



# #LIBERTYSTRONG

Newsletter from your Clinical Team

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## How are we doing and what would you like to see in the Clinical Newsletter?

We want to connect with you! Please let Angie Huber know what you would like to see in the newsletter. We will do our best to meet your request. Send any requests to [aahuber@fcps.edu](mailto:aahuber@fcps.edu).

### Obsessive Compulsive Disorder

(You can find the rest of this article as well as other resources/ information at this [link](#))

Obsessive-Compulsive Disorder (OCD) is a common, chronic, and long-lasting disorder in which a person has uncontrollable, reoccurring thoughts (*obsessions*) and/or behaviors (*compulsions*) that he or she feels the urge to repeat over and over.

#### Signs and Symptoms

People with OCD may have symptoms of obsessions, compulsions, or both. These symptoms can interfere with all aspects of life, such as work, school, and personal relationships.

**Obsessions** are repeated thoughts, urges, or mental images that cause anxiety. Common symptoms include:

- Fear of germs or contamination
- Unwanted forbidden or taboo thoughts involving sex, religion, or harm
- Aggressive thoughts towards others or self
- Having things symmetrical or in a perfect order

**Compulsions** are repetitive behaviors that a person with OCD feels the urge to do in response to an obsessive thought. Common compulsions include:

- Excessive cleaning and/or handwashing
- Ordering and arranging things in a particular, precise way
- Repeatedly checking on things, such as repeatedly checking to see if the door is locked or that the oven is off
- Compulsive counting

Not all rituals or habits are compulsions. Everyone double checks things sometimes. But a person with OCD generally:

- Can't control his or her thoughts or behaviors, even when those thoughts or behaviors are recognized as excessive
- Spends at least 1 hour a day on these thoughts or behaviors
- Doesn't get pleasure when performing the behaviors or rituals, but may feel brief relief from the anxiety the thoughts cause

**Fairfax County Resources:**

**Parent Support Line:**

DFS parent support line, parent cafes and parenting classes ([link](#))

**Fairfax County Resources**

<https://www.fairfaxcounty.gov/healthymindsfairfax/common-diagnoses>

**Community Services Board:**

<https://www.fairfaxcounty.gov/community-services-board/mental-health>

Stress Relief

Life is beautiful



# Power to Partner in Parenting with Difficult Behaviors

By: Angie Huber, Licensed School Social Worker, Liberty MS

Parenting can be challenging!!! Conflicts bring out big emotions for both the child and the parent. It is important for children to learn how to deal with emotions but also to learn how to work through conflict. Feelings typically need to be addressed prior to addressing the problem. Understanding the “why” behind difficult behaviors is a powerful tool in partnering with your child. There are numerous reasons for difficult interactions or behaviors. Is the child struggling with a mental health condition or a stress that is more than typical? How do you know? They often will not talk about it unless the time is taken to learn and understand more. Is the child experiencing relationship conflicts with any person in their life? Is there a new added stress? The pandemic brought on many new stresses! It is important to note that children are often stressed by conflict and/or challenging interactions as well, even though he/she may instead act as if it does not matter and/or argue when approached with the need to change.

How to find the root of the issue when the child is not talking? Sometimes it means observing and actively listening to what the other person is saying. Helping a child find the “real” reason for the problem will help them learn how to solve these problems in the future. Consider the context of the problem in looking at what is occurring around the incident. Typically finding the root cause and all surrounding factors involves taking a mental step back from the situation. The mindful moment in this newsletter may help with taking a step back. The parent can start by first working to identify their own emotions and then move to helping the child identify his/her emotions. Visual tools can help, such as a feelings chart, a color coded feeling chart, emotional thermometer. These can be found online and some examples are below. When emotions are high, it is better to give the feelings on both sides time to lower before working to tackle any problems.

Some other strategies to help in difficult times (examples can be found online):

- Coping skill toolbox
- Create list of things that help when stressed
- Use “I” statements when talking about feelings
- Write out talking points
- Role Play how to approach the situation (could be with friend or spouse)

When you help your child feel heard and understand, they are more likely to respond to requests and approaches to working out the situation. They feel valued and respected for their unique feelings and thoughts. The act of taking the time to partner with your child in understanding them and taking a break from the power struggle or expectation can often deescalate the interaction and put the child in a position to be more open to see the need to change behaviors to grow from the experience. Take the time to gain more insight as often as you can, so as to partner with your child.



