



CONNECTING PART 2

Dr. Casey Call



EMPOWERED
TO CONNECT
CONFERENCE

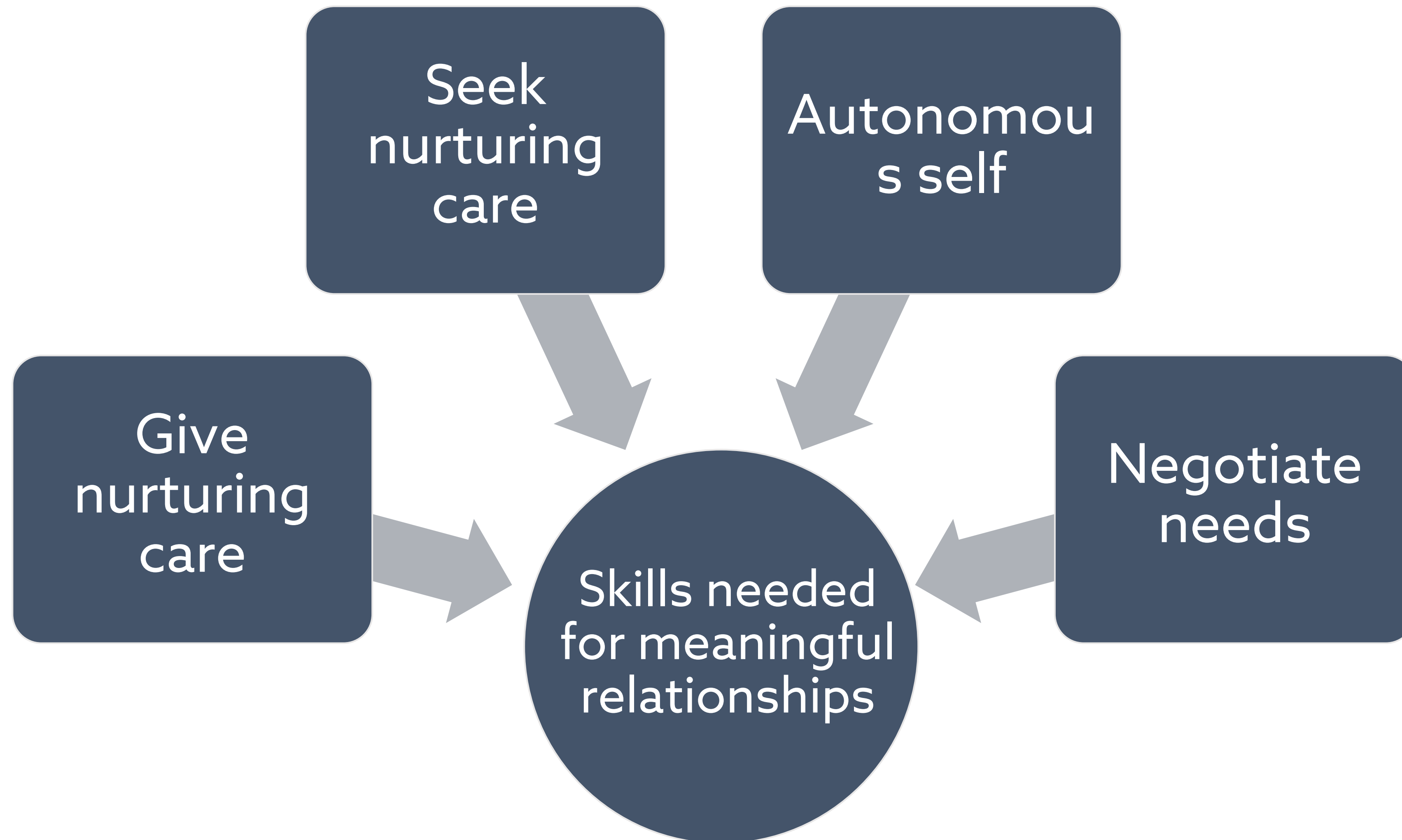
THREE PILLARS OF TRAUMA-INFORMED CARE

FELT SAFETY

CONNECTION

SELF-REGULATION

MEANINGFUL RELATIONSHIPS



REGULATION



MENTORING SELF-REGULATION

TEACH CALMING TECHNIQUES

- ENGINE PLATE
- MAGIC MUSTACHE
- BLOWING SOUP



PURPOSEFULLY DISREGULATE

- GAME
- DANCE
- ACTIVITY



PRACTICE CALMING TECHNIQUES

- ENGINE PLATE
- FLOOR PUSH-UP
- WATER/SNACK

NURTURE GROUPS

- Rules
- Check-in
- Band-Aids[®]
- Activity
- Feeding
- Closing



STAY CALM

NO MATTER WHAT



SEE THE NEED

BEHIND THE BEHAVIOR



MEET THE NEED

FIND A WAY



DON'T QUIT

IF NOT YOU, THEN WHO?