Blue Sky Behavioral

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News and Updates

Another month, another packed newsletter! This month residents took part in several fun outings into the community. Our most popular event this month was a trip to watch the Phoenix Mercury basketball team in downtown Phoenix. The Mercury trailed behind the whole game but made a huge comeback at the end to secure the win! Residents had a great time cheering the girls on.

We enjoyed celebrating 4th of July with cookouts, snacks and games. Many residents took part in 4th of July themed crafts and activities throughout the month.

Residents continue to work towards earning their

'Blue Sky Bucks' to cash in for restaurant outings in the community. This month, residents enjoyed trips to Olive Garden and Filiberto's.

Blue Sky residents continue to enjoy trips to the pool to splash around and cool off, as well as trips to various historical sites and museums. This month, residents enjoyed visiting Huhugam Heritage Center to learn about the historic and current cultures of the Gila River Indian Community.

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We are already looking forward to outings next month including a trip to watch the Arizona Cardinals!



















































































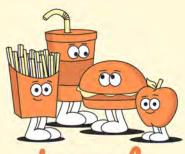






















































































Groups

Groups are held several times throughout the week at Blue Sky. Here is a snapshot of some of our groups this month.

1. Sparks of Emotion

This month, therapeutic groups focused on our emotions: what effects them and how we can manage them. In this group residents identified their emotions by creating personal scenarios to tie to certain emotions and then linking these to a severity (or spark!)

2. Volleyball

Volleyball is a popular group activity at Blue Sky. Residents go head to head seeing which team can score the most points!

3. My Emotions Wheel

In this group residents tapped into their artistic sides to express several different emotions through stickers, colors, drawings, and phrases.

4. Understanding Emotions

In this group residents learned important terminology for defining and labeling emotions as well as healthy ways to express emotions.

5. Weather and Emotions

Anyone else feel cranky in the summer? It's normal! Residents shared how certain weather patterns effect their moods and identified ways we may be able to prepare for negative weather and moods.