The Feelings Chart for www.angiehuber.com by ©Angie Huber

## Which Color Should You Choose? THE MEANING OF COLORS

<b>RED</b> Confidence, Desire, Power, Pride, Strength, Love, Heat, Danger, Action, Excitement
<b>BLUE</b> Wisdom, Stability, Loyalty, Youth, Tranquility, Faith, Health, Seriousness
<b>ORANGE</b> Creativity, Enthusiasm, Happiness, Hope, Success, Concentration, Hope, Caution
<b>GREEN</b> Friendly, Growth, Life, Wealth, Harmony, Abundance, Environment, Harmony
<b>YELLOW</b> Energy, Fun, Freshness, Joy, Cheerful, Encouragement, Determination, Intellect
<b>PURPLE</b> Power, Mystery, Magic, Luxury, Spirituality, Royalty, Ambition, Sophistication
<b>BROWN</b> Organic, Health, Comfort, Nature, Durability, Order, Casual, Reliable, Genuine
<b>GRAY</b> Security, Innovation, Neutrality, Mutually, Enhancement, Future, Self Control

## FEELINGS THERMOMETER

How do you feel?	What can you do about it?
<b>ANGRY, FURIOUS, EXPLOSIVE</b> ▶ Yelling, Stomping, Meltdown	<ul style="list-style-type: none"><li>• Vigorous physical exercise</li><li>• Breathe deep breaths</li><li>• Take a warm shower or bath</li></ul>
<b>FRUSTRATED, ANNOYED, IRRITABLE</b> ▶ Arguing, Refusing, Shutting down	<ul style="list-style-type: none"><li>• Meditate/pray</li><li>• Listen to favorite music</li><li>• Take a fast-paced walk</li></ul>
<b>ANXIOUS, WORRIED, UNSETTLED</b> ▶ Pacing, Avoiding, Clingy	<ul style="list-style-type: none"><li>• Talk to a family member/friend</li><li>• Pay attention to each of your 5 senses</li><li>• Focus on what you can control</li></ul>
<b>SAD, NEGATIVE, LONELY</b> ▶ Crying, Withdrawn, Slowed/Disengaged	<ul style="list-style-type: none"><li>• Set a positive goal for the day</li><li>• Call a friend or relative</li><li>• Journal about your feelings</li></ul>
<b>HAPPY, CALM, CONTENT</b> ▶ Smiling, Laughing, Engaged	<ul style="list-style-type: none"><li>• Help someone else</li><li>• Notice and enjoy your positive mood</li><li>• Engage in an enjoyable activity</li></ul>

OCD continued from pg. 1

- Experiences significant problems in their daily life due to these thoughts or behaviors

Some individuals with OCD also have a tic disorder. Motor tics are sudden, brief, repetitive movements, such as eye blinking and other eye movements, facial grimacing, shoulder shrugging, and head or shoulder jerking. Common vocal tics include repetitive throat-clearing, sniffing, or grunting sounds.

Symptoms may come and go, ease over time, or worsen. People with OCD may try to help themselves by avoiding situations that trigger their obsessions, or they may use alcohol or drugs to calm themselves. Although most adults with OCD recognize that what they are doing doesn't make sense, some adults and most children may not realize that their behavior is out of the ordinary. Parents or teachers typically recognize OCD symptoms in children.

If you think you have OCD, talk to your doctor about your symptoms. If left untreated, OCD can interfere in all aspects of life.

