

Trust-Based Relational Intervention®

Use in an Intensive In-home Program





OMNI
Family of Services

Placement Crisis and Stabilization

Family Intervention Treatment Team (FITT)



What is FITT?





FITT Is ...

An intensive **crisis** and **stabilization** program working with families *in their homes and community* to prevent and/or reduce risk of out-of-home or disruptions to placement



FITT is...

Time limited (Approx 90-day program) intensive therapeutic services with around the clock access to providers and on-call crisis line



FITT is...

An alternative to RTC, hospitalization, and foster home disruptions as well as a step-down service for youth returning home but still requiring an intensive level of care



What to Expect



Team

FITT teams includes the unique combination of a Master's level Therapist & Family Peer Support Specialist (average caseload is 4-6),



Frequency

A provider in the home up to 5 times/week for the first two weeks, with frequency decreasing to not less than 3x/week, based on ongoing assessments and family needs



Collaboration

Collaboration with schools, court personnel, hospitals, medical providers, and other community partners and resources

Assessment

The Ohio Scales

The FITT programs use the Ohio Scales for regular assessment. Caregivers and youth are administered the scales upon admission to identify need and guide intervention.

The OHIO scales are A rated for Well

Demonstrated Psychometrics by the CEBC



OMNI
Family of Services

Trust-Based Relational Intervention®

Introduction & Overview





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of
CHILD DEVELOPMENT
— | EST. 2005 | —

Understanding TBRI®

What is TBRI®?

- A holistic intervention that has been developed over the past decade
- An evidence based practice that meets the needs of the “whole child”
- An approach to caregiving that is developmentally respectful, responsive to trauma, and attachment-based

Who uses TBRI®?

- TBRI is effective because it is founded in research, theory, and experience
- By applying these principles, TBRI helps a child or youth return to a natural developmental trajectory



Who uses TBRI®?

- Principles of TBRI have been used in homes, schools, residential facilities, orphanages
- It is designed for use with children & youth of all ages & all risk levels





Understanding TBRI®

Understanding risks

- Difficult pregnancy
- Difficult birth
- Early hospitalization
- Abuse
- Neglect
- Trauma



Adversity Influences The Nature of Our Goals.

- Avoidant or Achievement Mindset
- Short-Term and Long-Term

How Adversity/Trauma Influence Hope

Pathways Thinking Becomes Difficult.

- Ability to consider barriers and problem solve
- Ability to identify multiple pathways to goals

Willpower Is Drained by Fear and Rumination.

- Willpower is a potentially limited resource
- Importance of nutrition



Understanding Brain Growth

Understanding Brain Growth

- Prenatal
- First Year
- (Age 5)
- Age 8
- Age 12
- Age 16



How Can I Catch Up?

- Attachment
 - Trust
 - Self-worth
 - Self-efficacy
- Sensory competency
- Social-Emotional Competency
- Brain Chemistry and Development





TBRI[®] Principles

TBRI[®] Connecting Principles

Mindfulness Strategies

Engagement Strategies

TBRI[®] Empowering Principles

Physiological Strategies

Ecological Strategies

TBRI[®] Correcting Principles

Proactive Strategies

Responsive Strategies



Trust-Based Relational Intervention[®]

CORRECTING!

Empowering

CONNECTING!



Trust-Based Relational Intervention[®]





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TBRI[®] Connecting Principles

