

THE BUZZ

The monthly Honey Bee Therapies Newsletter



Marching into Spring!

Falon Bridwell & Christi MacWilliams



Hello Honey Bees! We are excited to bring you the 3rd edition of our newsletter. You'll see it has grown as we have much more fun info to share!

We want to add a special section to our April newsletter so we are asking everyone to send in one favorite self-care tip/activity that is beneficial for you! We will post these anonymously into next month's newsletter. Email them to us by March 20th if you'd like to contribute.

In other news: March 20th is the first day of Spring! Most schools in the area will have Spring Break from March 14th-18th. Since kids will not be limited by school schedules, feel free to adjust your session times to better fit your schedule. If you have any missed sessions you can add hours into their services for this week. Just make sure you don't go over your monthly units.

**or use Spring Break to take a vacation and enjoy the well deserved R&R!*



WHAT YOU'LL FIND INSIDE:

- **FREE AUSTIN ACTIVITIES**
- **SKATING DISCOUNT**
- **PROVIDER SHOUT OUTS**
- **PODCAST RECS**



Free Austin Activities

Kaliedospoke

Location: Cedar Park Recreation Center

Date/Time: March 4th @ 6:30PM-9PM

Details: Light up bike riding in the community! Must bring your own bike.

Museum of Ice Cream Kids Week (Domain)

Location: 11506 Century Oaks Terrace #128

Date/Time: 3/14 - 3/18 from 4PM-6:30PM

Details: Kids will explore the creative processes involving innovation, entrepreneurship, science and design.

Registration will open at 10am CST on March 7, 2022 at museumoficecream.com/austin

Free Hockey Day

Location: Chapparel Ice Cedar Park

Date/Time: Saturday, 3/5 from 1:15PM-2:15PM

Details: Try ice hockey for free! Must bring a helmet (any helmet will do) and gloves/mits. Register at <https://www.tryhockeyforfree.com> (you will need to type in your zip code to find the Cedar Park location and register!)

Texas Independence Day Parade

Location: Congress Bridge

Date/Time: Saturday, 3/5 starting at 9:30AM

Neat-ure!

With temperatures finally warming back up, now is the perfect time to hit the abundant trails that Austin has to offer. We all know the famous Barton Springs Greenbelt, but do you know all of the other trails and swimming holes that greater Austin has to offer? Check out the list!

St. Edwards Hiking Trails and Swimming Holes

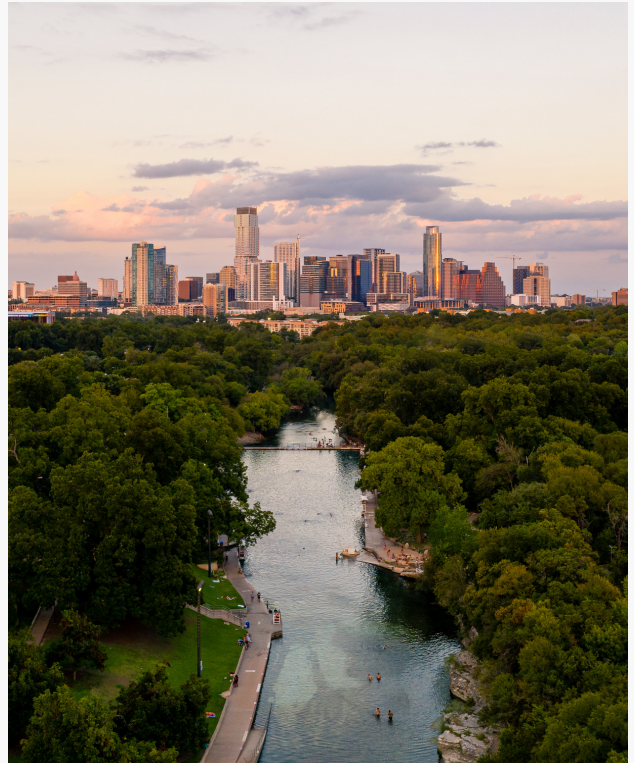
- Located in North-Central Austin
- Rope Swings, swimming holes, hiking

River Place Nature Trail

- Located near Lakeway
- Small swimming holes, hiking, photography opportunities!