**For more social-emotional resources and lessons please visit the LS Clinical Team's website (see the link below works best in Google Chrome):**

<https://sites.google.com/view/liberty-ms-clinical-team/mental-wellness-topics>

\*\*some new videos added\*\*\*

**Try these activities for your student!**

⇒ Liberty Middle School Afterschool Program

<https://libertyms.fcps.edu/activities/after-school-program>

⇒ Fairfax County Park Authority Programs

<https://www.fairfaxcounty.gov/parks/parktakes>

**Resources:**

If you or someone you care about is in crisis, please call [911](tel:911) or access one of the mental health resources below:

- ⇒ *Reach out to a trusted adult (parent, counselor, teacher, coach, etc.); <https://www.mentalhealth.gov/talk>*
- ⇒ *Text **NEEDHELP** to 85511 for the [Crisis Link](#) Hotline at or call them at 703-527-4077*
- ⇒ *Chat online with a specialist at [CrisisChat.org](#) or [ImAlive.org](#)*
- ⇒ *Call an emergency mental health center at 703 573-5679 (Merrifield Center), 703-536-2000 (Dominion Hospital), or 703-289-7560 (INOVA emergency services)*
- ⇒ *CR2 – 844-627-4747*
- ⇒ *Go to the nearest emergency room at your local hospital*

**Call 911**

**Your students can check out Ms. Huber's google office to see many cool things to do, learn about or to use to cope!**



I hope you enjoy clicking around in my office to find some fun activities to do. Don't hesitate to let me know if you need something!! My email is

# The PARENT RESOURCE CENTER offers numerous webinar opportunities throughout the year.

## Welcome to the FCPS Parent Resource Center

[Outflight staff](#) is available by phone [703-204-3941](tel:703-204-3941) or email [prc@fcps.edu](mailto:prc@fcps.edu). We're here to help.

Dunn Loring Center for Parent Services  
2334 Gallows Road, Room 105  
Dunn Loring, Virginia 22027

We offer a welcoming and engaging environment for families, educators, and community members. We provide access to [information and resources](#) to support the success of all students, including those with learning challenges, special needs, and disabilities.

### 2021-2022 SY Hours:

The Parent Resource Center is open 8 a.m. to 4 p.m. Monday through Friday.

In-person consultations are by appointment only. Please call in advance to make an appointment. Virtual Consultations are still available. Please call [703-204-3941](tel:703-204-3941) or email [prc@fcps.edu](mailto:prc@fcps.edu) for an appointment.

- Appointments are not necessary to browse the library and check out resources.
- You can
- Contactless pickup is also available upon request.
- Please contact the PRC if you would like materials sent to your child's school or your FCPS office.

All visitors whether vaccinated or not must wear a mask.

## Supporting Early Learners: Growing the Caregiver's Toolbox: A Webinar Series for PreK-2 Families

- 4/22/22: Supporting Healthy Habits & Routines in Early Learners

5/20/22: Growing through Tough Moments in Early Learners

There are so many ways children learn and develop throughout early childhood. Relationships, habits, and even challenges can become rich opportunities to teach and foster lifelong learning and skills for our children. Learn more about how self-regulation, executive functioning, and routines can help your children learn and develop.

- Laura Thieman, LCSW, MPH, RPT- FCPS Social Worker Supervisor, Region 3
- Amy Sheldon, MEd, MSW, LCSW - FCPS Preschool Mental Health Clinician, Early Childhood Assessment Team

Lori Kraden, FCPS Educational Specialist, Behavior Intervention Services  
Fridays 10-11:30 a.m.

[Register for Supporting Early Learners: Growing the Caregiver's Toolbox: A Webinar for PreK-2 Families](#)

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## Worry and Anxiety in Children and Adolescents: Using Evidence-based Strategies to Help Kids and Caregivers Cope During Tough Times

Join us for this important webinar to help caregivers and families learn strategies to support children during tough times.

Topics include:

- Science and biological roots of anxiety in children
- Identifying an anxious child
- Changing anxious thinking
- Computer technology and the understanding of anxiety
- Current treatment options (medications & CBT: cognitive behavioral therapy)

Different coping strategies needed for the current pandemic

Presented by Dr. Ramaris E. German, a clinical psychologist in the Neuroscience and Novel Therapeutics Unit of the National Institute of Mental Health (NIMH).

May 6, 2022 10 - 11:30 a.m.

[Register for Worry and Anxiety in Children and Adolescents: Using Evidence-based Strategies to Help Kids and Caregivers Cope During Tough Times](#)

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## Managing Fighting and Aggression: A Webinar for Families

Ever wonder how to manage difficult behavior like fighting and aggression between your children?

Join Karen Coad, LCSW, local Clinical Social Worker and Therapist, for this important webinar as we discuss some of the reasons why children fight, and the skills that children need to cooperate and get along well with others.

