

Opportunity for Adopted and Guardianship Youth

Neurofeedback Collaboration Project

Enhancing Healthy Brain Regulation



WHAT IS NEUROFEEDBACK?

Neurofeedback, also known as EEG Biofeedback, is a simple but powerful tool that teaches a person's brain to stay within healthy and regulated patterns. It is a non-invasive procedure involving the placement of sensors on the scalp, rewarding healthy brain patterns through sound when the brainwave is within a healthy range.

The Neurofeedback Collaboration Program, a partnership between Higher Ground Counseling and Oregon Post Adoption Resource Center (ORPARC), aims to improve brain health for youth who have not been able to reach their mental health goals through traditional methods.

PROGRAM DETAILS

Duration: 6 months

Session length: 30-60 minutes

Age range: 9-21 years

Frequency: 1-2 times per week

Duration: 6 months to 1 year

Cost: free

Participants may have presenting symptoms such as ADHD, PTSD/Trauma/Attachment, school difficulties, learning disorders, dyslexia, processing difficulties, emotional dysregulation, autism spectrum disorder, OCD, anxiety, depression, etc.

ADDITIONAL RESOURCES

WWW.ORPARC.ORG

WWW.HIGHERGROUND COUNSELING.COM/NEUROFEEDBACK

ISNR.ORG/RESOURCES



CONTACT INFORMATION

HIGHER GROUND COUNSELING

971-200-1966

highergroundcounseling.com

Beaverton Location: 6800 SW 105th Ave, Suite 101, Beaverton, OR 97008

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Additional Program Information

Adopted and guardianship youth often experience high levels of stress and trauma which can negatively impact their health including brain health. This can impact healthy attachment, emotional development, school performance, and overall well-being. This collaboration project aims to improve brain health for youth who have not been able to reach their mental health goals through traditional methods. This project also aims to support caregivers in order to support the youth.

Screening Assessments

Participants will be screened for any medical conditions, medications, or other barriers that could affect their ability to participate in neurofeedback sessions. Screening will include written questionnaires for parents and/or youth to complete and an in-person assessment. These may include:

- ACES, CANS assessments
- Other measures customized to the individual including the PHQ-9, Beck Depression Inventory, Beck Anxiety inventory, etc.
- Screening/Assessments identify negative impact of emotions and/or behaviors on school, home, or workplace functioning

Family Commitment

This collaboration project requires commitment and family support habits around nutrition, sleep hygiene, exercise, media and game usage, curfews, boundary setting. It is possible that before or during this pilot program individual or family therapy may be recommended. Referrals to other professionals may be made such as counselors, medical doctors, nutritionists, sleep labs, allergists, etc.

Medications

Medication should be established at least 6 weeks before beginning the program. Some exceptions may apply on a case-by-case basis depending on the medication. If a new medication is started during the program, it is possible neurofeedback will need to stop to allow the brain and body to adjust to the change.

Ongoing Assessment

Ongoing assessment:

- Pre, mid and post qEEG Brain Map and other assessments to evaluate progress.
- Tracking self-report sheet for parents or individuals to complete. Parents can complete these at home or during appointments in the office..
- Individualized support to help with issues such as sleep routines, and challenges that might interfere with daily functioning.
- Completion assessments which may show emotional behavior progress (Beck inventories, PHQ-9, Parent self-reports)

