

TEAMWORK:

A QUARTERLY CHILDREN'S
CLINIC AND FLEX NEWSLETTER
FROM OUR TEAM TO YOURS



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IN-BETWEEN SEASON

The thirteenth issue of our Children's
Clinic and Flex Team Newsletter is here!

You can find all our newsletters printed
in the waiting room at the Clinic, and
archived [here on our NEW WEBSITE!](#)

This newsletter has been made possible through our agency
partnership with the United Way of Hampshire County.

United Way of the
Franklin & Hampshire Region



Cutchins Programs
for Children & Families

Want to unsubscribe from this newsletter? No problem!
E-mail habair@cutchins.org and we will remove you from the mailing list.

Hello Clinic and Flex Families!

Well, the groundhog did see his shadow, but we are already so close to the end of Winter. I'm sure there are mixed feelings about this, as the skiers and snowboarders among us likely didn't get enough time on the mountain with this fairly mild winter. I must admit, I'm looking forward to fresh spring air and the hopeful sprouts that accompany spring.

In this Late Winter/Early Spring 2023 newsletter you will find so many helpful and fun items:

- Information about an upcoming shift for Clients with MassHealth
- Reflections on recent antiracist actions our teams have been taking, especially relevant as we just celebrated/recognized Black History Month.
- The unveiling of our new website! We have a few more areas to add to, but after much work we have a more functional, more current (in many ways) agency website!
- Info about community offerings
- Our Featured Pet from our Clinic Pet Project (hard copy in the Clinic waiting room, soon to be added to our new and improved Website!)
- And as always, we close out the newsletter with our Staff Picks

Please enjoy this newsletter, and let us know if there are items you'd like to see in upcoming newsletters!

With kindness,

Amanda Jenkins Harrison, LMHC
Senior Director of Community Services



Recognizing Black History Month

The Clinic and Flexible Supports Services staff have made consistent efforts to educate ourselves and take actions to support Diversity, Equity, Inclusion and Justice (DEIJ) initiatives. To that end we would like to highlight a few recent efforts in honor of Black History Month.

- In December, we held three learning opportunities with Angela Tucker, a leading expert in the field of Transracial adoption. <https://www.angelatucker.com/> We held two internal trainings for staff regarding transracial adoption, as well as a free Zoom evening event for clients of Cutchins programs. The evening event consisted of a transracial adoptee panel discussion facilitated and moderated by Angela. This important conversation also gave space for question and answer time from attendees. Please check out Angela's website and consider ordering her soon to be released book, "You Should Be Grateful".
- On Feb 16th we held another Internal training for Clinic and Flexible Supports Services staff with Nnamdi Pole, PhD. This training was centered around Martin Luther's famous "I Have a Dream" speech and its relevance today. This discussion was timely as this year was the 60th anniversary of the speech, which was given on the 100th anniversary of Lincoln's famous Emancipation Proclamation. Our teams dialogued about how Dr. King's words still hold relevance today, and discussed our own dreams for a more just world.
- We also continue to strive to reflect and celebrate diversity in our reading materials. This February we displayed books for some of our favorite titles celebrating and educating about diversity. (see photo)

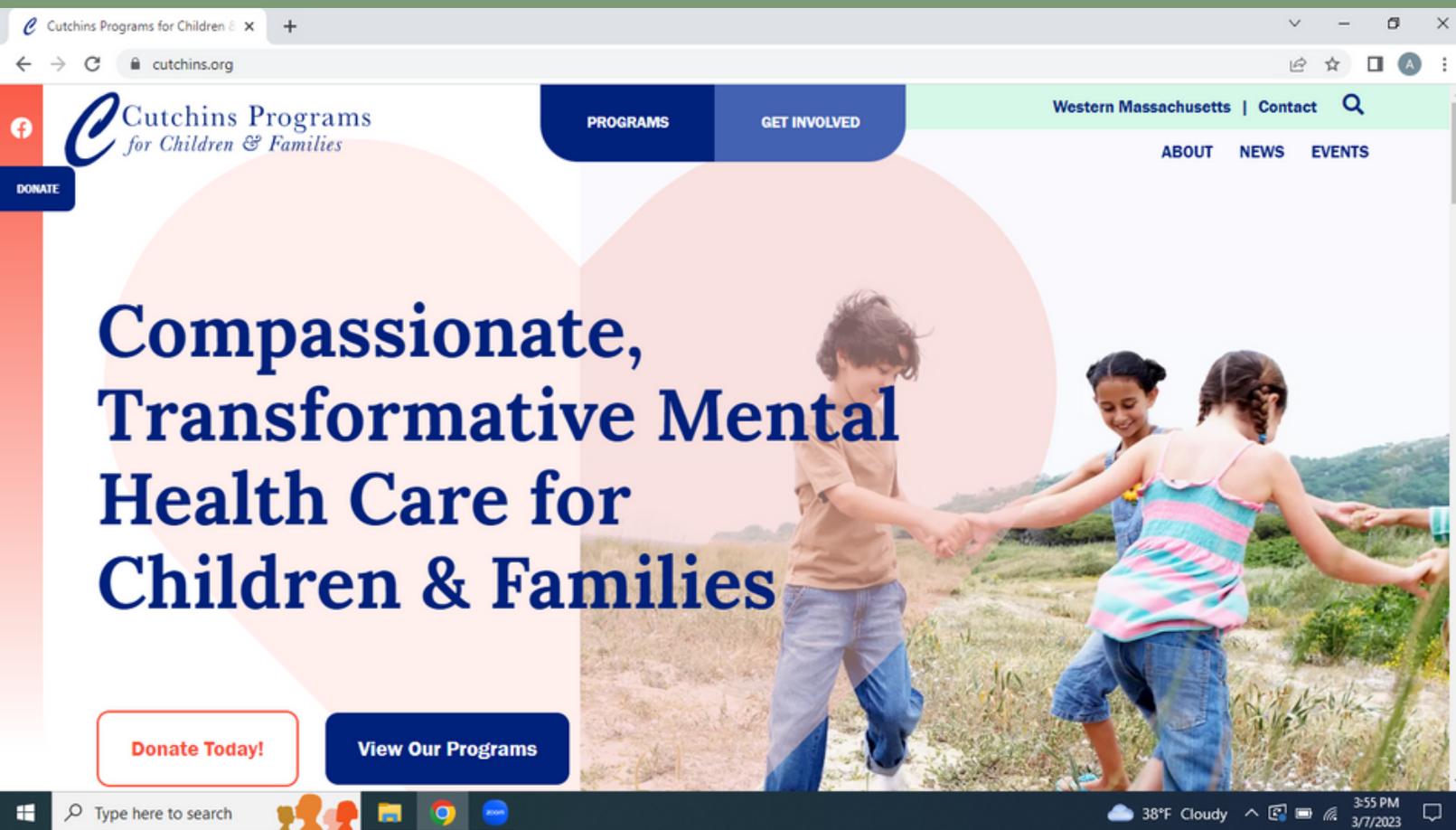
Our work of being an anti-racist team is ongoing, and we are both proud and humbled to keep this sentiment at the front of our hearts and minds as we support children and families.