Mindfulness
Strategies

Engagement
Strategies

Connecting Principles: Mindfulness Strategies

- Examining one's past
- Mindful interactions

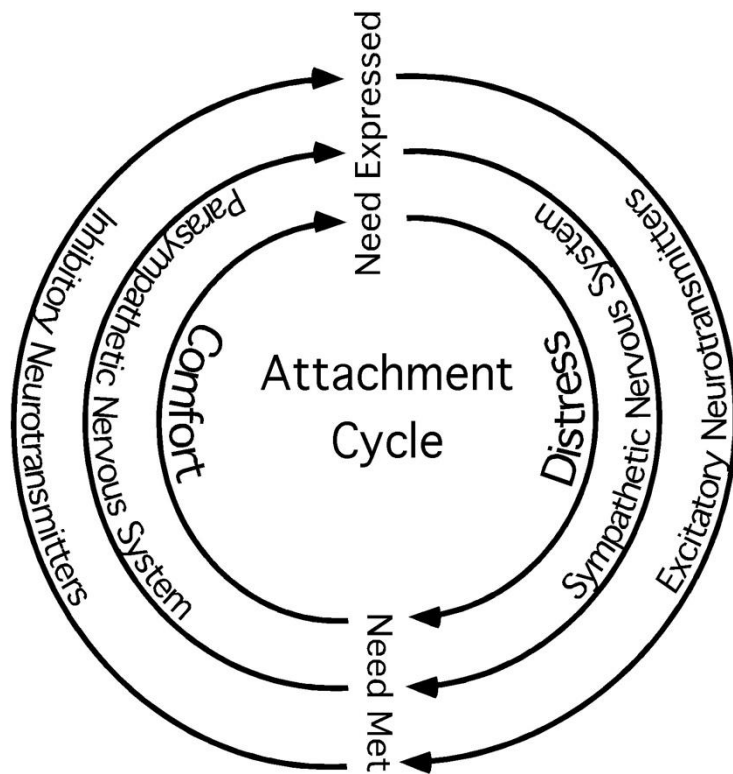


Connecting Principles: Engagement Strategies

- Behavioral Matching
- Nurturing touch
- Warm eyes
- Voice quality
- Playful engagement

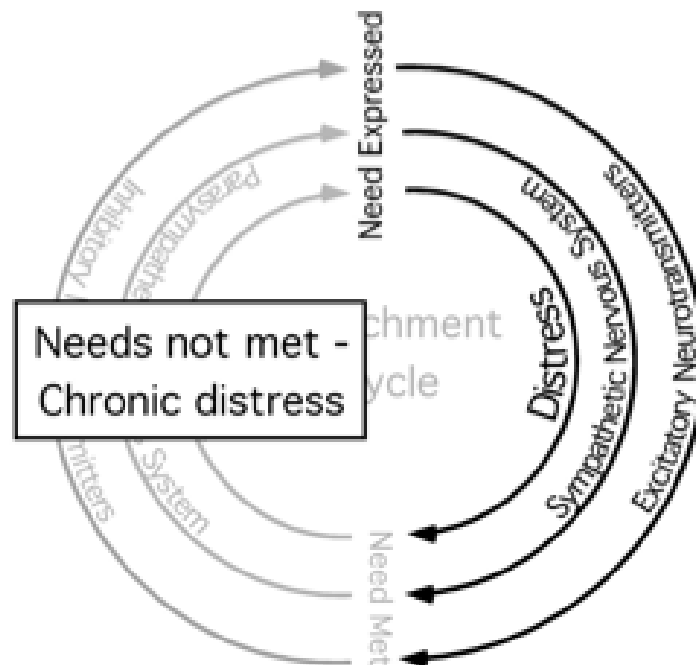


The Attachment Cycle



Foundation for:

Trust
Self-worth
Self-efficacy (voice)
Self-regulation
Mental health



2-3 yrs.

Behavioral
Dysregulation

4-6 yrs.

ADD/HD
Symptoms

8-10 yrs.

Depression/
Anxiety
(Agitated
Dep./Agg.)

12+ yrs.

