
CONSCIOUS CARE & SUPPORT



Conscious Care and Support

Developing

Emotionally Self-Regulated & Kind Supporters

Facilitating

**Comprehensive Recommended
Holistic Support & Treatment**



peter.mindfulliving@gmail.com
www.centreforconsciouscare.ca

Our purpose for today:

- Explore what we can do better to significantly improve the quality of life and to prevent and relieve the unnecessary suffering that people with Intellectual and Developmental Disabilities or Autism have, including those who also are experiencing chronic anger, self-injury and aggression.
- Motivation at 60% vs. management how-to's 40%.

Contributors to Conscious Care and Support

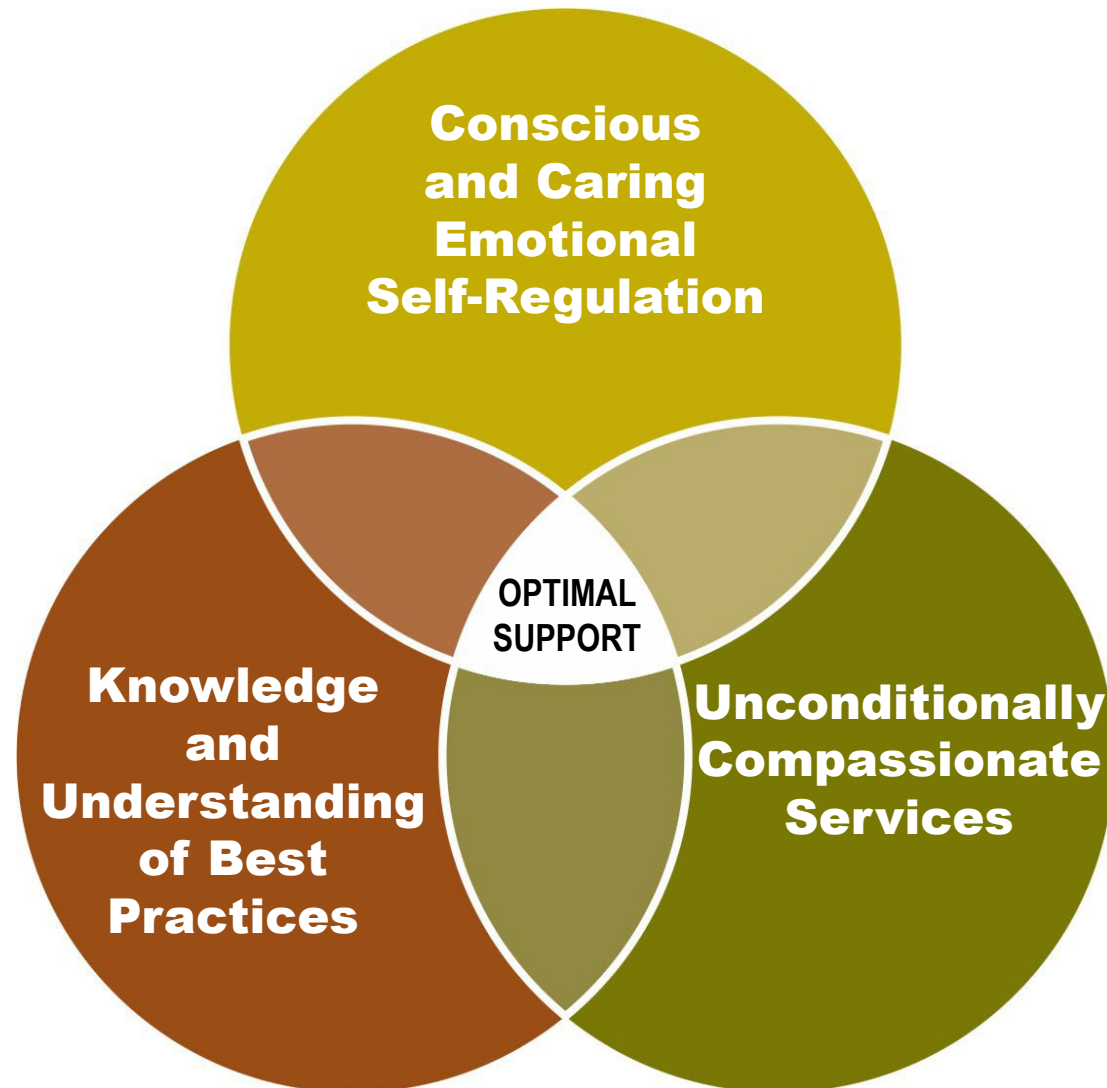
***Conscious Care and Support* has been developed while supporting, training or in direct consultation with:**