NEW WEBSITE



Announcing: the New Cutchins Website!



Check us out at cutchins.org



Nine Ideas for NON-MATERIAL REWARDS

Give your child verbal encouragement! Try saying something like, "Wow, you're working so hard at this!"

Get free museum passes from the local public library and enjoy a shared adventure.

Go on a picnic together at your child's favorite park or playground.

Let your child choose what's for dinner, and then have fun preparing it together.

Affection can go a long way. Give an extra hug or high five to express pride and appreciation.

Set aside time for a family game night, and allow your child to choose the game.

Pick a group art activity to complete together. Don't forget to display your artwork!

Get creative and plan an at-home spa day! Spend time soaking feet, painting nails, enjoying facials, etc.

Quality time is one of the best rewards. Spend a little extra time simply talking or playing together.

Calling All Artists & Poets

Art & Poetry

SHOW



Please enter a piece of your art or poetry to be put on display for the community to enjoy. Only persons with a mental health condition are able to enter.

Deadline to enter is March 31, 2023

Entry forms are available to download at namiwm.org/events

Opening reception will be April 4, 2023 from 6 - 8:00 p.m.
at the Chicopee Public Library
Light refreshments will be served

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This message is for families who use MassHealth for insurance, others please disregard.



MassHealth is resuming their annual eligibility renewal process, which had temporarily paused during the pandemic. It is very important to renew/connect with MassHealth if you want to maintain coverage and medical/clinical services associated with your insurance.

Starting April 1, 2023, all current MassHealth members will need to renew their health coverage to ensure they still qualify for their current benefit. These renewals will take place over 12 months.

For more information from the state, please visit:
<https://www.mass.gov/masshealth-eligibility-redeterminations>

If you have specific questions, please reach out to our Insurance Specialist, Annie at Adeloach@cutchins.org.

Pet Project Spotlight: Sheila

By: JB and MB



Sheila is my dog. She listens to me when I ask her to 'come.' I like to play with her a lot. Sheila makes me feel playful and full of joy. Sheila can help me calm down when I am feeling sad. – JB

Shelia is our dog she's a chihuahua. She is either 5 or 4, we got her from an owner's house that couldn't keep her because she had another dog. We were the right family for her because 1) other people wanted her and we had to have a lot of visits to get her 2) we wanted her because of how cute she looked. Shelia gets the Zoomies a lot. She gets wild a lot of times. Sometimes she needs to use a toy. Sometimes you can get her to do the Zoomies by tapping on her feet. Sometimes you come upstairs and she's just doing it by herself, and looks at you and goes "huff huff". Shelia makes me feel very happy because 1) she's really cute 2) if you think about it for a long time we'd been wanting a dog. And now we have one! – MB

STAFF PICKS

A round-up of resources and links that we've found helpful lately



Planning and Supporting Birth Family Contact When Children are Adopted from Care - Clover's pick

This article is a summarization of three studies looking at the outcomes of open adoptions. This quote frames the discussion, "The overall conclusion is that staying in touch with birth relatives can be positive for adopted children when arrangements carry minimal conflict and where the child's place in their adoptive and birth family are both respected."

Parents Are Not All Good and All Bad - Jordan's pick

This podcast episode explores ways to "understand the dynamics in lifelong family relationships, find ways to manage our emotional response when tensions boil over, and analyze what it means to change a parent-child relationship as an adult."