

LEVELS OF CARE	TREATMENT TYPE	DESCRIPTION	FULL EXPLANATION
Level II: Coping Through the Senses Treatment For patients who can reason abstractly and plan and score between 5.0-5.8 on the ACLS.	Group Treatment	The Coping Through the Senses GROUP Treatment educates patients in a group setting about ways to use sensory input to help with emotional regulation and stress management. The leader uses sheets and games to reinforce and practice the use of sensory strategies. The group lasts one hour and can accommodate up to 12-14 patients. This group can be offered on a daily or weekly basis in acute care settings or in outpatient programs.	Manual, Chapter 4, Section A
	Individual Treatment	The Coping Through the Senses INDIVIDUAL Treatment consists of activities that help patients develop plans for stress reduction, emotional regulation, and the use of positive coping strategies. Treatment is provided by an occupational therapist on an as needed basis to address individual patient issues not adequately addressed in other treatment groups. It is also used to develop long-term plans for self-regulation and stress management. Treatment is especially useful for outpatient programs where groups are not offered.	Manual, Chapter 4, Section B
Level 1: Sense-ability Treatment For patients who require support and score between 3.2-4.8 on the ACLS.	Group Treatment	The Sense-ability GROUP Treatment is a highly structured group featuring sensory and movement experiences designed to facilitate physical, emotional, and cognitive capacities so that patients who require support can relax, enjoy success, socialize with peers, and learn new health maintenance skills in the process. The group lasts one hour; it is led by two trained leaders and can accommodate up to 12-14 patients. It is most effective when offered on a daily basis for inpatient as well as outpatient programs.	Manual, Chapter 3, Section A & B
	Individual Treatment	The Sense-ability INDIVIDUAL Treatment is one-to-one treatment directed towards patients who are too ill to be able to attend groups; they may be manic, in poor behavioral control, isolative, disorganized, or be resistant to treatment. Sensory activities are used to facilitate self-regulation, mental stability, and socialization. Treatment is organized through the structure of the <i>Sense-ability Group</i> stages that are used in brief condensed versions. Treatment is provided in the patient's room by occupational therapists working on an as needed basis.	Manual, Chapter 3, Section C
All Levels	Environmental Support	Environmental Support consists of recommendations for environmental modifications that can help patients to regulate emotions, deal with stress, and enjoy pleasurable sensory experiences. Sensory strategies are used to avoid the need for physical restraints and to minimize self-injurious behaviors. Suggestions are provided for the development of a dedicated <i>Sensory Room</i> and to plan for <i>Safe Space</i> (a comfortable area to calm down and relax). Interventions can be used by health care providers in the hospital and home settings.	Manual, Chapter 5