


The background is a watercolor-style illustration with organic, flowing shapes. The color palette is primarily light blues and greens, with some darker blue and teal accents. The overall effect is soft and fluid, reminiscent of water or a natural landscape.

Be Like Water-

Strategies for supporting individuals
with complex needs

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A black and white close-up portrait of Bruce Lee, looking slightly to the right with a serious expression. He has his characteristic short, dark hair and is wearing a dark jacket.

Bruce Lee quote:

- "Empty your mind, be formless. Shapeless, like water. If you put water into a cup, it becomes the cup. You put water into a bottle, and it becomes the bottle. You put it in a teapot, it becomes the teapot. Now, water can flow, or it can crash. Be water, my friend."



Being like water means:

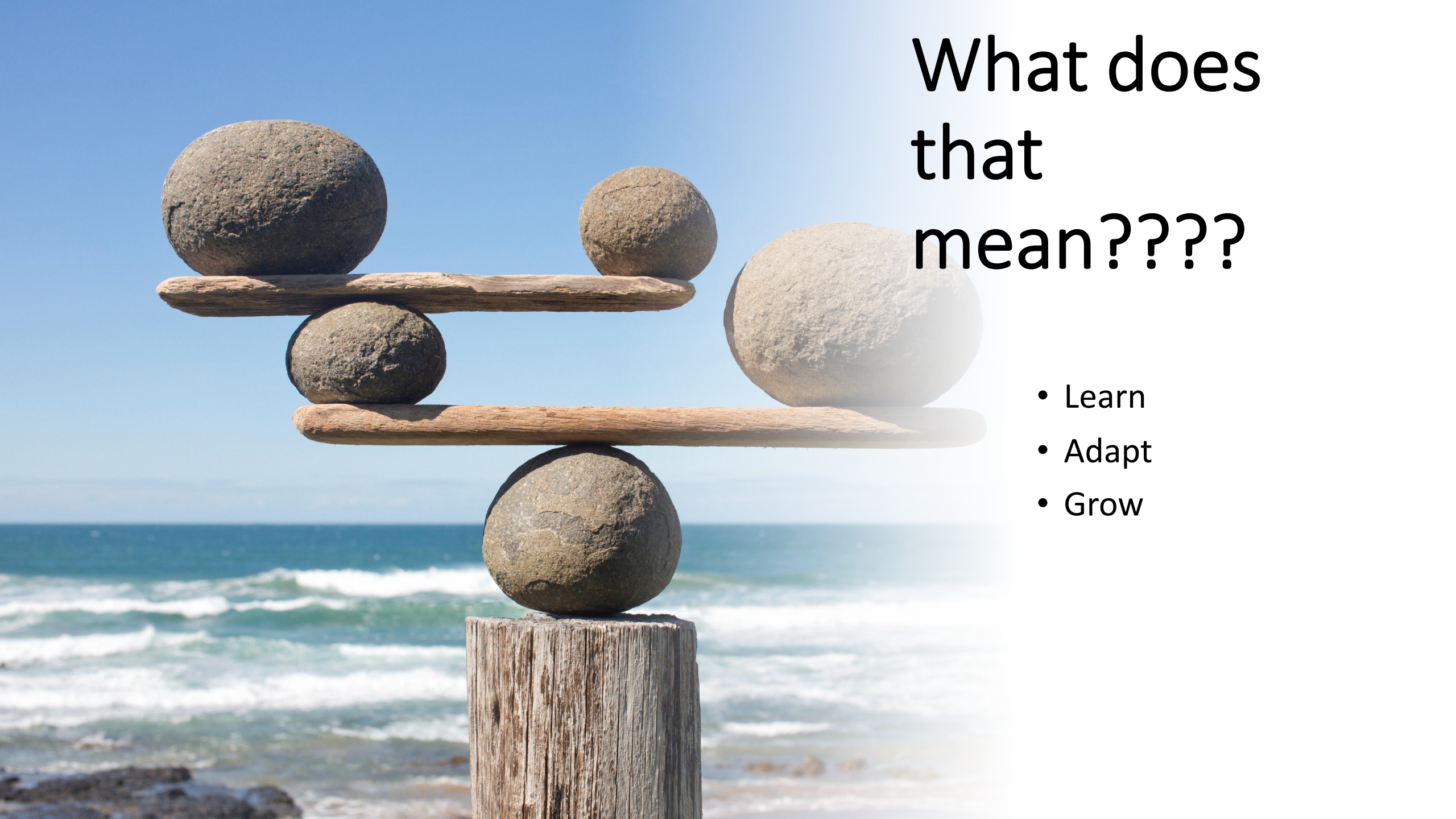
1. “Have a Mind That Is Open To Everything and Attached To Nothing”
2. Empty Your Mind
3. The Art Of Detachment
4. Let Go Of Your Ego
5. Be Resilient
6. Have a Ripple Effect
7. Go with the Flow
8. Know the Terrain
9. Ebb and Flow

The background features a repeating pattern of stylized thought bubbles in shades of grey and teal. Each bubble contains a black question mark. In the center, a blue line-art lightbulb is depicted with radiating lines, symbolizing an idea or insight. A thin white horizontal line is positioned below the text.

*Have a Mind That Is Open To
Everything and Attached To Nothing

What does that mean????

