

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

STRESS RESPONSES & TRIGGERS	
<p>Regulation (Body)</p> <ul style="list-style-type: none"> • Wandering aimlessly in a daze (blue zone) • Frequent crying and aggression (red zone) • Refusal to toilet train • Chronic diarrhea • Falls asleep in the middle of the floor • Hoarding food underneath his bed • Unable to fall asleep on his own; stares off into space for long periods of time (blue zone) • Inconsolable at night • Diarrhea returns 	<p>Sensations (Sensory)</p> <ul style="list-style-type: none"> • Speaks one word • Severe developmental delays • Babbling; appears to understand words spoken to him • No registration of pain • Speech returns back to primarily babbling • Aggression returns, accompanied with cuss & swear words
<p>Feelings/Memories (Relevance)</p> <ul style="list-style-type: none"> • Behaviorally “resistant” to parental boundaries • Reactive attachment disorder • Hyperexcited (red zone) with “company”; running around to everyone frenetically • Screaming (red zone) when limits are set • Begins to pull out his own eyelashes • Begins to cry and protest on the way to the train • Begins to pull out his fost-adopt mother’s hair and doll hair 	<p>Thoughts/Planning (Executive)</p> <ul style="list-style-type: none"> • Intellectual Disability • Hyperexcited with toys; aimlessly running from toy to toy without purposeful behavioral initiation • No schedule

BRAIN SYSTEMS: STRESS RESPONSES, TRIGGERS, AND RECOVERY RESOURCES

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

RECOVERY RESOURCES	
<p>Regulation (Body)</p> <ul style="list-style-type: none"> • Searching for ways to soothe and calm • Sitting next to Kai at night in his bedroom until he falls asleep • Placing healthy food snacks on bottom shelf in kitchen that Kai can go to and reach on his own 24/7 • Suspected food allergies; getting help with diet from allergist 	<p>Sensations (Sensory)</p> <ul style="list-style-type: none"> • Immediately stopped having people over • Fost-adopt Dad takes 2 weeks off from work to be home 24/7 • Simplified toys into rotating boxes, one per week • Superdawg was recognized as comforting, supporting green zone, and facilitating sleep; allowed to sleep with him • Parents speaking in shorter sentences • With less stimulation, talking begins • Using sensory motor support to create opportunities for shared joy
<p>Feelings/Memories (Relevance)</p> <ul style="list-style-type: none"> • For every limit of a “no” there was at least one “yes” • Playing with limited toys with intent to look at each other’s faces and to create joy • Playing outside naturally created more opportunities for shared joy; sensory-motor play on slide and swing created more opportunities for facial contact (earlier relational milestones) • “Toddler-proofed” the house • Non-negotiable #1s (“house rules”) were narrowed to safety and health needs 	<p>Thoughts/Planning (Executive)</p> <ul style="list-style-type: none"> • Visual sequence & structure of the day set up with Velcro strip and pictures • By limiting contact to fost-adopt parents, rhythms were set up that included a calming & predictable schedule • House “rules” of #1s are in visual view (brushing teeth, holding hand when crossing the street, etc.) • Transitions prepared for with visual and auditory prompts; not done abruptly unless necessary • Rhythms are set up that are regular and calming (similar morning, afternoon, and evening routines that include eating, inside play, resting, outside play rotations)