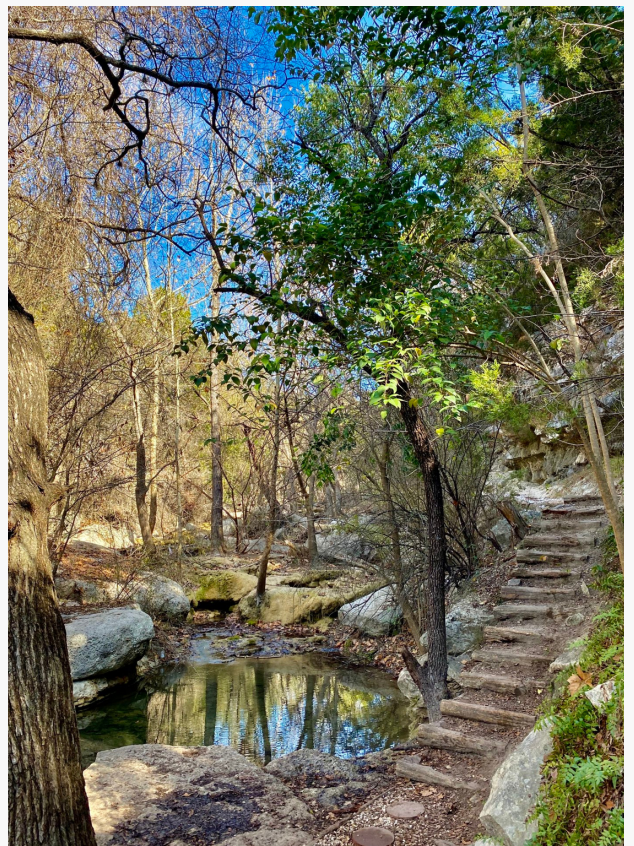
San Gabriel Hiking Trail

- Located in Georgetown
- Lakeviews, swimming, moderate hike



"Playing a game together actually builds up bonds and trust and cooperation. We actually build stronger social relationships as a result."

-Jane McGonigal, Game designer



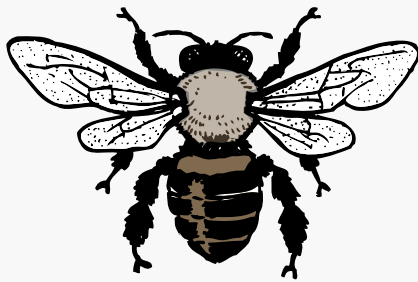
Best in the Bees-ness!

Honey Bee Therapies would like to recognize one of our amazing providers, **Allison Mushalko!**

Allison has many qualities that make her a stellar therapist. We admire Allison for her creative interventions. It is always clear how the activity served the client therapeutically and any adaptations to the activity are well-documented.

Allison also has a way of taking care of business by getting her credentialing documents in before the due dates (Falon in particular appreciates this!) as well as communicating her needs to management.

We appreciate Allison more than words could ever express! Thank you Allison and the rest of the Honey Bee team!
#bossbees



**"It's the things we play with and the people who help us play that make a great difference in our lives."
-Fred Rogers aka Mr. Rogers**