- Approximately 3,000 Moms, Dads, and Support Professionals.
- Dr. John Ratey, Associate Clinical Professor of Psychiatry at Harvard Medical School (reference 8 books on mental health and autism and other developmental disabilities including 'Spark' and 'Shadow Syndromes').
- Dr. Theresa Hamlin, Associate Executive Director of The Center for Discovery and her staff. Dr. Hamlin is the author of 'Autism and the Stress Effect'.
- Dr. Martha Herbert, Assistant Professor of Neurology at Harvard Medical School and a Pediatric Neurologist at Massachusetts General Hospital, where she is Director of the Transcend Research Program. She sits on the Scientific Advisory Committee for Autism Speaks (reference 'The Autism Revolution').
- Dr. Shinzen Young, Mindfulness Research Consultant, Harvard Medical School.
- Universities of Toronto and Western Ontario/London Health Sciences Centre and Centre for Addiction and Mental Health (CAMH)

CCS Contributing and/or Trained Organizations & Agencies

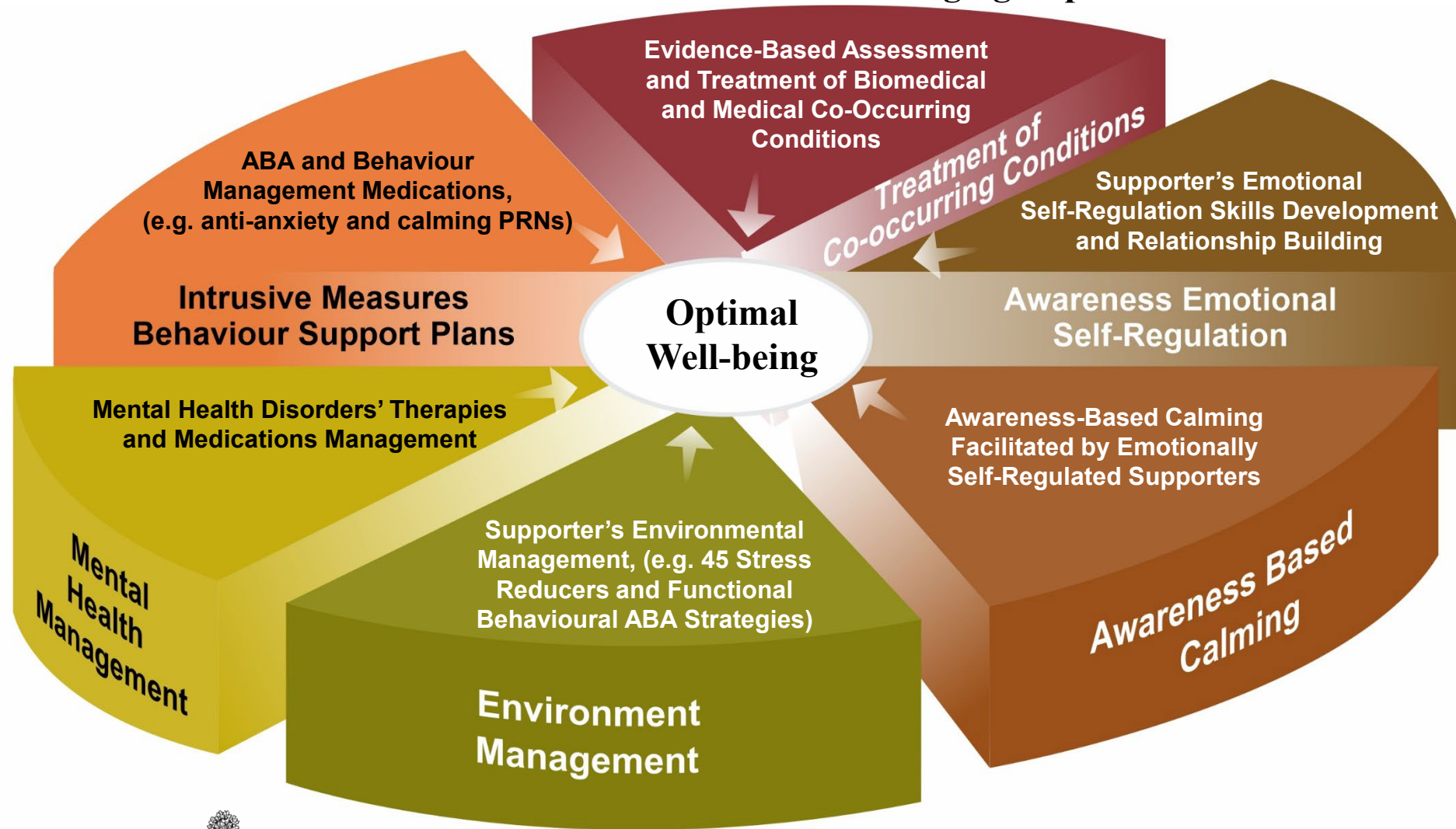
- Autism Ontario
- Community Living Ontario
- L'Arche Daybreak
- OASIS (Ontario Agencies Supporting Individuals with Special Needs)
- Community Living Windsor
- Community Living Cambridge
- Rygiel Supports for Community Living
- Community Living Oakville
- London Health Sciences Centre
- McMaster University
- University of Toronto
- Kerry's Place
- Ministry of Education Special Needs Division
- Community Living Thunder Bay
- Almaguin Highlands Community Living
- Sunbeam Community & Developmental Services
- Crest Support Services
- Norfolk Association for Community Living
- Community Living Kincardine
- Durham Association for Family Respite Services
- Karis Disability Services (Christian Horizons)
- Community Living Burlington
- Parents for Community Living
- Extend-A-Family Toronto and Waterloo
- Community Living Welland Pelham
- Community Living St. Marys and Area
- Superior Greenstone Association for Community Living
- Community Living Stratford and Area
- Windsor-Essex Family Network
- Community Living Prince Edward
- Community Living Greater Sudbury

