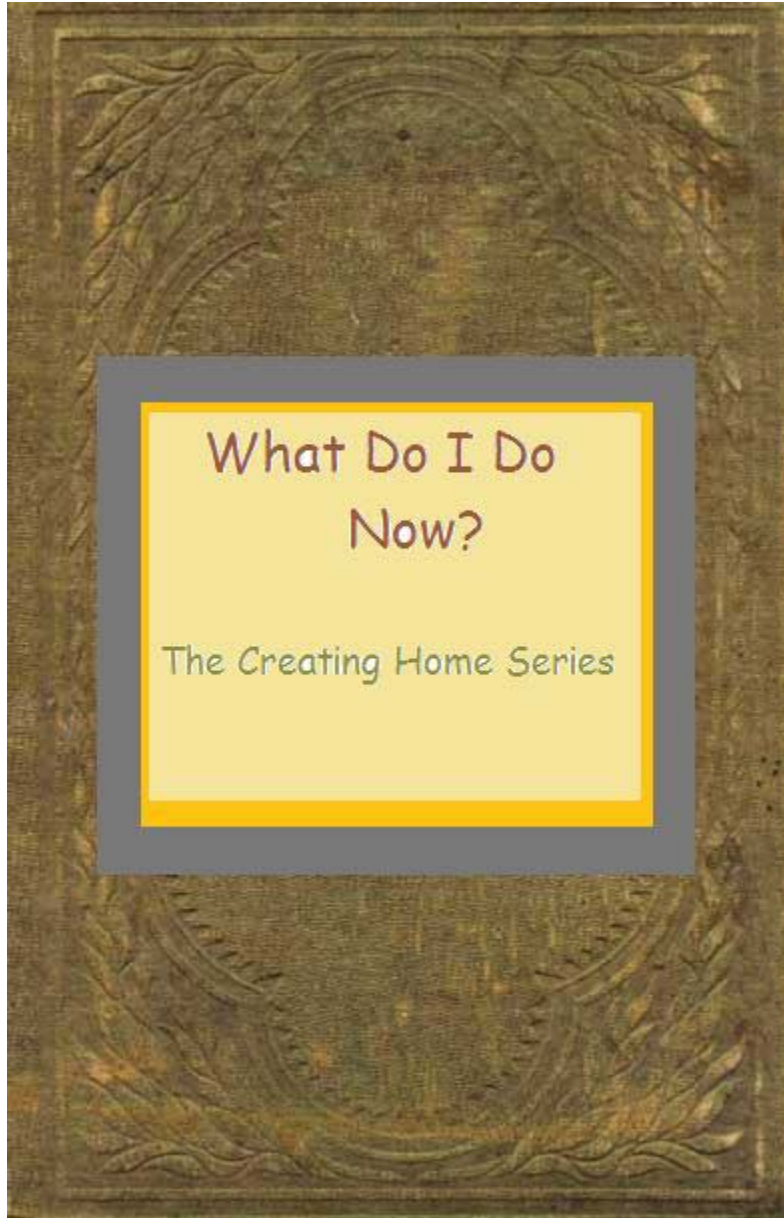


What Do I Do Now? The Second Step In "Creating Home"



Written by Adam Barta, LCSW

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WHAT DO I DO NOW!

The Second Step in "Creating HOME"



