

WELCOME TO

# The Buzz

*we're so glad you're here!*



HEY, HOW ARE YOU?

## A Word from the Owners

Hello Honey Bees! 🐝

As the fall season begins, let's harness the collective power of our diverse backgrounds and cultures to provide culturally competent care during the upcoming holidays. Remember, our hive is always buzzing with support, so don't hesitate to reach out if you need any assistance or resources.

Together, we'll continue to create a warm and welcoming environment for all our clients. Thank you for your dedication to the well-being of our communities.

With love and gratitude,

Christi & Falon

## What you'll find inside:

- SAVE THE DATE
- ACTIVITIES FOR SELF-CONTROL
- CEU SPOTLIGHT
- HOLIDAY REMINDER

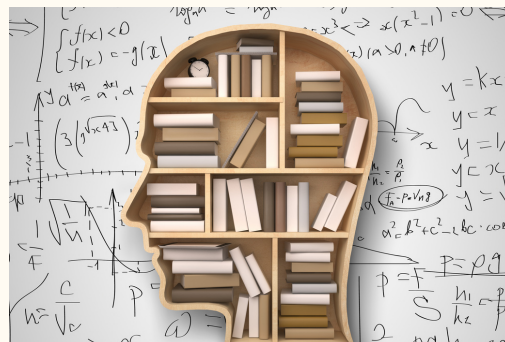




## The Story Behind Our Name

### EVER WONDERED WHY WE ARE CALLED HONEY BEE THERAPIES?

When Falon and I started HBT, we went through hundreds of name ideas! We decided on Honey Bee Therapies as we felt the symbolism of a honeybee aligned perfectly with what we were promoting. Bees symbolize community, brightness, and personal power. As specialized therapists, we get to bring brightness into our work daily. Our providers help youth to discover and develop their personal power by providing services such as recreation therapy and community living supports. Our vision was and still remains to develop a community that rises together because we support one another.



## CEU Spotlight

Did you know there is more to ADHD than just a lack of focus or hyperactivity? Our course, **Attention Deficit Hyperactivity Disorder**, will give you insight into the behavioral issues that can arise from an ADHD diagnosis. You will learn how ADHD affects youth and how you can develop interventions that will help this specific diagnosis.

Take our course today and earn 5 hours of continued education for \$50.

[HONEYBEEACADEMY.ORG](https://www.honeybeeacademy.org)

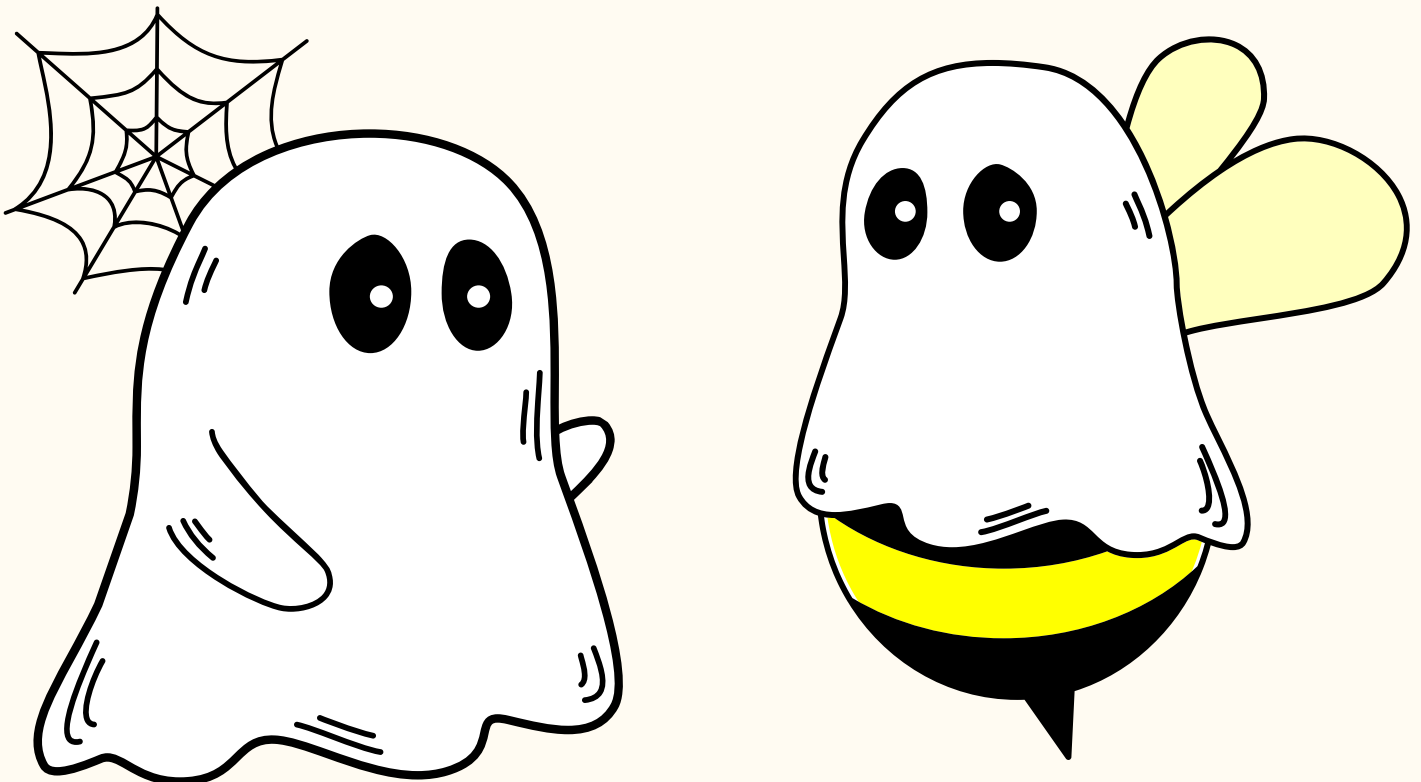
# Halloween Activity Reminder

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As we gear up for the holidays, it's crucial to remember that our clients come from diverse backgrounds, carry various mental health diagnoses, and may have past traumatic experiences. When planning Halloween activities, exercise caution and sensitivity. Avoid potentially triggering activities like haunted houses, and ensure that our celebrations are inclusive of all cultural backgrounds.

