



Growing Times October 2022

Promoting the maximum development of the whole child and adult through innovative, individualized and comprehensive brain-centered programs and services.

The CranioSacral Connection

At A Chance To Grow, we know from experience that there is no one-size-fits-all approach to helping individuals reach their highest potential. Every client we see is unique. We are proud to be able to offer many therapeutic modalities to help our clients achieve their goals. Our therapists -- experts in auditory, vision, occupational, speech/language therapies and neurotechnology -- routinely work collaboratively to best address client needs. We believe that everything related to our health and wellness is connected, and it's through this holistic lens that our team is able to provide the most comprehensive and individualized care for the whole person.

For example, our Neuro Integrative Clinic combines elements of reflex integration, developmental movement, and sensory processing therapies that collectively promote brain growth and social, physical, and emotional development.

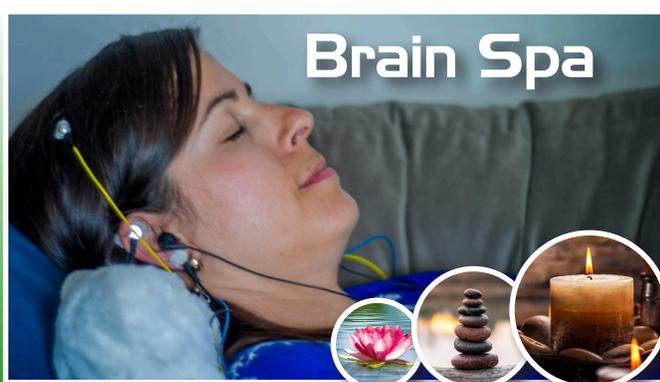
To give our clients the most comprehensive care available, we continue to add therapeutic approaches. So we are delighted to announce that Jennifer Voorhees, an occupational therapist (OTR/L) who is trained in CranioSacral Therapy techniques, reflex integration and sensory processing therapies, has joined the Neuro Integrative Clinic. This is a wonderful addition to our panoply of approaches, as CranioSacral Therapy (CST) is a whole-body treatment that supports and nourishes the central nervous system. CST was pioneered in the 1970's by Dr. John Upledger and is based on the idea that the body is interconnected at all levels – physically, emotionally and spiritually. This aligns with our overall holistic approach, allowing us to treat the whole person, not just the affliction.

The focus of this approach is *fascia*, a thin casing of connective tissues that surrounds and holds every organ, blood vessel, bone, every fiber and muscle in place. The fascia is composed of multiple layers of hollow tubes of collagen fibers filled with fluid containing neurochemicals.

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Jennifer treating a client using CranioSacral Therapy.



Brain Spa

Introducing the Mindful-Calm Brain Spa!

De-stress with ACTG's newest neurofeedback program, Brain Spa! Designed specifically for adults who are looking for a relaxing atmosphere to cultivate a peaceful calm, not only within their mind, but body as well. Featuring enhanced lighting, scientifically orchestrated music with the gentle sounds of nature, aroma therapy and more, this program promotes an all-encompassing relaxation experience! To learn more or to register, please contact us at neuro@actg.org or call (612) 789-1236.

Together they form a liquid crystalline matrix that can relay information to the brain faster than nerve impulses.

Typically, the fascia tissue glides smoothly over the areas of the body, with little resistance or tension. When an illness or injury occurs, which may be physical and/or emotional, inflammation and scar tissue from the healing process may disrupt the fascia's ability to function, restricting movement and causing pain.

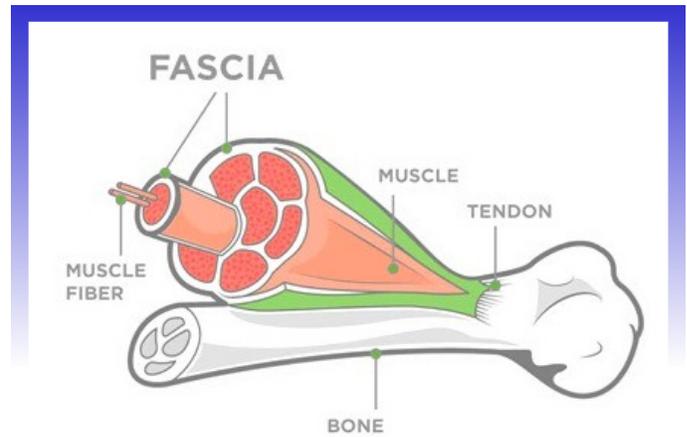
"From the top of our head, down to our toes, we're connected by our fascia," says Jennifer. "The slow, pumping rhythm of fluid through our bodies creates an ebb and flow on the fascia, allowing us to feel what's moving, and what's restricted."

