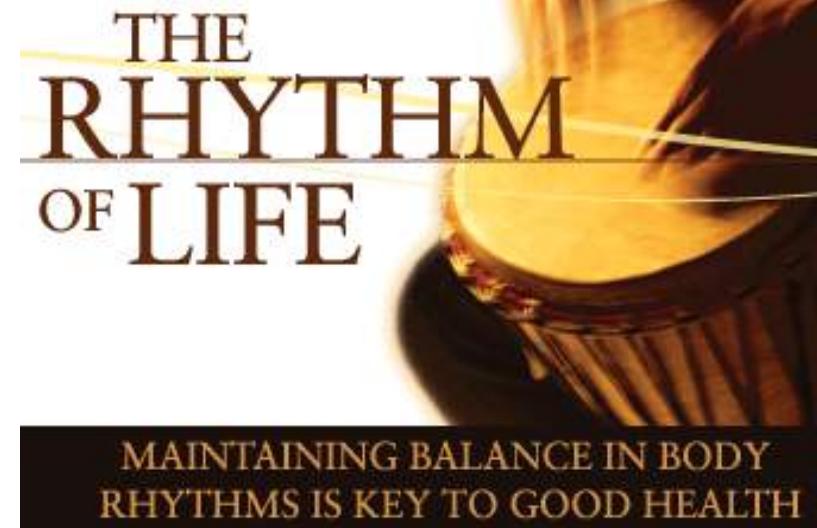
# Movement

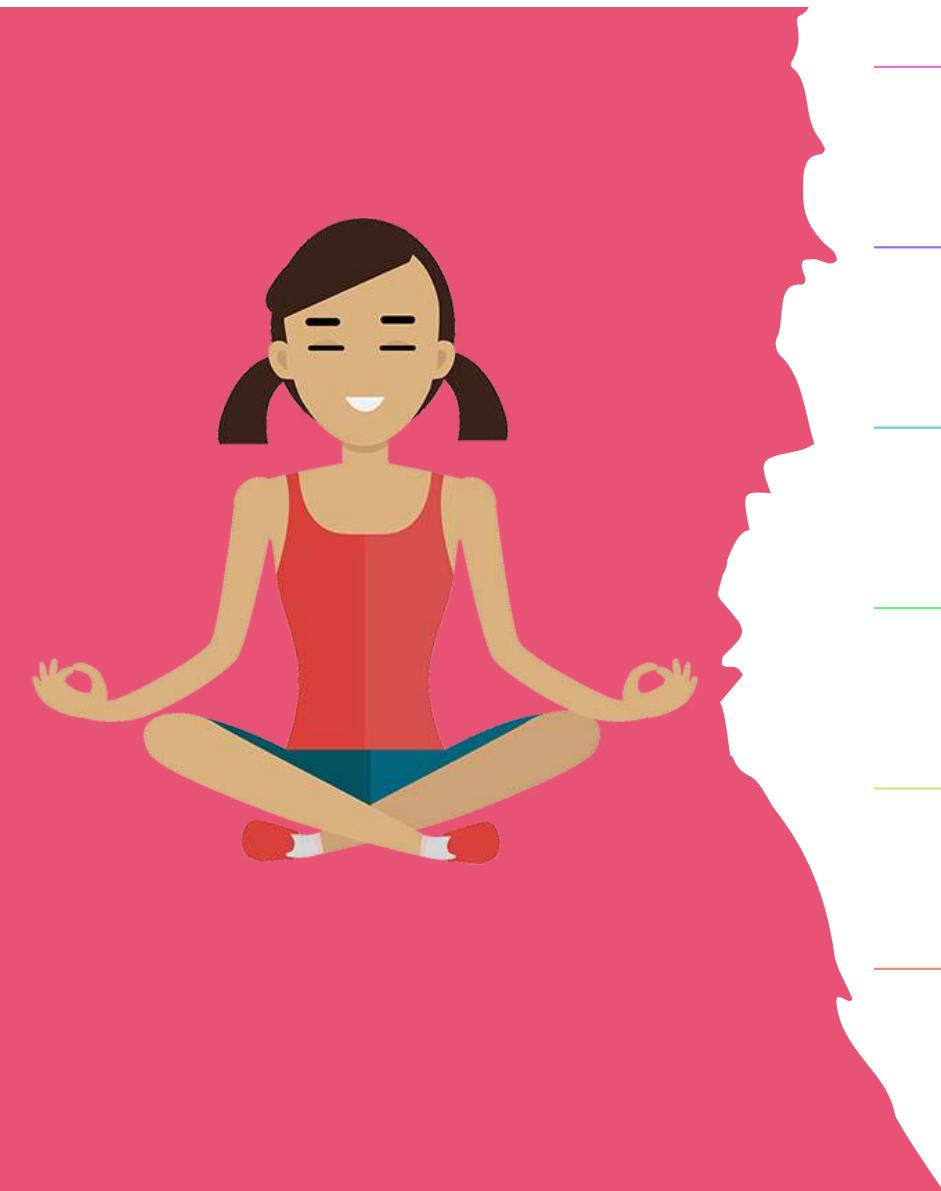


# ***Rhythm is regulating.***

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

Rebooting the brain





Never in the history of  
calming down  
has anyone  
calmed down  
by being told to  