To Consistently Deliver Optimal Support – The Supporter Needs Three Key Professional and Intrapersonal Qualities



What To Do – Consider Implementing...

Evidence-Based Holistic and Integrated CCS Components for Wellbeing and the Prevention and De-escalation of Challenging Expressions of Behaviour*



UNIVERSITY OF
TORONTO

CCS training is certified by the University of Toronto.



peter.mindfulliving@gmail.com
www.centreforconsciouscare.ca

Compliant Services defined under Quality Assurance Measures (QAM) for people with intellectual/developmental disabilities or autism, who also have symptoms of anger, self-injury, and aggression are 50-100% more effective when combined with Conscious Care and Support-type services.

(Reference CCS Independent Research, 2016-18)

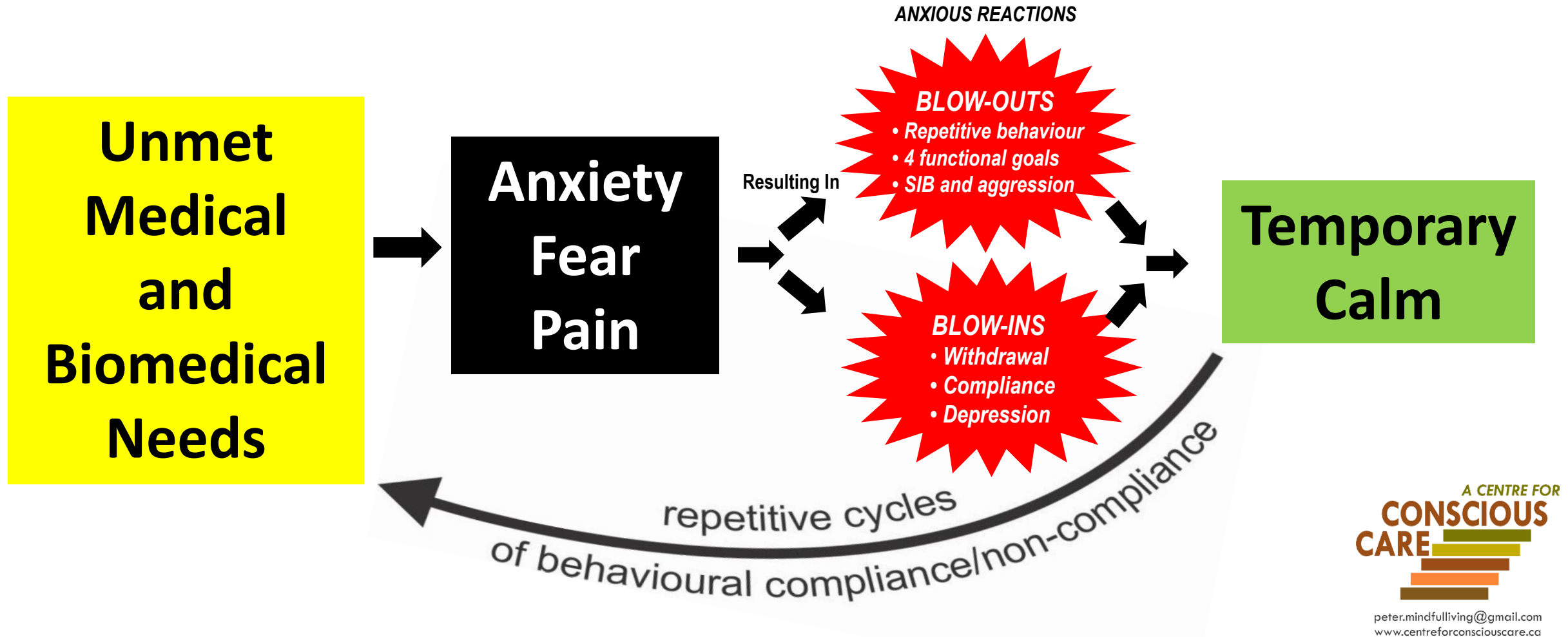
FACT #1:

Approximately 50% of children, youth and adults with intellectual/developmental disabilities or autism have symptoms of anger, self-injury and/or aggression

This is mainly as a result of untreated medical and biomedical conditions such as Nutrient Imbalances and Deficiencies, Digestive Disorders, Brain and GI Inflammation, Medical Issues, Pain, some Mental Health Disorders and other Anxiety Inducers.

These conditions cannot be successfully treated with mainly only Psychotropic Medications and Intrusive Measures' Behaviour Interventions (e.g. unresearched use of antipsychotics).

From Being Unwell to Anger, SIB and Aggression Formula



Many Incidents of Lack of Wellbeing Including Anger, Self-Injury and Aggression Result When the Following Conditions are Not Prevented or Fully Treated:

