



GLAD House  
1994 Madison Road  
Cincinnati, Ohio 45208

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GLAD HOUSE NEWS

APRIL 2020

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## April Showers Bring May Flowers

When it rains at GLAD House, it pours! On one bright fall morning, the staff at GLAD House arrived to our building to find a rather wet surprise. Our program coordinator opened the door, took a step in, and—SPLASH!—stepped into an inch of water. Water submerged the central room. It covered a group room, drenched the nearby office, and trailed down the hallway into the distance.

As we soon discovered, our water heater had broken overnight, sending a deluge of water throughout the GH building. While waiting for plumbing services to arrive, all available staff jumped in to help! We created an assembly line to quite literally sweep water out of the building to prevent the damage from getting worse.

Next began a flurry of quick but thorough projects to make sure the Champs Program was uninterrupted for the kids. Flood restoration began drying out our walls, our water heater was replaced, and the walls began to be painted.

Within a month, the GH building was better than ever. We are so grateful to all the staff and community members who stepped up and continue to step up to aid the GLAD House kids. But we could still use your help! Due to the damage to the walls, the entire GH interior had to be repainted. The kids are all extremely excited about the bright new colors in their group rooms. A donation to GLAD House today will help us pay for the fun, springtime paint! From floods come rainbows!



## You're Invited!

You are invited to the GLAD House Annual meeting! Are you curious about the work GLAD House does in our community and want to learn more? Please join us this June at GLAD House to meet staff and board members, take a tour of the GH building, and learn about our great program.

Over the last year, GLAD House has made many exciting changes to our annual and strategic plans, which will be discussed in detail at the meeting. Come and find out how you can join us in breaking the cycle of addiction.

Additionally, you will be able to tour the Art Gallery with creations from the kids' end-of-school-year Art and Talent Show! This year our theme is "From Little Seeds Grow Mighty Trees." Our kids know that they are growing in big ways, and that every time they plant a seed of positive change, one day it will grow into a mighty tree. Their artwork will reflect this awesome theme!

Date: June 23, 2020

Time: 5:00pm - 6:30pm

Location: GLAD House  
1994 Madison Road  
Cincinnati, Ohio 45208

RSVP by: June 11, 2020  
513-641-5530



## Coping Skills

What do music, reading, bicycling, sports, yoga, and breathing have in common with each other? All are coping skills!

When life throws stressful situations our way, we can draw on coping skills to wade through the situations. At GLAD House, we teach our kids healthy coping mechanisms so that they are equipped to handle the stressors in their lives.

Because everybody has coping skills that work better for them than others, we introduce our kids to a variety of skills so that they can personalize their skill "toolbox"!



## Group One

Our Group 1 is our youngest group of 5-7 year olds. Their group room is a loft, and they have created a cozy "nook" that anyone can go to when they feel overwhelmed and need a break. This nook is filled with items like toys, comfy chairs, stuffed animals, and posters that the kids picked out because they help them calm down. There is even a poster with yoga poses that they can practice!

One type of coping skill that many of our kids love is playing with "fidgets." These little items provide a sensory object to help the kids calm their minds and focus. Check out some of the fidgets they picked out and created!

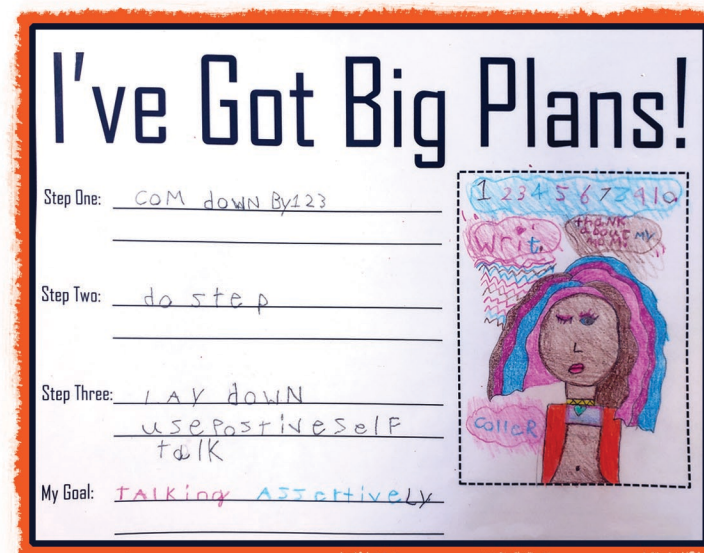
## Spotlight on Group Two!

The kids in Group 2, made up of our 8-10 year olds, are encouraged to invest in their personal treatment plans by working toward understanding and achieving their long-term goals. Each day in group sessions, the leaders lead discussions and activities that help the kids understand their long-term goals.

An important step in achieving a long-term goal is starting with a small, personal goal. The short-term goals are chosen by the group leaders based on the kids' treatment plans, discussions with each child, and the observations of the group leader. These goals develop stronger coping, behavioral, and social skills. The kids are then encouraged to write out a plan to achieve their short-term goals with the guidance of their therapist.

Additionally, the kids have an accountability chart that encourages them to take responsibility for one of their short-term goals at the end of each day. The kids are asked to gauge their personal performance of that goal throughout their day at GLAD house. The kids decide if they have earned between one and five additional incentive bucks for working towards their accountability goal that day. They discuss their progress with their peers, and share how they worked on their goal and if they would change anything in the future.

This process encourages the kids to focus on their goals, to evaluate their skills, and gives them an opportunity to earn additional incentives through personal choice and action!



## Group Three

Group 3 is our oldest group, and they are crafty and creative! Each kid has created their own "coping skills" box that they can access any time they need a little assistance managing their emotions.

All the boxes are personal, and some of the things they include are hand-made fidgets, rice bags, glitter bottles, pictures that make them happy, coloring supplies, and encouraging notes from their friends.

## Like Us on Facebook!

Did you know that you can follow GLAD House on Facebook? Like us to keep up with the latest GH news, hear about our kids' success stories, learn about our intervention techniques, and admire the fantastic art projects the kids create! Your support makes GLAD House the incredible place that it is.