



Sensory Modulation: Invaluable skill based tool or misuse of addiction resources?

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Waitemata
District Health Board
Te Wai Awhina



“CHANGE WILL NOT COME IF WE WAIT FOR
SOME OTHER PERSON OR SOME OTHER TIME.

WE ARE THE ONES
WE'VE BEEN WAITING FOR.

WE ARE THE CHANGE THAT WE SEEK.”

BARACK OBAMA

Sensory Modulation



Consuming substances is ultimately a sensory experience.

Class of drug



Sensory response







IT IS
NEVER TOO LATE
TO BE
WHO YOU
MIGHT HAVE BEEN.

GEORGE ELIOT

Method



Sensory room feedback

Date: ____/____/____

How long did you use the room for?

Or Time in _____ Time Out _____

Location/ team eg CHDS or Detox _____

Sensory modulation used for? _____ Or circle below

Cravings Anxiety Relaxation Calming Sleep Agitation Pain
Muscle tension Time out

How are you feeling before using sensory modulation? (Please circle)

1 2 3 4 5 6 7 8 9 10

Very distressed



Calm and relaxed



How are you feeling after using sensory modulation? (Please circle)

1 2 3 4 5 6 7 8 9 10

Very distressed



Calm and relaxed



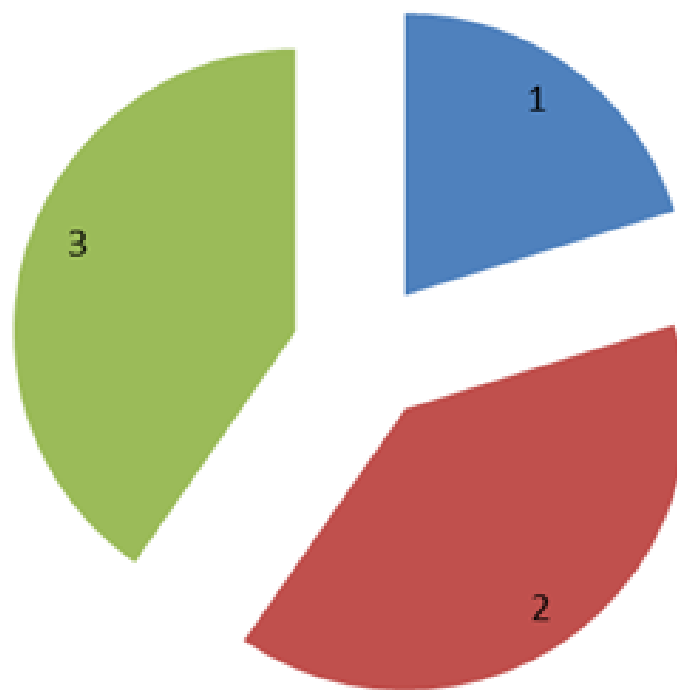
What items did you use? – Please tick

- | | | |
|--|---|---|
| <input type="checkbox"/> Aromatherapy | <input type="checkbox"/> Lava lamp | <input type="checkbox"/> Stress balls |
| <input type="checkbox"/> Bean bag | <input type="checkbox"/> Lazy Boy Chair | <input type="checkbox"/> Sweets |
| <input type="checkbox"/> Bean Bag Tapping | <input type="checkbox"/> Lycra Wraps | <input type="checkbox"/> Wax |
| <input type="checkbox"/> Bubbles or Breathing | <input type="checkbox"/> Massage Chair | <input type="checkbox"/> Weighted Blanket |
| <input type="checkbox"/> Hand cream | <input type="checkbox"/> Meditation balls | <input type="checkbox"/> Weighted Cat |
| <input type="checkbox"/> Hand fidgets eg
rubix cube | <input type="checkbox"/> Mink Blanket | <input type="checkbox"/> Weighted Dog |
| <input type="checkbox"/> Foot Massager | <input type="checkbox"/> Music | |
| | <input type="checkbox"/> Rocking Chair | |

