



ZRnote

July 2024

Issue 2

Zrpath

Services We Provide

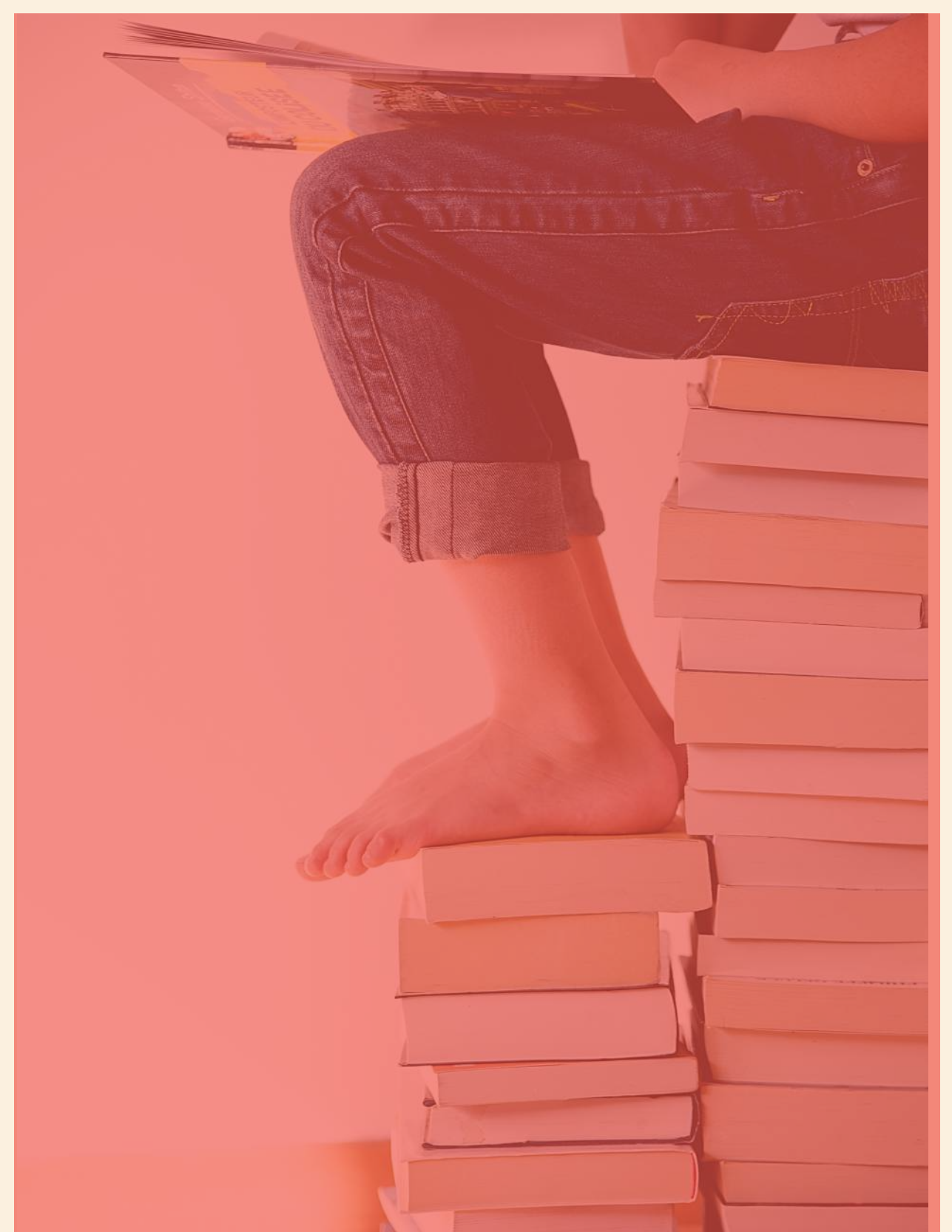
Respite - This temporary community-based resource provides caregivers with a much-needed break from the everyday challenges and stress they encounter.

Life Success - This program provides services to youth between the ages of 5-17 and emphasizes the strengths, interests and talents of each youth involved.

In-School Services - These services aim to create a safe and healthy learning environment that meets the unique needs of every student. These services include life skills, student success, and counseling.

Counseling - These services focus on addressing a wide range of trauma-related symptoms, including anxiety, posttraumatic stress disorder (PTSD), anger, the effects of sexual abuse, and depression.

Keep all documentation up to date, to prevent disruptions in services. Please reach out to you Care Specialist.



