

Blue Sky Behavioral

September 2025
Volume 10, Issue 10

News and Updates

Happy October—one of our favorite months over here at Blue Sky! This month we are getting excited to attend the annual Halloween party in Mesa as well as trips to a horse farm, movies, concerts and more!

In September residents enjoyed several fun outings including a few restaurant trips. Residents save up their ‘Blue Sky Bucks’ earned through chores and activity participation for free lunch outings. This month residents enjoyed trips to Peter Piper Pizza, Outback Steakhouse and Panera Bread.

We had a great time learning and exploring at our museum outings this month. Residents participated in trips to the Tempe History Museum, Huhugam Museum and the State Capitol Museum.

Keeping us cool through the hot Phoenix summer, we continued with our movie theater trips in September. Not sure if we enjoyed the movie or the popcorn/soda more! Another way we stayed cool was a trip to get ice cream.

We continue to focus on exercise and residents continue to participate in several forms of exercise weekly. Whether it's yoga, walking, lifting weights or riding their bike—they have been focused on their health and wellness over the past month.

Stay tuned for all our spooky and fun events throughout October!

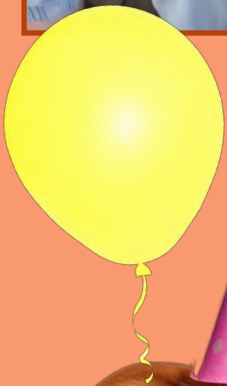
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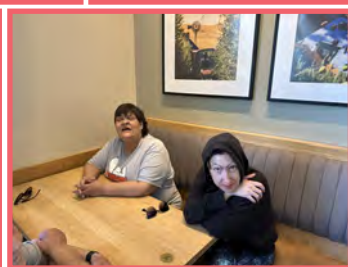
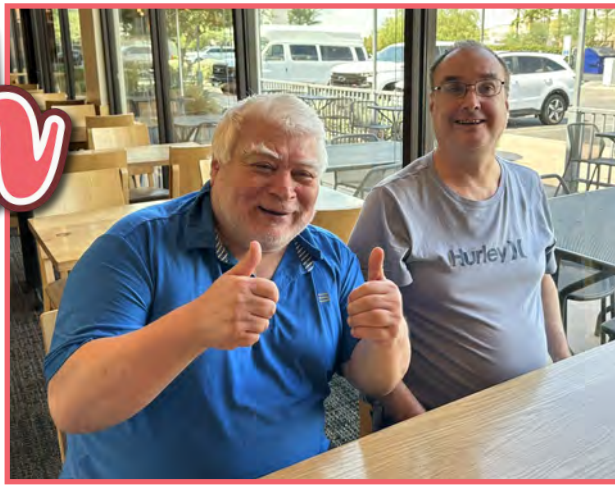




