

# Center Point Day Program

Newsletter 🎃 October 2022

## What's happening this month?

October is Bully Prevention and Domestic Violence month. Center Point's monthly Social Emotional Learning theme this month is Self-Management, and we will be learning about topics such as emotional triggers, regulation strategies, bullying, and healthy conflict resolution skills. Students will also continue with the Towards No Drug Abuse program and learn about topics relating to Stress, Health, and Goals, Thought and Behavior Loop, decision making, self-control, and perspectives. All students will be involved in an employability skills class, and students in the Workforce Readiness vocation will continue their Youth @ Work Talking Safety certification program.

## Upcoming Events

- \* OCTOBER 7- ADVENTRUE DAY
- \* OCTOBER 10- CLOSED
- \* OCTOBER 11- CLOSED
- \* OCTOBER 20- VIRTUAL LEARNING DAY
- \* OCTOBER 21- VIRTUAL LEARNING DAY
- \* OCTOBER 28- END OF 1<sup>ST</sup> MARKING PERIOD
- \* OCTOBER 28- FALL FEST & CUSTUME CONTEST
- \* OCTOBER 31- REWARD DAY

## Special Acknowledgements

October 16, is Boss's Day! We would like to take a moment to recognize and thank the amazing Boss's that we have at Center Point. A Special Shoutout goes out to Jason Brode, Executive Director, Jeremias Garcia, Assistant Administrator, Lee Bzdil, CAIU Supervisor, and Tyler Hess, Center Point Supervisor. To awesome boss's and even greater people, we appreciate you!





## Center Point Community Day

Center Point hosted our first back-to-school community day on 9/23/2022. Center Point would like to invite all community partners to attend our future community days. Community day is about bringing our community together to cultivate relationships in collective ways. A community that works together and grows together is the foundation that ensures our students thrive.

Next community day: November 18<sup>th</sup>, 2022

### What is self-management?

Self-management is our ability to manage our behaviors, thoughts, and emotions in a conscious and productive way.

Someone with strong self-management skills knows what to do and how to act in different situations.

Self-management means you understand your personal responsibility in different aspects of your life, and you do what you need to fulfill that responsibility. 7 skills to increase your self-management capabilities

#### seven skills to increase your self-management capabilities

**1. Role clarity.** Those with role clarity know what our responsibilities are, who our work matters to and how we are measured. We also know who we are dependent on to get our work done. In short, we have a good sense of how we fit into the system and how our work serves the organization.

**2. Goal alignment:** Organizational success relies upon team members working together to reach a common goal. In order for this to work with a team of self-managed individuals, each of us must understand the big picture, and align our own goals with those of the organization. This will allow us to stay on track and maintain sight of what we're working toward.

**3. Strategic planning.** The next skill in this progression, strategic planning, is the ability to understand what we need to do in order to support organizational goals. We work backward from the desired future state in order to determine what we need to do in order to get there.

**4. Priority-setting.** Now that we know what we need to do, we need to set priorities so we can achieve our goals. This can help ensure we get to the most important tasks and projects, even as other demands on our time arise.

**5. Self-awareness.** The ability to consciously access our thoughts, desires, and feelings can help us control our behaviors. This, in turn, can have a direct impact on our performance, and how others perceive us.

**6. Emotional regulation.** Being self-aware of our feelings is a prerequisite to regulating them. For example, fear can be distressing and provoke a fight or flight-type reaction if we aren't able to elevate it to our consciousness.

**7. Self-care.** The only person who can truly be responsible for our care is ourselves. Thriving as an individual starts with nurturing ourselves. Many of us carry ingrained beliefs that serving others is our calling, or self-sacrifice is noble, and thinking about ourselves is selfish. The fact is, we need to be at our best to do our best and if we don't practice self-care, we begin to erode our capacity to contribute.





## Important Reminders

END OF MARKING  
PERIOD I

OCTOBER 26<sup>TH</sup>, 2022

## Build Up..... or Be Quiet!

Diakon Youth Services has made arrangements to sell a variety of shirts and sweatshirts that reflect one of our program emphases on being positive: #BBQ, otherwise known as "Build Up or Be Quiet!" Last year, these shirts were provided for students and staff members and were a big hit, with others more recently asking how they could obtain one.

As a result, we have arranged with Artistic Imprints for the items to be shipped directly to you at no extra cost. All varieties and pricing can be found at the storefront link below. And the best thing is that all proceeds directly benefit the programs of Diakon Youth Services.

[http://artisticimprints.3dcartstores.com/Diakon-BBQ\\_c\\_811.html](http://artisticimprints.3dcartstores.com/Diakon-BBQ_c_811.html)



## Wilderness Greenhouse

The Diakon Wilderness Greenhouse is a native plant and teaching nursery. Here, young people served by Diakon learn skills, gain workplace experience, build relationships, and deepen their understanding of the world around them. Students, staff, volunteers, and partners grow and sell more than 200 species of flowering plants, ferns, grasses, shrubs, and trees native to Central Pennsylvania for wildlife and restoration.

Proceeds benefit Diakon Youth Services and our work with children, youth, and families.

Please contact Kim Patten at [PattenK@diakon.org](mailto:PattenK@diakon.org) to arrange a visit.