



Personal and Professional Development
To meet the complex needs of people supported
such as:

- **S**ocial Reform
- **S**ubstances Recovery
- **S**icknesses Prevention
- **S**afety
- **S**ecurity
- **S**kills (Life)
- **S**mart
- **S**elf Development
- **S**atisfactory Life

A Centre for Conscious Care

Part 1



CNSS Course Objectives

Participants will:

- 1. Develop the CNSS facilitation model to be consistently applied to all people supported (PS) who have unmet complex needs.**
- 2. Develop the insights, 'outside' and 'inside' skills and tools to effectively and caringly implement the complex needs' holistic treatment model.**
- 3. Development of CNSS supporters' and CNSS supervisors' roles and responsibilities.**
- 4. Measurably enhance the mindful emotional self-regulation and maturity of the CNS Specialists.**



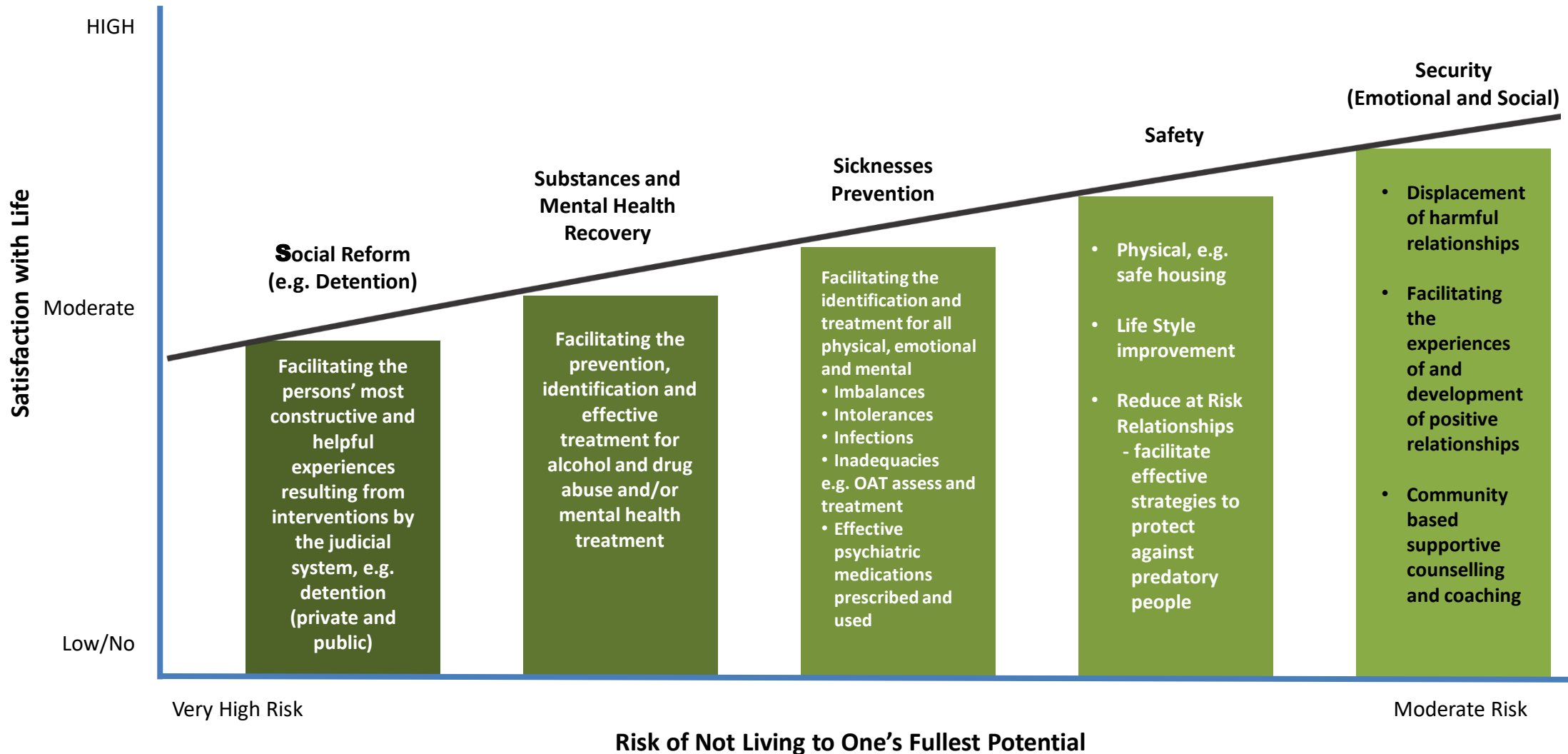
Capture, Apply and Teach

Captured Key Points	Applications
Who will I teach this to?	Potential Benefits



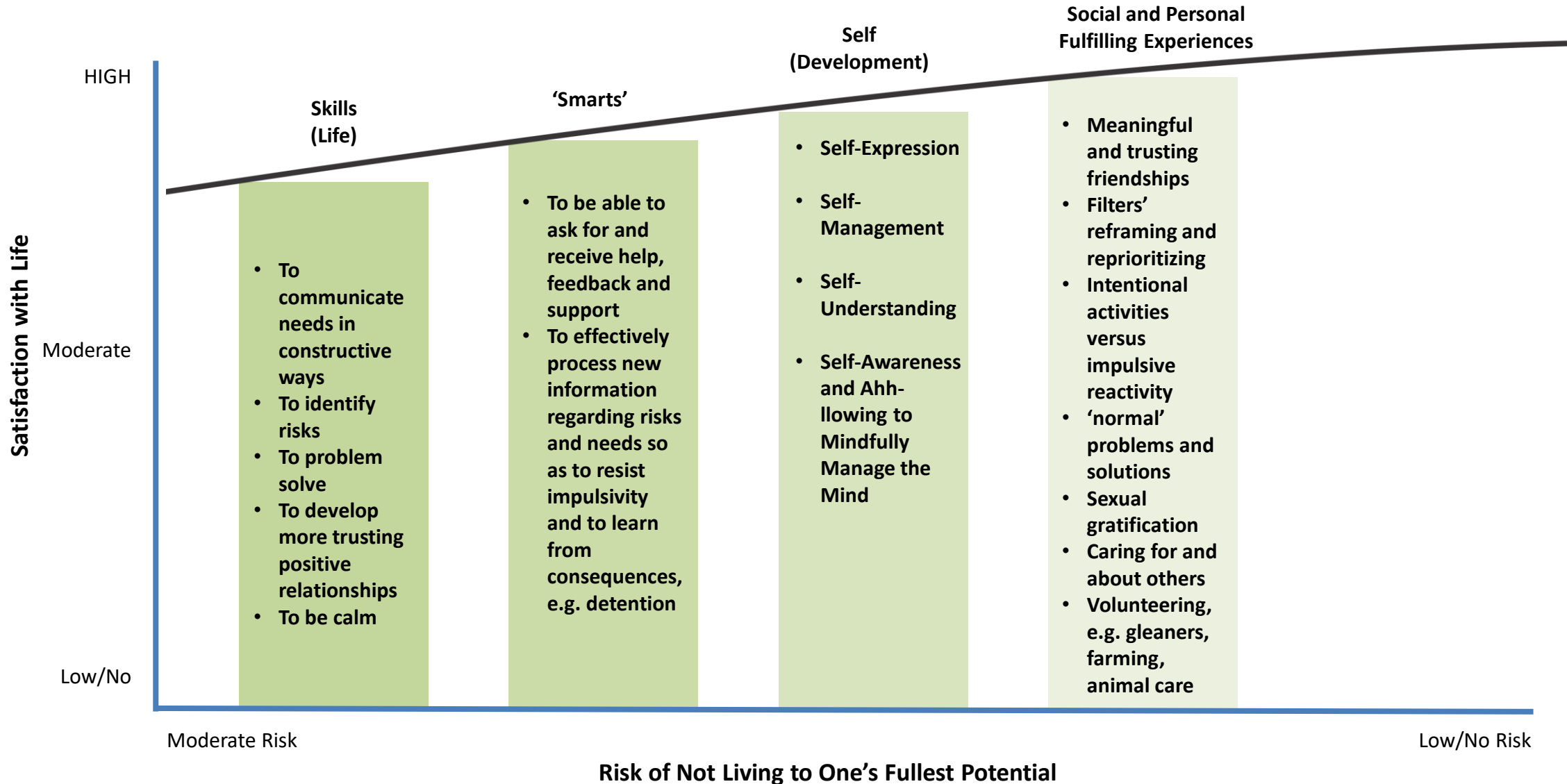


Complex Needs Support Specialist Roles and Responsibilities – Identifying Needs and Facilitating Person Centered Solutions





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Meeting Complex Needs Solutions Workshop Part 1

Process:

- Divide into groups of 3.
- Answer – How would you make this model more complete/accurate, e.g. describe what is missing?
- Report back to total group.



Meeting Complex Needs Solutions Workshop Part 2

Process:

- In groups of 3 and for each needs area (1 to 9), decide if each area is essential or good to have but not necessary.
- In groups of 3 and for each needs area (1 to 9), list strategies required to achieve each of the outcomes.
- Report back to total group.
- What would the case supervisor role be in achieving these outcomes.



Process: In groups of 3, answer the following question.



Relative to the CNSS needs as identified above, what are your most challenging/difficult to be effective, support roles and responsibilities?