Some of our clients may not celebrate the upcoming holidays due to religious or personal beliefs, so let's respect and acknowledge these differences. By taking these factors into account, we can create a therapeutic environment that respects and supports each individual's unique needs.

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# Activities to Practice Self-Control

HAVE AN IDEA? POST IN THE SLACK CHANNEL!

**Jenga:** A great game to practice the “Stop, Think, Act” skill!

**Wait Five:** Use as a tool in different activities. Ask your client to wait 5 seconds (or more) before responding to a prompt or question. This requires them to count in their heads prior to completing a task or answering a question. Keep track of how many times they are able to successfully wait before acting. Idea from [thepathway2success.com](http://thepathway2success.com). “The whole idea is to build self-control by waiting just a little bit longer than we really want to!”

**Chess:** Chess requires careful planning and consideration of each move. Impulsive moves often lead to defeat, so it encourages strategic thinking and patience.

**Physical Exercise:** Regular physical activity can help reduce stress and improve one’s ability to control impulses and manage emotions.

**Delayed Gratification:** Purposefully delay rewards to build patience and self-discipline. Did you just set up an awesome activity? Just walked into an exciting facility? Ask the client to wait 2 minutes before starting. Lead them through a coping skill such as deep breathing to help practice this self-control.

**Yoga:** Yoga emphasizes the connection between the mind and body. By fostering a strong mind-body connection, individuals become more attuned to their physical sensations and mental processes. This awareness can help them recognize when they are about to act impulsively and intervene with self-control.





## Tips for Client Engagement

HAVING A TOUGH TIME WITH PARTICIPATION? HERE ARE SOME TIPS:

**Build Rapport:** Spend time getting to know the child and building a trusting relationship. This can make them feel more comfortable and willing to engage. It's okay to let the goal out the window for a bit in order to maintain rapport.

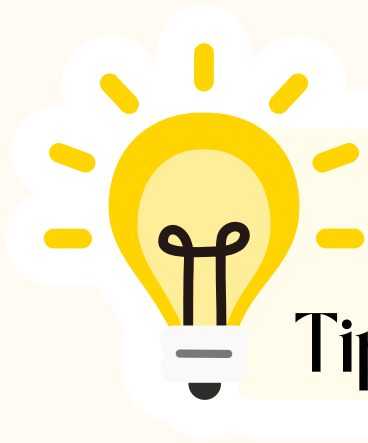
**Offer Choices:** Provide options and let them choose activities that interest them. Having a sense of control can boost participation.

**Use Playfulness:** Incorporate humor and playfulness into the session to make it enjoyable and less intimidating.

**Observe and Adapt:** Pay attention to cues and adapt your approach as needed. If the client seems overwhelmed, scale back the activity or offer a short break.

**Incorporate Interests:** Tailor activities to the child's interests and hobbies. We always want to be person-centered in our treatment! This can make the session more engaging and meaningful for them.

**Visual Supports:** Use visual aids or schedules to help your client understand what to expect during the session. This can help to prepare them and reduce anxiety.



## Tips for Client Engagement, Cont'd.

**Start Small:** Begin with simple, non-threatening activities and gradually progress to more challenging ones as your client becomes more comfortable.

**Peer Involvement:** If appropriate, include peers or family members into the session to provide social support and motivation.

**Positive Reinforcement:** Praise and reward the client for their efforts and participation, reinforcing positive behavior. Rewards don't have to be tangible. It can be as simple as picking the next activity!

**Flexibility:** As a therapist, it is important to be flexible and open to changing plans. Especially if a child is resistant to a particular activity. It is important to meet them where they are. This is so important! Don't worry about the client having to follow your plan. Listen to what they are saying, listen to what they are not saying, and adapt as needed!

**Sensory Considerations:** Be aware of sensory sensitivities. Create a sensory-friendly environment when necessary. Sensitivities can vary from person to person so stay informed with each of your client's needs.

**Clear Instructions:** Provide clear and simple instructions. Break down tasks into smaller steps to make them more manageable.

**Communication:** Communicate with the client's guardian to gain insights into their preferences and triggers. You will receive this information in team meetings as you update plans on a monthly basis.

**Patience:** Be patient and don't rush your client. Some may need extra time to warm up to the idea of participating.

**Seek Guidance:** Talk to your treatment team for additional support and strategies. Bring this up in team meeting to discuss ideas and solutions for how to help the client better engage in sessions.





# Save the Date! December 2nd

HONEY BEE THERAPIES ANNUAL HOLIDAY PARTY | LEANDER, TX

We will be hosting our annual holiday party at a new venue this year!  
You will receive an email this week with additional information.  
Let's make it the best one yet! Family and friends welcome to join.



# Work with us today

**DO YOU KNOW SOMEONE LOOKING FOR A JOB?  
SEND THEM OUR WAY!**

Honey Bee Therapies is looking to fill four roles:

Recreational Therapist to serve clients via Telehealth  
Recreational Therapist to serve clients in Travis and Williamson Counties  
Recreational Therapist to cover Burnet and Llano Counties  
CLS to cover Comal, Hays, and Caldwell Counties



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