

# Breakout Groups

## #1

*Please keep **confidentiality** in mind and do not share identifying information about anyone. Stick to using **initials** and **general descriptions**. If you cannot share because you are in ear shot of someone, show the “peace” sign or say “I feel like an orange”.*

*Please be mindful about how much time is left and allow each person in the group to share.*

- Introduce yourself (Name, where you are from, age groups you support)
- Which elements of **trauma**, **stress**, or **unsafe neuroception** do you feel are the most applicable to the person you’re thinking about today?
- What are some **changes**, **steps**, or **adjustments** you can make right away? What, if anything, complicates making changes to improve safety and connection? (e.g. multiple children, loud noises, etc.)
- Does anyone in the group think that unsafe neuroception is *not* a factor for the person they support? Has that always been the case? If not, how did the person’s neuroception and regulation improve? (e.g. specific supports?)

# Breakout Groups

## #2

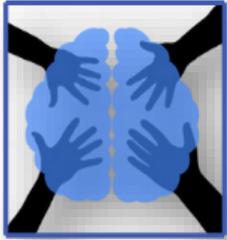
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*Please be mindful about how much time is left and allow each person in the group to share.*

- Which discussed **cognitive skill** is the most significant for the person you’re thinking about today? (If there is time, give a couple of examples.)
- What are some steps you can take immediately to provide cognitive supports to the skill you identified?
- What are some of the supports that you struggle with implementing the most? How can you practice or prepare ahead of time to improve?
- What are the challenges or obstacles to providing supports that you need more problem-solving and thought?

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### **Prenatal exposure is Most Common Cause of Learning/Intellectual Disabilities**

Mukherjee, R. A., Hollins, S., & Turk, J. (2006). Fetal alcohol spectrum disorder: an overview. *Journal of the Royal Society of Medicine*, 99(6), 298–302. <https://doi.org/10.1258/jrsm.99.6.298>

### **FASD Parenting using Neurobehavioral Model**

Petrenko, C., Pandolfino, M. E., & Roddenbery, R. (2016). The association between parental attributions of misbehavior and parenting practices in caregivers raising children with prenatal alcohol exposure: A mixed-methods study. *Research in developmental disabilities*, 59, 255–267. <https://doi.org/10.1016/j.ridd.2016.09.005>

### **Executive Functioning Model & Fuel**

Barkley, R. A. (2012). *Executive functions what they are, how they work, and why they evolved*. New York, NY: Guilford.

### **FASD Prevalence**

May, P. A., Chambers, C. D., Kalberg, W. O., Zellner, J., Feldman, H., Buckley, D., Kopald, D., Hasken, J. M., Xu, R., Honerkamp-Smith, G., Taras, H., Manning, M. A., Robinson, L. K., Adam, M. P., Abdul-Rahman, O., Vaux, K., Jewett, T., Elliott, A. J., Kable, J. A., Akshoomoff, N., ... Hoyme, H. E. (2018). Prevalence of Fetal Alcohol Spectrum Disorders in 4 US Communities. *JAMA*, 319(5), 474–482. <https://doi.org/10.1001/jama.2017.21896>