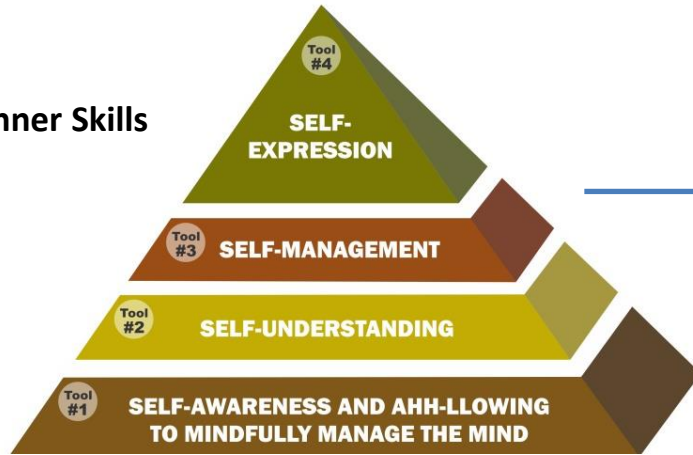


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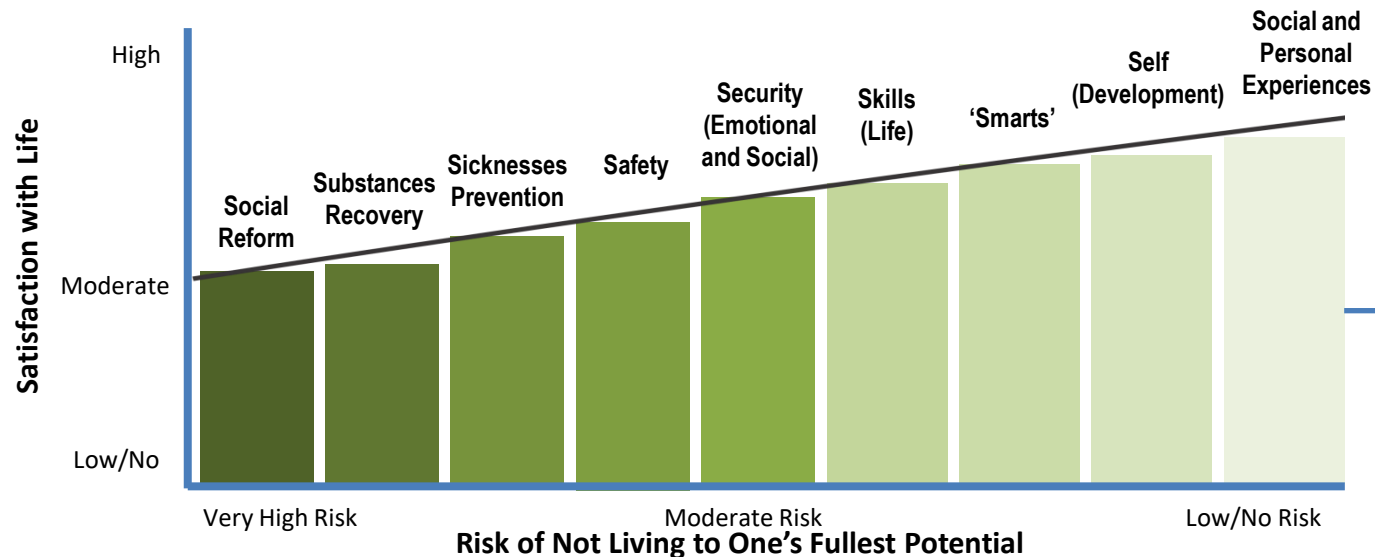


CNSS Inner and Outer Skills Development to Successfully Support and Supervise People with Complex Needs to Live to Their Fullest Potential

CNSS Inner Skills



CNSS Outer Skills



Effective implementation of PCP of support resulting in:

- People supported living life to their fullest potential
- Team members fulfillment, motivation, safety and a self sense of purpose
- Human and financial resources deployed effectively



Why Important?

Process

- Take 3 minutes and write down your answer to this question.
- Join 2 others in a group and share your response.

Why is it important that you work at CLYS and commit to fully participate in this personal and professional development opportunity?



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RENEWAL Celebrations

We Grow, Develop, Improve, etc. Through Inspiration and Desperation

Process:

- **Divide into subgroups of 3.**
- **Explore the following questions for 15 minutes in subgroups and report back to the total group with a story of a significant positive experience and what was learned from it.**
- **Each person write a personal statement of up to 3 or 4 lines of what you will continue, stop doing and start doing as a result of what you learned from your COVID experience.**

What of your COVID experience was inspiring

e.g. - What did you do well?

- What did your team do well?**
- What did you learn about yourself?**
- What did you learn about others?**
- What will you continue, stop and start going forward?**
- What are you grateful for (Alice)?**