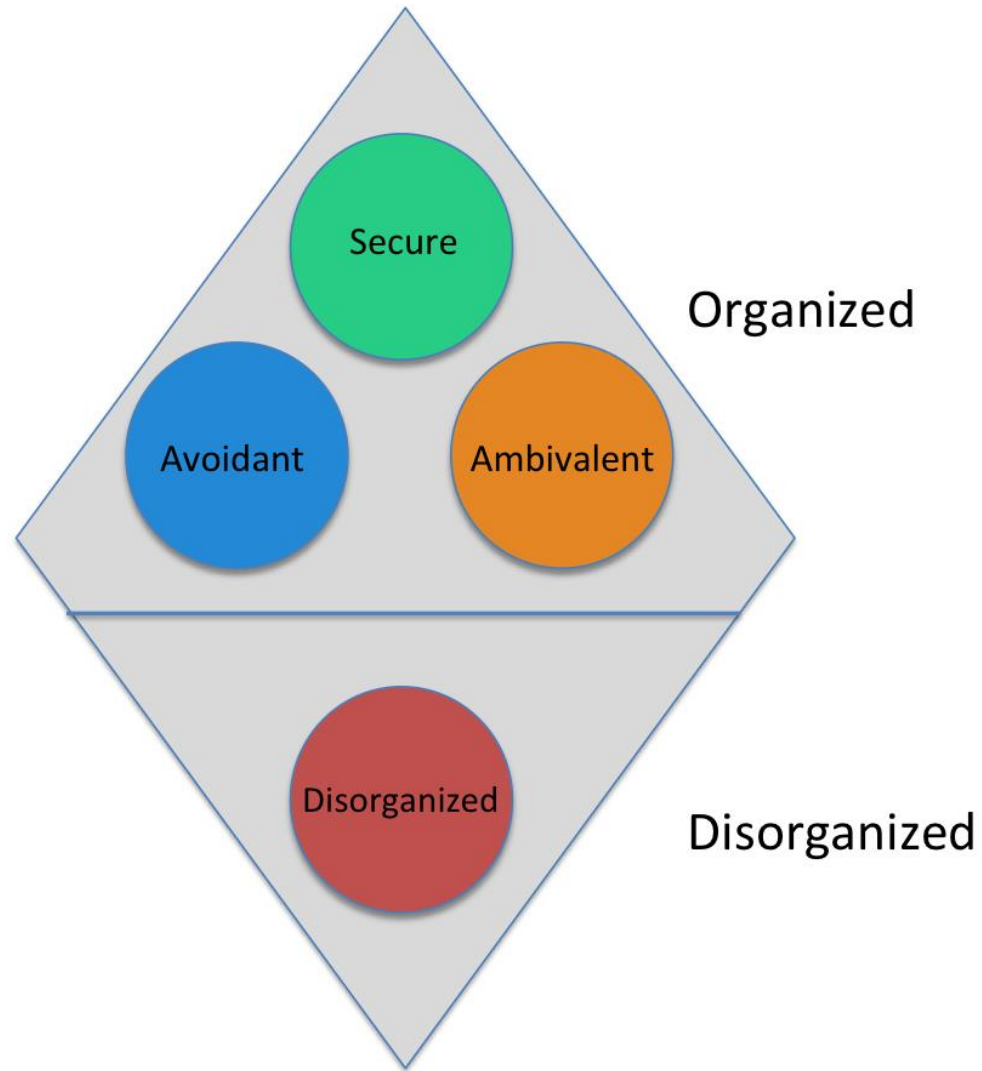
Bipolar
Disorder
(Beh./Emot.
Disintegration)