**“Calm down”**



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

***Patterned, repetitive, rhythmic activity includes....***



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

# *Sensory Tools*

## *An Example of a Comfort Bag for Families*



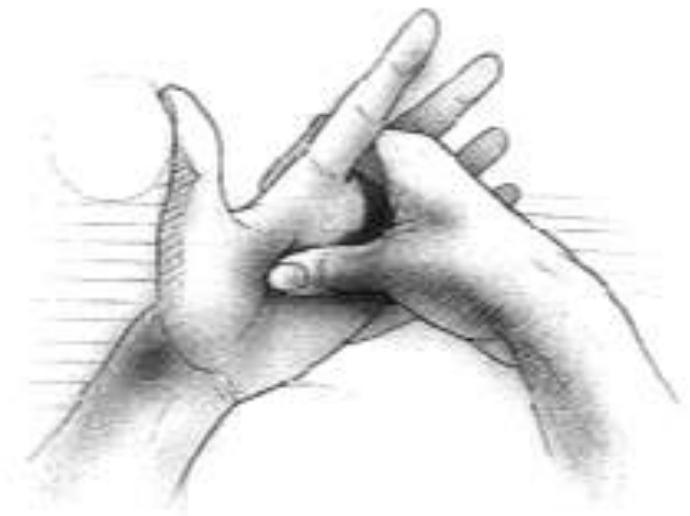
- Jump ropes
- Wind Chimes
  - Balloons
  - Bubbles