May 13, 2022, 10-11:30 a.m.

[Register for Managing Fighting and Aggression: A webinar for Families](#)

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## SIBSHOPS: An Exciting, In-Person Workshop for Brothers and Sisters of Children with Special Needs!

The Sibshop workshops are for children in grades 2-6 enrolled in Fairfax County Public Schools who have siblings with special needs to:

- Meet other siblings in a relaxed, virtual setting.
- Celebrate the many contributions made by brothers and sisters of children with special needs.
- Share sibling experiences and receive peer support.

Play games and have fun!

Presented by FCPS School Social Work Services

Registration is free, however, donations are accepted to support the cost of future Sibshops: [Donate Here](#)

Saturday, May 14, 2022, 9 a.m-noon ***in-person*** [Providence Community Center](#).

[Register for SIBSHOPS: An Exciting, In-person, and Virtual Workshop for Brothers and Sisters of Children with Special Needs!](#)

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# Supporting Early Learners: Growing the Caregiver's Toolbox: A Webinar for PreK-2 Families

5/20/22: Growing through Tough Moments in Early Learners

There are so many ways children learn and develop throughout early childhood. Relationships, habits, and even challenges can become rich opportunities to teach and foster lifelong learning and skills for our children. Learn more about how self-regulation, executive functioning, and routines can help your children learn and develop.

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Fridays 10-11:30 a.m.

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## VIRTUAL ZEN DEN

[Sounds and Music](#)  
[Meditation and Grounding Exercises](#)  
[Visual Relaxation](#)  
[Live Animal Cams](#)  
[Yoga](#)  
[Something Interesting](#)  
[Pixar Short Film: La Luna](#)  
[Pixar Short Film: Piper](#)  
[Pixar Short Film: Day and Night](#)  
[Pixar Short Film: Partly Cloudy](#)  
[Art and Creativity](#)  
[Games and Puzzles](#)

## MINDFUL MOMENT....

**Be good to your inner parent. When dealing with a difficult situation, you may need to take time for yourself to deal with it effectively. Try to be aware of your feelings and reactions to what is occurring.**

1. Notice the painful sensations in your body and any thoughts you are experiencing..
2. Allow them to occur without changing them.
3. Allow these experiences to occur and pass through. Rest until they pass before trying to gain clarity as to how to approach the problem.



Counseling is often a good approach to help people to work through struggles that they are having in their life. Many feel comfortable with the idea of counseling and many do not feel comfortable. One of the benefits of counseling is that it can help you to find solutions or to problem solve more quickly than without it. However, some still may not be comfortable and to add to the challenges of becoming comfortable with the idea of counseling, COVID, has made it more difficult to find counselors who are meeting in person and some do not feel comfortable with meeting virtually. A good alternative is to use journaling. Here are some journal prompts for April.



## JOURNAL PROMPTS FOR APRIL

### Journal Prompts for Parents

1. What hilarious thing did your child do recently?
2. What is one thing about today that you never want to forget?
3. What do you want your child to know about their life right now?
4. What is challenging about being a parent?
5. What feature do you love about your kid?
6. What characteristic do you love about your kid?
7. What do you want to remember about today?
8. Take a picture of your child today.
9. How have you grown as a parent this week?
10. What have you done for yourself this week?
11. What trait do you hope your child develops?
12. Where do you love to take your child?
13. What is your child's favorite book?
14. What is your child's favorite toy?
15. What is your child's favorite song?
16. What is your child's favorite game or activity?
17. What experience do you hope to share with your child?
18. What is a challenge you faced today as a parent?  
How did you overcome it?
19. What small victory did you celebrate today as a parent?
20. What is the most amazing thing your kid(s) did today?
21. Take a selfie of you and your kid today.
22. What surprised you today?
23. What small moment meant the most to you today?
24. What do you hope your kid(s) know 20 years from today?
25. What are you doing well as a parent?
26. How do you parent similarly to your own parents?
27. How do you parent differently than your own parents?
28. What do you wish for your children as they start school?
29. What childhood magic have you relived as a parent?
30. What surprised you the most about being a parent?
31. What is your favorite part of being a parent?



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