



CTRI
CRISIS & TRAUMA
RESOURCE INSTITUTE

Creating Safety: Children and Mental Health

OMSSA, Virtual Mental Health Forum: Day 1

TRAINER: Kelly Smith, M.S.W., RSW

OVERVIEW

1. Nervous system
2. Creating safety
3. Interventions



INTRODUCTION



Human DNA is about

99.5%

identical from
person to person



Loopy



Swirly



Whirly



Curvy

NERVOUS SYSTEM



- CONNECT
- PROTECT
- SURVIVE






shutterstock.com • 469488479

THE EVOLUTION OF THE BRAIN




AGE	TYPE	QUESTION	URGE
200 Million years	Human	“Am I safe?”	Connect
400 Million years	Mammal	“Am I in danger?”	Protect Fight or flight
500 Million years	Reptile	“Am I under threat?”	Survive Freeze or hide






OUR FIGHT OR FLIGHT RESPONSE

BRAIN	URGES	BODY SENSATIONS	EMOTIONS	BEHAVIORS	THOUGHTS
					
	<p>FIGHT FLIGHT PROTECT DEFEND REACT MOVE</p>	<p>DARTING EYES DRY MOUTH RACING HEART RAPID BREATH SORE TUMMY HOT ENERGY IN HANDS & FEET</p>	<p>ANGER FEAR ANXIETY PANIC UPSET RAGE</p>	<p>YELL HIT KICK BITE SPIT THROW MOVE</p>	<p>“I’m not safe” “I have to protect myself” “The world is dangerous” “People are out to get me” “I can’t trust anyone”</p>
					

OUR FREEZE RESPONSE

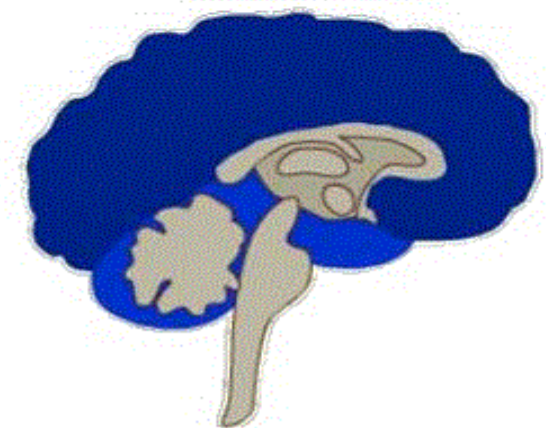
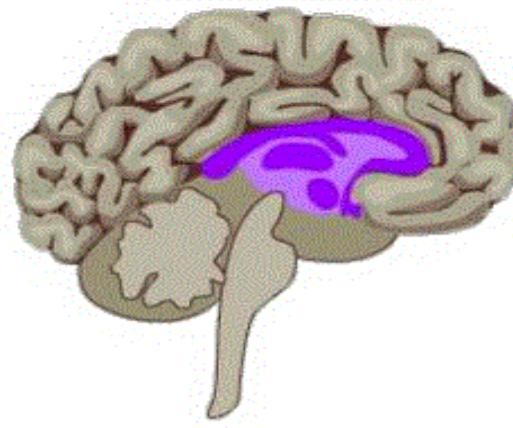
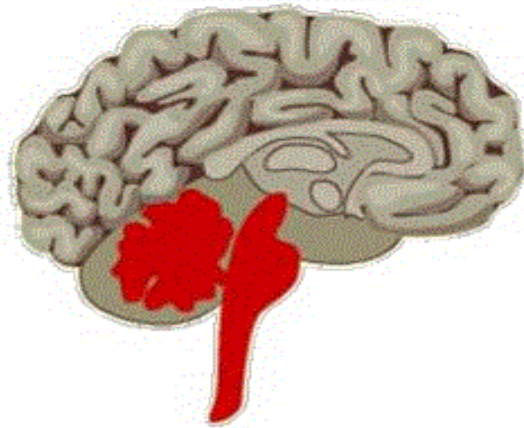
BRAIN	URGES	BODY SENSATIONS	EMOTIONS	BEHAVIORS	THOUGHTS
					