- 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

# *Fidgets*





## Alerting Oils

- Peppermint
- Lemon
- Lime
- Ginger
- Rosemary
- Basil

## Calming Oils

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

# *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

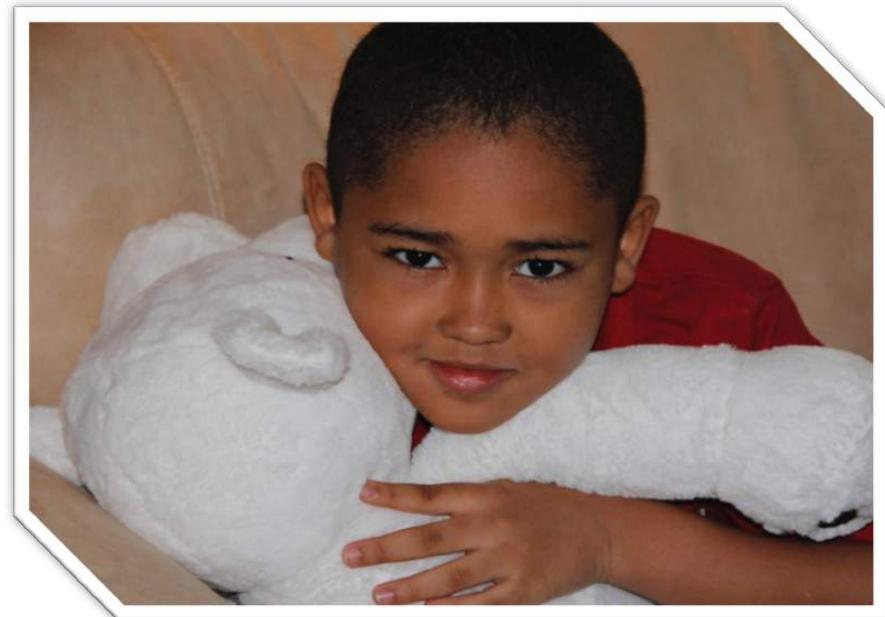


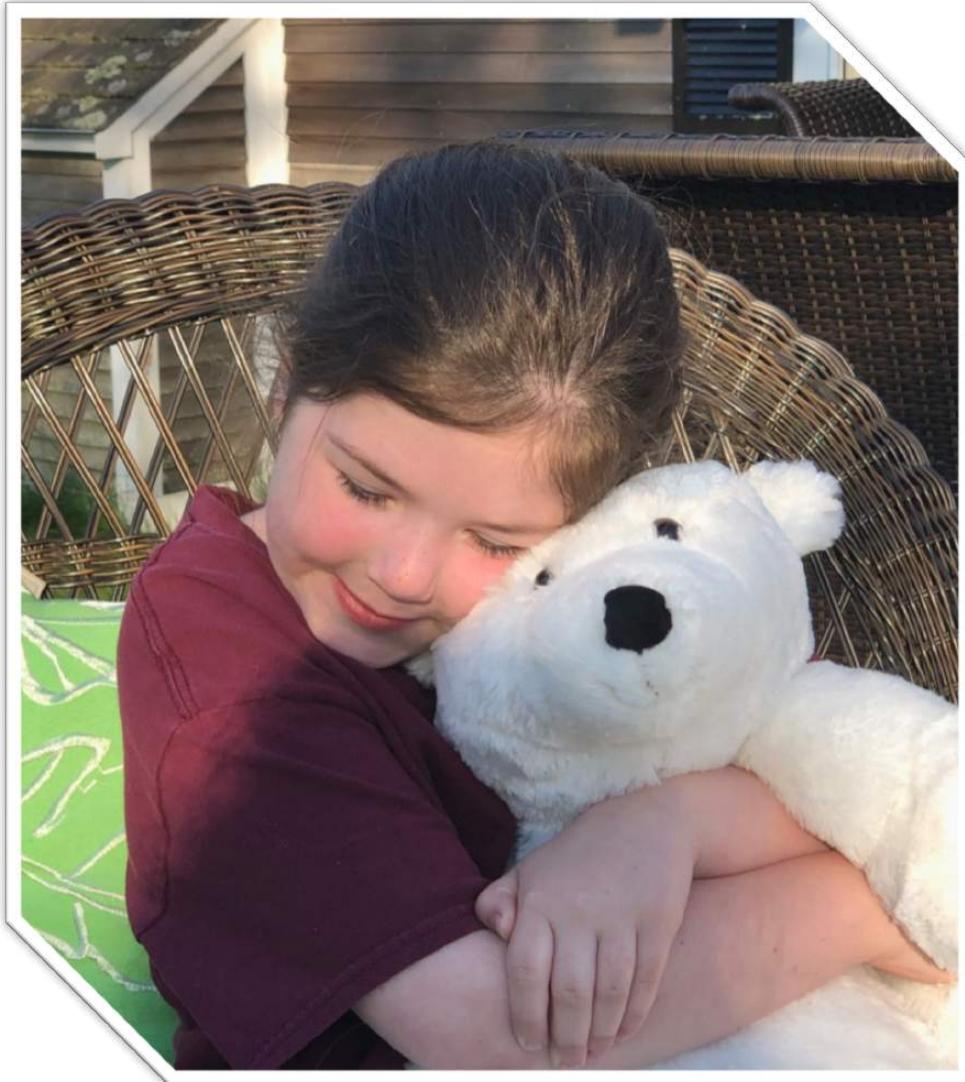
*There are 100's of Sensory Tools but  
the most requested tool is...WEIGHT*

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](http://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**

