

# BRAIN SYSTEMS: STRESS RESPONSES, TRIGGERS, AND RECOVERY RESOURCES

## Kai's Stress Responses and Triggers

GROUP A: Foster Home Behaviors	GROUP B: Fost-Adopt Home Behaviors	Group C: Post-Reunification Weekend Behaviors
<ul style="list-style-type: none"> <li>• Behaviorally “resistant” to parental boundaries</li> <li>• Wandering aimlessly in a daze (blue zone)</li> <li>• Frequent crying and aggression (red zone)</li> <li>• Speaks one word</li> <li>• Refusal to toilet train</li> <li>• Chronic diarrhea</li> <li>• Falls asleep in the middle of the floor; no schedule</li> <li><b>Diagnosed from Regional Center with:</b></li> <li>• Intellectual disability</li> <li>• Reactive attachment disorder</li> <li>• Severe developmental delays</li> </ul>	<ul style="list-style-type: none"> <li>• Babbling; appears to understand words spoken to him</li> <li>• Hyperexcited (red zone) with “company”; running around to everyone frenetically</li> <li>• Screaming (red zone) when limits are set</li> <li>• No registration of pain</li> <li>• Hoarding food underneath his bed</li> <li>• Unable to fall asleep on his own; stares off into space for long periods of time (blue zone)</li> <li>• Hyperexcited with toys; aimlessly running from toy to toy without purposeful behavioral initiation</li> </ul>	<ul style="list-style-type: none"> <li>• Speech returns back to primarily babbling</li> <li>• Begins to pull out his own eyelashes</li> <li>• Aggression returns, accompanied with cuss &amp; swear words</li> <li><b>By end of third weekend visit:</b></li> <li>• Begins to cry and protest on the way to the train</li> <li>• Hysterically screams when he’s not in control</li> <li>• Begins to pull out his fost-adopt mother’s hair and doll hair</li> <li>• Inconsolable at night</li> <li>• Diarrhea returns</li> </ul>

STRESS RESPONSES & TRIGGERS	
<b>Regulation (Body)</b> <ul style="list-style-type: none"> <li>•</li> <li>•</li> <li>•</li> <li>•</li> <li>•</li> <li>•</li> <li>•</li> <li>•</li> </ul>	<b>Sensations (Sensory)</b> <ul style="list-style-type: none"> <li>•</li> <li>•</li> <li>•</li> <li>•</li> <li>•</li> <li>•</li> <li>•</li> <li>•</li> </ul>
<b>Feelings/Memories (Relevance)</b> <ul style="list-style-type: none"> <li>•</li> <li>•</li> <li>•</li> <li>•</li> <li>•</li> <li>•</li> <li>•</li> <li>•</li> </ul>	<b>Thoughts/Planning (Executive)</b> <ul style="list-style-type: none"> <li>•</li> <li>•</li> <li>•</li> <li>•</li> <li>•</li> <li>•</li> <li>•</li> <li>•</li> </ul>

## BRAIN SYSTEMS: STRESS RESPONSES, TRIGGERS, AND RECOVERY RESOURCES

GROUP A	GROUP B
Recovery Resources Used Within First 4 to 6 weeks in fost-adopt home	Recovery Resources Used Within First 4 to 6 weeks in fost-adopt home
<ul style="list-style-type: none"> <li>• House “rules” are limited to health and safety issues</li> <li>• Immediately stopped having people over</li> <li>• Sitting next to Kai at night in his bedroom until he falls asleep</li> <li>• Fost-adopt Dad takes 2 weeks off from work to be home 24/7</li> <li>• “Toddler-proofed” the home</li> <li>• For every limit of a “no” there was at least one “yes”</li> <li>• Parents speaking in shorter sentences with less words and more gestures</li> <li>• Placing healthy food snacks on the bottom shelf in kitchen that Kai can reach &amp; use 24/7</li> <li>• Transitions prepared for with visual and auditory prompts; not done abruptly unless necessary</li> <li>• Playing outside; naturally seems to create more opportunities for sensory-motor play that he enjoys that increases eye contact and shared joy</li> </ul>	<ul style="list-style-type: none"> <li>• Visual sequence &amp; structure of the day is set up with Velcro strip and pictures</li> <li>• Superdawg is recognized as comforting, calming, and facilitating sleep; dog allowed to sleep with Kai</li> <li>• Simplified inside toys into rotating boxes, using one per week</li> <li>• Suspected food allergies; getting help with diet from allergist</li> <li>• Kai appears to have receptive skills and to understand being spoken to</li> <li>• House “rules” are non-negotiable items that are in visual view with pictures (brushing teeth, holding hand when crossing the street, etc.)</li> <li>• Rhythms are set up that are regular and calming (similar morning, afternoon, and evening routines that include eating, inside play, resting, outside play rotations)</li> </ul>

RECOVERY RESOURCES	
<b>Regulation (Body)</b> <ul style="list-style-type: none"> <li>•</li> <li>•</li> <li>•</li> <li>•</li> <li>•</li> <li>•</li> <li>•</li> <li>•</li> </ul>	<b>Sensations (Sensory)</b> <ul style="list-style-type: none"> <li>•</li> <li>•</li> <li>•</li> <li>•</li> <li>•</li> <li>•</li> <li>•</li> <li>•</li> </ul>
<b>Feelings/Memories (Relevance)</b> <ul style="list-style-type: none"> <li>•</li> <li>•</li> <li>•</li> <li>•</li> <li>•</li> <li>•</li> <li>•</li> </ul>	<b>Thoughts/Planning (Executive)</b> <ul style="list-style-type: none"> <li>•</li> <li>•</li> <li>•</li> <li>•</li> <li>•</li> <li>•</li> <li>•</li> </ul>