					
	<p>FREEZE PROTECT CONSERVE HIDE</p>	<p>NUMB DULL TIRED NOTHING OVERWHELMED COLD</p>	<p>SADNESS FEAR GRIEF DEPRESSION CHRONIC PAIN HELPLESSNESS HOPELESSNESS</p>	<p>SLEEP WHINE CRY BE LISTLESS TURN AWAY SHUT DOWN COLLAPSE</p>	<p>“I’m not safe” “I am hurt” “I can’t protect myself” “I’m all alone” “Nothing matters”</p>

OUR CONNECTION RESPONSE

BRAIN	URGES	BODY SENSATIONS	EMOTIONS	BEHAVIORS	THOUGHTS
	<p>CONNECT ATTACH LOVE</p>	<p>SAFE CALM RELAXED BREATHING</p>	<p>LOVE JOY HAPPINESS</p>	<p>SMILE LAUGH EYE CONTACT TOUCH LEARNING CURIOSITY ADVENTURE PLAY</p>	<p>“I am safe” “The world is safe” “I am loved” “I am worthy” “People are here for me”</p>
					
					

Triune Brain Theory

Lizard Brain	Mammal Brain	Human Brain
Brain stem & cerebelum	Limbic System	Neocortex
Fight or flight	Emotions, memories, habits	Language, abstract thought, imagination, consciousness
Autopilot	Decisions	Reasons, rationalizes



REFLECTION: NICKNAME YOUR NERVOUS SYSTEM






BEFRIEND YOUR NERVOUS SYSTEM






WHAT TO DO IN FIGHT OR FLIGHT

BRAIN	NEED	ACTIONS	GAMES	CRAFTS	ACTIVITIES
					
	<p>MOVE DISCHARGE EXPRESS CONNECT</p>	<p>KICK THROW YELL LAUGH SING GROSS MOTOR CLIMB CLAP STOMP</p>	<p>ACTION OUTDOORS BALLS IMAGINATIVE MINI TRAMP COMPETITIVE</p>	<p>FINGERPAINT LARGE PAPER MESSY TEXTURE</p>	<p>PUPPETS MUSICAL INSTRUMENTS DRESS UP CARS & TRUCKS DINOSAURS ONE OR TWO CHOICES</p>
					

WHAT TO DO IN FREEZE

BRAIN	NEED	ACTIONS	GAMES	CRAFTS	ACTIVITIES
					
					
	<p> MOVE SLOW GENTLE SOFT SIMPLE COMFORTING NURTURING </p>	<p> BREATHING EYE-CONTACT TOUCH ROCKING </p>	<p> SOLO BLOCKS PLAY FOOD BABY DOLLS SOFT TOYS </p>	<p> TEXTURE CLAY PLAY-DOH WATER PAINT BIG CRAYONS SCENTED MARKERS </p>	<p> ROCKING CHAIR HAMMOCK SOLO OR ONE-ON-ONE SILENT OR WORDLESS SELF-DIRECTED ONE CHOICE </p>

WHAT TO DO IN SMART BRAIN

BRAIN	NEED	ACTIONS	GAMES	CRAFTS	ACTIVITIES
	<p>ENGAGEMENT FUN BELONGING</p>	<p>TALKING LEARNING CURIOUS ADVENTURE</p>	<p>RULES TURN-TAKING SHARING COOPERATIVE</p>	<p>FINE-MOTOR DETAILED CREATIVE</p>	<p>PUZZLES GAMES MORE CHOICES GROUP SMALL PARTS BUILDING TOYS TOOLS</p>
					
					

NON-VERBAL COMMUNICATION

- Eye contact
- Facial expression
- Tone of voice
- Posture
- Gestures
- Timing of response
- Intensity of response
- Bodily movement

