

ENGAGE NEWSLETTER

MARCH/APRIL 2023

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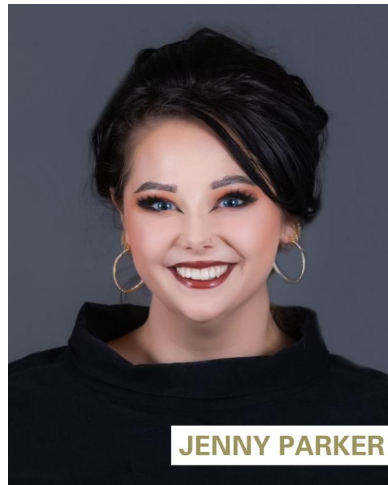
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PROGRAMMING

Mid-Morning Mindfulness,
Tuesdays and Thursdays,
10:15 a.m.

ADVENTURE2 EMPLOYEE SPOTLIGHT



Jenny Parker, Instructional Designer for the Child Welfare Research and Training Project, has been with Iowa State since October 2020.

The Child Welfare Research and Training Project falls under the department of Human Development and Family Sciences (HDFS).

Jenny specifically works alongside a team of instructional designers who work with Iowa Child Support to create trainings for their staff.

Jenny is a consistent participant in the Mid-Morning Mindfulness program, which is ISU Wellbeing's twice weekly opportunity to slow down and practice mindfulness during the workday with your colleagues.

Between starting a new job and working remotely during the peak of the COVID-19 pandemic, Jenny thought Mid-Morning Mindfulness could be a good way to meet people and have a quick mental reset.

"When I first started, I thought it would likely be something short term, however, I have found that it really impacts my work in a positive way," said Jenny.

"I find that if I am stuck on something or have a mental block, if I can take those 15 minutes to practice some meditation, and when I return to my work, I can usually solve whatever problem I'm having."

As far as impact on her personal life goes, Mid-Morning Mindfulness has inspired Jenny to start taking yoga classes!

"I think we all can sometimes get swept up in the work we do, but having a reminder scheduled on my calendar to help me slow down and regroup is great," said Jenny.

And if she can't make the live sessions, Jenny will find time in her schedule to watch the recordings on the ISU WellBeing website, which she finds to also be beneficial.

Jenny thinks that Mid-Morning Mindfulness impacts University culture by bringing people together. As someone who works from home a majority of the time, this has been an important way for Jenny to make connections with colleagues.

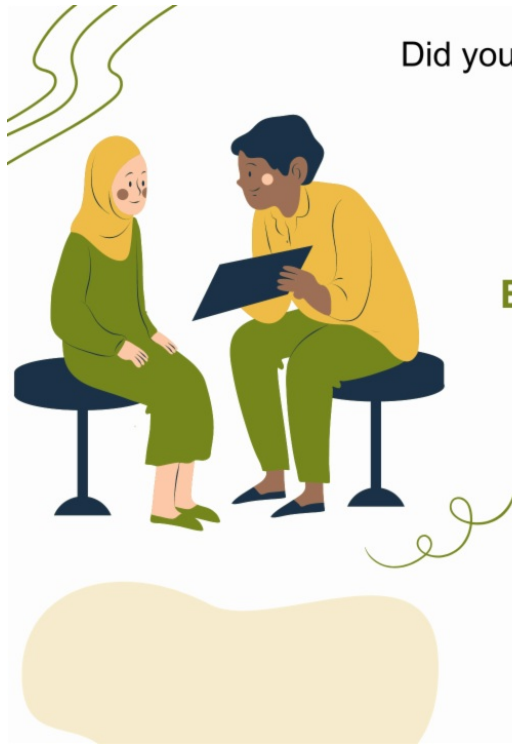
"It [Mid-Morning Mindfulness] has led me to a great group of people, and it is also a reminder that mindfulness doesn't stop at my desk, I can incorporate it in all aspects of my life," said Jenny.

If you are interested in joining Jenny and the rest of our Mid-Morning Mindfulness participants, email worklife@iastate.edu

The reminder to stop and take a breath to reset is one of Jenny's favorite things about the program.

to register! If you'd like to try a recording first, they can be found [here](#).

BOARD CERTIFIED BEHAVIOR ANALYSTS 101



Did you know that through our new employee benefit, Parenting Success Solution by RethinkCare,

ISU employees can schedule appointments with Board Certified Behavior Analysts (BCBA) at no cost?

Angela Nelson, MS, BCBA, Executive Director of Clinical Services and VP of Operations at RethinkCare, spoke with ISU WellBeing about what a BCBA is, why someone may want to schedule an appointment with one, what to expect from an appointment, and more!

What is the role of a BCBA?

"BCBAs help design programs for individuals of all ages and abilities to learn new skills, address behaviors that may be problematic for the individual, and help them attain their goals," said Angela.

Angela explained that a BCBA has a specialized credential that signifies knowledge and experience in the science of learning and behavior. They are master's or doctoral-level professionals.