- Learn
- Adapt
- Grow



Whole Person

Mental Health, IDD,
Medical

Life Experiences

Environment



Adapt

- Thinking
- Approach
- Environment

The background features several light blue paper-cut silhouettes of human heads in profile, facing right. Each head contains a black question mark. The central head has a blue line-art lightbulb with radiating lines, symbolizing an idea or thought. The heads are layered, creating a sense of depth.

Thinking

- Educate yourself on the diagnoses
- Get to know the person and their story
- Be the person's outside Executive Functioner
- Find the positive

Approach

- Understand communication issues
- Adapt communication



	Expressive	Receptive	What does it look like?	How do you adapt?
Skills	↑	↑		
	↓	↓		
	↓	↑		
	↑	↓		

OIS Response to Common Causes of Behaviors

	Responsive		Operant	
	Fear	Frustration	Manipulation	Intimidation
Causes	Unknown Uncertainty Previous experiences	Overwhelmed Ambiguity Unmet plans	To meet a need	To gain control To get something by threatening or posturing.
Staff response	Reduce the threat	Help person take control of the situation	Acknowledge the need and set a reasonable limits	Communicate probable consequences
Message Tone	Reassuring Comforting	"I can help!" Reassuring	Firm and assertive	Firm and direct
Posture	Relaxed, comforting, reassuring, open hands, palm up	Open hands, palm down as if to say "calm down"	Off to side, turned slightly away, disinterest, but ready stance	Gentle OIS stance position
Eye gaze	Stand back or lower self so your gaze is at or below the person's level.	Stand back or lower self so your gaze is at or below the person's level.	Intermittent, disinterest	Direct but not threatening, calm, and assertive



Environment

- Avoid triggers whenever possible while teaching alternative strategies
- Alter environment to provide predictability, consistency, and improve comprehension

Provide “islands of predictability”



- Where am I going?
- What am I doing?
- How much am I doing?

- How do I know when I'm finished?
- What is next?



*Empty Your Mind

- Avoid rigidity
- Be aware of projection
- Avoid being judgmental
- Learn and provoke mindfulness

*Art of Detachment

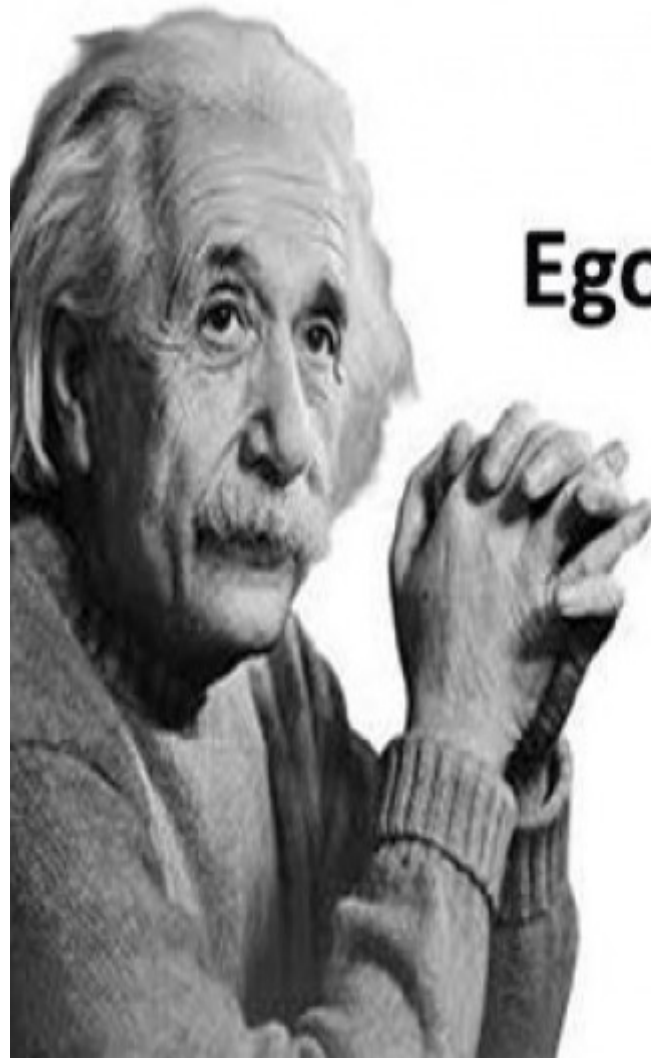
- Use your self-control plan
- Practice and use the social engagement system
- Be objective
- Be curious



**KEEP
CALM
AND
CARRY
ON**

*Let Go of Your Ego

- Don't take things personally
- Allow the person to be the teacher
- Be open to new information
- Be a "chameleon"




$$\text{Ego} = \frac{1}{\text{Knowledge}}$$

*"More the Knowledge
Lesser the Ego,
Lesser the Knowledge
More the Ego..."*

-Albert Einstein.

*Be Resilient

- Advocate for supports/treatment for you and the individual
- Set reasonable boundaries and expectations
- Be mindfully and flexibly consistent
- Develop structure and predictability



*No matter
how bad things
may seem,
never lose hope,
always stay strong.*

*Have a Ripple Effect

- Teach and model positive thinking
- Enhance skills
- Practice functional alternative behaviors regularly
- Role model stress management techniques



***Go with the Flow**

- Be subtle
- Be flexible
- Utilize their strengths





*Know the Terrain

- Maps
- Guides
- Life vest



* Ebb and Flow

Bruce Lee quoting Lao Tzu

- **“Nothing is weaker than water,
But when it attacks something hard
Or resistant, then nothing withstands it,
And nothing will alter its way”**

