

2 0 2 1

***NEW YEAR.
NEW GOALS.***

JANUARY 2021



Recognizing Children's Gifts
Behavioral Health Network

rcghealthnetwork.com

In this issue:

- What's New at RCG?
- RCG Team Member Spotlight
- CARE Team
- Family Engagement
 - Who Do I Contact? When Do I Contact?
 - Family Fun Activities for the Holidays!
- Let's Hear from the Clinical Team
- RCG Closed - January 18th



What's New at RCG

Welcome to the RCG Team:

- Becca Banks, ABA Therapist
- Amber Harrison, ABA Therapist
- Yesenia Padilla, Behavior Technician
- Sarah Millward, Speech and Language Pathologist

Look who is celebrating a birthday in December:

- Valerie
- Meara

Happy RCG-versary to:

1 year

- 1/6 - Aaron Kendrick

2 years

- 1/7 - Kristen Keys

3 years

- 1/8 - Kayla Scherrer





Happy New Year, RCG Community!

Setting Personal Goals

Yes, we did it! We made it to another New Year, a year that's full of new opportunities, new experiences and new levels that wait for us to achieve. Keep in mind what makes the new is having a new mindset. We are honored to have the opportunity to serve and **#CARE** for our team, clients, and families each and every day and this year is no different.

Let's make 2021 our best year yet! We know that to get the most out of 2021, we must have a plan. As we work to move away from surviving and on to **thriving**, our question to you is, "What is your plan for the New Year"? Here are a couple of things you can do to start the year of 2021 (**Twenty Twenty WON**) preparing to win regardless of your personal area of focus:

Learn to Plan, Press, and Prosper by Putting A Few Things in Motion:

- Creating a Growth Plan (what areas in your life do you personally need to grow in)
- Developing a Focus Plan (keep your goals in front of you)
- Outlining an Organizational Plan (what things do you need to get in order to execute your plan and how will your stay organized)
- Identifying an Accountability Plan (who or what is needed to ensure you stay committed to seeing it through)

CARE Team Friendly Reminder:

Insurance cards for 2021 deadline: **Jan 11th**, please notify us even if there has been no change in your coverage by sending an email to careteam@rcghealthnetwork.com if you have not done so already.

We look forward to our best days again together and remember that life is better when we do it together. Stay well and let us know how we can CARE for you.

CARE TEAM

Phone: 804-897-1753 option 9 Fax: 888-857-8088
careteam@rcghealthnetwork.com



- LaDonna Branson, Supervisor of Administrative Services
- Leo Rodriguez, Operations Analyst
- Angel Williams - Administrative Specialist

FAMILY GOALS



Happy 2-0-2-1!

What goals have you set for your family for this week, month or year? Maybe, being intentional about having a weekly family night where everyone watches a movie or plays a favorite board game. Just because it's the first month of the year and maybe you haven't set up any goals doesn't mean it's too late! What new things do you want to try? Recipe? Craft? With everything going on and children just transitioning back to school from winter break; it's OK! You got this! Remember to start small; be realistic and be intentional.

Here's some different types of family goals that I came up with:

1. **Maintaining good health for all members of your family.**
 - If you are reluctant to schedule in-person visits to your physician at this time telehealth is a great option and most insurance carriers do cover this service
2. **Maintaining a home that all family members are proud of**
 - Take turns cleaning up different parts of your home
 - The kids can help load the dishwasher, wipe down the table of dinner, etc.
 - If you child is not physically able to do these small tasks independently, make it fun while providing hand-over-hand/physical assistance. You can make it like a game ex: 1-2-3 load the dishes or play some fun music.
 - Painting a room or rooms in the home.
3. **Schedule vacation and leisure time for yourself and family even if you stay local.**
 - New places to visit
4. **Practice compassion and grace towards others in your family.**
5. **Balance work with life**
 - Set boundaries for work and home.
6. **Setting up new traditions**

Spiritual goals

As always I am here to listen to your questions, locate resources and share valuable information with families.