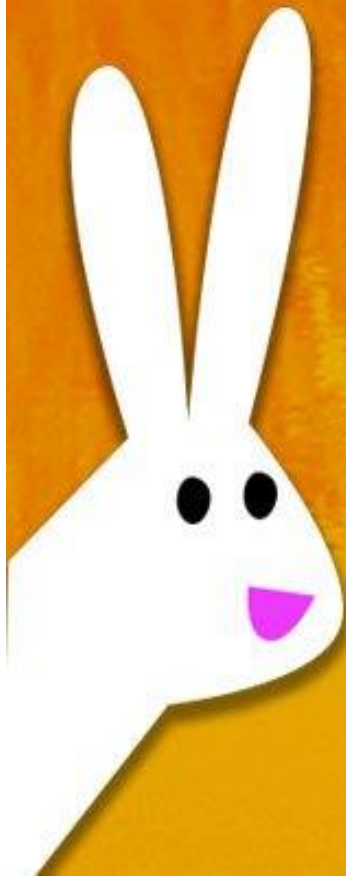




BEE BREATH





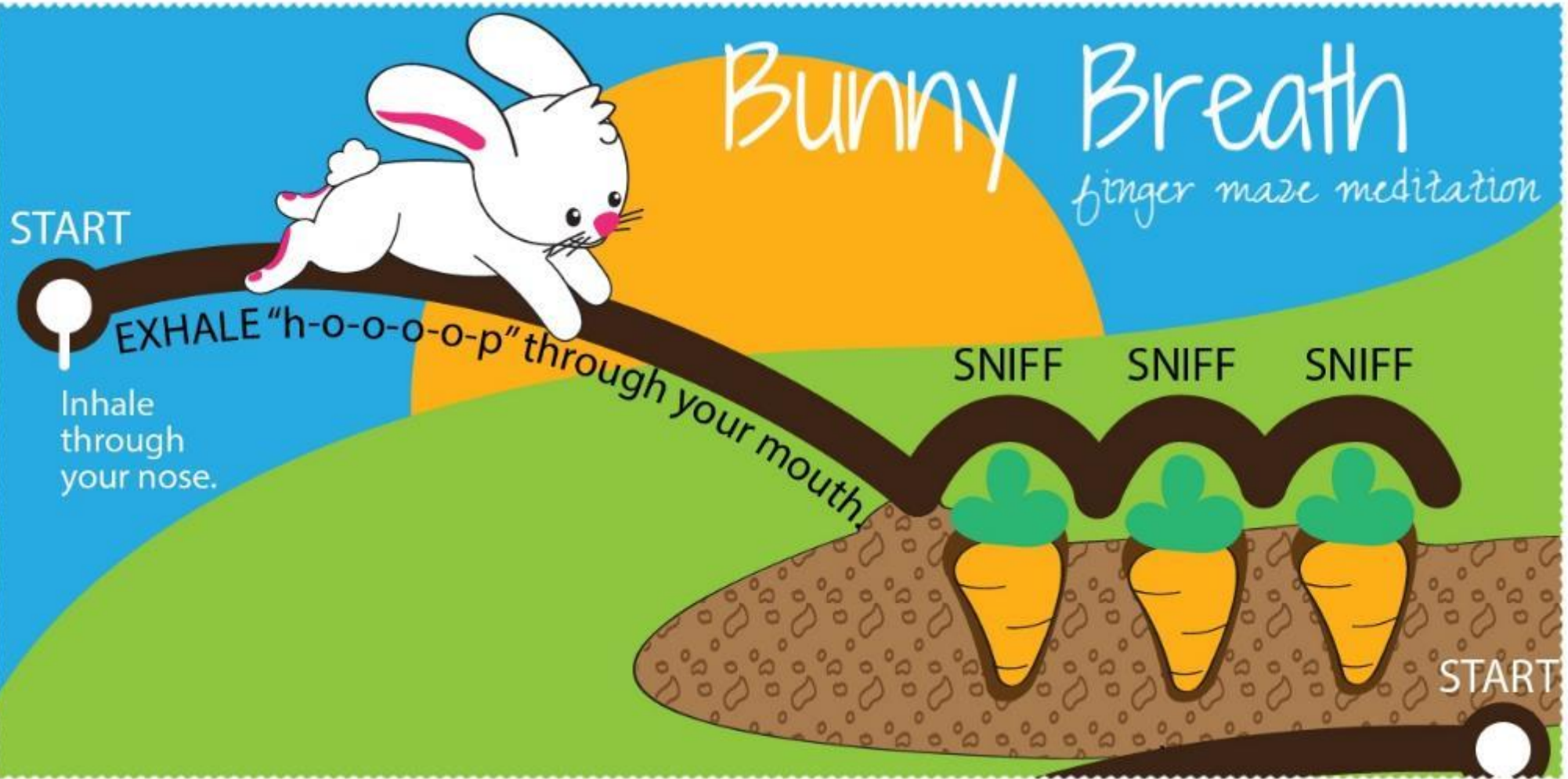


BUNNY BREATH



Bunny Breath

finger maze meditation



START

EXHALE "h-o-o-o-o-p" through your mouth!

Inhale through your nose.

