

YOUR COPING SKILLS KIT INCLUDES:

BE KIND TO YOUR MIND BAG

COPING SKILLS CARDS

**CLINIC MADE LAVENDER OR
PEPPERMINT PLAY-DOH**

(TOUCH AND SMELL SENSE)

A FEATHER

(TOUCH SENSE)

MARBLE MESH FIDGET

(TOUCH AND SOUND SENSE)

POP IT FIDGET

(TOUCH AND SOUND SENSE)

CINNAMON OR PEPPERMINT CANDY

(TASTE SENSE)

RAINBOW STRESS BALL

(TOUCH SENSE)

The Chautauqua County Department of Mental Hygiene Dunkirk Clinic has put its staff into smaller squads in order to improve clinic efficiency and quality of care for their clients by strengthening treatment team relationships. The Dunkirk clinic location, supervised by clinic director Tamie Coleman (LCSW), continues to be innovative in finding ways to care for their community and lead in the evolution of quality mental health care.

This coping skills kit was created by The Hopeful Healers Squad led by Tasha Visosky (LCSW) and squad members Victoria Fred (LMHC), Ashlie Hall (Peer Specialist), Kimberly Martin (Mental Health Assistant), Joel Ortiz (Peer Specialist), Melissa Arroyo-Rodriguez (LMSW), Susan Roberts (LCSW-R), Sarah Titus (LCSW), and Aleyna Westling (LMHC).

We also want to thank our BSW interns from the State University at Fredonia, Logan Broome and Edwin Sabater for all their help!

This coping skills kit will be provided to newly admitted clients of the clinic to assist them in implementing what they are exploring in therapy to manage stress and enhance emotional well-being. The bag includes a slogan of "Be Kind To Your Mind" and features clinic-designed coping skills cards with a variety of grounding tools to appeal to all five senses.

The grounding tools include clinic-made lavender or peppermint play-doh for touch and smell, a feather for touch, as well as a finger breathing coping skill exercise, a pop it fidget for sound and touch, a marble mesh fidget for touch and sound, a stress ball for touch, and candy selection including peppermint or cinnamon for taste.

The coping skills cards include a variety of strategies ranging from cognitive behavioral therapy to dialectical behavioral therapy, teaching breathing techniques, visualizations, setting boundaries, self-care, and providing positive affirmations. To view the coping skills cards online scan the QR code below!

We hope you enjoy your coping skills bag!

