



The Home & School Connection

a newsletter from your School Psychologist and Counselor

February 2020

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COMMUNITY RESOURCES/EVENTS

Feb. 24: 9am-3:30pm. Foundations in Working With Psychosis: Addresses understanding the symptoms of psychosis and focuses on a therapeutic approach that can be used alongside the medical medication-management model. Developing tools to engage people experiencing psychosis in an effective and constructive way, including utilizing Cognitive Behavioral Therapy principles alongside the medical/medication management model. Location: UNR Redfield Campus.

Feb. 28: The Willow and the Oak: New Twists on Ancient Arts in Recovery Treatment: The mental health and addiction (MHA) treatment field is starting to acknowledge the ways in which some ancient healing arts can be helpful to their clients. For example, mindfulness and yoga, pillars of the mind-body-spirit orientation to health, are now frequently incorporated into recovery practices. Self-help orientations are broadening to incorporate Refuge Recovery and Wellbriety along with the more traditional 12-step type meetings. Location: Moana Nursery, 9am-4:30pm, tickets at training.casat.org

TIPS & TRICKS: Divorce: Helping Handout for Home*

Parental divorce is a common life stressor that affects many children. Students respond differently to divorce, even within the same family, and the majority of children do not respond with significant behavior problems. This handout addresses what to consider when selecting interventions and supports and recommendations to decrease problem behaviors and increase healthy functioning.

*Copies of the monthly handout are available on our bulletin board (between our two offices).

CONSCIOUS DISCIPLINE TOOL: Empathy

When we accept the moment instead of fighting it, we put ourselves in a position to offer empathy to ourselves and others, and to see multiple points of view. Conscious Discipline teaches the following 5 steps to self-regulate:

Step 1: I Am: I am triggered and I become my emotions

Step 2: I Calm: Breathe and notice the internal state, letting emotions bubble up.

Step 3: I feel: Identify and name the feeling, shifting from "I am angry" to "I feel angry."

Step 4: I Choose: Relax, change states and reframe the problem.

Step 5: I Solve: win-win solutions are abundant

SUGGESTIONS

Looking for us to address a particular topic? Please place a note with your suggestion in the folder on our bulletin board.

See you in March!

Coraline Dubois & Lauren Mattingly