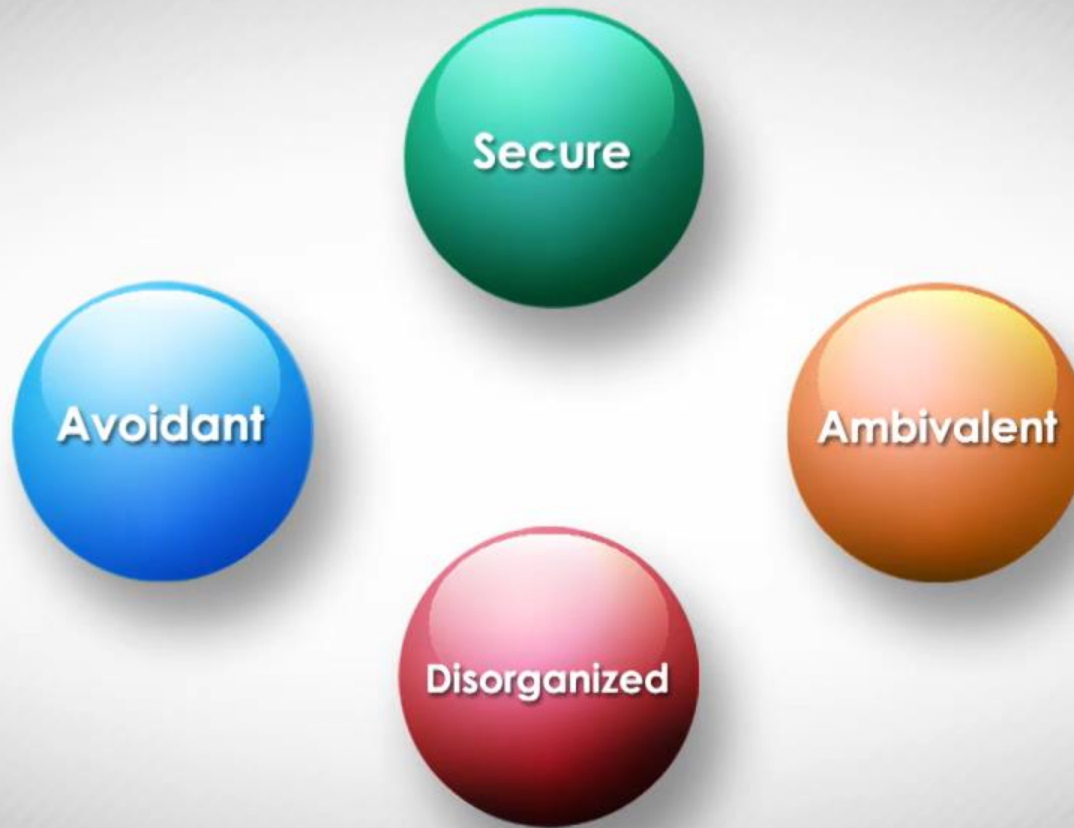
Trajectory of
Mental Illness

Infant Attachment

- Histories with caregivers influence attachment patterns
- Infants use attachment as model for relationships

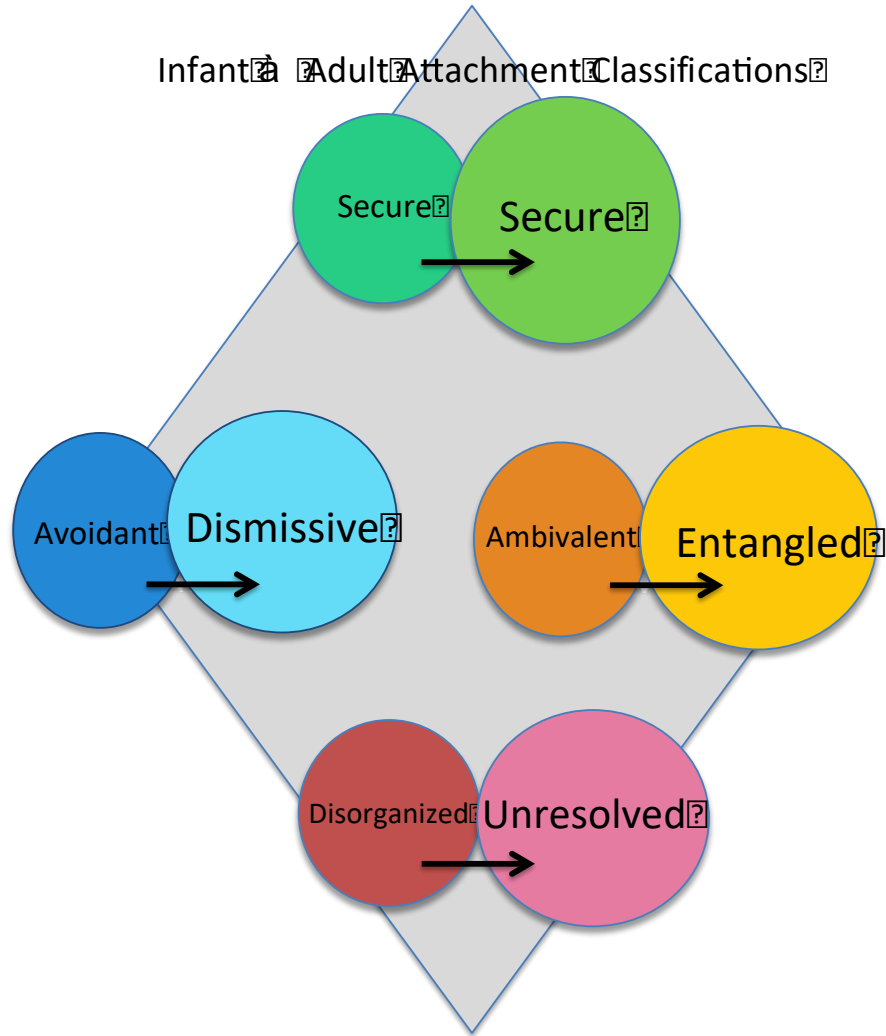
Attachment Style	History with caregiver	Infant's strategy when upset
Secure	Caregiver consistently, warmly responds when infant is upset	Cries; infant knows that caregiver will soothe
Anxious-Avoidant	Caregiver does not respond in emotionally warm way when infant is upset	Infant has learned not to cry to get needs met
Anxious-Ambivalent	Caregiver inconsistently responds when infant is upset	Infant cries (and is difficult to soothe) in an effort to stay in caregiver's direct attention
Disorganized	Caregiving is frightening/traumatic	Infant has no clear strategy when upset





Disorganized Attachment

Infant to Adult Attachment Classifications



Goal: Build Connections



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TBRI[®] Empowering Principles