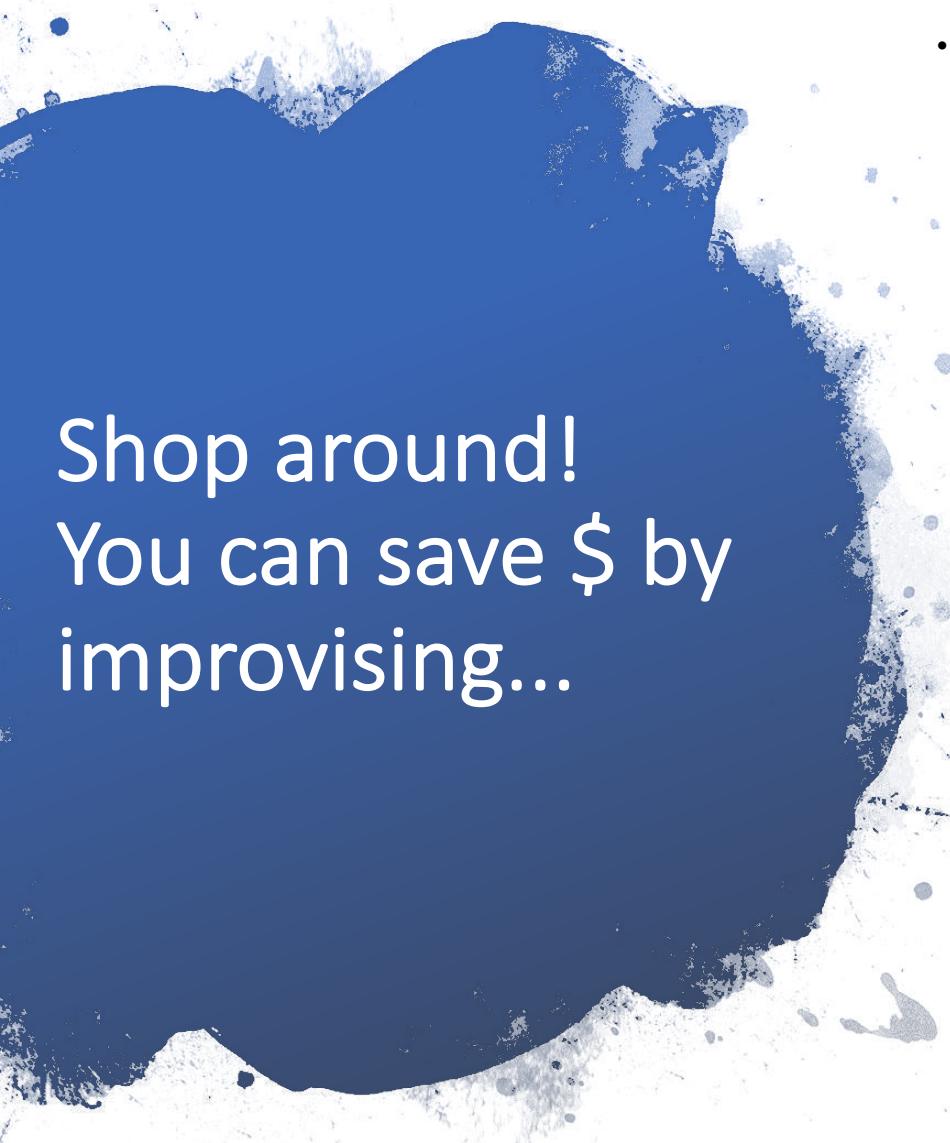
- [Finding and Engaging Families for Youth Receiving Residential Interventions: Interviews and Examples](#)
- [Leading Innovation Outside the Comfort Zone: The Seneca Family of Agencies Journey](#)
- [Self-Assessment Checklist for Staff of Residential Programs: Promoting Cultural Diversity and Cultural 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](#)

**ADDITIONAL RESOURCES**

- [New! Calming and Coping Strategies For Family Members of Children Receiving Residential Interventions: Basics of Sensory Approaches](#)
- [\(PPT SLIDES ONLY\) New! Calming and Coping Strategies For Family Members of Children Receiving Residential Interventions: Basics of Sensory Approaches](#)
- [New Webinar! Calming and Coping Strategies For Family Members of Children Receiving Residential Interventions Webinar: Basics of Sensory Approaches](#)



# 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.
  - Cloud Nine: Made my own with loose foam and a futon cover for \$50. Catalog price: \$280.
  - Balance beams: Make your own with a 2 x 4 and 2 cinder blocks. Or pay \$60+ from a catalog.
  - Lycra swing: Make your own with swimsuit fabric. Catalog price: \$300.
  - 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.

