



October 2024 Newsletter

Issue 3

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Packages

Let's more clearly define how I can help!

Brainerd Lakes Area Behavior Support Packages



As Needed Consultation

Sessions are scheduled as-needed for quick advice, collaborative problem solving, in-depth guidance, or team meetings. This flexible approach ensures support when you need it, tailored to your situation.



Behavior Assessments & Positive Behavior Support Plan

This package includes observations, interviews, and assessments in order to write a Functional Behavior Assessment and a Positive Behavior Support Plan. We will determine the underlying causes of challenging behaviors and explore evidence-based strategies to replace them with more positive alternatives.



Consistent Skill Sessions

Engage in weekly sessions designed to build and reinforce essential skills identified by client and caregiver report, observations, and assessments. I work closely with both the client and caregivers to ensure consistent progress and mastery of skills, fostering long-term success.



Decision Planning

Formal Person-Centered Planning Facilitation to empower people to reach their goals and dreams. This service includes one to three sessions with the client, interviews with their chosen team members, a team meeting with a graphic recorder, and follow-ups to ensure progress stays on track.

Have you Signed Up?

Newsletters will only be mailed out to subscribers!

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Previous Newsletters

Click here to read past newsletters!

Service Agreements

New Service Agreements for Packages A, B, & C will be under Specialist Services - T2013. I will speak with individual county social workers about updates to *current* Service Agreements. Please reach out with any questions!

New Service Agreements for Package D or Person-Centered Planning will be under the code S5110.

Wait List



I am starting to schedule people on my wait list so if you've been waiting, expect to hear from me! If you haven't heard from me in a while please reach out! I'd love to connect!

Bullying

Another school year has started so please proactively talk with your kids about accepting differences and being kind to others. Make sure you are modeling kindness and acceptance. Practice with your kids about what to do if they are bullied (say a neutral word) or see bullying (stand next to the person being bullied). Ask your school for a copy of their anti-bullying policy. Get to know the parents of your child's classmates. We need to work together to stop bullying.

Watch *Professor Hamilton* (@the.communication.expert) on TikTok and Instagram to learn how to respond to a bully. She has all sorts of recommendations including saying a *neutral message* back such as "Nope", "Pass", "Pancakes", or "Rain". She also gives examples of using a *statement of fact* in response to someone calling you a name such as "You're purple", "You're a dinosaur", or "You're a jacket".

Click the link below to learn more about bullying. Doing NOTHING is not the answer. If you would like support for your child or for someone you know please contact me. I have more information on bullying and can help people practice responding to bullies.

<https://www.stopbullying.gov>

Pathological Demand Avoidance

Pathological Demand Avoidance (PDA), also referred to as Persistent Drive for Autonomy, is used to describe people who exhibit a consistent and extreme resistance to everyday demands such as expectations, rules, requests, and routines. People with PDA sometimes use approaches like distraction, manipulation, threats, and meltdowns to avoid demands.

While some resistance to demands is normal human behavior, PDA is like a disconnect between the heart and the head. The person may want to do the thing...but their brain struggles to go along with it.

The links below provide more background and examples of how PDA manifests and its triggers. PDA is not an official diagnosis, but more of a description of a behavior.

If you would like to talk more about strategies for people with the PDA profile let me know. I can provide individualized recommendations.

[PDA Video](#)

[PDA Website](#)



It's Fall!

It has been a busy summer and transition into fall. We attended several weddings this summer and took a few small trips. My girls are in the 1st grade this year! I made several changes with my business as far as my license, fees, paperwork, and packages. I look forward to seeing you soon! -Sara

Brainerd Lakes Area Behavior Support, LLC



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