The goal of CST is to respectfully guide the body's own healing systems through gentle facilitation of the fascia as it returns to its full functional form. This is accomplished by applying gentle pressure – no more than the weight of a nickel – to assess and guide the fascia to restore the movement of the body's tissues. "Healing can happen when a person's system - mind, body, spirit - is ready and supported to release restrictions," says Jennifer. "There are times when our body needs a certain amount of restriction for short periods to heal itself. But when the body is ready and I feel the fascia start to shift and release, I just follow the rhythm that we can feel within the fascia, and gently encourage the movement in the direction of healing."

Originally, CST was developed as a physical healing modality, but over the years our understanding has evolved and practitioners have realized the profound effects it can have on mental health. "Clients often say that the gentle touch has a calming effect on their nervous system, and tends to make them feel safe and relaxed", says Jennifer. "There is no separation between our minds and bodies. If a physical issue happens, it affects our emotions, and vice versa."

A typical CST session for an adult lasts about one hour, and even less for a child. The number of sessions needed for improvement varies from person to person, but some clients say they feel less symptomatic after just one treatment.

As with all our clinicians, Jennifer tailors treatment to meet the needs and preferences of those she serves. "I work with the client to understand what they're comfortable with and adjust the treatment to meet their needs. Some clients have sensory issues and don't like



Fascia is a thin connective tissue that surrounds every organ, blood vessel, bone, nerve fiber and muscle in our bodies.

being touched or having their body manipulated. Sometimes we utilize visualization, guided imagery or calming music to put the client at ease. The body knows what it needs, my job is to listen to it so I can facilitate the change safely."

We're thrilled to add CST to our menu of treatment choices and Jennifer to our team of skilled therapists. Aligning with our philosophy of mind-body connection, CST embraces the whole person, and beautifully complements our other treatment modalities, giving us another invaluable and effective asset for meeting client needs. As Jennifer notes, "Most clients say that they feel rested and relaxed after a session. When people have success with this treatment technique, it's undeniable. We keep doing it because it works!"

The interconnectedness of our health and wellbeing is a foundational principle at A Chance To Grow. It's evident in how our clinics and clinicians work together to serve our clients, as well as the way we approach innovative interventions. But practicing this principle builds more than just organizational or physiological connections, it builds human connections, which allows all of us to achieve more together.

To learn more about the interventions offered by the integrated Clinical Services of A Chance To Grow, please visit our website at ACTG.org/ClinicalServices or call us at (612) 789-1236.

Let us connect you to the service you need to reach your full potential!

The final S.M.A.R.T. Workshops of 2022 are approaching! Learn about a developing brain and how S.M.A.R.T.'s movement-based activities will ENERGIZE your student's learning readiness. Don't miss your chance to experience this transformational workshop. Registration is open for all our upcoming Elementary & Pre-K workshops! Our experienced instructors will help you understand how to easily implement these brain-stimulating activities in your classroom. [Register today at ACTG.org/workshops](https://actg.org/workshops).

S.M.A.R.T. Workshops

- February 21-23, 2023

S.M.A.R.T. Pre-K Workshops

- November 1-3, 2022
- February 28-March 2, 2023



All workshops will be held in Minneapolis, MN unless otherwise noted. Register two weeks in advance and save \$25!

Neurofeedback Rental Units Available

Train your brain from the comfort of your own home and on your own schedule with a Neurofeedback Rental Unit. Our personal neurofeedback systems are easy to use and an ideal fit for those seeking an intensive program, have multiple family members who want to train, or live outside of the metro area. Neurofeedback is a drug-free, holistic approach to improve emotional regulation and focus, along with many other concerns. Visit [ACTG.org/neurofeedbackrentals](https://actg.org/neurofeedbackrentals) or email neuro@actg.org to enroll!



