



GLAD House  
1994 Madison Road  
Cincinnati, Ohio 45208

NON PROFIT  
US POSTAGE  
PAID  
Cincinnati OH  
Permit No. 139

# SPRING Forward



GLAD House News  
April 2019 \* Issue 12

“We are all  
different, but  
as a team we  
fit together!”

- GLAD House  
theme, 2019

## Art Gallery: YOU'RE INVITED!

Every year at the end of the school year, we hold a party for the kids and their families to celebrate all the achievements they have made throughout the year. This year, the kids are creating artwork based on the theme of "Teamwork." On the last day of school program, families are invited to celebrate with their kids, and watch their kids perform in the talent show!

We want to celebrate with you, too!

You are invited to the Annual Meeting, where you can learn more about the GLAD House Program. Join us for an evening of fine art and light refreshments, where you can meet our staff and board, and tour the fine art of the kids' Art Gallery. The techniques presented in this issue of Spring Forward only scratch the surface of what makes GLAD House's program so successful in transforming the lives of children of addicted parents. Come and learn how you can make a difference in their lives!

### RSVP

When: June 25, 2019  
5:00 - 6:30 PM

Where: 1994 Madison Road  
Cincinnati, OH 45208

RSVP: 513-641-5530  
By: June 11

## Inside the Issue

Problem Solving Together.....page 2  
10 Steps to Self-Esteem.....page 2  
Zones of Regulation.....page 3  
You're Invited.....page 4

## GLAD House's Program

- \* GLAD House has been improving the lives of children and their families by breaking the cycle of addiction for over 20 years. What makes our program such a success?
- \* Mental health treatment and drug prevention education that allow kids to build brighter futures free of drugs
- \* Peer groups full of friends who understand the difficulties of living with an addicted caregiver
- \* Leaders and peers who support each other, learn together, and brainstorm strategies to take control of their lives
- \* Healthy snacks, warm meals, and a safe place to simply be a kid
- \* Read on to learn more about our outstanding program!

# Problem Solving Together

At GLAD House, we believe the best way for kids to learn is for them to be active participants in their lessons—this includes problem solving! When our kids encounter a stressful issue, we encourage them to use the problem solving skills they've been learning to find a resolution.

Twice a month, Group Two (8-10 year-olds) has a conference to celebrate their achievements, evaluate what has been working well, and decide what they can improve on for the next meeting.

In their last meeting, Group Two was excited that they were doing GREAT with working together on activities, sharing positive experiences, and communicating! They realized that when they are shouting without raising their hands or talking during mindful activities, they aren't able to retain the information or finish activities.

They decided to take active steps to solve these problems by talking about their problems with their group leaders, using problem-solving steps, and using the "Stop, Walk, and Talk" cool-down method.

Teamwork is an ongoing process, and at the end of their conference, Group Two decided to meet again in 2 weeks to check in with their goals. We're so proud of the progress the kids are making!

## Group Problem-Solving Conference

1. What is going well? 😊	<ul style="list-style-type: none"> <li>Working together on activities</li> <li>Communicating to answer Qs</li> <li>Sharing positive experiences</li> </ul>	<ul style="list-style-type: none"> <li>Compromising</li> <li>Better boundaries</li> <li>Arguing less</li> </ul>
2. What have we noticed is problematic?	<ul style="list-style-type: none"> <li>Getting out of seat without asking</li> <li>Upset when we don't get called on</li> </ul>	<ul style="list-style-type: none"> <li>Shouting out or not raising hand</li> <li>Talking while group leader is</li> </ul>
3. What have we noticed about why this is a problem?	<ul style="list-style-type: none"> <li>Makes us distracted</li> <li>Forms bad habits</li> </ul>	<ul style="list-style-type: none"> <li>Not able to retain information</li> <li>Not finishing activities</li> </ul>
4. What might be causing these problems?	<ul style="list-style-type: none"> <li>Poor impulse control</li> <li>Making negative assumptions</li> </ul>	<ul style="list-style-type: none"> <li>Not showing empathy</li> <li>Not active listening</li> </ul>
5. How can we solve these problems together?	<ul style="list-style-type: none"> <li>Talk to group leaders</li> <li>Use coping skills</li> <li>Use "think time"</li> <li>Make group reminders</li> </ul>	<ul style="list-style-type: none"> <li>"Stop, Walk, Talk"</li> <li>Accepting what you did in a positive manner</li> <li>Make signs to calm down</li> <li>Sharing + Caring</li> </ul>
6. What are solutions to these problems?		

# Zones of Regulation

Do you ever have a time when you feel stressed or upset, but don't have the right word to describe how you're feeling? We do, and so do our kids! When we have difficulty expressing ourselves, visualization can help us describe exactly how we are feeling.

When a child is unfocused or "uncooperative" during a group activity, or at home, it's easy to write off their experience as simply causing trouble. As leaders, it's important for us to remember that no child's experience can be classified as simply "acting out."

At GLAD House, we use age-appropriate, interactive tools to help our kids identify their emotions, and the best way they can manage their stressor.

When a child starts to feel overwhelmed during group and doesn't know how to communicate what they need, they can use the zones of regulation. Emotions have so much variety! If the child seems agitated, are they frustrated, or nervous? If they seem lethargic, are they bored, or just sleepy? A child's specific emotion is going to affect how they react to intervention techniques.

Every emotion has a best way to respond. Once the child identifies how they feel on the color chart below, they can choose a calming down tool from the list.

Involving the kids in their own action plan not only helps them feel better faster, but also makes them feel empowered about their own lives!

**Green Zone:** Go time!  
Feelings: Calm, Focused, Relaxed, Happy  
Tools: Actively listen to your group leaders and peers, Complete your work, Remember your daily goals, help and encourage others

**Yellow Zone:** Slow Down  
Feelings: Annoyed, Nervous, Frustrated, Stressed  
Tools: Talk to the group leader, Take five deep breaths, Squeeze a stress ball, Ask for a break

**Blue Zone:** Rest stop  
Feelings: Sad, Sleepy, Bored, Confused  
Tools: Get a drink of water, Talk to a trusted adult or friend, Do hand presses, chair push-ups, and wall presses, Ask questions

**Red Zone:** STOP  
Feelings: Mad, Frustrated, Unkind, Disrespectful  
Tools: Talk to a trusted adult, Ask to go to the calm down area, Take ten deep breaths, Do hand presses, chair push-ups, and wall presses

# 10 Steps to Self Esteem

1. Know yourself
2. Understand what makes you feel great
3. Recognize things that get you down
4. Set goals to achieve what you want
5. Make friendships that make you feel good
6. Don't be afraid to ask for help
7. Stand up for your beliefs and values
8. Help someone else
9. Take responsibility for your own actions
10. Take good care of yourself