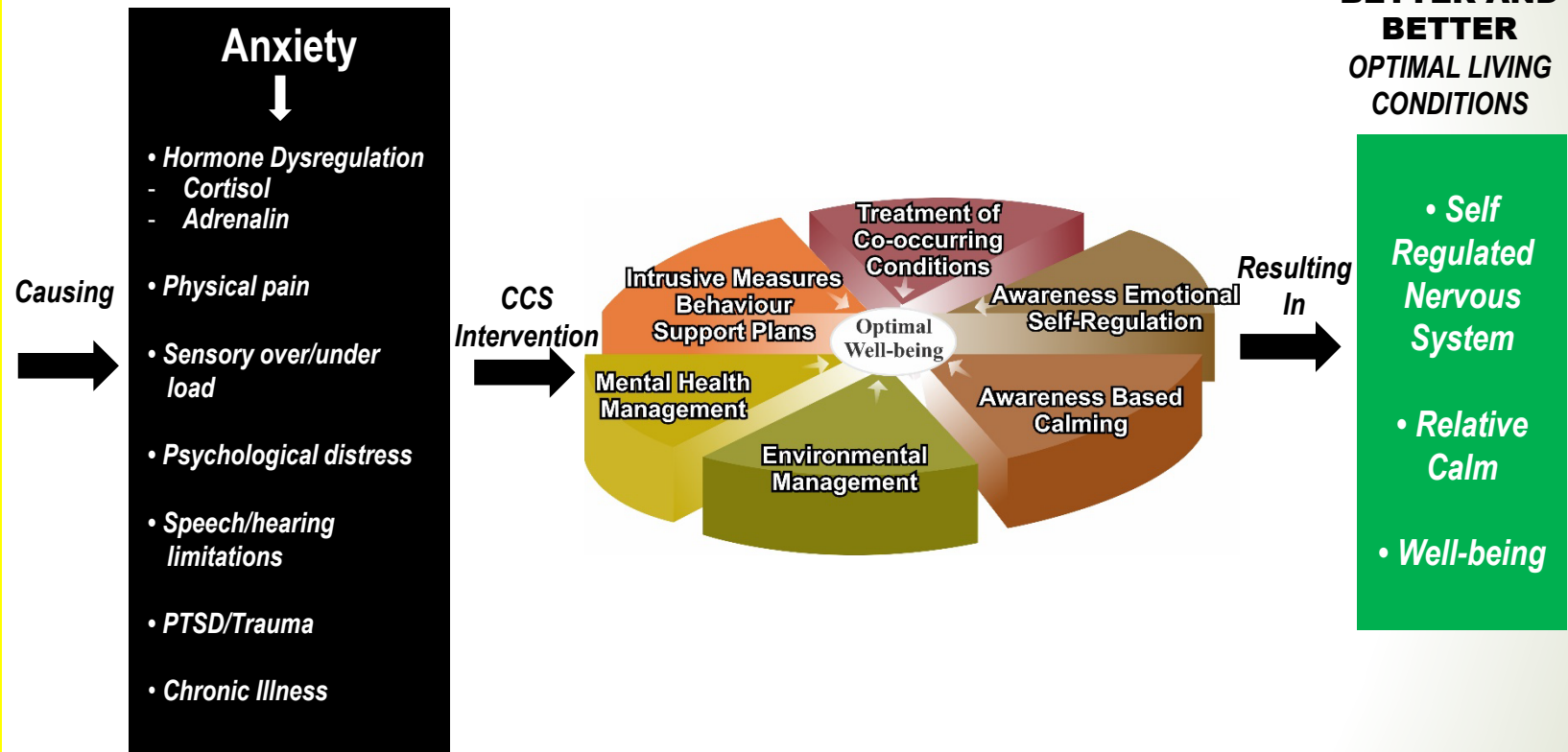
Biomedical Co-Occurring Conditions		Supporters	Primary Medical Conditions
• <i>Impacted Bowel and/or Chronic Constipation</i> • <i>Neurotransmitter Imbalances</i> - <i>E.g. High Glutamate</i> - <i>Low GABA</i> - <i>Low Serotonin</i> • <i>Gluten Intolerance</i> • <i>Brain Inflammation Caused by Low Glutathione</i> • <i>Glutamine</i> • <i>Antipsychotic Medications</i> - <i>Inappropriate and Unresearched Use</i> • <i>Behavioural Practices Without Biomedical Treatments</i> <i>Gastrointestinal</i> • <i>Infections (Clostridium)</i> • <i>Imbalances</i>	• <i>Mineral Imbalances, e.g.</i> - <i>Low Zinc</i> - <i>High Copper</i> - <i>Low Magnesium</i> • <i>Intestinal Permeability</i> • <i>Brain Coherence Dysregulation</i> • <i>Human Energy</i> - <i>Sensitivities, e.g. EMF/RWF</i> • <i>Food Intolerances, Toxins</i> • <i>Vitamin Imbalances</i> - <i>e.g. B12, B9, Brain Methylation</i> • <i>Non-Restorative Sleep</i> • <i>Emotional</i> - <i>Fears and Phobia from unmet biomedical needs</i> • <i>Immune System Dysregulation</i> • <i>Lactic Acid (excessive)</i>	Mindful Emotional Self-Regulation and Calming Strategies	<i>e.g.</i> • <i>GERD</i> • <i>PICA</i> • <i>PANDAS</i> • <i>H-Pylori</i> • <i>Blood Sugar Imbalances</i> • <i>Seizures</i> • <i>Constipation/Diarrhea</i> • <i>Other Illnesses</i>

Many Incidents of Lack of Wellbeing Including Anger, Self-Injury and Aggression Result When the Following Conditions are Not Prevented or Fully Treated:

Mental Health Disorders	Physical Pain Prevention and Management	Environmental Challenges	Opportunities to Live a Complete Life
• Trauma/PTSD • Anxiety • Depression • FASD • ADHD • OCD • Other	• Dental/Myofunctional Disorders • Headaches • Chronic Body Pain • Other	• Sensory Integration and Processing - Hyper/Hypo Activation - Motor Planning Problems • Supporters lack of Environmental Management Skills • Safe and Secure Living Supports • Behavioural Interventions per ONTABA	• Personal Satisfaction • Socially Helpful • Highly Motivated • Socially Valued Roles

