

## Foster Care Training

Spaulding Academy & Family Services invites you to a powerful half-day training event, *Beyond the Behavior: Understanding Trauma and Responding Effectively*, on Friday, July 26th from 8:00AM to 12:30PM at 72 Spaulding Road, Northfield, NH.

The event features a keynote presentation from renowned youth care specialist Charlie Appelstein, who will speak on using positive, trauma-informed, strength-based approaches to support families struggling with emotional and behavioral challenges. Attendees will also choose between two insightful breakout sessions led by Dr. Alison Roy, a clinical psychologist specializing in trauma-informed care, and Dr. Bethany Bilodeau, who will focus on supporting foster parents navigating behavioral concerns in school.

The morning begins with registration and a continental breakfast, followed by breakout sessions, the keynote address, and concludes with a BBQ lunch on the quad and resource tables. Childcare is available.

Don't miss this chance to connect, learn, and grow with professionals and caregivers who share your commitment to making a difference. Register today by scanning the QR code on the flyer or emailing [fostercare@spauldingservices.org](mailto:fostercare@spauldingservices.org).

Nicole Keefe  
Board Liaison & Communications Specialist

## LEARNING

YOU'RE INVITED

### BEYOND THE BEHAVIOR: UNDERSTANDING TRAUMA AND RESPONDING EFFECTIVELY

JULY 26TH 8AM-12:30PM  
72 SPAULDING RD, NORTHFIELD, NH 03276

8:00-8:30am

Registration & Continental Breakfast

8:30-10:15am

Choice of breakout sessions:

- Dr. Alison Roy- NAMI- Licensed Clinical Psychologist with a focus on Trauma Informed Care
- Dr. Bethany Bilodeau- CORE- Supporting Foster Parents with Behavioral Concerns in School

10:30am-12:30pm

Keynote Speaker Charlie Appelstein- Understanding and Responding to Families Struggling with Emotional and Behavioral Challenges Using a Positive, Trauma-Informed, Strength-Based Approach

12:30- LUNCH ON THE LAWN

Join us for a family BBQ lunch on our quad with Resource Tables after the training.

#### Guest Speakers



DR. BETHANY  
BILODEAU  
BREAKOUT SESSION



CHARLIE  
APPELSTEIN  
KEYNOTE SPEAKER



DR. ALISON ROY  
BREAKOUT SESSION



Scan the QR code to register or email  
[fostercare@spauldingservices.org](mailto:fostercare@spauldingservices.org)



Childcare is available!

## Arts Festival

This month in the art room our students have been working hard to create their puppets for this year's Arts Festival: *One Day in the Rain Forest*. This festival is a theater production including the visual arts and music!

Robyn Allen,  
Art & Music Teacher



## STUDENT ART

## Have you heard of the MIND diet?

## NUTRITION

Eating healthy can reduce risk of developing many conditions like heart disease and certain types of cancer. Many studies are showing a link between regular consumption of healthy foods and brain health. Keeping your brain healthy can reduce your risk of developing dementia.

MIND is the Mediterranean-DASH Intervention for Neurodegenerative Delay diet. This combines the Mediterranean diet and the Dietary Approaches to Stop Hypertension (DASH) eating pattern. Both focus on eating whole grains, beans, nuts, vegetables, fruit, lean protein foods and low fat or fat-free dairy products. The MIND diet includes both daily and weekly recommendations for certain foods.

### Daily

- Vegetables: Two or more servings of vegetables with at least 1 serving of leafy greens per day. Leafy greens include broccoli, chard, collards, kale, bok choy and a variety of lettuce.
- Whole grains: Three or more servings of whole grains including oats, millet, bulgur, brown rice or other grains listed as whole grain in the first or second ingredient after water.
- Extra-virgin olive oil: Two tablespoons

### Weekly

- Berries: Two to five servings of berries including strawberries, raspberries, blueberries and blackberries. Does not include dried berries.
- Nuts and seeds: Five or more servings of nuts or seeds including cashews, almonds, peanuts, walnuts, pistachios, sesame seeds, sunflower seeds, pumpkin seeds. Also includes nut or seed butters.
- Beans: At least three or four servings per week of varieties such as black, pinto, kidney and garbanzo beans.
- Seafood: One or more serving, with focus on fatty fish like salmon, mackerel, herring or sardines
- Poultry: Two or more servings with focus on light meat without skin.

### Foods to Limit:

- Highly processed foods: including processed meats and refined grains
- Saturated fat: including sources such as red meat, butter, margarine, full fat cheese and fried foods.
- Added sugars: especially from sweetened beverages, desserts and candy

Lesley Robie, RDN, LD, CNSC  
Registered Dietitian

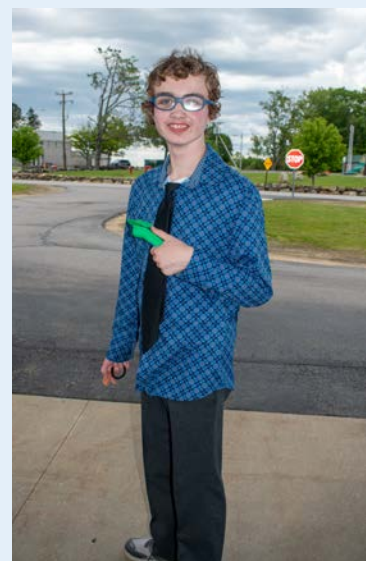


## Prom

## HAPPENINGS

Prom was a blast! Months of work went into creating decorations, picking the right outfits, and setting up behind the scenes. This years theme was ROCK AND ROLL. DJ Cain played popular hits from all the decades. We had a beauty team that helped do hair, make up, and nails. We had a limo that took kids on a ride while they were waiting for Prom to begin. Our Dining Services Team provided a burger bar that was a big hit. Everyone looked stellar in their formal attire!