Physiological
Strategies

Ecological
Strategies

Empowering Principles: Physiological Strategies

- Hydration
- Blood sugar
 - Food every two hours
 - Protein snack at bedtime
- Sensory needs
 - Sensory activity every two hours



Understanding Sensory Needs

- Sensory *defensive* behaviors
- Sensory *seeking* behaviors



Empowering Children

- Simple ways to Empower
 - Infant/toddler massage
 - Rice buckets
 - Snack every 2 hours
 - Carry a water bottle
 - Cut tags out of shirts
 - Play-Doh
 - Physical play (e.g., trampoline, bikes)

Empowering Principles: Ecological Strategies

- Scaffolding
- Daily Rituals
- Transitions



Be A Detective: Empower Your Child

- Notice patterns
- Notice sensory preferences
- Be proactive

[illegible]

Strategies to Nurture Hope

Introduce Hope	Introduce the concept of hope and discuss its core components (distinguish wishful thinking).
Goal Setting	Help develop personally relevant goals.
Pathways	List and discuss potential pathways toward goal achievement.
Willpower	Identify/describe sources of motivation.
Problem Solve	Identify and list obstacles.
Create Hope Visual	Create a Visual Map accessible for the reference.
Re-Goaling	Remember – We have the ability to re-goal.



Goal: See the Need



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TBRI[®] Correcting Principles

Proactive
Strategies

Responsive
Strategies

Choices

- Offer appropriate control
- Parent is still in charge
- Make sure there is no 'right or 'wrong' choice
- How can you offer your child choices?



Compromises

- Teach children:
 - Negotiation
 - Social skills
 - Words have power
- Keeps behavior moving forward
- Examples?



Sharing Power

- Can be counterintuitive
 - Parent still in charge
 - Child practices decision-making skills
- Children learn, “Safe people listen to me.”



The IDEAL Response®

The IDEAL Response[©]

I
Immediate

D
Direct

E
Efficient

A
Action-based

L
Leveled at the behavior, not the child



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Responsive Strategies: Levels of ResponseTM

Levels of Response™

Level 1: Playful Engagement

- Effective with 80% of problem behaviors
- Use *consistently*



Levels of Response™

- Playful Engagement (Level 1)
 - “Would you like to try it again with respect?”
 - “Are you askin’ or tellin’?”
 - “My ears cannot hear such words!”
 - ALL said in a playful tone

Level 1: Playful Engagement

- Works with:
 - Sassy tone/disrespect
 - Rolling eyes
 - Speaking out of turn/interrupting
 - Telling (vs. asking)
 - Talking back



Levels of Response™

- Structured Engagement (Level 2)
 - Pause the situations, get on child's level
 - Use a structured voice
 - Offer two choices
 - Behavioral re-dos help children feel *successful*
- *Return to Playful Engagement as soon as possible!*

Level 2: Structured Engagement

- Use:
 - Choices
 - Compromises
 - Re-dos
- *Always return to Level 1: Playful Engagement!*



Levels of Response™

- Calming Engagement (Level 3)
 - Behavior has escalated; child needs help regulating
 - Time-in with adult or quiet place (adolescents)
 - Behavioral re-do if child is able
- *Return to Playful Engagement as soon as possible!*

Level 3: Calming Engagement

- Child needs help:
 - Regulating
 - Determining needs
- Use a 'time-in'/ quiet place
- *Always return to Level 1: Playful Engagement!*



Levels of Response™

- Protective Engagement (Level 4)
 - When child is violent/aggressive
 - Safety threat to self or others
 - Seek professional training that is approved by State/Facility you work with
- *Return to Playful Engagement as soon as possible!*

Level 4: Protective Engagement

- Child is danger to self/others
- Seek formal training
- *Always return to Level 1: Playful Engagement!*



Levels of Response™

- Keep in Mind:
 - When it's over, it's over!
 - Stay *connected* to child at all times
 - The goal is *always* to return to Playful Engagement



Goal: Correct without
losing Connection

Resources

- **Karyn Purvis Institute of Child Development**
 - www.child.tcu.edu
 - Resources menu
 - Healing Families DVDs
- **Empowered to Connect**
 - Faith-based Resources



Bring
Hope and Healing
to Your Adoptive
Family

The Connected Child

FOR PARENTS WHO HAVE WELCOMED CHILDREN:

♦
From other
countries and
cultures

♦
From
troubled
backgrounds

♦
With special
behavioral or
emotional needs

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