New to the Hive

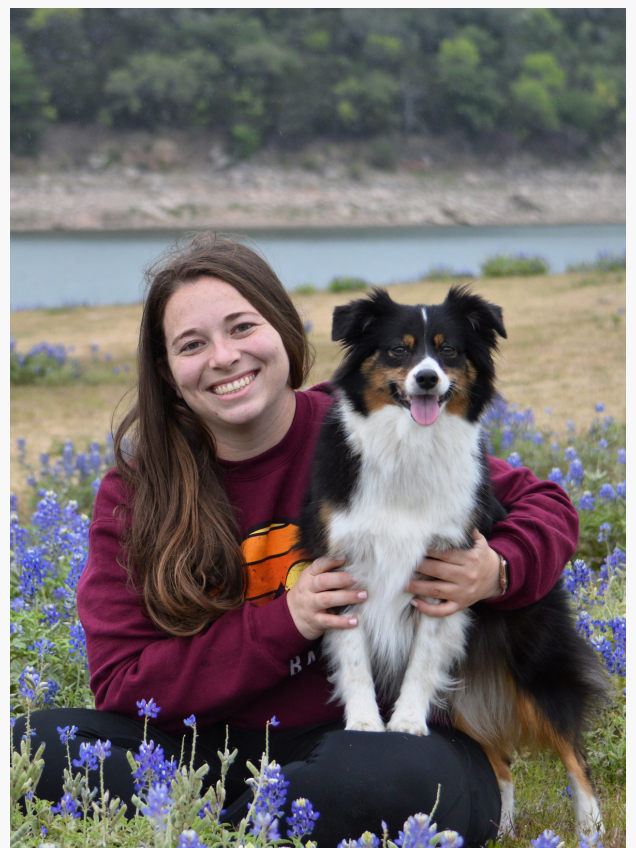
We are loving all of the growth we are experiencing here at Honey Bee Therapies. We are quite excited to introduce our newest member, **Kristin Cesari.**

Kristin has been a CTRS since 2020 and will be providing services in North Austin/Cedar Park area.

Kristin's experience is centered around working with children and adolescents in the behavioral health setting. Some interesting facts about Kristin is that she has two Australian Shepherds, one of which is a therapy dog!

During her free time, Kristin spends time hiking, camping, biking, and riding horses.

We are so excited to welcome her to the team!



Discounted Skating

Starting March 3rd, Playland Skate is running a special every Thursday. Save over \$6 a skater with this new deal!

Playland Skate Center is located in North Austin at 8822 McCann Dr.

We do not know how long this deal will last but it seems it should be at least every Thursday in the month of March.

DISCOUNT

SKATE

"SK8 for 8"

Every Thursday

3 - 8:30pm

\$7.50 + tax

INCLUDES ROLLER SKATE RENTAL

STARTS MARCH 3RD

PLAYLAND SKATE CENTER

8822 McCann Drive Austin, TX 78757 | 512-452-1901 | www.playlandskatecenter.com



Self Care Tip: Fun Fitness

We KNOW how beneficial exercise is for our health. Mix up your routine and try something new. Here's a variety of exciting local classes:

SkyCandy: Bungee Fitness

You're attached to a bungee connected to the ceiling. It's a high intensity/low impact workout that incorporates cardio, dance, flying, and a lot of bouncing. \$30/class.

Jungle Movement Academy: Trampoline

This 55-minute class will teach you basic trampoline skills and you'll work all the way up to flips and wall climbs. \$25/class with access to open gym after or before.

9Round Fitness: Kickboxing Workout

First class is free. Move through 9 rounds of 3 minute stations. They even provide gloves. Search for your closest location and sign up for your introductory class online.

**All classes above are offered on ClassPass.*



Growth is challenging and it can be difficult to find new approaches, interventions, and knowledge in our field. I find listening to therapy related podcasts refreshing. They help me to stay motivated while learning and sparking new ideas. Here are a few to get you started:

Therapist Uncensored

This podcast is hosted by two therapists in Austin. They interview experts in the field of psychology. Episodes often focus on attachment theory, relational neuroscience and trauma. There is so much to be learned about our brains and these women are a wealth of knowledge.

You Need Therapy with Kat

This podcast is hosted by Kathryn DeFatta, who has earned her Masters of Education from Vanderbilt University in Human Development Counseling. She shares conversations around what it's like to live fully in a world where we've become accustomed to shut parts of ourselves off. This podcast is a space that welcomes in discomfort, tough questions, hard truths, all while showing how to find joy through it all.

Creative Therapy Umbrella

This podcast is focused on creative arts therapists, expressive therapists, and child specialists who focus on supporting infant and child mental health. They focus on helping therapists support the well-being and mental health of children through creative arts. Podcasts range from healing through movement to animal-assisted therapy to games and story telling.