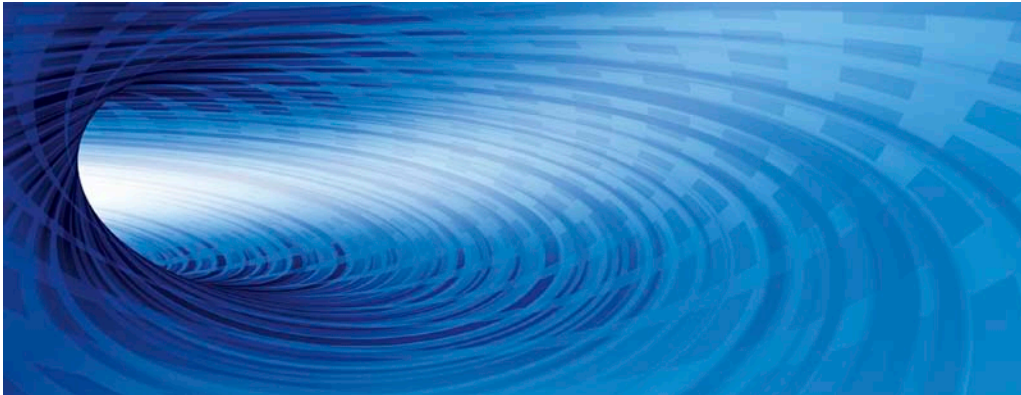
This Book offers an overview and summary of some of the crisis management techniques available. The terms and ideas which follow have been adapted from or directly cited in the text as identified from sources cited at the end of this Book.

It is Head In The Right Direction, Inc.'s hope that parents / caregivers will use this information as part of a larger family intervention aimed toward increasing awareness of their own roles in the family and what they can do to develop and foster healthy relationships with their children.

This program focuses on teaching caregivers to work through difficult times with children by helping them deal with frustration, failure, anger, rejection, hurt and depression. This program consists of:

- How did that just happen?
- Identifying what to do when...
- Different Approaches to use when...
- How to get your child to do what when...
- How to teach your child what to do next time when...

How did that just happen?



Most of us believe that things just happen. Your 5 yr. old just started hitting his sister. Your 12 yr. old just started answering you back. Your 17 yr. old just decided to stop listening to the rules of the house. Without sounding too existential, things don't "just happen". Everything that happens has its origins in what happened before it. For us to be successful in understanding what just happened, we have to learn to ask "What happened before this?".

If we think about any incident as not happening in the moment, but sometime before this, we can begin to have a discussion on how best to intervene. We start at and return to baseline. Let's use the timeline adapted from Therapeutic Crisis Intervention "The Phases of a Crisis" below to illustrate this.

Baseline	Trigger Phase	Escalation Phase	Outburst Phase	Recovery Phase	Return to Baseline
Norm	Stressor →	More Stressors →	Problematic Behavior →	Time → Opportunity →	Return to Norm

When we begin to accept that problematic behaviors do not happen in the moment, we can begin to address them more effectively. We as parents can intervene at anytime to avoid problematic behavior. Understanding where your child may be along this continuum is a key for developing successful interventions.

About the Author

Adam Barta is a licensed Clinical Social Worker in New York State and has been working with children and families for over 13 years in various settings. Adam's work has included:

- Various residential foster care settings working with various populations of children and adults including:
 - Community Living Corporation -Westchester County, NY
 - Putnam ARC -Putnam County, NY
 - Green Chimneys Residential Facility - Brewster, NY
 - Saint Basil Academy - Garrison, NY
- Stony Lodge Psychiatric Hospital - Ossining, NY
- The Mental Health Association of Westchester - Westchester, NY

Adam incorporated Head In The Right Direction, a provider of community based treatment services in 2007. HITRD, Inc. utilizes only the most qualified local licensed therapists to see clients in their homes, offices, or other convenient locations. Head InThe Right Direction's mission is to promote wellness by making mental health services more accessible for all individuals and families. We seek to assist individuals and families in reaching their full potential for living enriching and satisfying lives and gaining better understanding of their world through the interventions of qualified, competent therapists.

From Adam

In my work with individuals and families I have found a shortage of "how to" resources out there that utilize what professional caregivers use to address problematic behaviors. I found myself adapting what I have seen work in my years of experience consistently. This was done on a piecemeal basis, taking what I believed the family needed at the time and leaving the rest. Talking with the families I work with I found that they were looking for a "how to" guide that was not out there. They wanted something simple that could be read in a day and easily understood. "What Do I Do Now!" is the second in a series designed to bring effective parenting / caregiver strategies to its readers simply and effectively.

What Do I Do Now!

Creating Home

Please visit our website Headintherightdirection.com where you can sign up for our informative newsletter, find national and local free resources, and ask for more information.