



TEAMWORK

A QUARTERLY CHILDREN'S CLINIC AND FLEX NEWSLETTER FROM OUR TEAM TO YOURS

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PRECIOUS FALL

The seventh issue of our Children's Clinic and Flex Team Newsletter is here in the midst of Fall--a uniquely special time in New England, and in the Pioneer Valley! Read on for updates about in-person services at the Clinic, some cool projects from Cutchins staff, and some special opportunities for adolescents!

This newsletter has been made possible through our agency partnership with the United Way of Hampshire County.



United Way
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 Cutchins Programs
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LETTER FROM THE DIRECTOR

Hello Clinic Families,

I hope the transition into the school year went well for all, and that your families are adjusting to all the new changes a school year brings. We are also all transitioning into Fall, my personal favorite season! It's 48°F right now, and my family lit our first fire in the woodstove last night!

Some Clinic updates:

- Though we cannot predict what the next few months will bring in terms of COVID etc., as of this time we are planning on remaining open for in person sessions at the Children's Clinic, following our current protocols of taking temperature and filling out form upon entry to the building and wearing masks.
- After keeping it closed to be extra cautious about virus transmission, we have decided to open up our waiting room. With the weather getting colder it makes more sense to be able to wait for your child in the waiting room than outside or in a car. We have new chairs that can be easily sanitized and are spaced apart in the waiting room. There is also a full room air purifier in the waiting room. Thank you for all your flexibility while the waiting room was not available!
- Please remember as we enter into the colder months, we want to remain careful about sharing our germs. Please communicate with your Clinician about rescheduling appointments or meeting on Zoom if you or your child has any symptoms of illness.

I hope you find some helpful information in this newsletter, please reach out to myself or Allie (aditucci@cutchins.org) if there are items you'd like us to include in future editions.

Be well,
Amanda Jenkins Harrison, LMHC
Director, The Children's Clinic



Make your own Feelings Thermometer

BY BINDA COLEBROOK, LICSW

Make your own feelings thermometer to use at home.

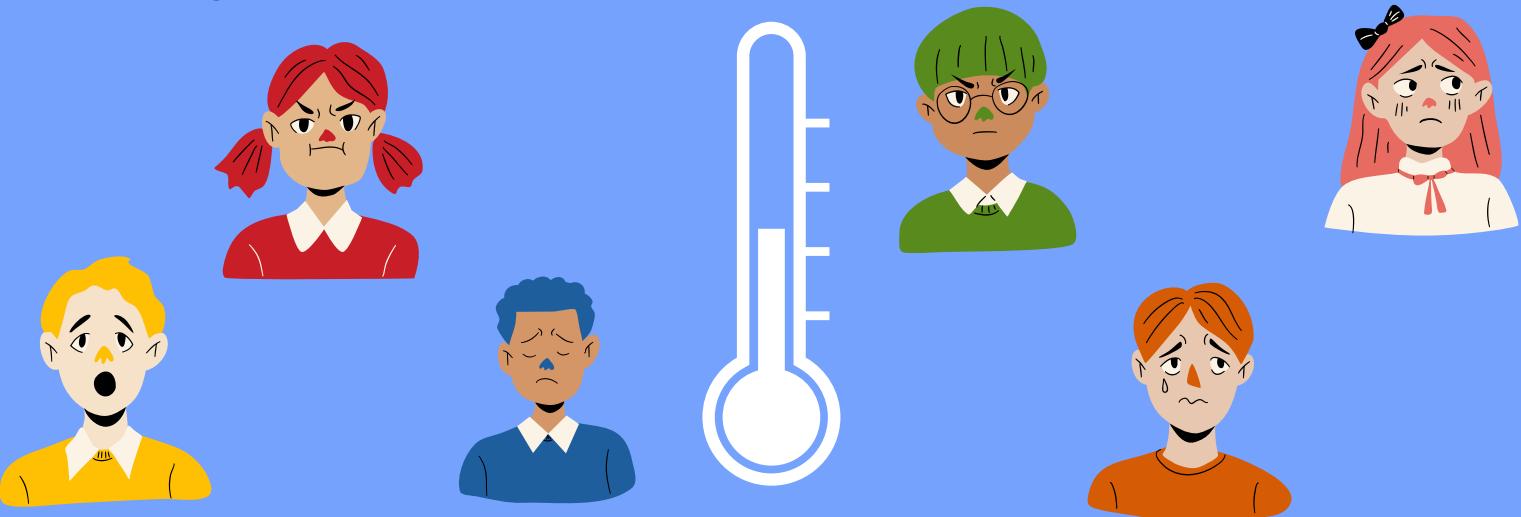
What you will need:

paper, colored pencils or markers, tape (optional).