SNIFF

SNIFF

SNIFF

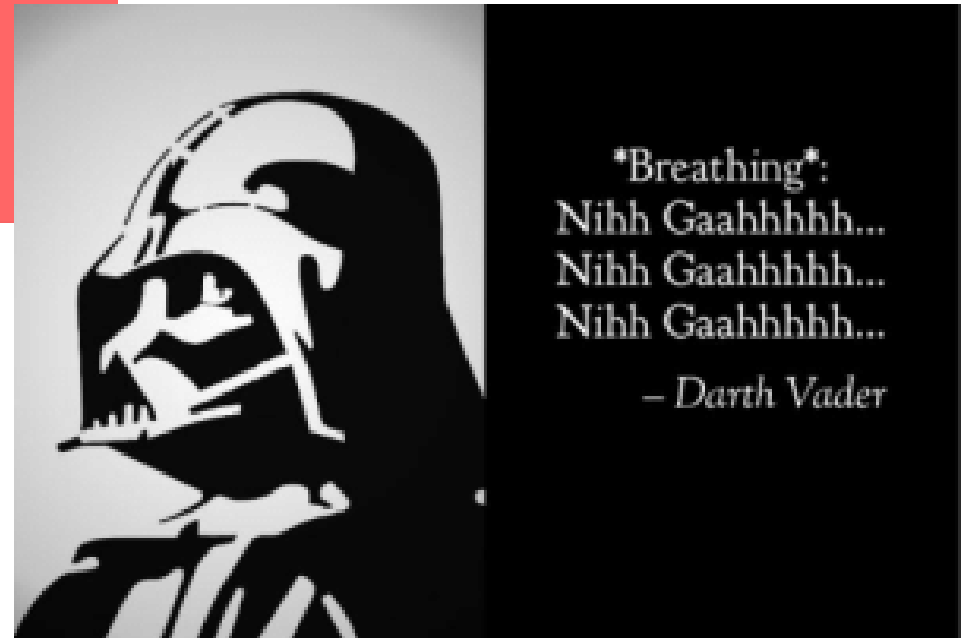
START

STARFISH BREATH



DARTH RADAR BREATH

**HEAR ME
BREATH**



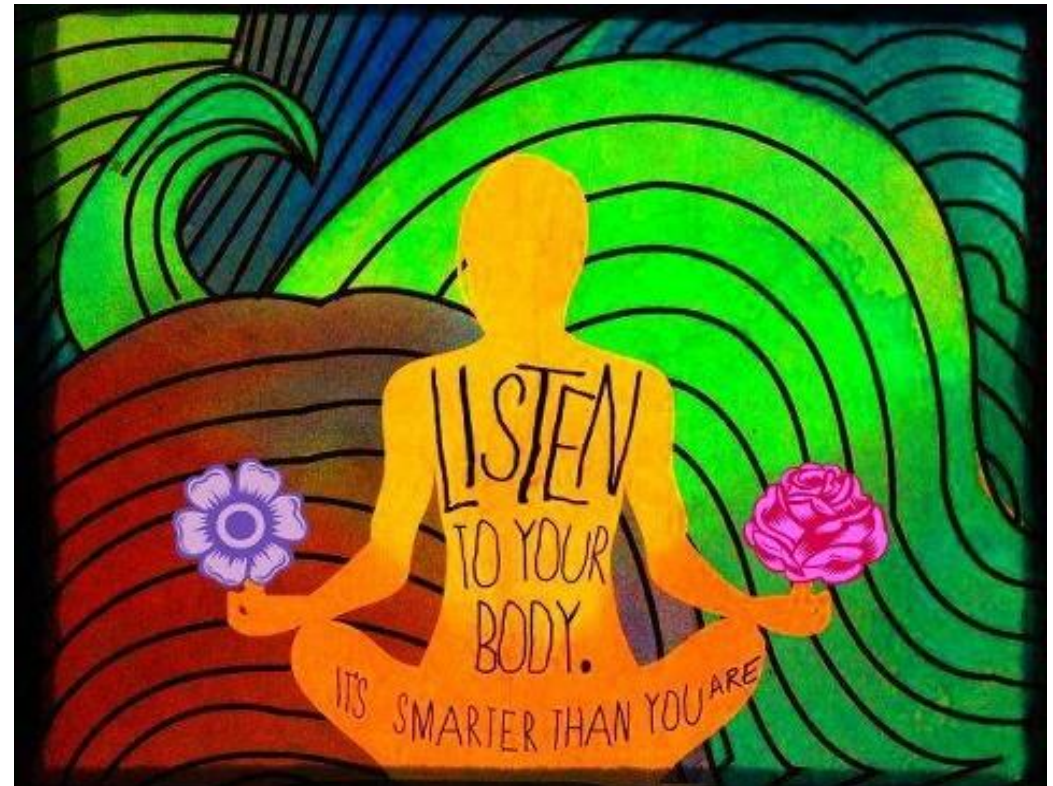
**Breathing*:
Nihh Gaahhhh...
Nihh Gaahhhh...
Nihh Gaahhhh...
– Darth Vader*



ACTIVITIES

YOGA/POSES

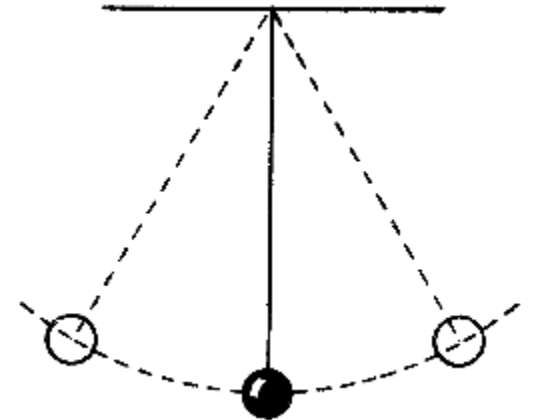
- Tall tree
- Starfish
- Superhero
- Hand on heart
- Hand on face
- Self-hug



ACTIVITIES

PENDULATION

- “Tall as a house, small as a mouse”
- “Fast as a cheetah, slow as a snail”
- “As loud as an elephant, as quiet as a mouse”
- “Tick tock, like a clock.....”



ACTIVITIES

ANYTHING THAT PUTS US IN SMART BRAIN!

- Nature
- Music and movement
- Gentle touch
- Engage the senses
- People with whom we feel safe
- PLAY!



WHAT

THE F*

ADDITIONAL EVENTS & RESOURCES

- Online Training
 - Live Stream & On-Demand Workshops
 - Live Stream & On-Demand Webinars
- On-Location Training
- Blogs
- Free Resources

** Follow us on LinkedIn and Facebook to receive notices*



Inspiring Learning. Improving Lives.

Training in Mental Health, Counselling Skills, and Violence Prevention

Online Training
Access from Anywhere

Training & Resource Topics
Over 50 Topics

Covid-19 Update

All workshops through the end of June will be offered in a live virtual format. Previously scheduled in-person events have been cancelled or postponed.

Check out
our website for
additional
resources

www.ctrinstitute.com