CHARACTER QUALITIES

Joyfulness emotion of extreme happiness

Fairness reasonable treatment, without discrimination or favoritism

Activity: Action Calendar

Design a calendar with different events, tasks, and activities that bring you joy, whether it's a small (like dancing for 5 min) or big (a birthday party or a holiday)

Truthfulness

the fact of being true; truth

Dependability

the quality of being trustworthy and reliable

Activity: The Honesty Pledge

Ask the children to write their own honesty pledge. That is the child's promise to always be truthful in their words and actions. After they have finished writing, children can decorate and sign their pledge.

Teamwork

coming together to solve a problem or achieve a shared goal

Diligence

performing tasks with thoroughness and effort from start to finish

Activity:

Help the kids set a goal for this month. Then talk about what they need to do regularly to achieve that goal. They can learn how to make a todo list of tasks that will move them toward the goal they've set.



Schedule Now!
855.810.2484



CFT MEETINGS ARE HAPPENING

ONGOING CHILD AND FAMILY TEAM (CFT) MEETINGS ARE A REQUIREMENT. YOUR CARE SPECIALIST WILL BE IN TOUCH TO SCHEDULE THESE MEETINGS.



IF YOU ALREADY HAVE A SCHEDULED CFT WITH ANOTHER AGENCY, PLEASE INVITE ZRPATH TO CONSOLIDATE AND STREAMLINE THE PROCESS.

Pizzadillas

Ingredients

1 Tbsp. extra-virgin olive oil
2 medium flour tortillas
1/3 c. pizza sauce
2 cloves garlic, minced
1 c. shredded mozzarella
1/2 c. freshly grated Parmesan
1/3 c. sliced pepperoni
1/4 tsp. Italian seasoning



Directions

-Heat broiler. In a large oven-safe skillet over medium heat, heat oil.
-Add one tortilla to skillet and spread about half of pizza sauce on top. Scatter garlic on top and -sprinkle with half of mozzarella, Parmesan, pepperoni, and Italian seasoning.
-Top with second tortilla and cook until cheese is melty and tortilla is golden.

When ready to flip, cover skillet with a large plate and invert skillet to transfer quesadilla onto plate, then slide quesadilla back into skillet, cooked-side up. Top with remaining pizza sauce, mozzarella, Parmesan, pepperoni, and Italian -seasoning.

-Place skillet under broiler and broil until cheese is melty and pepperoni are crispy, about 2 minutes.

Peanut-Butter Granola Balls

Ingredients

1/3 cup honey
1/4 cup natural peanut butter
2 tablespoons unsalted butter
1 cup crisp rice cereal
1 cup old-fashioned rolled oats
1/4 cup dried fruit

Directions

In a small saucepan over medium, heat honey, peanut butter, and butter. Stir until loosened and smooth, 1 to 2 minutes. Remove from heat; stir in cereal, oats, and dried fruit.

Drop mixture by the tablespoon into mini paper cupcake or candy liners. Place on a rimmed baking sheet, and refrigerate until set, about 15 minutes.





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Behavioral Health Counseling Services

- > In-Person & Telehealth
- > Relationship Struggles
- > Transitions
- > Anxiety
- > Post Traumatic Stress Disorder (PTSD)
- > Depression & Grief
- > Behavioral Concerns

**We Have
Immediate
Openings!**

Call us today! 855-810-2484 www.zrpath.com

About Us

As a team of dedicated therapists we are committed to providing high-quality, compassionate care to families facing behavioral health challenges. We are here to help every child reach their maximum potential.

**We Offer
Direct Intakes**

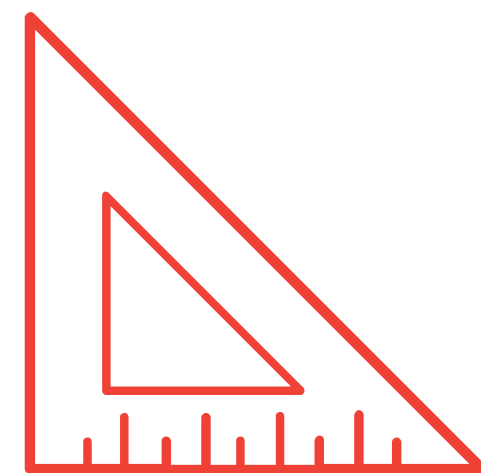




BACK TO SCHOOL TIPS

1. Stay Organized with a School Calendar

- Get a big, easy-to-read calendar and hang it somewhere visible. With your child, go through their school calendar and mark important dates. You can also add extracurricular activities and family events so everyone is on the same page. Encourage your child to take ownership of their calendar by writing down their assignments and upcoming events. This will teach them valuable time management skills and keep them accountable for their responsibilities.