happy birthday

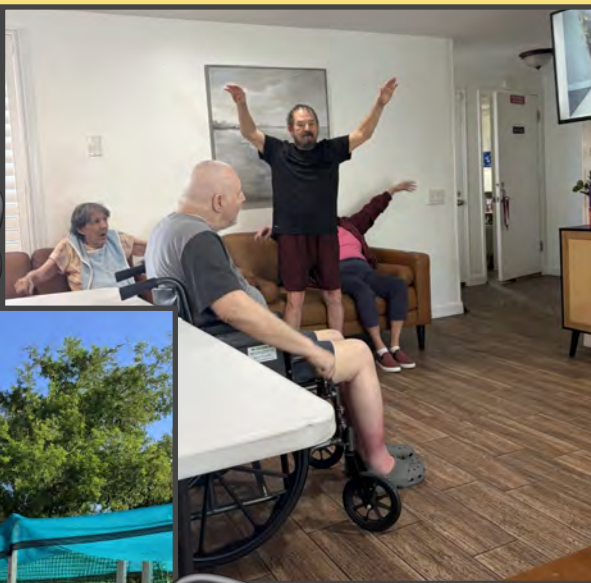


OUT TO Lunch

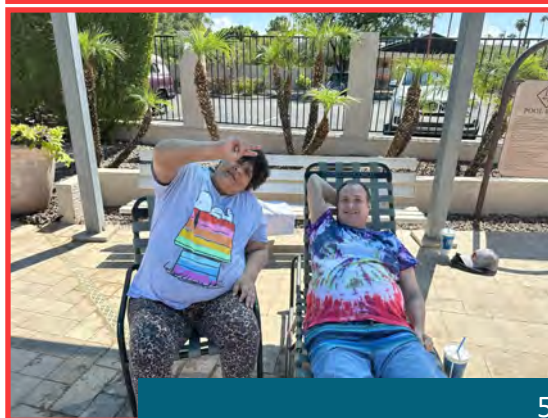
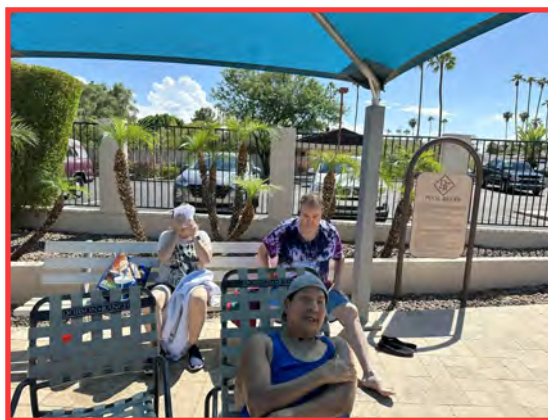
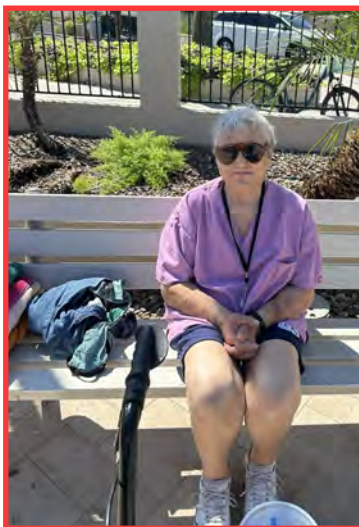




This month residents enjoyed three museum trips—including the Huhugam Cultural Center and the Tempe History Museum!



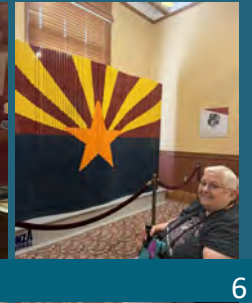
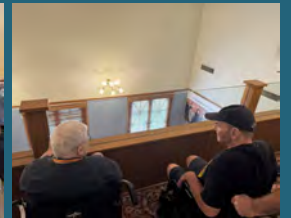
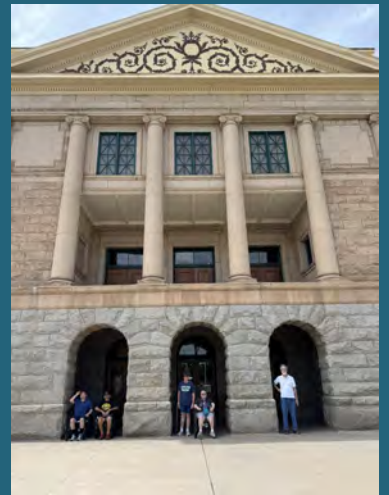
LET'S GO SWIMMING!



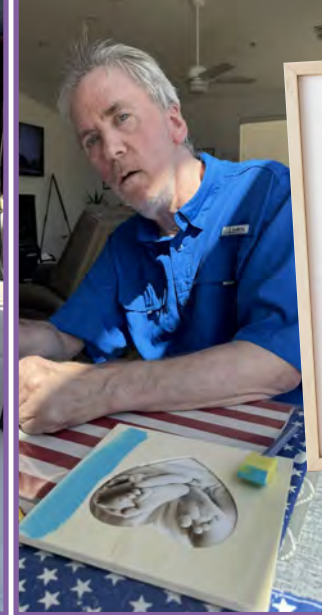


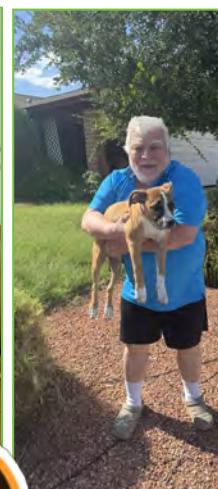
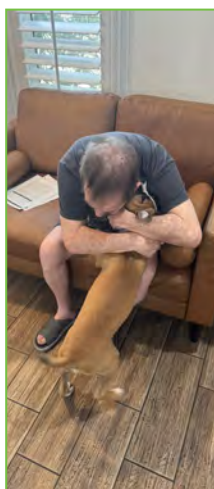
ARIZONA CAPITOL MUSEUM

A Division of the Arizona Legislative Council



GAME! TIME!





Groups

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

1. Coping Skills Activity

This month, therapeutic groups focused on coping skills—what they are and how to use them. In this activity, residents listed out coping skills and then, using real-life examples, selected which coping skill they would use in that situation.

2. Coping with Stress

In this group, residents learned how stress can impact their lives and which coping skills may be effective in helping.

3. Healthy vs. Unhealthy

Not all coping skills are created equal. In this group residents discussed unhealthy coping skills they may have used in the past and how to replace them with healthy ones.

4. Coping Skills Inventory

Residents reviewed over 100 new coping skills and practiced some new ways to manage emotions.

5. Anger Management

In this session, residents reviewed how anger emerges and ways to manage uncontrolled anger. Residents discussed coping skills and how anger can often mask other emotions.