Jamilya Q. Brown
Family Engagement Coordinator
Office: (804) 897-1753 ext. 219
Email: jbrown@rcgstateservices.com

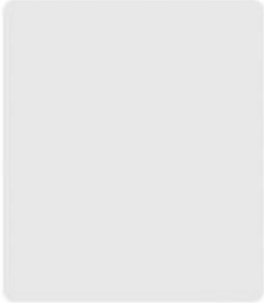


Jamilya Brown BS,
Family Engagement Coordinator

90-DAY ACTION PLAN

FAMILY

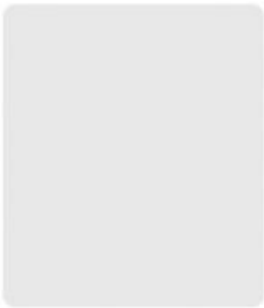
GOAL #1



ACTION STEPS

-
-
-
-

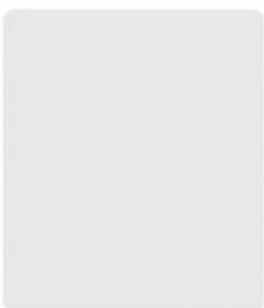
GOAL #2



ACTION STEPS

-
-
-
-

GOAL #3



ACTION STEPS

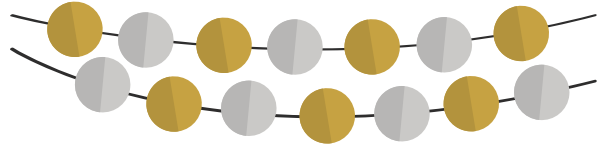
-
-
-
-



LET'S HEAR FROM THE
Clinical Team

Training/Assessment - Early Childhood - School Age - Life Prep

Training & Assessment



SMART Goal Setting

“New Year, New Me,” is a phrase that is often associated with bringing in each New Year. This slogan also comes with the infamous New Year’s resolutions many people set for themselves to achieve. According to a study done in 2016, of the 41% of people who made New Year’s resolutions, only 9% felt they were successful at keeping them by the end of the year. Furthermore, overall data suggests that after 6 months of setting a resolution less than half (47%) of people are successful at keeping it. Common reasons that people failed were: setting unrealistic goals, setting too many goals, and not keeping track of goal progress.

When it comes to goal setting for New Year’s resolutions, there are two important criteria to keep in mind. First, create an overarching long term goal with several short term goals to achieve along the way. Also, be SMART when it comes to planning your overarching goal and short term goals. SMART is an acronym that stands for Specific, Measurable, Achievable, Relevant, and Timely/Time Bound.

S- Specific. When setting a goal it is important to make it precise and to include specific actions that you will take toward achieving your goal. Some questions to ask yourself with this aspect of goal setting are: “Who will you need to involve?” “What is it you want to accomplish with this goal?”

M- Measurable. This is your data collection method for your goal and it can be used to track your progress on these goals.

A- Achievable. A- Achievable. This aspect of goal setting connects the goal to your individual values and makes this goal individualized to you. Some questions to ask yourself with this aspect of goal setting are: “Can you realistically accomplish this goal in the timeframe you set?” “Do you have the skills to achieve this goal?”

R- Relevant. This aspect of goal setting ties into a bigger, overarching goal to set for yourself. This also overlaps with setting achievable goals. Your goal should not be associated with unwritten rules you are trying to follow or an expectation someone else has of you. Instead, your goal should be connected to your values and something you hold important.

T- Timely/Time Bound. This aspect of goal setting will help you focus on a deadline to get your goal accomplished by. When setting your goal, be sure to include either a day/time for you to complete it or give yourself a deadline to complete the goal by.

Here is an example of a goal using SMART planning:

Overall Goal	To spend more time with my family.
SMART Goal	I would like to spend 30 minutes with my family doing an activity together 4 days a week before June 2021.
Short Term Objectives	1. Spend 15 minutes with family twice a week for 2 consecutive weeks. 2. Spend 15 minutes with family 4 times a week for 2 consecutive weeks. 3. Spend 30 minutes with family twice a week for 2 consecutive weeks. 4. Spend 30 minutes with family 4 times a week for 2 consecutive weeks.