Growth and Development

Once you graduate from a TR program and start your career, you may notice time start to fly. As time goes by, the information that was once fresh in your mind slowly starts to fade. For this reason, staying informed and educated is pivotal to providing sufficient services. You deserve it and the clients we work with deserve it.

It is important to continue learning not just to gain our CEU's and keep our certifications, but for the purpose of renewing our passion for this field, contributing to furthering the profession, and providing the best services we can as professionals in the healthcare industry.

We are working to get CEU's set up for our team that will be free of charge. This is going to take time as we want to provide quality education and it takes a lot of time and research to create. Our goal is to have the first one submitted to NCTRC for approval by April 30.

To stay informed and keep up to date on best practices and evidence based practices, we wanted to share resources you can use starting today. Click the bold titles for each link.

ATRA CEUs | \$99/Member or \$150/Non-member for an annual subscription with unlimited CEU's. They have several courses for behavioral health, children and adolescents.

American Journal of Recreation Therapy | Subscription Period: Jan. - Dec. 2022 Subscription Rates: \$226 for 4 quarterly issues. Look at past journal article titles to see if you would benefit from this.

Cochrane Library | Evidenced Based Information and Articles. Use the search box and type "recreation therapy" or "CBT" or whatever you may be interested in. Click the article to read full review. Really cool articles to be found on this one!

PESI | Live seminars, Blogs, Online learning, Articles, Resources. They have a page for behavioral health and a separate page for kids. Use the tabs at the very top of their website to choose between subjects.

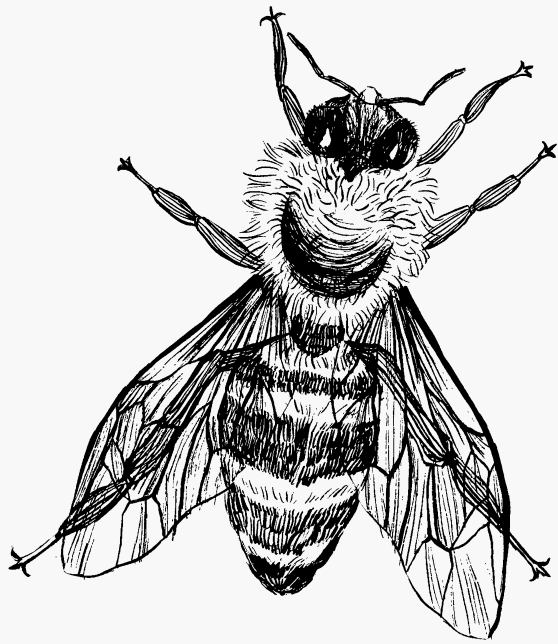
Therapeutic Recreation Journal | Annual online subscription. \$54 for ATRA members, \$116 for Non-members

The BMJ | Online weekly peer-reviewed medical journal published in the UK. If you browse article topics, you can find ones related to mental health. I had better luck with the Cochrane Library as far as finding more RT related articles but this is still an option!

TR Program Design | You may have this book from college but they just released the 6th edition last year and the first chapter is available online. Conceptual Foundations: The Basis for Service Development and Delivery. Review basic concepts of TR and program delivery.



THANK YOU!



When we started Honey Bees Therapies, we knew we wanted to stand out and set a precedent for how contracting companies support their contractors. That was and continues to be our number one priority, to make anyone who works with us feel like they are truly part of a team. We hope that you feel supported in all that you do. If you need assistance, support, or extra encouragement, we'll be here for you. If you ever feel like you are not supported enough, tell us! We know this is a two-way street and we are always open to improvements.

We could not have asked for a better team. We are constantly impressed by your ability to take on the challenges that clients present with and turn it into quality care and therapeutic sessions.

Each and every one of you are amazing to work with. To have a professional team this size of knowledgeable recreational therapists less than 2 years into the start of HBT is mind-blowing. We are so proud of this team and honored you chose us to be a part of your work family.

Reminders

You are appreciated.

You are valued.

You are an integral part of our team.

You are a rockstar that helps others find ways to cope during the hardest times of their life.

You are a light in each of your clients lives.

Even on the toughest day, you are making a difference.