Salena Durette,  
Residential Daytime Supervisor





## Co-Regulation

## CLINICAL



**What is co-regulation?** Co-regulation is the act of taking inventory of how you and your child are feeling, and engaging in a calm moment that your child can share in. Co-regulation happens when a caregiver can approach a heightened/anxious/upset child and do some deep breathing, humming or swaying (to name a few strategies) to create a rhythm of calm with the child.

**How can you spot when a moment of co-regulation is needed?** You know your child better than anyone! Look out for moments when your child seems frustrated, red in the face, 'harrumphing', sighing, not engaging in their usual activities, etc.

**What do I need to do in order to co-regulate?** Great question! Remember the air mask analogy for airplanes? It applies to co-regulation as well. In order to co-regulate, you need to have a sense of regulation yourself. Now, that's not to say you have to be totally calm in order to engage with your child but to be able to sense that there is tension, take a deep breath and start the process of self-regulation! Take some nice big deep breaths (which may gain the attention of your child, bonus!) and then as you feel the calm, engage your child in it as well. This may look like going to sit next to them while you breathe, asking them if they want to participate, waiting for them to participate or simply just modeling what regulation can look like.

Another great way to support regulation is to reframe! We have all been there before: one of those days where it feels like you just can't get it right. You spill your coffee, you're late to work, you hit every red light and then your check engine light turns on. When we have one of those days, it can be really hard to be our most patient and kind selves. The graphic below offers some great examples of coping techniques that can help mitigate a meltdown.

And lastly, don't forget that your team here at Spaulding is always here to help. Whether it's during a home visit, while your child is in treatment or in the post-care work we offer, your team is always here to support and help problem solve.

Liz Lowrey, M.S. CMHC  
Behavioral Health Clinician

## Data Collection

The month of June brings lots of changes; graduations, weddings, kids finishing up the school year and, for some, stress on how to support a potentially busier household. As a campus we are continuing to embrace social emotional learning through the Choose Love curriculum, founded by the Jessie Lewis Foundation. Within this focus, we have been able to support the continued education of both our staff and students through trainings aimed at co-regulation, emotional identification and self-inventories. This month, the Behavioral Health department wanted to highlight some helpful strategies for families, for when tense moments with your child may feel overwhelming or cause the feeling of being unequipped for a meltdown. With all the potential for events and changes that June may bring, taking a moment to slow down and checking in with your child can help to create connection and support in those meltdown moments.

Liz Lowrey, M.S. CMHC  
Behavioral Health Clinician

## BEHAVIORAL



### 5 Phrases to Calm an Angry Kid

1

"There's nothing to be angry about." -> "Big kids like you and adults, too, can sometimes have strong feelings. That's okay. Feelings come and go."

2

"Stop complaining!" -> "I hear you. Can you come up with a plan? Do you want my help?"

3

"Stop overreacting!" -> "You're having big emotions and big reactions. Let's figure this out together."

4

"Why are you being so difficult?" -> "What's going on?"

5

"Go to your room!" -> "Do you want some space to calm down? I'm right here if you need a hug."

 ASensitiveMind.com



## Permanency

Our Permanency department joins a child and family's team from the point of admission, through their treatment here at Spaulding and for 6 months of aftercare, post discharge. Depending on the length of your child's stay, your permanency worker may be on your kiddo's team for quite some time. The role of this team is to oversee important transitions such as doctors' appointments, coordinate with your child's school/school district, set up visits with family and external team members, and so SO much more. This team of wonderful humans is the foundation of your child's treatment; a task they do not take lightly. For some of our children with DCYF guardianship, permanency roles extend taking their kids to get suits for prom, bringing them to family events to see siblings, and getting to watch them walk the stage at graduation. While this department works hard for their kids, they also work just as hard for our families. Our permanency workers also help identify family needs, wants and goals. A great way to start off treatment with your permanency worker is to identify family goals. What matters to you as a family? What is your family creed? Identifying what is important to your family can be a great way for your permanency worker, BCBA, behaviorist and/or clinician to support that family goal while also addressing the immediate needs of the child. Identifying family values and sharing that with your permanency worker can help guide treatment, build connection with that worker and give the team a better insight into the wonderful families that we serve!

Liz Lowrey, M.S. CMHC  
Behavioral Health Clinician

## PERMANENCY ♥



## Why We Use Positive Reinforcement in ABA

Positive reinforcement is a key component of Applied Behavior Analysis (ABA) and one of the most effective methods for teaching new skills and promoting positive behavior. Positive reinforcement helps build confidence, independence, and meaningful progress in everyday life.

Rather than focusing on what not to do, ABA emphasizes celebrating what's going right. When a helpful behavior is followed by something enjoyable, that behavior is more likely to happen again. Over time, this approach develops lasting, meaningful skills in communication, social interaction, self-care, and other areas.

Types of Positive Reinforcement:

**Social Praise** - Smiles, high-fives, clapping, or saying "Awesome job!" give immediate encouragement.

**Tangible Rewards** - Small items like toys, snacks, stickers, or personal items that are motivating and meaningful.

**Activities** - Opportunities to enjoy something they love, like music, drawing, playground time, or a favorite game.

**Token Systems** - Individuals earn tokens for positive behavior that can be exchanged for chosen rewards, building goal setting, and patience.

By using reinforcement that's tailored to everyone's interests and needs, ABA creates a supportive environment where learning feels rewarding. It's not just about shaping behavior—it's about empowering young people to succeed and connect in their community.

Nicole Hilliker  
Registered Behavior Technician

## RESIDENTIAL ♥

