

## Conscious Care & Support After Dinner Discussion Series

To optimally meet the holistic support needs of individuals with autism and other developmental disabilities, and / or a mood / mental health disorder, core competencies, traditional support practices, behavioural management strategies and accountability systems are essential, but are just not enough - equally essential is that supporters and leaders must have:

- Mindful presence
- Personal & professional emotional maturity, i.e. emotional self-regulation skills
- An uncompromised commitment to wanting to help others
- Authentic compassion for all others even when they don't feel like it
- The most current evidence-based prevention and management interventions\* necessary to compliment valuable however incomplete strategies

\*CCS applies practical research from the disciplines of including but not limited to mindfulness, neuroplasticity, social neurobiology, emotional freedom therapy, nutrition, gastrointestinal health, and sensory regulation.

### WHO IS THIS FOR?

Families and carers, support professionals, leaders, therapists, and anyone with an interest in making a difference within the lives of others.

### FACILITATOR

#### Adriana McVicker, Community Living Windsor (Canada)

- For the last 13 years, has worked with Community Living Windsor in various roles including direct support and in positions of management including support services, staff development and project management.
- With her education in counselling, developmental psychology, sociology and health sciences, Adriana deeply values using a comprehensive approach while providing quality supports for people and families.
- She is a true believer that all of us are interdependent and that we each carry a responsibility to help one another be the best we can.



### WHAT IS THE FOCUS?

Each session will unpack a section of the Conscious Care and Support best practices framework providing education along with practical examples and ideas for implementation.

#### Session 1 – April 19- *Awareness Based Calming and De-escalation Skills offered by a Mindful Supporter*

- What is Anxiety? – Traditional and Additional Approaches to De-Escalation – Building Mindful Emotional Self-Regulation

#### Session 2 – April 26- *Gastrointestinal (GI) and Bowel Health*

- GI, Bowel & Digestive Health is the Foundation for a Healthy Mind – Allergens, Intolerances, Infections

#### Session 3 – May 3- *Emotional and Mental Health*

- Effects of Trauma – Psychotropics and Mood Stabilizers – Our Roles as an Advocate – Gut/Brain Connection

#### Session 4 – May 10- *Brain Development and Coherence – Sensory Integration and Processing*

- Neurogenesis, Neuroplasticity and Neurochemical Production – Brain Coherence – Gut / Brain Connection and Inflammation – Hyper and Hypo Active Sense Stores

#### Session 5 – May 17- *The “5-C’s” of Support: Catch, Calm, Clarify, Choose, Connect*

- Exploring “the human predicament” in which we all live that drives us to our less-than-optimal selves when providing support – Building Skills of Self-Awareness as a Supporter – Building Emotional Self-Regulation

**WHEN:** 7:30 pm - 9:00 pm

**WHERE:** ZOOM – link will be sent before each class

**COST:** FREE

**For Questions Contact:** Adriana McVicker

**Email:** [adriana@clwindsor.org](mailto:adriana@clwindsor.org)

**Register Online:** <https://www.eventbrite.com/e/conscious-care-support-after-dinner-discussion-series-tickets-150840426777>