

Building on Children's Strengths: What and Why?

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Mental Health is ...

“a state of well-being in which every individual realizes his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to her or his community.”

ABAS-II

VABS-II

Conceptual

Communication

Functional Academics

Self-Direction

Social

Social Leisure

Social

Practical

Community Use

Home Living

Health and Safety

Self-Care

Communication

Receptive

Expressive

Written

Daily Living Skills

Personal

Domestic

Community

Socialization

Interpersonal Relationships

Play and Leisure Time

Coping skills

Motor Skills Gross Motor, Fine Motor

- Involves evaluation of major brain systems involved with learning, thinking, and self-direction
- Strengths & weaknesses evident in most vulnerable individuals
- Especially useful when translated into matching expectations and interventions



<i>COMPLEX ATTENTION</i>	Sustained attention, Divided attention, Selective attention, Processing speed.
<i>EXECUTIVE FUNCTION</i>	Planning, Decision making, Working memory, Feedback utilization, Inhibition, Mental flexibility.
<i>LEARNING & MEMORY</i>	Immediate memory, Recent memory
<i>LANGUAGE</i>	Expressive language, Grammar & syntax, Receptive Language.
<i>PERCEPTUAL-MOTOR</i>	Visual perception, Visuoconstructional, Perceptual-motor, Praxis, Gnosis.
<i>SOCIAL COGNITION</i>	Recognition of emotions, Theory of mind.



Neural Circuits for Social Processes

Richard Davidson, Ph.D. (2012)

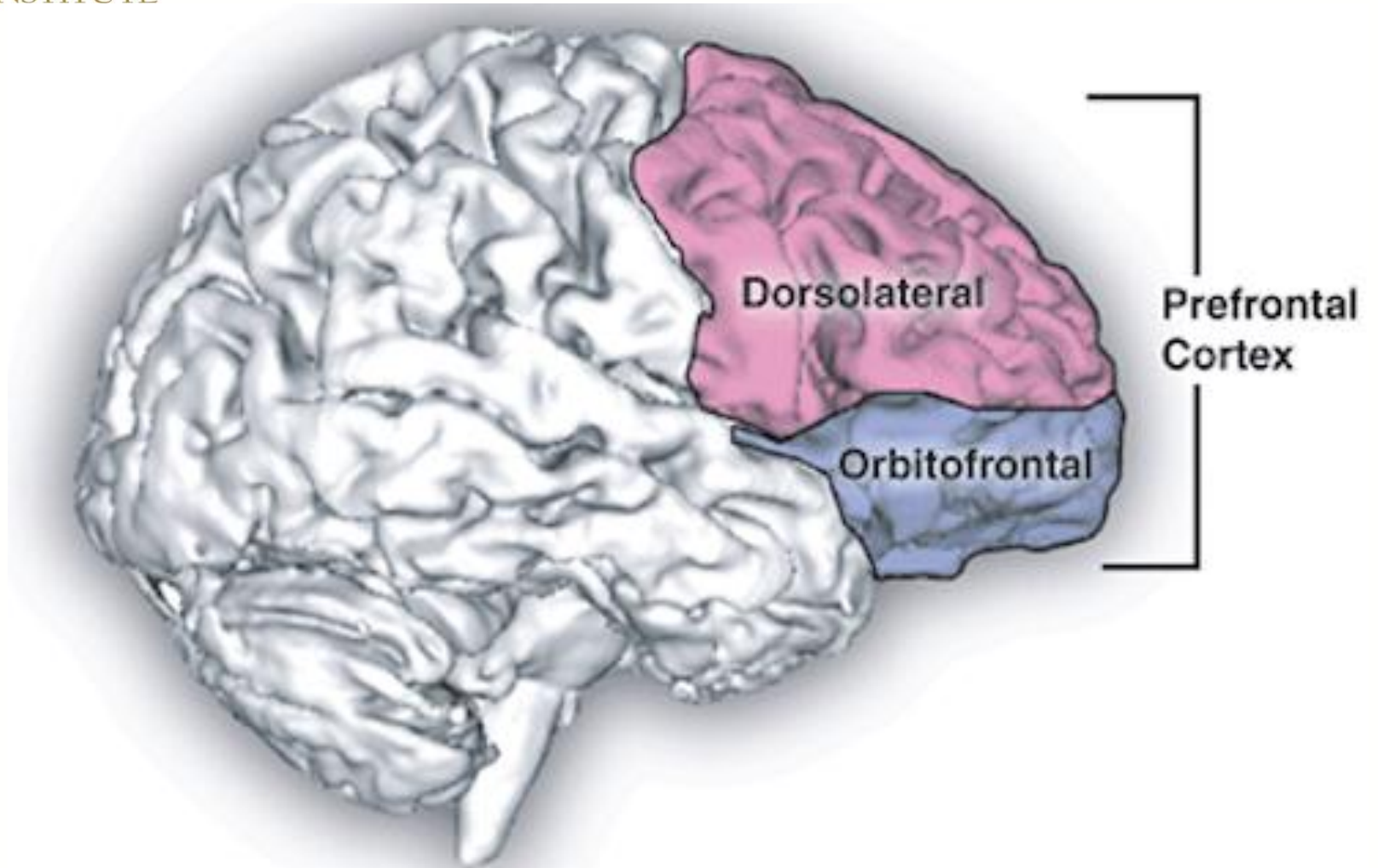
1. **Social Intuition**: Fusiform gyrus \leftrightarrow amygdalae
2. **Self-Awareness**: Insula \leftrightarrow amygdala \leftrightarrow PFC
3. **Sensitivity to Context**: Hippocampus \leftrightarrow PFC + other cortical association areas
4. **Outlook/Social Prediction**: Nucleus accumbens \leftrightarrow ventral caudate \leftrightarrow OFC \leftrightarrow ACC
1. **Attention**: Parietal association \leftrightarrow PFC



Emotion – Cognition Capabilities

- Resilience: Mastery, Relatedness, Reactivity
- Drive and persistence





Maryvale Mindfulness Study (2015) Treatment Group – Major Findings:

- ↑Communication
- ↑Cooperation
- ↑Responsibility
- ↑Mastery → ↑Optimism

