


Step Three:  
Quick Review



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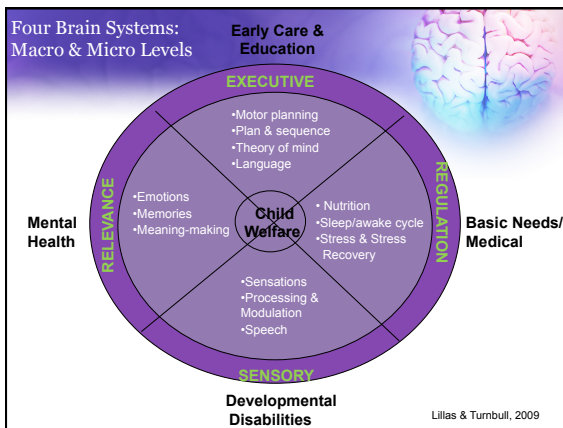
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Toxic stress cuts across all levels  
of brain networks



- Looking at the big picture...
  - Assess for multiple causes that can be mutually influencing each other
  - Build resilience through any one of multiple ports of entry
  - Answers the “why?”

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**Step Three Cheat Sheet: Assessing Strengths and Vulnerabilities in the Four Brain Systems**

Step Three Cheat Sheet: Assessing Strengths and Vulnerabilities in the Four Brain Systems

Executive, Relevance, Sensory, Regulation

Macro Resilience for the Four Brain Systems

Assessment of Total Conditions and Current Brain Capabilities

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**Step Three:**  
Assess for Sources of Vulnerability and Resilience Across Four Brain Systems

**Guiding Principles**

- There is no one-size fits all
- Assess on a “Macro” level the links with systems of care
- Assess on a “Micro” level functional needs that help guide the triage
- Distinguish between developmental age and chronological age

Executive, Relevance, Sensory, Regulation

Bottom-Up Progression

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**Four Brain Systems**

- **Regulation system** includes
  - Stress and stress recovery
  - Capacity for alert processing
  - State transitions
  - Visceral cues
  - Nutrition
  - Sleep/awake cycle

Adapted by Jessica Richards based on Lillas & Turnbull, 2009

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### Four Brain Systems

- **Sensory system** includes
  - Sensory processing
  - Sensory modulation (sensitization and habituation)
  - Sensory preferences and triggers
  - Provides the “data” for all brain systems
  - External Senses (world – Tactile, Taste, Smell, Auditory, Vision)
  - Internal Senses (body – Proprioception, Vestibular)

Adapted by Jessica Richards based on Lillas & Turnbull, 2009

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### Sensory System in Intervention




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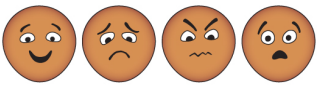
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### Four Brain Systems

- **Relevance system** includes
  - Emotions – capacity to express, experience and modulate a full range of emotions in context
  - Memories
  - Meaning making



Slide by Jessica Richards based on Lillas & Turnbull, 2009

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### Four Brain Systems

- **Executive system** includes
  - Flexible use of spontaneous, automatic and consciously controlled behavior
  - Integration of bottom up
  - Motor planning
  - Cause and effect
  - Inhibition
  - Theory of mind
  - Working memory



Slide by Jessica Richards based on Lillas & Turnbull, 2009

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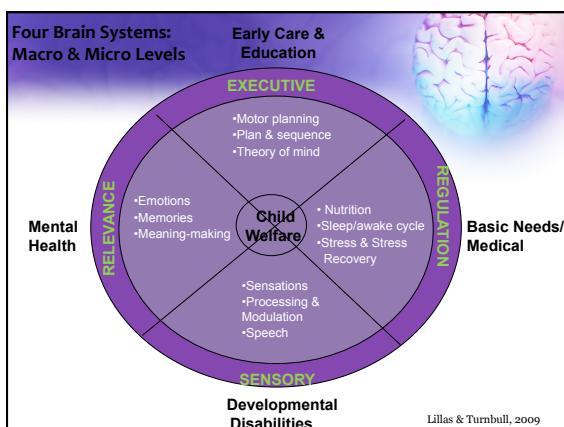
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