Resources:

[Goal Setting Worksheet: The Happiness Trap](#)

Sources:

<https://discoverhappyhabits.com/new-years-resolution-statistics/#resolutions-success-failure>
<https://blog.vantagecircle.com/setting-smart-goals/>
<https://www.smartsheet.com/blog/essential-guide-writing-smart-goals>



Kara Herring M.Ed., BCBA, LBA
Training and Professional
Development Senior Clinical
Supervisor

School Age



Developing Individualized Goals

As we transition into 2021, you may find yourself starting to think about goals you want to achieve over the next year. Here at RCG, setting individualized long-term and short-term goals for our clients is something that is always on the forefront of our minds. The RCG Clinical Team develops measurable treatment goals for each of our clients, based on the client's needs. These goals are updated as often as needed, and the focus of these goals is to decrease undesirable behaviors that may interfere with the client's learning and increase socially significant behaviors. Through the use of formal assessments, collaboration, family interviews and observations our BCBA's and BCaBA's are able to determine strengths and barriers, and develop goals specific to each client and their family. Our clinical team then uses ABA teaching strategies and interventions to assist clients with mastering their goals.

Our treatment goals often include, but are not limited to, the following:

- Decreasing undesirable behavior
- Increasing functional communication and language skills
- Increasing appropriate social interactions
- Increasing independent self-care (such as showering and toileting)
- Increasing play and leisure skills

Formal assessments that our team members are trained in and use to determine client strengths and skill deficits include, but are not limited to, the following:

- PEAK Relational Training System
- Verbal Behavior Milestones Assessment and Placement Program (VB-MAPP)
- Socially Savvy: An Assessment and Curriculum Guide for Young Children
- Assessment of Functional Living Skills (AFLS)

The short-term and long-term goals that you have for your child and family will change over time. It might be helpful to write them down!

My short term goals for my child and family include:

- 1.
- 2.
- 3.

My long term goals for my child and family include:

- 1.
- 2.
- 3.

Resources:

<https://www.vbmappapp.com>
<https://www.peak2aba.com/>
<https://functionallivingskills.com/>

Hannah Buchanan MA., BCBA, LBA
Clinical Supervisor II





All RCG locations will be closed on Monday, January 18, 2021 in observance of Martin Luther King Jr. Day.

The time is always right to do what's right.

MARTIN LUTHER KING JR.

Behind the newsletter

Newsletter Team:



Wendy Helm
Design & Content
Coordinator



Amanda Wells,
M.Ed., LBA, BCBA



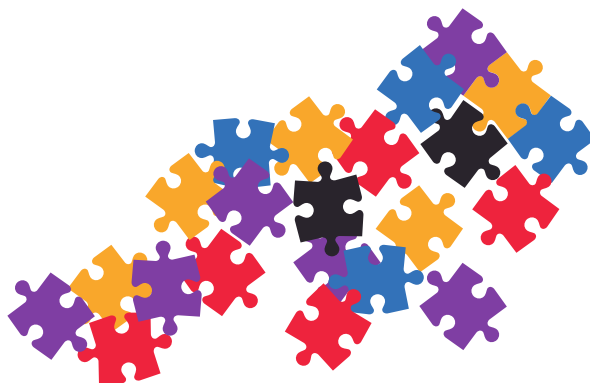
Courtney Bise,
M.Ed., BCBA, LBA



LaDonna Branson,
MBA



Jamilya Brown,
BS, RBT



Contributing writers for this month's newsletter (pictures shown with articles):

Kara Herring M.Ed., BCBA, LBA

Hannah Buchanan MA., BCBA, LBA

Tara Lamm, BA, BCaBA, LABA





rcghealthnetwork.com | 804.897.1753

1107 Alverser Drive
Midlothian, VA 23113

Facebook | Instagram | Twitter