New Audiology Equipment

The Audiology Clinic at A Chance To Grow recently installed new testing equipment to help us better care for our clients with hearing challenges. This includes the Equinox 2.0 Audiometer, capable of advanced clinical audiometry to measure hearing acuity, as well as the IMP440 Tympanometry machine, which evaluates the condition of the middle ear and measures acoustic reflexes and otoacoustic emissions.

"This new equipment will allow us to better assess hearing impairments, especially allowing us to obtain more objective information for diagnosis purposes," says Dr. Sara Cook, ACTG's Audiologist. Schedule a hearing assessment today by calling us at (612) 789-1236 or online at [ACTG.org/AudiologyServices](https://actg.org/AudiologyServices).



ACTG's Audiologist, Dr. Sara Cook, next to the new Equinox 2.0 Audiometer

Support A Chance To Grow on Give to the Max Day!

Minnesota's annual Give to the Max Day is on Thursday, November 17, 2022! For 24 hours, donations made to Minnesota nonprofits will provide opportunities for those organizations to win bonus funding! A \$5 donation could turn into thousands! When you give to A Chance To Grow, you ensure that individuals struggling with brain injuries, illness or inadequate development get the innovative, individualized and comprehensive therapies they need. On November 17, please visit www.givemn.org/organization/Achancetogrow/ to help our clients GROW TO THE MAX!



November 17, 2022

[givemn.org/organization/Achancetogrow](https://www.givemn.org/organization/Achancetogrow/)

Thank You For Your Support at the Race for the Children!

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Thank you to all the attendees and sponsors of our 31st Running of the *Race for the Children* at Canterbury Park this past August. You helped make this one of our best events ever! We are so grateful for your continued support of our organization and mission. Your generosity helps us to provide essential services to children and adults in need, lifting them up to reach their highest potential. Thanks to you, the event was a tremendous success (despite the weather!) and we can't wait to do it again next year! To learn more about A Chance To Grow's events, including sponsorship and partner opportunities, visit our website at [ACTG.org/events](https://actg.org/events).



New Food Pantry for Turnquist Families!

ACTG's Turnquist Child Enrichment Center is excited to announce the opening of its free food pantry! Open to all families, the pantry features fresh produce, non-perishables, household goods, toiletries and more. Special thanks to Second Harvest Heartland for stocking the pantry. "We are excited to provide a variety of options as food prices increase and availability of nutritious food decreases. We hope our small room makes a big difference!" said Turnquist Director, Elizabeth Ruzek.



Contract School-Based Services - Our Clinicians Will Come To Your School!

A Chance To Grow contracts its speech and occupational therapists, optometrist and audiologist to schools across Minnesota for students with IEPs. Our team supports sensory processing needs, fine motor development, language skills and much more. We provide student-centered, academic-focused, and evidence-based therapies on-site by fully licensed clinicians. **We can also save your school money!** Our Third-Party Billing services help schools receive maximum reimbursement of Special Education costs. If you are a parent or an educator interested in bringing our Contract School-Based Services to your school, contact us by calling (612) 789-1236 or email contractops@actg.org.

Home-Based Services: Custom Care Plans

Need help caring for a loved one with special needs? We can help! ACTG's Home-Based Services provide Personal Care Assistants, Homemaking Services, and Respite Care to families with a variety of physical, mental, behavioral and emotional needs. Demand for our high-quality home care has never been greater. Our experienced team will guide you through the process and provide a custom care plan tailored to your situation. Call us today at (612) 789-1236 to get started!



We need you!

Visit [ACTG.org](https://actg.org), click on the "Donate" tab on the homepage and fill out the form. Your contribution makes a difference in the lives of individuals with learning disabilities, developmental delays and brain injuries. All donations are tax-deductible.

View our newsletter online! Visit [ACTG.org](https://actg.org) and subscribe!

Equal Employment Opportunity

A Chance To Grow provides equal employment opportunities to all employees and applicants.

Employment is based upon capabilities and qualifications without discrimination because of race, color, ancestry, religion, sex, sexual orientation, pregnancy, age, national origin, disability, gender identity, genetic information, service in the military or any other protected characteristic as established by law. This policy of Equal Employment Opportunity applies to all policies and procedures relating to recruitment & hiring, promotion, compensation, benefits, termination, layoff, recall, transfer, training and all other conditions of employment.



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