

December 2025 Newsletter



Issue 7

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End-of-the-Year Reflection

I'm especially grateful for the families, teams, and people who were willing to try something new this year, even when it felt uncomfortable or uncertain. Meaningful change happens through relationships, curiosity, and taking things one small step at a time. Take some time to reflect:

- What skill or behavior improved this year?
- What is your focus for this coming year?
- What support felt most helpful?

One Small Change

Do you ever feel overwhelmed at everything you need to do and don't know where to start? Or do you just freeze and don't start at all? I've been there. If you need help with what to do, ask me for one small change you can make to keep moving forward. I can give you ideas, provide visuals or checklists, and even text you mid-week to check on progress.

Facilitated Person-Centered Planning

Over the next month, I'm excited to meet with three different groups to explore the benefits of Facilitated Person-Centered Planning. At the end of December, I'll be offering an engaging workshop

in Pine River, and I'll also be connecting with teams in both Morrison County and Crow Wing County for shorter, more informational meetings.

If your group would like a brief 20-minute overview or a more in-depth hour-long workshop, let me know! I'm happy to arrange something that fits your needs.

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January - May Scheduling!

Angelica will be reaching out this week to confirm scheduling for January through the end of May. If you are new to Brainerd Behavior Support, we schedule in blocks from January to May, June to August, and September to December. If you have any changes you would like to make to your current schedule, please let her know as soon as possible.

Please note that Sara is unavailable on the following:

- January 19
- January 30
- February 13-16
- March 9-13
- April 3-6
- April 27
- May 5

Thank you for your flexibility!

2026							JANUARY						
SUN	MON	TUE	WED	THU	FRI	SAT	SUN	MON	TUE	WED	THU	FRI	SAT
				1	2	3							
4	5	6	7	8	9	10							
11	12	13	14	15	16	17							
18	19	20	21	22	23	24							
25	26	27	28	29	30	31							

Wait List



Click the link below and fill out the form towards the bottom of the page!

There is currently **no waitlist** for daytime appointments.

There **is** a waitlist for evening slots.

[Wait List](#)

How Can I Support You?

As a collaborative team member, I will work with you to find practical, person-centered solutions. My role is to help identify what's working, where the challenges are, and what we can do together to move forward. Support may include:

- Problem Solving
- Teach Replacement Behaviors
- Teach Social, Life, & Communication Skills
- Teach Executive Function Strategies
- Introduce tools to manage symptoms of anxiety and depression
- Set-up a Habit Reversal Program
- Recommend Environmental Modifications
- Advocate at Meetings
- Parent Support and Coaching
- Staff Support and Coaching
- Provide Data Sheets
- Conduct Behavior Assessments
- Develop a Positive Behavior Support Plan
- Create a Formal Person-Centered Plan

Recommendations are based on data, the function of behavior, and evidence-based practices.

Sessions can be weekly, bi-weekly, monthly, or as needed.

Happy Holidays!



Angelica and family meeting Santa.



Sara and family on a sleigh ride.





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