Comments or suggestions? _____

Evaluation Form

Duration of Use



1 - 26 - 30 minutes
2 - 31 + minutes
3 - Did not record
duration

Results

What items did you use? – *Please tick*

Aromatherapy

Bean bag

Bean Bag Tapping

Bubbles or Breathing

Hand cream

Hand fidgets eg

rubix cube

Foot Massager

Lava lamp

Lazy Boy Chair

Lycra Wraps

Massage Chair

Meditation balls

Mink Blanket

Music

Rocking Chair

Stress balls

Sweets

Wax

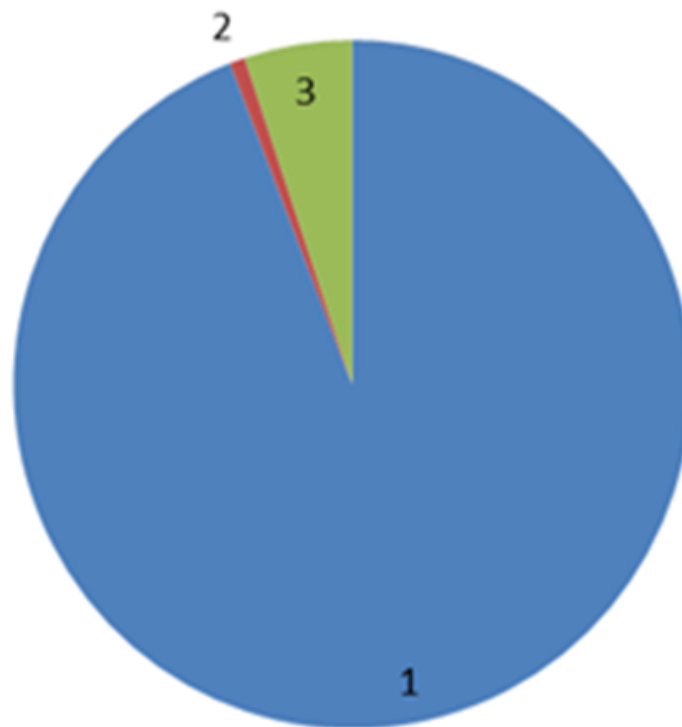
Weighted Blanket

Weighted Cat

Weighted Dog

Comments or suggestions? _____

Improvement in Mood



- 1 - Increase in mood
= 128 people**
- 2 - Decrease in mood
= 1 person**
- 3 - No change in mood
= 7 people**

Feedback

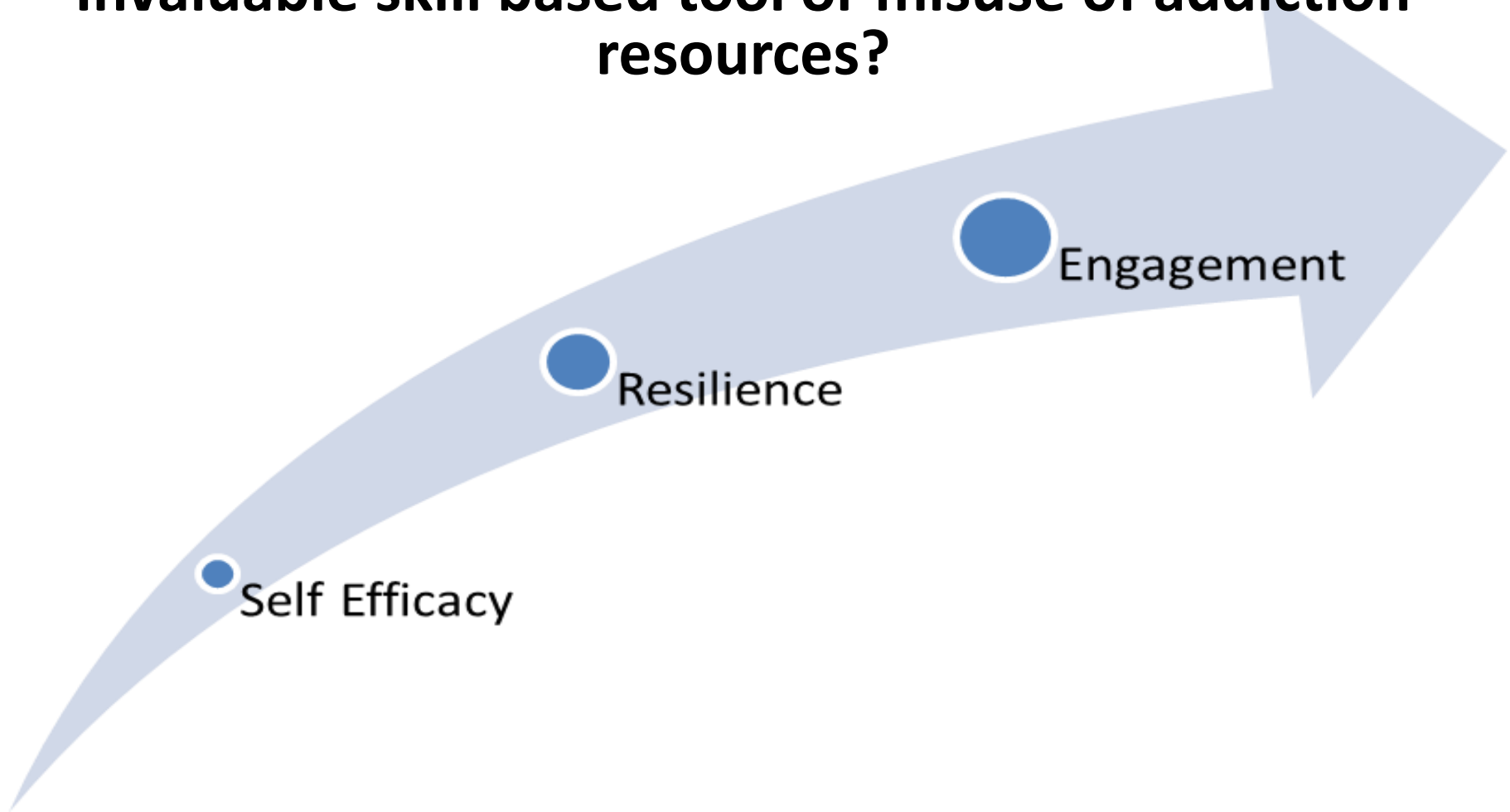
“There were times when I wanted to leave, the availability of the sensory room kept me here – after the staff the sensory room is the thing I am most grateful for, maybe even more than the medication”

“It’s a great place for clients to connect with themselves in a calm space”

“I felt an immediate improvement..... I feel like somethings been lifted from me, it’s amazing”

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Acknowledgements

CADS Medical Detoxification Services

Keryn Wilson, (*Charge Nurse Manager*)

David Prentice, (*Clinical Team Leader*)

Dr Vicki Macfarlane, (*Lead Medical Officer*)

CADS Regional Management Team

Robert Steenhuisen & Susanna Galea

Occupational Therapy Professional Advisor for Mental Health Services

Andrea Dempsey



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