••••• AT&T LTE 10:35 AM amazon.com

Standout dresses

Shop by Department Search All Go Jane's Amazon.com Today's Deals Gift Cards Sell Help Your Account Try Prime Wish List Cart 21

### Shopping Cart

	Price	Quantity
 Therapressure Brush (Bag of 2) by Wilbarger	\$14.09	1
Eligible for FREE Shipping		
<input type="checkbox"/> This is a gift Learn more		
<a href="#">Delete</a>	<a href="#">Save for later</a>	
 Docooler® Removable Wall Stickers	\$6.32	1
Art Decals Quotes Wallpapers Living Room Kitchen Bedroom Decorations Various Sizes and Paintings 17# by Docooler		
In Stock		
Shipped from: Docooler		
Gift options not available. Learn more		
<a href="#">Delete</a>	<a href="#">Save for later</a>	
 Luma Candles Real Wax Flameless Candles with Remote Control Timer, 3 Candle Set by Luma Candles	\$19.99	3
In Stock		
Shipped from: Best Infomercial Products		
Gift options not available. Learn more		
<a href="#">Delete</a>	<a href="#">Save for later</a>	
 Uncle Milton Moon In My Room by Uncle Milton	\$28.22	1
In Stock		
Eligible for FREE Shipping		
<input type="checkbox"/> This is a gift Learn more		
<a href="#">Delete</a>	<a href="#">Save for later</a>	
 Footstar massage ball 4 pack by Body Back Company	\$17.95	1
In Stock		
Eligible for FREE Shipping		
Gift options not available. Learn more		
<a href="#">Delete</a>	<a href="#">Save for later</a>	
 Hand Held Scalp Head Massager - Pack of Two (Colors May Vary) by Kikkerland	\$2.77	1
In Stock		
You save: \$10.22 (79%)		

Use  
Sensory  
as a  
search  
word

Amazon!!!

# Amazon continued

	<b>OneHouse Black Tree with Purple Leaves and Black Birds Wall Decal Home Decor</b> by OneHouse	<b>\$11.37</b>
	In Stock	
	Shipped from: Forevernice	
	<a href="#">Delete</a>   <a href="#">Move to Cart</a>   <a href="#">Move to Wish List</a>	
<hr/>		
	<b>Generic GEN74444 All River Into the Sea Plum Blossom Lotus Flowers Removable Wall Sticker</b> by Generic	<b>\$5.27</b>
	In Stock	
	Shipped from: Provenice	
	<a href="#">Delete</a>   <a href="#">Move to Cart</a>   <a href="#">Move to Wish List</a>	
<hr/>		
	<b>3D Butterfly 12PCS for Blue and 12 PCS For Purple Stickers Making Stickers Wall Stickers Crafts Butterflies</b> by POVOS	<b>\$3.12</b>
	In Stock	
	Shipped from: WZFS US	
	<a href="#">Delete</a>   <a href="#">Move to Cart</a>   <a href="#">Move to Wish List</a>	
<hr/>		
	<b>Plum Blossom Flowers Butterfly Wall Decal Home Sticker (DESIGN 1, 1)</b> by LedChoice	<a href="#">See other new offers</a> from \$3.30
	This item is no longer available from the seller you selected.	
	<a href="#">Delete</a>   <a href="#">Move to Wish List</a>	
<hr/>		
	Uncle Milton - Rainbow In My Room was removed from Save for Later.	
<hr/>		
	<b>Badger Night Night Balm - 2 oz</b> by Badger	<b>\$8.80</b>
	In Stock	
	Eligible for FREE Shipping	
	<a href="#">Delete</a>   <a href="#">Move to Cart</a>   <a href="#">Move to Wish List</a>	
<hr/>		
	<b>Badger - Focus Balm Citrus &amp; Ginger - 1 oz.</b>	<b>\$12.99</b>
	<b>CLEARANCE PRICED</b> by Badger	
	In stock. Usually ships within 2 to 3 days.	
	Shipped from: *Dolly's Kitchen	
	<a href="#">Delete</a>   <a href="#">Move to Cart</a>   <a href="#">Move to Wish List</a>	

# Sensory Items & Resources

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

**Joe Anne Hust, Family & Quality Improvement Coordinator; Email: [joeannehust@gmail.com](mailto:joeannehust@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.



## Jane Musgrave Short Bio & Contact Information

**Jane GR Musgrave, MS, OTR/L, Consultant, BBI; Email: [justgoodsenseot@gmail.com](mailto: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).

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## JuRon McMillan Bio & Contact Information

**JuRon McMillan, MBA, Project Manager, BBI; Email: [juronbbi@gmail.com](mailto: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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