

ProActive Caring e-News



July 2021

Mindfulness stress-reduction programs to continue in summer

The School & Home Transition Exchange is breaking for the summer and will return at 7 p.m. on **Thursday, Aug. 26**. Look for additional details in our August newsletter.

The ***Mindfulness Family Stress Reduction*** (MFSR) series offered by Parent Network of Western New York (PNWNY), on the other hand, will continue through the summer. The series is a biweekly opportunity for families to get together to learn and practice mindfulness-based stress reduction techniques, share and explore stressors and solutions and connect with each other.

Youth with disabilities can participate fully on-screen or can simply be in the room while their parents participate. The goal is for families to learn and practice stress reduction together, with some parents learning how to introduce strategies to their youth at a later time.

All are welcome to attend

About the *School & Home Transition Exchange*

The School & Home Transition Exchange is moderated by Lawrence Force, Ph.D., CSW-R, and facilitated by Lisa Nathan, parent/advocate, and Peggy Pisano, school psychologist/advocate. Each of the biweekly videocasts focuses on a different topic and generally runs for 45 minutes, including discussion with participants. Our intent is to develop a supportive presence for you, rather than flooding you with overwhelming content.

June *School & Home Transition Exchange* Programs

Did you miss the June *School & Home Transition Exchange* programs? They are available for viewing on YouTube with and are accessible from the ProActive Caring Digital Resource Center.

June 3: [“Managing the Transition After High School in a Mindful Way”](#) by [Lisa Currao](#)

June 17: [“Problem Solving Through Transitions: Taking the Next Step in Life”](#) by [K. Michael Hibbard, Ph.D.](#) and [Patricia Cyganovich, Ed.D.](#)

upcoming (virtual) programs, and there are no fees to participate. Each session will begin at 7 p.m. and last for 45 minutes.

To register for the **Mindful Family Stress Reduction** sessions or to obtain more information, [click here](#), call PNWNY at 716.332.4170 or email info@parentnetworkwny.org.

Mindfulness Family Stress Reduction (MFSR) series sessions coming up in July:

July 8: Awareness Building Using Positive Self-Talk

July 22: How to have Hope and build Confidence.

Click here to register



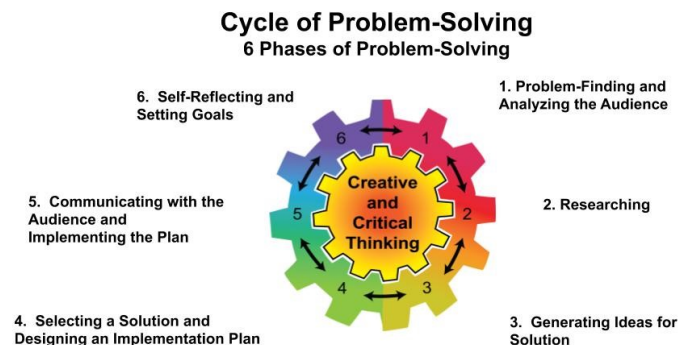
Dr. Patricia Cyganovich



Dr. Michael Hibbard

Program participants to publish guide to teaching students problem-solving skills

Dr. K. Michael Hibbard and Dr. Patricia Cyganovich, recent contributors and participants in the ProActive Caring School & Home Exchange Program are proud to announce the publication of their



book, *Thinking It Through: Coaching Students to be Problem-Solvers*.

Thinking It Through integrates creative and critical thinking to empower six phases of problem-solving: problem finding and analyzing the audience, researching, generating ideas for solutions, selecting a solution and designing an implementation plan, and self-regulation and setting goals for improvement. Communication, collaboration, and constructive conflict resolution skills are presented as essential to problem-solving as are work habits, risk-taking, honesty, adaptability, and taking initiative. Basic language literacy, mathematics, arts, and technology skills are tools to do the work of solving the problem.

This book presents a coherent system of strategies to teach and coach students to use the six-phase **Cycle of Problem-Solving** to become resilient and tenacious independent problem-solvers.

Used in all disciplines and grade levels by teachers, school counselors, club advisors, and coaches, the *Thinking It Through* problem-solving process is also a tool for parents helping their children navigate the issues they encounter in their lives and make decisions for their futures.

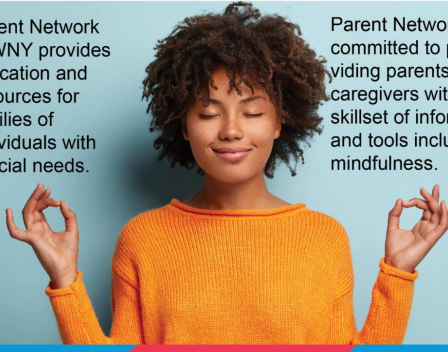
Becoming a highly skilled problem-solver requires a process of engaging in increasingly more rigorous and independent problem-solving experiences. *Thinking It Through* examines four developmental levels to becoming an accomplished problem-solver. Each of the four levels is discussed with detailed examples of the work of both teachers and students. Guiding Questions help focus attention on the specific skills and attitudes needed to make progress through the four levels and the Cycle of Problem-Solving.

Pat and Mike presented “How to Bring Mindfulness to Problem Solving”; “Creating a Balanced Day: Blending School, Work, and Play in a Mindful Way”; and “Problem-solving through transitions: Taking the next step in life” and published *Thinking It Through: A Parent Guide to a Mindful Approach to Solving Problems* through the ProActive Caring program. Their work can be found at www.proactivecaring.org.

Thinking It Through: Coaching Students to be Problem-Solvers will be available through Amazon and Outskirtspress.com in the fall.



Parent Network of WNY provides education and resources for families of individuals with special needs.



Parent Network is committed to providing parents and caregivers with a rich skillset of information and tools including mindfulness.

716-332-4170 | www.parentnetworkwny.org
info@parentnetworkwny.org



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The ProActive Caring Program is funded by a grant from the New York State Developmental Disabilities Planning Council.



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