

Utilizing the Behavior Dysregulation Program with Children and Adolescents Affected by FASD

The Papillion Center for FASD- Tennessee
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What is the Behavior Dysregulation Program?

- ▶ The program was created to give our therapists a step-by-step outline when working with children from hard place, including those affected by FASD, who came to our Center with behavior dysregulation.
- ▶ The foundation of the program is based on the principles of TBRI (Trust Based Relational Intervention), Connection, Empowerment and Correction.
- ▶ The program includes testing on the front-end for parents/caregivers and for the child who is the identified client.
- ▶ Testing is done again in 90 days to ensure that the program is working for the family.
- ▶ The program includes an intake and six stages to complete.
- ▶ Parent/caregivers are required to participate in the program.

Basic Outline and Goals

- Intake- Evaluation of Parent & Child
- Six Stages to be completed within 90 days
- Testing pre-program and post-program
- Parents learn to Co-regulate until Child can Regulate
- Playful Engagement is mentored
- Neurochemical imbalances & regulation is taught
- **GOALS**
 1. Reduce Child's Anxiety
 2. Reduce Child's Depression
 3. Reduce Parental Stress
 4. Increase Parental Resilience

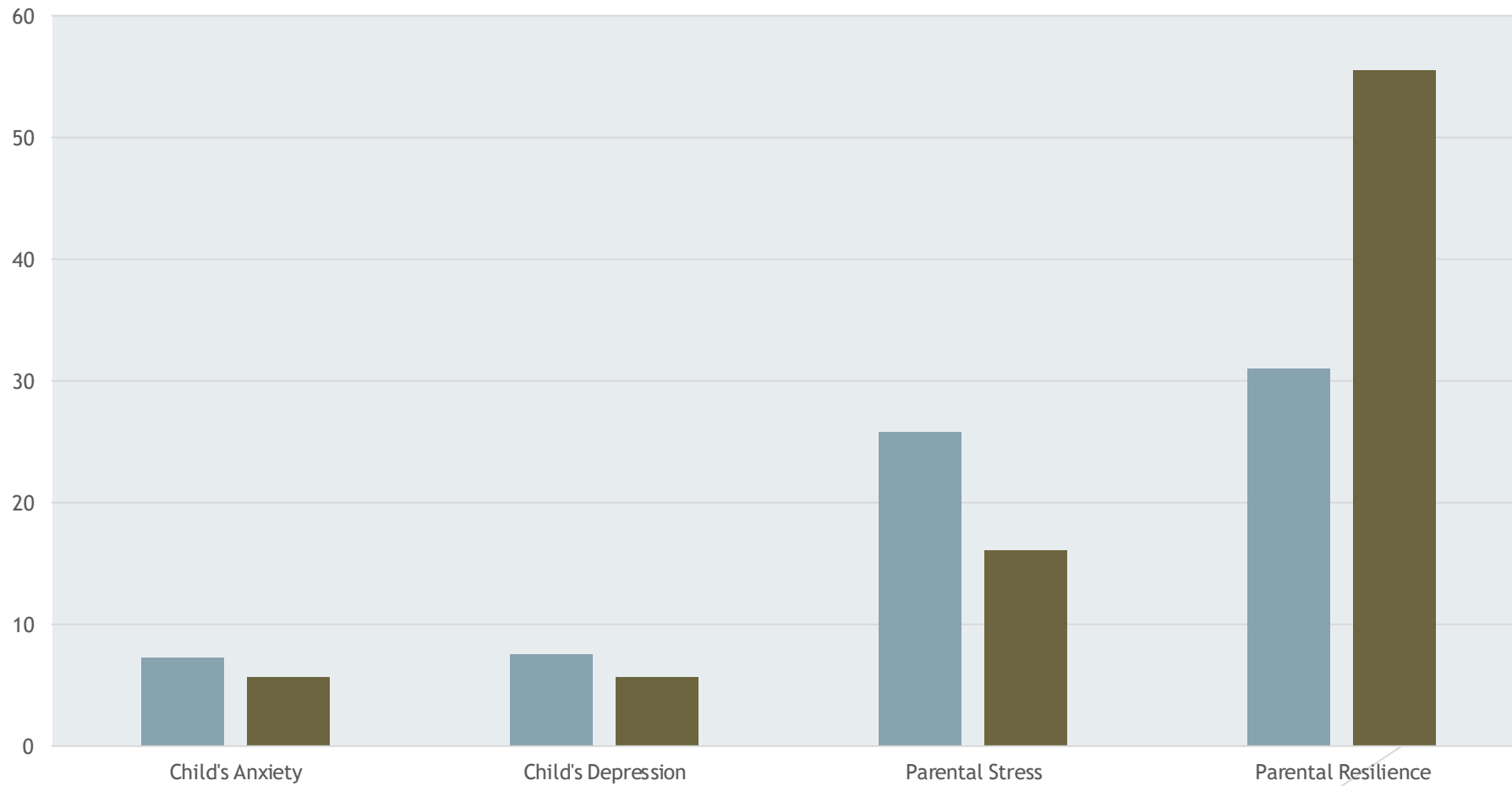
Parent/Caregiver Education



Tools for Success

- ▶ Parent and Child Testing
- ▶ Brain-Based Parenting Education
- ▶ Child Drawings Utilized
- ▶ Connecting Strategies Taught
- ▶ Calming Techniques and Sensory Stations Explained
- ▶ Sensory Sensitive Environment Created
- ▶ Hydration Available
- ▶ Nutritious Snacks Available

Results: Pre & Post Program



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- ▶ Papillion Center for FASD: <https://www.papillioncenter.org>
- ▶ Trust Based Relational Intervention (TBRI): <https://child.tcu.edu/tbri/>