

Type of Service: Just Right State Programme

Outline of the service:

The Just Right State Programme (JRSP, Author: Eadaoin Bhreathnach) was developed to support the regulation of arousal states in children who have experienced trauma. It facilitates the process of self-regulation and co-regulation through the use of food, sensory activities and enriched environment provision. The JRSP offers the essential foundations for regulation of arousal states that is necessary for higher level functioning. It is based on the principle that when somatosensory (body based) experiences are incorporated into daily life routines it enhances the capacity for self-regulation.

The JRSP is a six-week parent/child programme, where the child is offered opportunities to experience and engage in a range of regulating activities. Parents are able to begin to learn how to observe their child's ability to self-regulate, and how to provide a regulating environment at home. Parents also explore their own abilities and needs for self-regulation.

The aim of the programme is to enable individuals to remain regulated when engaged in activities that are normally challenging for them. This in turn allows higher level functioning to occur such as social engagement and academic performance' p.3 (Bhreathnach, 2010).

Aims of the service: The purpose of the JRSP is to help children and young people who may be experiencing these sensory processing difficulties to learn how to use different activities to:

- Increase their concentration and attention
- Develop their sensory and motor skills and abilities
- Help them to stay calmer
- To know what activities they might do when they are finding things more difficult.

The programme can be delivered in a group, or individually, depending on the child and family's needs.

'The JRSP is unique in it's ability to enable the parent and child to begin to make the links between sensory and emotional processing, and how the use of strategies focused on enriched environment provision, and regulating activities, can positively impact on the development of these skills and abilities. Supporting the development of these skills and abilities in children, alongside their parents, can have a profound and positive impact on the long- term outcomes for the whole family' (The Just Right State Programme Service Evaluation, 2011).