CCS Breaking the Recurring Cycles of Behaviour to Compliance to Behaviour

- Biomedical Co-Occurring Conditions
 - Supporters
 - Primary Medical Conditions
 - Mental Health Disorders
 - Physical Pain
- Prevention and Management
- Environmental Challenges
 - Opportunities to Live a Complete Life



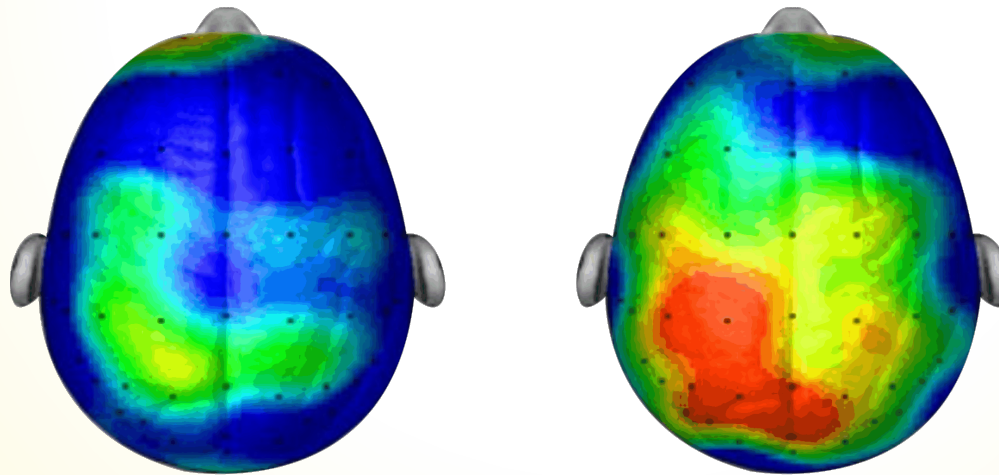
Note: living and learning challenges become less, directly proportionate to the implementation of CCS interventions resulting in enhanced optimal living conditions.

Brain Coherence

i.e. Many Parts of the Brain ‘Talking’ to Each Other

“Like you, I need to be able to understand and process information”. This requires optimal Brain Functioning e.g.

- neurogenesis (new neurons)
- neuroplasticity (more complete neuro networks)
- neuro electrical stimulation (brain firing)
- neurochemicals production (endorphins, dopamine, serotonin, oxytocin)
- Hertz e.g. Beta, Alpha, Theta, Delta



