

Common Clinical Interventions

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Wellness Recovery Action Plan

The Wellness Recovery Action Plan® or WRAP®, is a self-designed prevention and wellness process that anyone can use to get well, stay well and make their life the way they want it to be. It was developed in 1997 by a group of people who were searching for ways to overcome their own mental health issues and move on to fulfilling their life dreams and goals. It is now used extensively by people in all kinds of circumstances, and by health care and mental health systems all over the world to address all kinds of physical, mental health and life issues. WRAP has been studied extensively in rigorous research projects and is listed in the National Registry of Evidence-based Programs and Practices. <http://mentalhealthrecovery.com/wrap-is/>

Zones of Regulation

The Zones of Regulation is a curriculum geared toward helping students gain skills in consciously regulating their actions, which in turn leads to increased control and problem solving abilities. Using a cognitive behavior approach, the curriculum's learning activities are designed to help students recognize when they are in different states called "zones," with each of four zones represented by a different color. In the activities, students also learn how to use strategies or tools to stay in a zone or move from one to another. Students explore calming techniques, cognitive strategies, and sensory supports so they will have a toolbox of methods to use to move between zones. <https://www.socialthinking.com>

The Incredible 5-point Scale

The Incredible 5-point Scale (Buron & Curtis. 2003) introduces the use of a scale to teach social and emotional concepts to individuals who have difficulty learning such concepts, but who have a relative strength in learning systems. Using a scale to further break down the expectations might be helpful. The first step is to decide how you want to break down the concept. <https://www.5pointscale.com/>

Social Stories

Carol Gray developed Social Stories, a respected evidence-based practice used worldwide with people with autism of all ages. Carol was the first teacher for students with autism at Jenison Public Schools in Jenison, Michigan 1977-2004. In 1989, Carol began writing stories for her students to share information with them that they seemed to be missing, information that so many of us take for granted. Many of the stories resulted in immediate and marked improvement in her students' responses to daily events and interactions. <https://carolgraysocialstories.com>

The Circles Program

The Circles Program is an innovative way to teach children and adults about the appropriate degree of closeness they have with other people as demonstrated by how they touch, talk and trust others, depending on the kind of relationship they have with them.

- **The Circles App**

Circles App is a tool for social skills learning based upon the Circle Program. The tool helps with learning about appropriate social boundaries and interactions (touch, talk and trust). By working on intimacy boundaries, people with disabilities of all ages are in a better position not to be the victims of abuse and exploitation.

<https://www.circlesapp.com/>

Escape NOW Curriculum

ESCAPE-NOW: The Effective Strategy-Based Curriculum for Abuse Prevention and Empowerment for Individuals with Developmental Disabilities–NOW (Khemka & Hickson, 2015) is the culmination of a series of research and curriculum-development efforts by Ishita Khemka, Linda Hickson, and their colleagues. ESCAPE-NOW, based on current research and theory in abuse prevention and decision making, is designed to meet the need for an up-to-date, effective, evidence-based abuse prevention curriculum to teach women and men with intellectual and developmental disabilities to make effective, self-protective decisions in a wide range of sexual, physical, and verbal abuse situations.

The staff of Finding Your Individuality in New Jersey worked with participants with developmental disabilities to implement the field test of this curriculum.

<https://escapenow.wikischolars.columbia.edu/>