Invite your child to make it with you. Depending on their age, they can do all the steps, or just the coloring.

1. Draw a thermometer shape on the paper (Printable template Included on last page of newsletter)
2. Add numbers to the side with lines dividing it.
3. Have the child decide what colors go in each block.
4. You can add tape to both sides if you want it to last longer.
5. Try it out!

- Ask your child what they are feeling right now. Then, show them their thermometer and ask them how much of that feeling they are having.
- You can add that if they are having a little of the feeling they would point to a lower level on the thermometer, and if a lot, they would point to a higher level.
- This tool can be kept on the fridge and used whenever your child is having emotions. Inviting them to identify their feelings can help them slow down and get to know themselves better.
- It can also help them feel calmer because thinking about it brings their thinking brain back online.



Reading Therapeutic Children's Books at Home

[Check out our website](#), where you will find videos were created by Amanda Harrison, Director of the Children's Clinic, and Charlie Cooley, Occupational Therapist and videographer. Amanda is reading therapeutic books in the videos so families can access them from home. Reading stories and helping children to use the concepts in those stories helps us stay connected and grow emotionally.



The generous support of the United Way of Hampshire and Franklin Counties enabled our clinicians to create the therapeutic resource materials that accompany the videos. The funding from the United Way also enabled the us to purchase copies of both books to give to Cutchins families, forging an even deeper connection to the words. Please let us know if you'd like a copy of one of the books!



Pregnancy Loss Resources

Although it is not uncommon, miscarriage and infertility can be so painful for families and challenging to talk about.

Did you know our clinician Laura Seftel is the author of a book titled, "Grief Unseen: Healing Pregnancy Loss Through the Arts"?

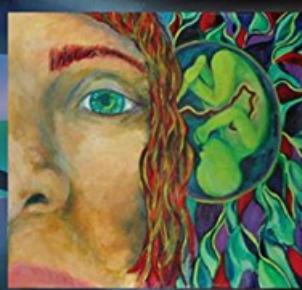
There are also books available to help explain the loss of a pregnancy to young children, including the book "Something Happened."

Grief Unseen

Healing Pregnancy Loss through the Arts

Laura Seftel

Foreword by Sherokee Ilse



NEW GROUP!



MAGIC THE GATHERING DROP-IN GROUP

Join us for a weekly fantasy-themed card game! This recreational group will be peer-led and clinician-supported. Open to ages 12-17.

No supplies needed—we will use a free website to play. Beginners are welcome!

**6:00-7:00 pm via Zoom each Wednesday
Beginning November 3, 2021**

To join, contact Sarah Mikesell at (413) 587-3265 ext. 414 or smikesell@cutchins.org



Join the WOS team

WIPE OUT STIGMA

Youth Wipe Out Stigma (WOS) is a new statewide group of youth working to raise awareness about issues relating to mental health impacting young people as well as advocating for policies that promote positive mental health in Massachusetts. We hope to actualize the passion and ideas of young people to make meaningful changes for youth struggling with mental health.

**SCAN THE QR CODE TO APPLY
NOW**

Application link: <https://forms.gle/1Lii8NpbmViDf9786>

If you have any questions please feel free to email us at:

WipeOutStigma@gmail.com



@wipeoutstigma

From Youth Wipe Out Stigma:

If you are a young person ages 14-18 living in Massachusetts and interested in advocating for young people's mental health, please fill out [our application form](#) to join Youth WOS! We are looking for young people who can attend at least one monthly virtual meeting and will support the projects and campaigns we collectively decide to take on. If you have any questions, please shoot (youth) co-founders Noah McDowell or Evyenia Georges an email at: WipeOutStigma@gmail.com.



STAFF PICKS

A round-up of resources and links that we've found helpful lately

[Dinosaur Footprints!](#) – Laura's Pick

Did you know that just around the corner in Holyoke is an amazing set of trails that you can visit for free? Discover fossilized footprints while on a family outing.

[Family Online Safety Institute](#) – Another Pick from Laura!

Explore these great tools and resources to help keep your children safe on the internet.

[The Adopted Life](#) – Leslie's Pick

Angela Tucker is a transracial adoptee who made the film *Closure* which followed her journey in finding her birth family. Tucker went on to create the blog, "The Adopted Life" which "began as a personal blog that allowed me to process my emotions and experience as a transracial adoptee; a means by which I'd hoped to build a community of other adoptees." The website now includes interviews with teen transracial adoptees that explores their lives and feelings around this identity. These interviews are wonderful resources for transracial adoptees, or anyone who loves or works with them.



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