

THE BUZZ

The monthly Honey Bee Therapies Newsletter



February 2023

*Falon Bridwell & Christi MacWilliams,
Owners of HBT*

February tends to be more one of the more controversial months due to the somewhat menacing holiday, Valentines Day. Whether you love or hate ol' V-Day, we want you to know how much love and gratitude we have for you!

Thank you for showing up each day and putting your best foot forward to provide care to some of those who need it most. We don't always have easy jobs and the challenge can wear on you, so if you need a little extra love this month...We are here for you!

Sending lots of love and light your way!

WHAT YOU'LL FIND INSIDE:

- **Free Activities**
- **New Resources**
- **Website Updates**
- **New Providers**
- **Positive Affirmations**
- **2023 Growth Plan**



Honey Bee Therapies Growth Plan 2023



Community Living Supports

We're opening a new branch for Community Living Supports! CLS' provide training in skills that allow the youth to achieve their maximum potential. These skills include activities of daily living, such as personal hygiene and household chores; developing healthy relationships and appropriate social skills; integration into community activities; and reinforcing skills or lessons taught in school, therapy, or other settings.



Continuing Education Units

Management is working on creating continuing education units that will be available to both Honey Bee providers and other recreation therapists. This process is strenuous and lengthy, but we will update you as soon as they are available!

In the meantime, feel free to email us suggestions of topics you would love to learn more about!



Expanding Counties Served

We are currently working towards obtaining new contracts all over the beautiful state of Texas. Check our website at www.honeybeetherapies.org to get updates about new areas we will be serving!

Howdy, Honey Bees! Welcome to the Hive.

We would like to introduce a new member of our hive, **Natalie Klinsky!**

Natalie will be joining our San Antonio team and is sure to help us make an incredible first impression. Natalie has vast experience as an RT, a warm presence, and a love for all things leisure.

If you guys have any resources to help Natalie on her new venture of being a community RT, shoot em' over in slack!



Can it Bee? Another Honey Bee!

We would like to welcome another new addition to our ever-growing hive - **Holly Stiles!**

Holly is our first ever Community Living Support! Holly has 11 years of experience working with physical and developmental disabilities as well as behavioral health.

We are thrilled to have Holly join our team and set the precedent for what high-quality Community Living Supports can do!



Austin Free Activity: Kids & Teen Comic Con

- **Date/Time:** February 18th, 2023 from 10AM - 3:30PM
- **Location:** Round Rock High School
- **Details:** This free event is a comic and graphic novel convention aimed at offering teens, kids, and educators the chance to interact with comic creators, participate in workshops, and showcase their creativity



Austin Free Activity: Tween Spy Club

- **Date/Time:** February 15th, 2023 at 5:00PM
- **Location:** Cedar Park Public Library
- **Details:** Have your tweens practice their best sleuthing skills at the Cedar Park Public Library. Must register at www.cedarparktx.gov/librarycalendar



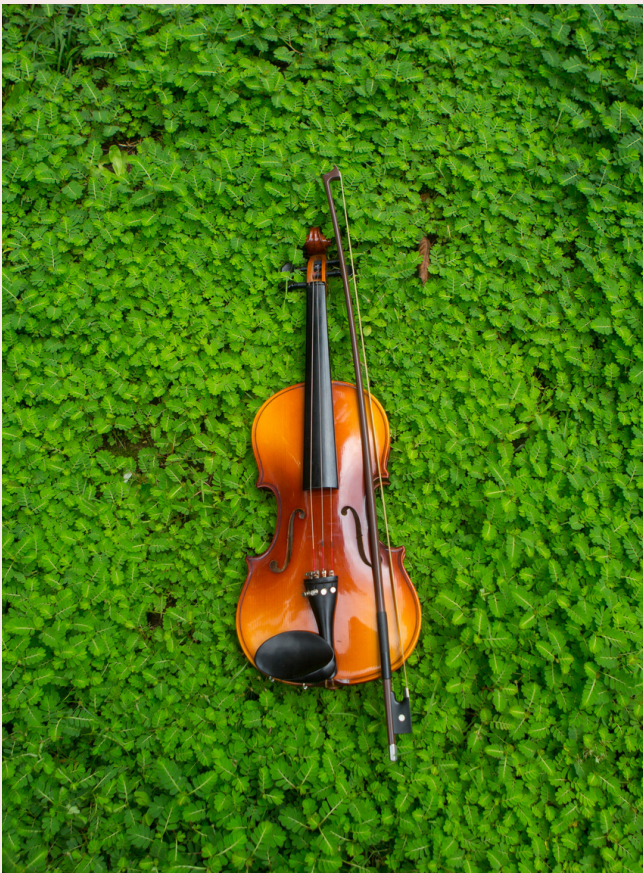
Austin Free Activity: Crystal Falls Love Run