Is there anything you need to do before meeting with a BCBA?

The answer is no! Angela shared that all you need to do is select a time for a 30 or 60-minute appointment (phone or video).

Appointments are available during the day, night, and on the weekends, and are usually available within 48 hours. You can bring a partner, spouse, or other member of your child's care team to the appointment.

Why would someone want or need to schedule an appointment with a BCBA?

"Parents may want to schedule an appointment if they are struggling with tantrums, sibling rivalry, potty training, difficulties staying consistent with instructions, concerns about a possible diagnosis, understanding special education, collaborating effectively with their child's school, helping their child learn social, self-help, academic, and language skills, and much more," said Angela.

BCBAs at RethinkCare have expertise in empowering parents to build sustainable practices at home with their children. Angela provided insight that outside of RethinkCare, access to a BCBA is scarce, and primarily reserved for children who are eligible to receive services through their

health insurance (or private pay).

What can you expect from a first appointment with a BCBA?

According to Angela, you can expect the BCBA to ask about your concerns and goals at the first appointment. They will ask questions about your child to get a better picture of their abilities, challenges, progress, school, therapies, and activities as applicable.

"At the end of the first call, the BCBA may share any applicable referral or resource information, discuss strategies to work on until the next appointment, and schedule your follow-up appointment," said Angela.

What can you expect after your first appointment with a BCBA?

Angela explained that your BCBA will write notes for you to read that include reminders and strategies to work on until your next appointment. Generally, RethinkCare appointments follow a cadence of about every 2-3 weeks, but can vary based on your needs.

Parents usually meet with the same BCBA each time for continuity, but can switch at any time.

Interested in getting an appointment on the calendar? Log in to [Parenting Success Solution by RethinkCare](#) and navigate to the Experts tab! BCBA appointments can be scheduled under the 1:1 Consultations section.

PARENTING DISCUSSION GROUPS

Are you a parent interested in connecting and learning from families in similar stages? Good news: RethinkCare, Iowa State's partner on the Adventure2 Parenting Success Solution portal, is now providing [parenting discussion groups!](#)

If you join a discussion small group, you will walk away with best practice tips, hear what is working for other parents, and have the opportunity to discuss navigating similar parenting challenges.

What to expect:

Sessions are led by RethinkCare clinicians, scheduled for one hour, and held remotely. Participants are encouraged to talk and share with the group. When appropriate, groups are assigned based on child age and topic, so you will be with parents in similar situations.

Discussion groups are not considered therapy, so there is no guarantee of full confidentiality. RethinkCare asks that participants treat the information shared by others as confidential, but participants should make their own assessment regarding what information they share with the group.

How to register:

Register by clicking the links below or access registration through Adventure2 by logging in to [Parenting Success Solution](#) (under the Services tab) and navigating to the Experts tab at the top of the screen.



April Discussion Group Topic: Strong Time Management Skills

Building Strong Time Management Skills for Teens (13-18 years)

- Tuesday, April 18 | 8 a.m. CST

- Wednesday, April 19 | 2 p.m. CST
- Thursday, April 20 | 1 p.m. CST

[Click here to register](#)

May Discussion Group Topic: Managing Sleep Issues

Managing Sleep Issues for Preschoolers (2-5 years)

- Tuesday, May 2 | 8 a.m. CST
- Wednesday, May 3 | 2 p.m. CST
- Thursday, May 4 | 11 a.m. CST
- Sunday, May 21 | 11 a.m. CST

[Click here to register](#)

Managing Sleep Issues for Elementary School Children (5-12 years)

- Tuesday, May 9 | 8 a.m. CST
- Wednesday, May 10 | 2 p.m. CST
- Thursday, May 11 | 11 a.m. CST
- Saturday, May 28 | 11 A.M. CST

[Click here to register](#)

Managing Sleep Issues for Teens (13-18 years)

- Tuesday, May 16 | 8 a.m. CST
- Wednesday, May 17 | 2 p.m. CST
- Thursday, May 18 | 1 p.m. CST

[Click here to register](#)

ADDRESS YOUR STRESS WITH EAP

Did you know that ISU employees have access to free Employee Assistance Program (EAP) virtual courses? **The next EAP workshop on May 2 is all about stress!**

If there's one thing we share in common in this world, it is stress. Stress helps keep us alive, but too much can cause significant health problems, reduce efficiency at work, and negatively impact personal relationships. While there is no such thing as eliminating all stress, there are ways you can minimize and manage stress to increase satisfaction and improve productivity in the workplace. In this seminar, you will learn how to identify stress and the best ways to respond under pressure.



Address Your Stress

- Tuesday, May 2 from 10-11 a.m.
- [Click here to register via Workday Learning](#)

ENGAGE is an ISU WorkLife/University Human Resources publication. If you have comments, questions or suggestions for story ideas, please email worklife@iastate.edu.

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