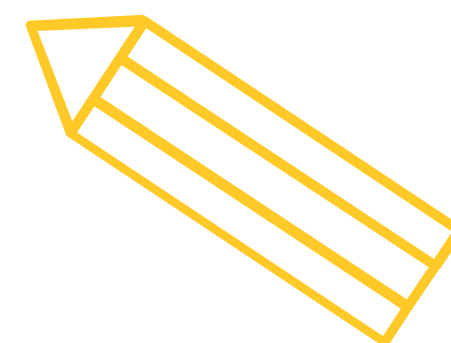


2. Establish a Consistent Bedtime Routine

- Establishing a bedtime routine can work wonders for both you and your child. Think of a bedtime routine as a series of steps that help your child wind down and prepare for a restful night's sleep.

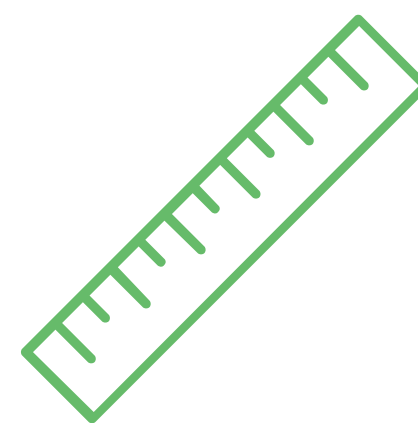
3. Plan Nutritious and Delicious School Lunches

- Start by involving your child in the planning process. Sit down together and brainstorm ideas for healthy lunch options. Get creative and think beyond the typical sandwich. To create a well-rounded meal, consider including various fruits, vegetables, protein sources, and whole grains.



4. Beat the Rush with Early Back-To-School Shopping

- Start by listing all the essential items your child will need, such as backpacks, school supplies, uniforms or clothing, and shoes. Take inventory of what you already have at home to avoid unnecessary purchases.

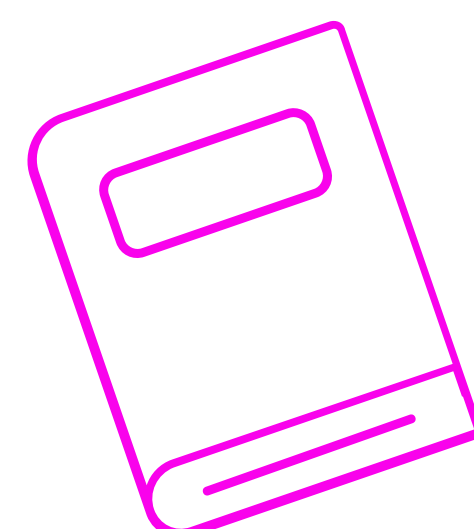


5. Openly Talking About Homework

- Discuss the importance of creating a designated homework space. Help your child find a quiet and well-lit area where they can focus and concentrate. Create a schedule that works for them, allowing sufficient time to complete assignments without feeling overwhelmed.

6. Building Good Communication with New Teacher

- Ask questions about the curriculum, classroom routines, and any specific focus areas for the year. Building a positive relationship with the teacher is key. Share any concerns or specific needs your child may have, whether related to learning styles, special accommodations, or other considerations. Open and honest communication fosters a strong partnership between you, the teacher, and your child.



Excessive Heat Warning

Safety Tips:

Stay Informed

1. Look out for signs and symptoms of heat related illnesses
2. Check the weather forecast for temperature, humidity, and UV index
3. Learn more about NWS today's heat risk map
4. Check in regularly with friends, family, and neighbors who may be more vulnerable to heat exhaustion or heat stroke

Stay Hydrated

1. Drink plenty of water throughout the day
2. Avoid alcohol and drinks with high caffeine or sugar
3. Check the guidelines for adequate hydration when doing moderate activities in the heat

Stay Cool

1. Limit your outdoor activity to when it's coolest, like morning and evening hours
2. Do not leave children or pets alone in a parked car. The temperature inside can rise quickly and become deadly

Heat Exhaustion

Heat Stroke

ACT FAST

- Move to a cooler area
- Loosen clothing
- Sip cool water
- Seek medical help if symptoms don't improve

*Dizziness
Thirst
Heavy Sweating
Nausea
Weakness*



*Confusion
Dizziness
Becomes Unconscious*

ACT FAST

CALL 911

- Move person to a cooler area
- Loosen clothing and remove extra layers
- Cool with water or ice

Heat exhaustion can lead to heat stroke.

Heat stroke can cause death or permanent disability if emergency treatment is not given.

Sun Wise

1. Limit sun exposure with sunglasses, hats, and lightweight clothing
2. Use SPF 30+ sunscreen to protect your skin from UV rays