

Blue Sky Behavioral
Blue Sky News

November 2016
Volume 1, Issue 4

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Highlights of October

- We have been Enjoying Fall and celebrating Halloween
- We are focusing on Building relationships
- A few pictures of some activities are included.



Happy Halloween

We are never too old to enjoy Halloween! Of course this is true here at Blue Sky , we celebrated with a Halloween party while some of our residents dressed up. We had a boiling witches brew with dry ice while reminiscing about Halloween from the past as kids and with our own kids.

We of course had to get ready for the trick or treaters and made little goodie bags of chocolate and gummy eye balls and spiders and vampire teeth to give out. We had a good turn out of trick or treaters that came by that night and a few of the staff brought their kids in their costumes too. I think we were sugared out as well, except mostly on our sugar free candy.



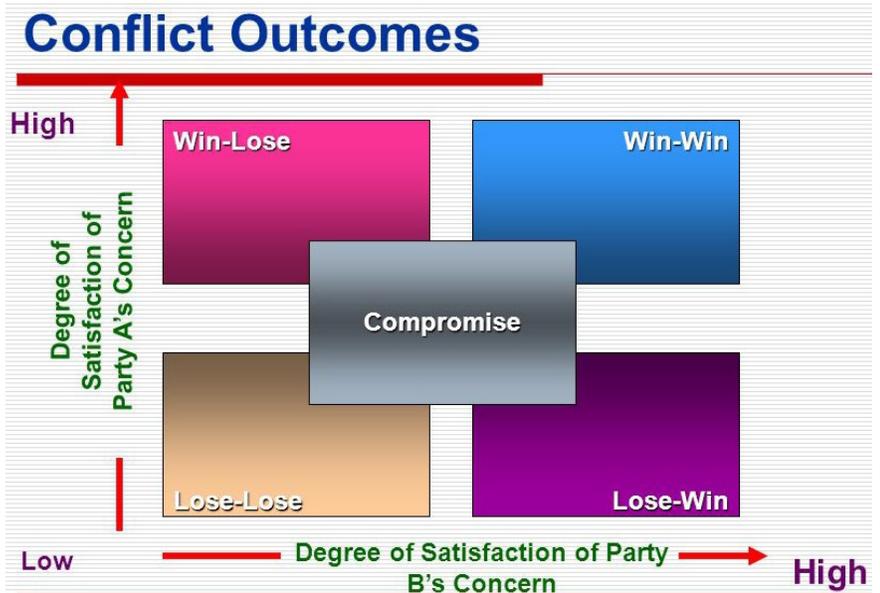
Mandt Training: Relationships

This month we have been focusing on relational skills. We have been learning ways we can build trust through consistent messages. People will perceive us by our actions, not our promises

Often we maintain our relationships with compromising, but we when we can create win-win outcomes that can actually build relationships.

Since neurology is geared towards flight or fight authentici-

ty is a learned skill. In order to communicate assertively and authentically we need to affirm our feelings and choose our behaviors.

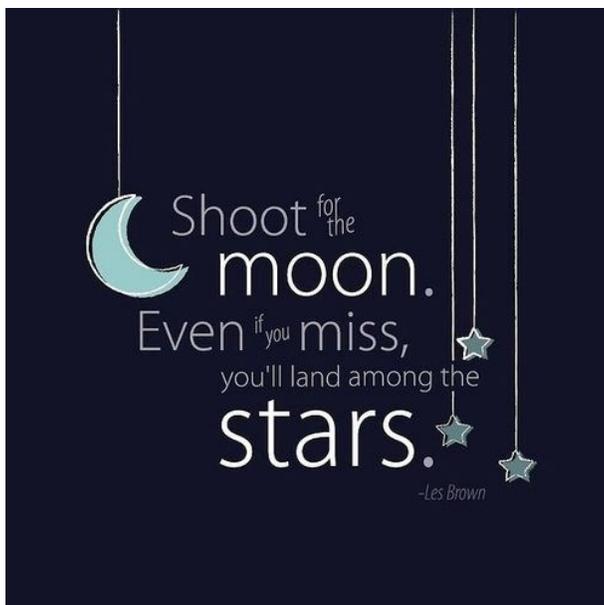


Express yourself effectively and stand up for your point of view, while also respecting the rights and beliefs of others

Goal Setting Groups Setting goals is an ongoing process many of us have done our whole lives. Sometimes not reaching our goals can be very discouraging.

Other times we loose sight of our goals or forget about them all together, such as New Years resolutions.

As we have been setting goals here at Blue Sky we have been putting them in writing and working on them together. We have also been reminding ourselves and our residents that if we shoot for the moon and miss we will be far beyond where we started.



Activities

Coping Skills Group



Shopping and Salon Outing



Halloween Lunch



Out Shopping



Reading Books