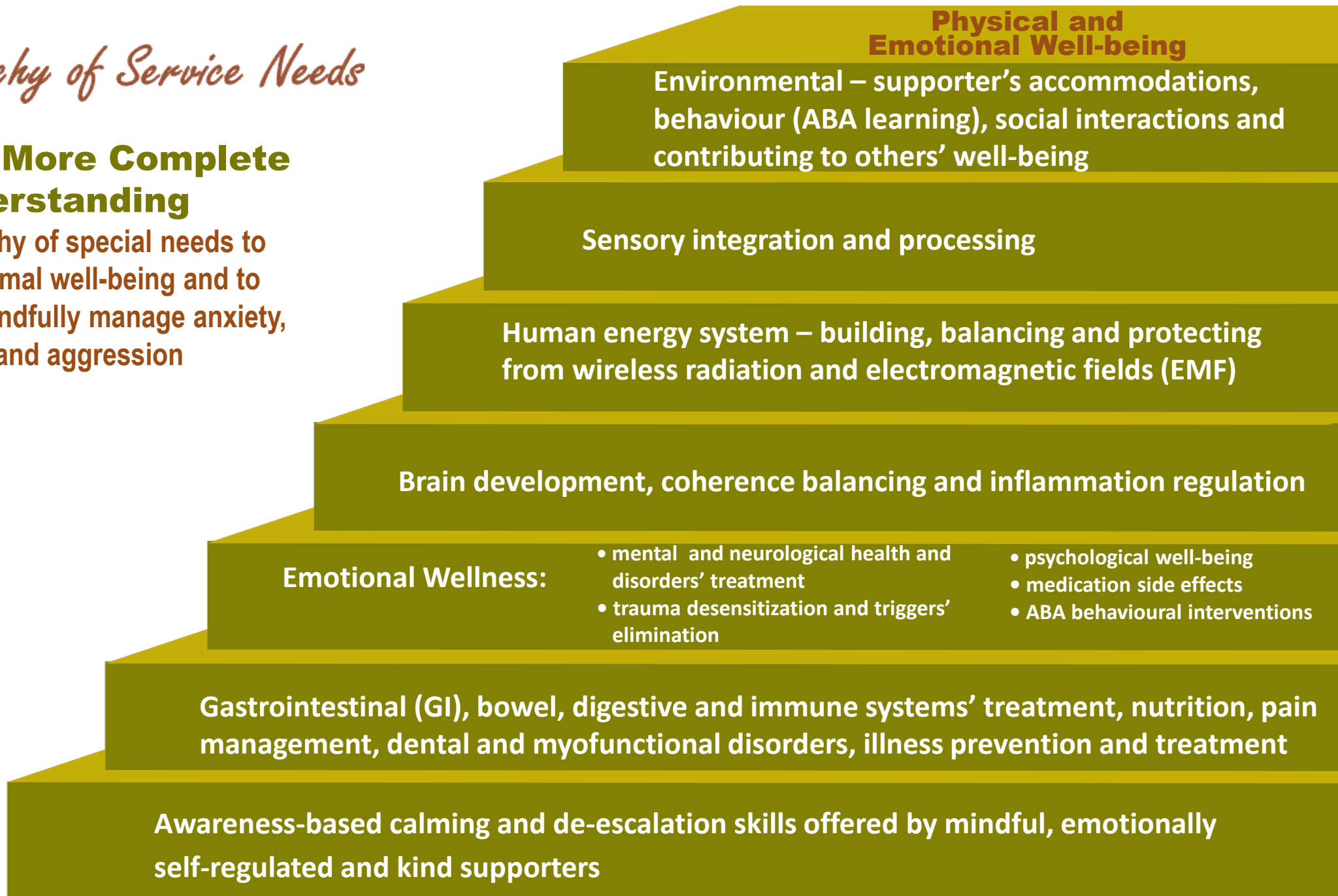
30% of people have low to no natural 25 hertz activation

(Brain MRIs before & after
20 minutes of exercise)

CCS Hierarchy of Service Needs

Toward A More Complete Understanding

of the hierarchy of special needs to facilitate optimal well-being and to prevent and mindfully manage anxiety, anger and aggression



Supporters Training Outcomes

1. Professional advocacy to ensure that the holistic hierarchy of needs are integrated into the person's ISP/BSP and successfully completed.
2. Mindful emotionally self-regulated specialists (to stay calm is not a choice – it is a developed capacity).

Supporters Training Outcomes - continued

3. Competent teacher of the 10 essential calming strategies:

1. Supporters must learn and practice calm – fear begets fear, calm begets calm
(Reference supporters, stages of development)
2. Butterfly hug (bilateral emulation)
3. Collarbone activation – bio-meridian and bilateral stimulation
4. Hand activation
5. Mindful movement
6. Mindful walking
7. Hand massage (touch, oxytocin, heartrate)
8. Reduce RF exposure (Specific Absorption Rates)
9. Sleep - magnesium, – melatonin, – no caffeine, - no glutamate, possible trazadone
10. Biomedical comorbidities daily constant vigilance

(Brenda)