- **Date/Time:** February 18th, 2023 starting at 8:30AM
- **Location:** Crystal Falls Golf Club
- **Details:** Want to run? They are asking that all Crystal Falls residents officially register by completing your RSVP through Eventbrite. An e-safety waiver is also included with the registration. There is NO CHARGE to participate and you don't need to print your tickets



Austin Free Activity: Strings in the Woods

- **Date/Time:** February 19th, 2023 from 2:00PM to 4:00PM
- **Location:** Strings in the Woods Travis Heights 207 East Monroe Austin, TX 78704
- **Details:** Enjoy a guided nature walk, meditation and live music picnic as the sun sets.



San Antonio Free Activity: Institute of Texas Cultures

- **Date/Time:** February 12th, 2023 starting at 12:00PM to 5:00PM
- **Location:** 801 E. Cesar E. Chavez Blvd., San Antonio, Texas, 78205-3209
- **Details:** Focusing on the people who call Texas home and celebrating their beautiful and varied heritages, the UTSA Institute of Texan Cultures offers free admission for everyone on the second Sunday of each month



San Antonio Free Activity: Headwaters at Incarnate Word

- **Date/Time:** Free everyday!
- **Location:** 4503 Broadway, San Antonio, Texas, 78209
- **Details:** Our 53-acre nature sanctuary is home to the Blue Hole, the source spring of the San Antonio River. They offer educational programs for adults and children that focus on nature, local history, and conservation of our shared natural and cultural resources. Finally, they provide a sanctuary where people are encouraged to reflect and find meaning in their connection with the Earth, themselves, and each other.



Schertz Free Activity: Teen Tuesday @ Library

- **Date/Time:** Every Tuesday from 4:30PM to 6:30PM
- **Location:** Schertz Public Library
- **Details:** All teens, ages 13-18 are welcome to come hang out at the library. Activities vary from week to week - sometimes they game, sometimes they watch movies, sometimes they art... you help decide. Registration required. Weekly Youth Programs are offered on a rotating schedule. Teen Tuesdays will be held for 6 weeks then break for 3 weeks.



San Antonio Free Activity: Headwaters at Incarnate Word

- **Date/Time:** February 18th at 11:00AM to 12:30PM
- **Location:** Schertz Public Library
- **Details:** Did you know board games teach critical thinking, strategic skills, offer social opportunities for participants, keep minds sharp and are just plain fun? Join on the 3rd Saturday of the month from 11:00 AM- 12:30 AM. Learn a new game or play an old favorite. The goal is to connect families, teach social skills, learn problem solving skills, and to have fun. A parent or guardian is required to participate with child(ren).

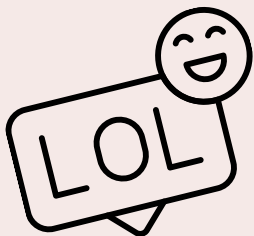


NCTRC JOB ANALYSIS

NCTRC has updated the Job Analysis for the CTRS. This updated version is now 2021 (The previous one was from 2013 so hooray for updates!). Read below to find the purpose of the Job Analysis from the NCTRC website:

"The purpose of the job analysis (JA) is to identify the tasks and knowledge that are important for competent performance by CTRSs. A JA study is conducted to answer the essential questions: What are the important job tasks related to competent practice and what knowledge and skills are essential for competent performance? The job analysis findings serve as the basis of the NCTRC Certification Exam and inform the CTRS about content areas acceptable for continuing education."

[Click here for PDF version of the 2021 Job Analysis Report](#)



**WIN A FREE ATRA
MEMBERSHIP!**

Professionals and Students are encouraged to create an original recreational therapy meme and submit it to social@atra-online.com by midnight (ET) on 2/10. From 2/13 to 2/17, vote for your favorite meme- the student and professional with the most votes will win!



Disruptive Mood Dysregulation Disorder

What is it?

DMDD is a childhood condition of extreme irritability, anger, and frequent, intense temper outbursts. Symptoms go beyond being a “moody” child – children with DMDD experience severe impairment that requires clinical attention.

Symptoms typically begin before age 10. The Dx is not given to children under 6 or adolescents over 18.

