



TEAMWORK:

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

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EASE INTO SUMMER

The fourteenth 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 United Way of the Franklin & Hampshire Region.

United Way of the
Franklin & Hampshire Region



C Cutchins Programs
for Children & Families

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E-mail lgray@cutchins.org and we will remove you from the mailing list.

Hello Clinic and Flex Families!

It's alllllmoosst summer! Perhaps by the time you read this, school will be over and you will already be enjoying some of the best of the summer months. A word of wisdom, empty those backpacks out now, nothing worse than finding an old apple a month after the school year ends. Not that I know from experience...

A few updates:

- We are thrilled to welcome our new Admin Assistant/Receptionist to the Clinic. Please help us welcome Lucas as he joins our team, we are so glad to have him supporting us administratively.
- We now have two Nurse Practitioners Tara Dennis and Samantha Capistrant working with us at the Clinic to provide medication management to Clinic and Flex clients. Please schedule follow up appts on the schedule recommended by your prescriber, Annie DeLoach and Lucas can support you in scheduling. Please also try to give us a week's notice if you are in need of a refill so we can best address medication needs, especially given some medication shortages. We are so glad to have more hours available to us then we have had historically as it means we can provide more comprehensive care to our clients seeing prescribers.
- If your insurance changed recently, please make sure we have an updated copy of your insurance card on file. You can either have it copied in the front office or ask your clinician to support you.
- If you have a copay for your sessions, please pay at the front desk prior to your appointment.
- If you recently received a statement of your balance, please reach out to myself or Annie DeLoach to discuss payment plans. Payments can be taken over the phone for credit cards, or in person for cards, checks and cash. As a small nonprofit we appreciate your support in this area greatly!

In this Early Summer 2023 newsletter you will find so many helpful and fun items. We hope you will enjoy, and please 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



A Visit from Adoption Journeys

By Laura Seftel, ATR-BC, LMHC

The Children's Clinic team recently received a wonderful training from Adoption Journeys. The workshop focused on "Supporting Resilience in Adoptive Parents." Their experienced staff offered a nuanced and thoughtful approach to navigating the unique joys and challenges associated with adoption.

Adoption Journeys, located in Florence, provides post-adoption support services to families throughout Massachusetts. Post-adoption services can be essential to help adoptive families embrace their new family identity, and supportive services are provided in a family-centered manner with all services being consumer-driven. Adoption Journeys offers a range of programs, including:

- Brief, adoption-focused home-based counseling
- Support groups
- Family activities and celebrations
- Respite services

[For more information about Adoption Journeys \(Florence\):](#)

140 Pine St #12
Florence, MA 01062

(413) 320-4680

<https://child-familyservices.org/adoption-journeys-program-components/>



The Three Rs

Children's abilities to think, learn, and reflect are dependent on their physiological state. When children feel uncomfortable, distressed, or disconnected from others, the "reasoning" part of the brain becomes difficult to access. Dr. Bruce Perry, a neuroscientist in the field of trauma, has suggested the "three Rs" as a physiologically appropriate, trauma-informed sequence for engaging a child and supporting their learning process.

STEP 1: REGULATE

First, focus on helping the child regulate and calm their flight/fight/freeze responses.

- Provide a safe and comfortable space.
- Remain calm yourself.
- Use limited yet soothing language.
- If possible, provide a source of physical comfort (e.g., blanket, toy, stress toy, etc.).
- Talk through regulating breathing.
- Use grounding techniques, such as identifying things you can see, smell, hear, feel, taste.

STEP 2: RELATE

Second, once the child has become calmer, focus on connecting with and relating to the child.

- Identify how they are feeling, mirroring the emotion with your tone of voice: "You look/seem angry/frustrated/sad..."
- Acknowledge that this is unpleasant: "That must be really tough/difficult..."
- Recognize that even though they may appear calmer now, they are still processing and are still in a place of slightly heightened arousal.

STEP 3: REASON

Third, support the child to reflect, learn, remember, articulate and self-regulate their emotions.

- Teach the language of emotions by naming them with the child when they experience them.
- Teach strategies for self-regulation (breathing techniques, going for a walk, moving away from the situation, finding help from a trusted adult or friend, talking, counting to 20, self-talk...)
- Work on identifying things that we can control, things we could control with help, and things that are beyond our control.



DUNGEONS & DRAGONS GROUP

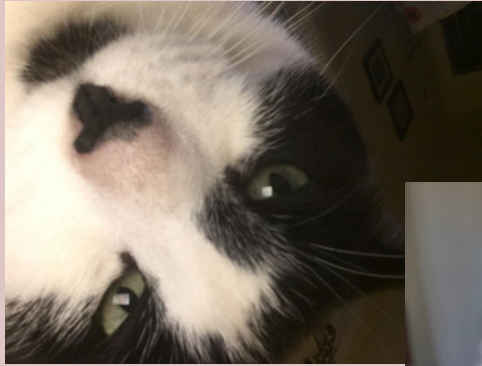
Join us for a recreational group this summer! Our peer-led and clinician-supported D&D group will provide a space for socializing and fun. Open to teens and preteens. No supplies are needed, and beginners are welcome!

5:00-6:30 pm in-person
Tuesdays and Thursdays
July 11 & 13 & 20;
August 8 & 10; 22 & 24.

To join, contact Swansea Bleicher:
(413) 587- 3265 ext. 414
sbleicher@cutchins.org

Pet Project Spotlight: Tiny and Albert

By: BGP



My pets are Tiny and Albert. Tiny is a tuxedo cat who we think is close to 10. My great grandmother died and we “abducted” her cat. He hid in the basement for about 3 months and then he showed himself. Tiny is smug, happy and aloof. He would rather snuggle you than play. He flops down on top of you, he is a blanket cat. I get snuggles, happiness and lots of cat hair from our relationship. He helps me fall asleep and he helps me when I am sad. He would be lonely if I didn’t snuggle him all the time. When he sees me he makes a happy noise.

Albert is a puppy, he’s 4now. He is a small, scruffy, stinky baby. Albert joined our family when our friend brought him home from Phoenix. He’s just a mop. Albert is either hyper or asleep like a donut. If you go up to him while he’s sleeping he will lick you. Sometimes he falls asleep while upside down, and will expect a tummy scratch while he’s sleeping. He likes to wipe his butt on the rug for some reason, which drives my Mom crazy. If I have too much energy Albert is usually the person to hang out with me. And if I’m tired I curl around him in a similar shape and then we fall asleep together. I am usually the one who refills his water and I’m also the only one really willing to go crazy with him. I will also be the one to comfort him when he is afraid of thunder, and pick him up when he is afraid of cleaning implements like the vacuum or the broom because he is a creature of dirtiness. He can dance. He’s a cream colored Toto. They will also snuggle each other on occasion.

STAFF PICKS

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



EmbraceRace - Sarah's pick

EmbraceRace offers a variety of webinars and other resources to support parents, grandparents, and caregivers to raise children who are brave, informed, and thoughtful about race. Check out the free resources on their website at embracerace.org/resources/!

Sunshine: a graphic novel by local author - Amanda's pick

This is a beautifully written, stunningly illustrated graphic novel about local author Jarrett J. Krosoczka's experience working at a summer camp for youth with cancer. He combines humor and humility in his recalling of this transformative summer. I was lucky to attend the live reading of this book at The Academy of Music, where many a tear was shed by the audience. [Click here](#) to purchase at one of our amazing Indie bookshops, High Five Books in Florence.