



The Brake Shop Clinic

SELF MANAGEMENT **Group or Individual Treatment Fact Sheet**

*It is important to learn strategies and techniques for adjusting to the way your brain works, and for adjusting your behaviours so that you don't get into trouble anymore (i.e. make you a safe high-speed driver!). **In this service, you will learn about 'leaky brakes' and be introduced to an evidence-based model for solving problems created by Dr. Ross Greene called Collaborative & Proactive Solutions.***

Who Is This Service For?

- Children and adolescents experiencing significant, intermittent explosive episodes ('rage'). We refer to this as having a full frustration beaker. "Full Beakers" are how we describe feelings of being overloaded with too many pressures, demands or stresses unique to having leaky brakes. When a beaker overflows this can take the form of unmanageable anxiety, tearful "meltdowns", or rage.
- **Symptoms Targeted For Treatment:** reactive anger borne of skill deficits.

What Happens In This Service and How this Service Can Help?

- Children and their guardians will become more aware of how 'Leaky Brakes', rather than intentional choice, contribute to the client's meltdowns.
- Through teaching, modeling, practice, and feedback, this service focuses on the development of three main skills:
 - **"What Fills My Beaker?"** (making rage episodes predictable)
 - **"How Do I Know My Beaker Is Filling?"** (making rage episodes preventable),
 - **"How Do I Empty My Beaker?"** (decreasing the intensity and frequency of rage episodes).
- Improving problem-solving between the children & guardians will be a major component of this service.

Where Is The Service Held?

- CPRI campus (Crombie Building; check in at switchboard and go to waiting room)
- For families who are unable to participate in person, 'virtual' options such as videoconferencing are available

Who Will Participate in This Service?

- Brake Shop Club Members & Caregivers
- With the caregiver consent and client agreement, **significant others invested in supporting the client (e.g. a sibling, a grandparent, school staff, a residential worker) are welcome to attend.**

- Session 5 (an adult-only component) would be an excellent opportunity for guardians to bring other involved parties (e.g. teachers, Educational Assistants, Learning Support Teachers, Community Case Managers, Extended Family Members, etc).

What If I Decline This Service?

- Various books and DVDs are available in the Family Resource Centre.
- Staff can refer you to specific websites containing resource materials.
- Various medications may also be tried to manage ADHD and mood symptoms.
- Left untreated Intermittent Explosive Disorder or rage may worsen over time.

What Are The Requirements To Be In This Service?

- Significant problems stemming from difficulties in self-regulation of behaviours and emotional reactions (that result in rage), as opposed to volitional problems with conduct.
- A motivation to change (in both children and guardians).
- A reasonably stable life situation for both child & guardian (e.g. stable placement, no acute psychosocial stress or hostility due to recent grief, abuse, loss, etc.).
- Guardians with mental health issues (e.g. OCD, ADHD, depression) are pursuing treatment themselves.
- Overall cognitive functioning within the broad range of Average (IQ score > 80).
- Processing skills, communication skills, & a mental age of **at least** 8 years (***wait times will be extended until this criterion is met***).
- Guardians can commit to attend all sessions, to support the client in treatment, and to read/watch various educational materials provided.
- **ADHD symptomatology effectively treated (medically).**

*** Medications are to remain stable for the duration of treatment.** If this creates a problem, please notify the Self Management Clinician to discuss.

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**Referrals to all Brake Shop treatment services are requested & arranged through your Brake Shop Case Management Coordinator.**

For more information on 'rage' and/or Self Management please visit the Self Management Toolbox on our website ([www.leakybrakes.ca](http://www.leakybrakes.ca))

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Important Telephone Number:

- **CPRI –**
 - (519) 858-2774 or Toll Free: 1-877-494-2774, dial "0" and ask for the Brake Shop Clinic Case Management Coordinator