Supporters Training Outcomes - continued

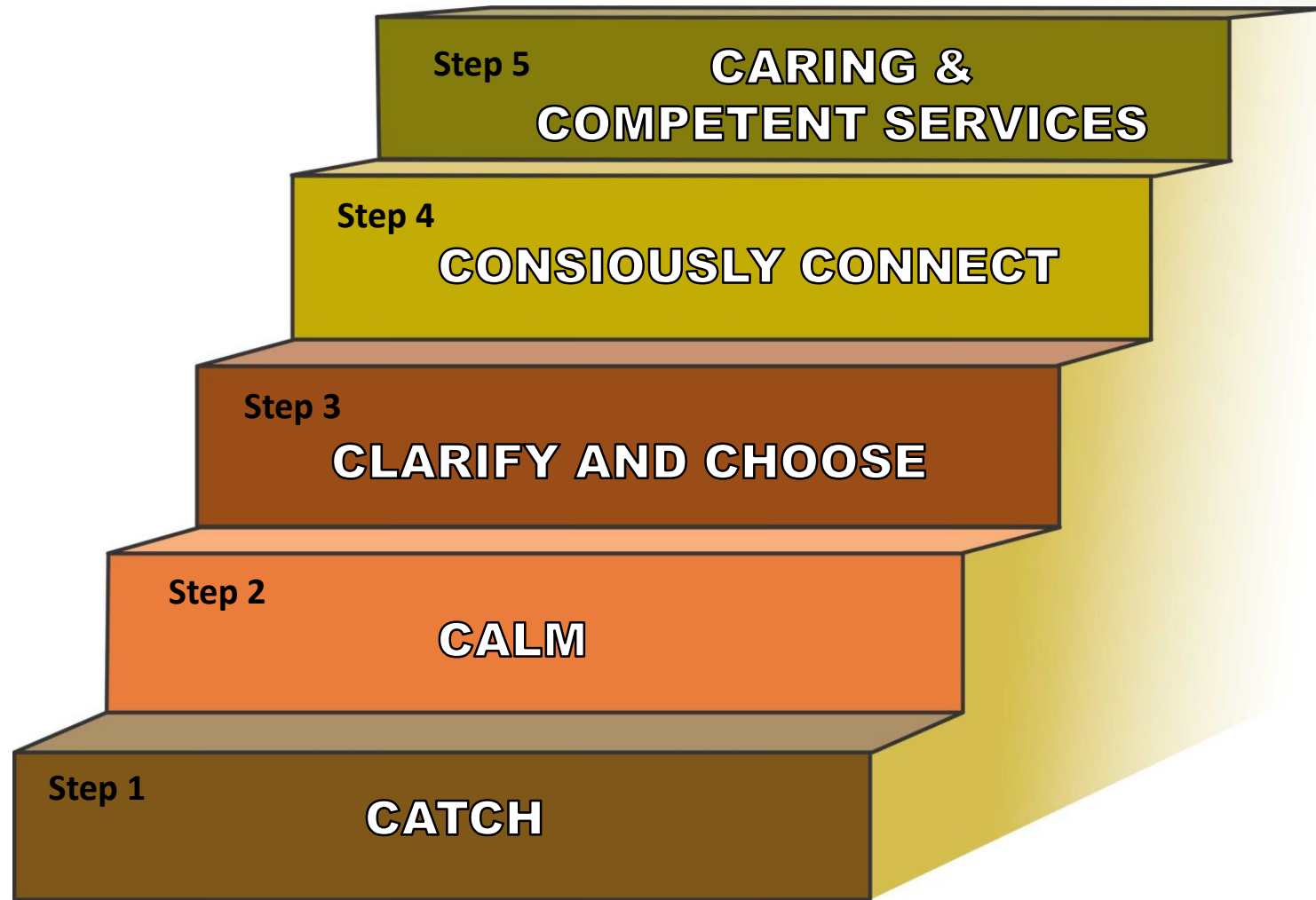
4. Mindful unconditional compassion – kindness matters.
5. Highly effective proactive member/organizer of the holistic interdisciplinary support and treatment team.

CONSCIOUS CARE & SUPPORT



Developing Emotionally Self-Regulated and Kind People

Claim Your Brain, Start Your Heart



What My Symptoms Are Saying:

“Even though I don’t control them, most of my behavioural symptoms are messages to you. My nervous system is asking you for certain kinds of support to have its specific needs met. Please listen to what it is doing. If you don’t, I can’t stop it from becoming anxious and frightened. And the main way that it has learned to calm its fears is to get irritated, angry and even aggressive. I hate when it does that but the calm that follows my aggression makes me feel normal again. Please help me to find a better way.”

Through Substantial and Sustainable Family, Supporters' & Leaders':

- Training in Evidence-Based Best Practices;
- Development in Conscious Self-Regulation;

Resulting in Competence & Commitment

People Supported

Will

Live to Their Fullest Mind, Body and Spiritual Potential

Interested in Connecting?

We provide education, coaching, and consulting for:

- Families
- Direct Supporters and Teams
- Leaders

Feel free to reach out to us at:

information@centreforconsciouscare.ca

www.centreforconsciouscare.ca