



Hill & Saks News

Behavior Therapy Providers for Individuals with Developmental Disabilities



Agency News

Congratulations Margo Churchill!
Ms. Churchill has been a dedicated behavior support consultant with Hill & Saks BTS since 2004. At the regional quarterly provider meeting held in Pilar on July 17, 2009, Ms Churchill was honored for her commitment and dedicated work with individuals on the waiting list for the Developmental Disabilities Waiver. She received a certificate of appreciation from Developmental Disabilities Supports Division-Office of Behavior Services. Ms. Churchill is a seasoned therapist who brings creativity and enthusiasm to her work.



Behavior Support Consultant Margo Churchill (right) receiving award from Office of Behavioral Services' Joe Montoya (middle); Fabian Lopez (left).

Summer 2009

Quick Tips to Relieve Stress

1. Drink water- simple but feeds the brain
2. Reduce caffeine intake which can cause anxiety
3. Move -get physical and stretch to reduce muscle tension
4. Think positive-"I can do it"
5. Change focus for a while
6. Breathe deeply—slowly in, slowly out
7. Talk to others to help solve problems
8. Smile :)

Profile of Success: Maria Lisa Gonzales

Maria Lisa (Mari) Gonzales is an inspiration to others. She was interviewed in August about her some of her lifetime achievements and here is what she said :

Q: What achievements in your life are you proud of?

A: Walking up to receive my high school diploma from Capital High

Participating in Special Olympics poly hockey, track and field, softball and golf

Having a lot of friends and being popular and well-known in Santa Fe

Acting and performing in PHAME productions.

Q: What achievement are you the most proud of ?

A: Walking up to receive my high school diploma

Q: How did you do it?

A: I just put my mind to it and did it!

Q: What would you like to achieve in the future?

A: I would like to live on my own someday.



Good luck in your future endeavors.

Mari posing with her own original artwork (Creating art is one more achievement of hers...)

Recognizing Anxiety: When to get Help?

The experience of anxiety can be very difficult to cope with. It can be hard to talk about or identify. Often individuals with developmental disabilities who experience anxiety may indicate it primarily through behavior. The following is a list of common behavioral clues to anxiety:

- Low frustration tolerance
- Hostile reactions to changes
- Difficulty sleeping
- Head banging or frequent headaches
- Irritability
- Hoarding/collecting
- Repetitive behaviors
- Excessive attachment to rituals or rigid thinking

- Being keyed up or on edge
- Unable to concentrate or stay on task
- Trying to control many details
- Difficulty concentrating
- Excessive sensitivity to feedback or perceived criticism
- Picking at skin or hair
- Quick to become angry
- Obsessing or repeating complaints over and over
- Avoiding

Periods of anxiety are normal for everyone. Stress is a natural part of life that leads to anxious moments. Anxiety that seems to be present most of the time or that lasts long after the stressor is over can affect

physical and emotional well-being. The previous list includes some signs of other medical or psychiatric problems. However, if noticing these behaviors regularly, it may be important to evaluate for anxiety or related mental health issues. Supporting a healthy lifestyle with balanced eating and exercise as well as providing individualized supports often helps to manage anxiety so that it does not interfere with physical and emotional health.



Hill & Saks

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