



Balanced Technology Management Consultative Services for Health Care Professionals

Managing balance between activities children need to grow and succeed with technology use

21st Century Problems

Clinicians are struggling with rising caseloads of high incidence children demonstrating physical, mental, social and academic disorders, some of which may be associated or exacerbated by technology overuse. North American children now use 7.5 hours and teens 9 hours per day of combined technologies such as TV, movies, internet, video games, cell phones, tablets and a variety of hand held devices every day. Current research shows causal links between technology overuse and child obesity/diabetes, developmental delay, depression, anxiety, aggression, attention deficit, low grades, sleep disorders and social phobias. Performing routine technology screens and assisting families with technology reduction is the role of every 21st century health care professional. Health professionals who learn how to help clients manage balance between technology and healthy activities, termed *Balanced Technology Management*, can create sustainable futures for all families!

21st Century Questions and Answers

Developmental Delay: how can clinicians assess and treat the rising incidence of already a 30% developmental delay at K entry? Rank your client's development using the [Foundation Scale Grade K-6 Children](#).

Mental Illness and Behavior Management: how can clinicians address the rising incidence of 15% mental illness in elementary children, in addition to rising levels of aggression and behavior management difficulties? What is the role of the health care professional in the escalation of behavior diagnosis and use of psychotropic medication? Try the [Schools Operating Safely Policy!](#)



Sensory Processing and Self-Regulation: with child behaviors across the map, how can clinicians manage clients and maintain a safe and productive therapeutic environment? Give your clients the [Self-Regulation Questionnaire!](#) Check out the [Zone'in Program](#) for self-regulation to teach children how to *know* and *tone* body energy and get it *Zone'in to Learn!*

Declining Literacy: what is the impact of increased use of computers in classroom settings on ability to print, read and perform math, and should therapists be responsible for teaching printing? Give your clients the [Printing Output Speed Test](#) to see how each child compares with their peers. Make learning easy, and try or recommend the [Move'in Program](#) to improve your client's printing and reading speeds!

Sedentary Lifestyle: how can clinicians promote essential movement in homes, classroom, gym and playground settings without disrupting teaching and learning? Get child sensory and motor needs met with 0-12 years [Crash-N-Bump Program](#) or 13-18 years [Gym Rocks Program!](#) Read [Children who don't move, can't learn](#).

Technology Overuse: how can clinicians make informed decisions regarding physical, mental, social, and cognitive performance, by applying the latest research on the impact of technology on children? Raise the caliber of your clinicians and support staff with the 18 hour [Foundation Series Workshops](#) available live and in webinar version for groups with Approved Provider Status and CEU's through AOTA. Achieve staff certification in *Balanced Technology Management* with the 5 hour [Tech Talks for Therapists](#), now a post-doctoral level course at Pacific University!

21st Century Answers

Balanced Technology Management Consultative Services



The first step is for health care systems to understand the impact of technology on the developing child and family structure. The next step is for health care systems to enact management initiatives to ensure children balance participation in activities that help them grow and succeed, with technology use, a new concept termed **Balanced Technology Management**.

Cris Rowan is a pediatric occupational therapist, biologist, and is certified in sensory integration who is concerned about the impact of technology on child health. Cris is CEO of Zone'in Programs Inc. which offers products, workshops, training and consultation services to address the impact of technology overuse on child physical, mental, social and cognitive performance. Cris provides a *System of Solutions* for health care systems who work with children to better enable the health care professional to address child developmental delay, obesity, mental illness, behavior disorders, rising incidence of behavior diagnosis and use of psychotropic medication, aggression, addictions, sleep disorders, and social isolation.

Cris is offering the following consultative service model to health care systems and providers. These services will assist the professional to enhance child development and academic performance. Outcome measures include improved attention, learning and grades, decreased problematic behaviors, improved mental health, improved literacy, improved health indicators for obesity and diabetes, and enhanced sensory and motor development and processing.

Three Day Intensive - \$5000 plus travel and accommodation

Cris Rowan (or one of her certified *Foundation Series Workshop* Occupational Therapy Instructors) offer a 3 day intensive consultation to clinicians where they can provide the following services based on departmental needs. Instructors will also provide individual services upon request.

Sensory Processing – covers sensory integration and self regulation theory, four critical factors for child development of touch, movement, human connection and nature, application of the Sensory Observations and Strategies form, and profiles the [Zone'in Program](#) and other interventions to improve sensory processing and self-regulation.

Motor Development – addresses the impact of declining printing instruction on math, reading and printing literacy, profiles current research regarding literacy, application of the Fine Motor Observations and Strategies form, and profiles the [Move'in Program](#) and other interventions to improve printing and reading skill.

Attachment and Addictions – profiles research showing addictions and mental illness result from dysfunctional early attachments, and proposes inclusion of treatment by clinicians to address parent/child attachment development.

Technology Management – profiles research regarding the impact of technology on child physical, mental, social and academic performance and recommends interventions to promote activities children need for growth and success.

Movement and Nature Enhance Attention and Learning – neurochemistry of why children need to move to learn, profiles impact of nature as an attention-restorative agent, instructs how to implement touch, movement, human connection and nature strategies in home, school, clinic and community settings.

Classroom, Gym and Playground Design for Productivity – covers why schools are struggling with the “gap” and how to increase returns on investment through re-designing school environments for student productivity.

OT in a Box – only \$999

OT in a Box contains everything you need to advance your staff skills and expertise. *OT in a Box* includes the 18 hour [Foundation Series Workshops](#) and the 5 hour [Tech Talks for Therapists](#) which are AOTA Approved for CEU's and include extensive handouts and assessment tools, [Live'in Resource Guide](#), [Virtual Child Book](#), and the [Zone'in Program](#), [Move'in Program](#) and [Unplug'in Program](#) for small groups (up to 5 clients). Check [OT in a Box](#) here!