A child with DMDD experiences:

- Irritable or angry mood most of the day, nearly every day
- Severe temper outbursts (verbal or behavioral) at an average of three or more times per week that are out of keeping with the situation and the child’s developmental level
- Trouble functioning due to irritability in more than one place (e.g., home, school, with peers)

History:

There were a number of important leaders in the field who had the idea that children with very severe irritability should be given the diagnosis of bipolar disorder--that this was a form of manic-depressive illness in children--that children who are very irritable all the time, this was how bipolar disorder was presenting. This was a controversial idea. There was a series of studies done on it and what they found is that these children do not grow up to have bipolar disorder. Instead, these children grow up to have increased risk for anxiety and for depression. So, for this and other reasons, in the DSM-5 there was a new diagnosis created (in 2013) called Disruptive Mood Dysregulation Disorder.

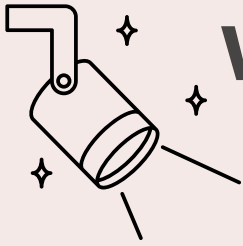
Ways to help your client with DMDD:

- Teach how to deal with thoughts and feelings that contribute to their feeling depressed or anxious
- Teach emotional regulation and frustration tolerance
- Teach coping skills for regulating anger
- Teach skills to calm themselves down when feelings get out of control and teach skills to the parents so they can help their child and practice staying calm themselves



Source: The National Institute of Mental Health

[https://www.nimh.nih.gov/health/topics/disruptive-mood-dysregulation-disorder-dmdd/disruptive-mood-dysregulation-disorder#:~:text=Disruptive%20mood%20dysregulation%20disorder%20\(DMDD,impairment%20that%20requires%20clinical%20attention.](https://www.nimh.nih.gov/health/topics/disruptive-mood-dysregulation-disorder-dmdd/disruptive-mood-dysregulation-disorder#:~:text=Disruptive%20mood%20dysregulation%20disorder%20(DMDD,impairment%20that%20requires%20clinical%20attention.)



Website Spotlight: MentalHealthTX

www.mentalhealthtx.org

Visit the website linked above to find resources related to common mental health conditions. The resources are provided for children, teens, and adults.


On the teen page (hover over populations, click Teen), you will find a section labeled "Resources for specific mental health disorders in teens:" Each diagnosis is linked to a 30 page PDF magazine specifically for that diagnosis within the teenage population. Each magazine shares info on what is it, who gets it, how it affects people, how it is treated, and tips on dealing with overall mental health. It also includes information on how to help someone else that is learning to cope with this diagnosis.

20/
21/

tips

to help increase overall mental health:

- 1 Structure your day.** Give yourself something to do, even if you start small. Having some structure in your day can make a big difference in how you feel. Start with basic daily activities like showering, walking the dog, or making lunch. Keeping a daily diary or schedule can be a big help in keeping your mood stable and preventing you from feeling overwhelmed, especially if you're a visual person. Check out teenmentalhealth.org/toolbox/taking-charge-health-daily-checklist/, a daily diary that can help you get started. This is available as an App on the Apple App Store as well.
- 2 Exercise.** Daily physical activity improves your health and mood, and helps you get rid of stress.
- 3 Sleep.** Getting 8-9 hours of sleep each night will help you feel better the next day.
- 4 Eat healthy.** Eating a balanced diet gives your body the fuel it needs to help combat stress. Try not to skip meals and go easy on the junk food.
- 5 Daily relaxation time.** Take time each day to relax, using techniques like Box Breathing or Hand Relaxation (see page 22).
- 6 Limit caffeine.** Caffeine can make your heart race, which can make you feel worse.



7 Stay away from alcohol and drugs. Although you may feel better in the short-term, alcohol and drugs will not solve your problems. They'll only give you a false sense of confidence and may make your problems worse in the long run.

8 Go outside. Staying inside all the time can be really draining. Getting outside and enjoying the sun and fresh air can help you feel better.


9 Build healthy relationships. It's important to have a good support network of people you trust.

10 Talk. Talk to the people in your support network about your feelings and concerns. Sharing your feelings with someone else can feel like a weight is lifted off your chest.

11 Stop thinking so much. Thinking about something over and over can make you feel worse. Try not to let yourself replay negative thoughts and situations in your mind. Distract yourself, if necessary!

12 Be realistic. Depression can make you interpret things as more negative than they actually are. Remind yourself that Depression skews your perspective and things may not be as bad as they seem.

If these tips don't help, do NOT get discouraged. Just like learning to play the piano or driving a car, some of these skills require practice and patience. For more help, talk to your school counselor or visit your family doctor. Your family doctor will be able to help you find the treatment that works best for you and can recommend places for you to go if you need more help.



I am making a
difference even when
it does not feel like it.



I can **put myself
first** and tend to my
own needs.

I am **valued** by my
clients, their families,
and my **team.**



I have the strength
and clarity to take on
any challenge today.