



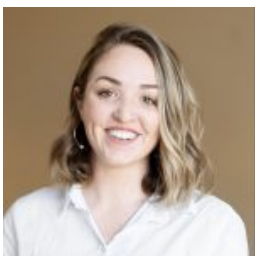
# SAMARITAN CENTER



Change Lives

## Counseling in Combination with Integrative Medicine

### Five Play Therapy Activities Using Telehealth



By Erin Peace,  
LCSW

This year, COVID-19 has impacted every part of our society, including the way we deliver mental health

services. As a therapist who works with children, adults, and families, I've been able to witness both the benefits and challenges of **providing therapy exclusively via video** and phone. I have found **teletherapy** to be especially meaningful and eye-opening when **working with children and adolescents**, who have both a natural ability to adjust to the screen-time and an increased need for stimulating and engaging activities. In this post, I'll provide an overview of **five activities I've found both accessible and effective** when working with children and adolescents:

#### 1. Movement Activities:

After staring at screens all day, children (and adults!) benefit from **using their bodies** to regulate by either releasing energy or restoring it through movement and breath. One of my favorite body-based activities with kids and adolescents is the **Mindful Kids** card deck, where I ask the person to choose a color in order to pick an activity to do together. Activities include playful breath work, mindfulness prompts, and games to do with groups or families.

#### 2. COVID-19 Education and Social Stories:

**Children and adolescents** feel safest when they have structure and clear



### Registration Open for 21st Annual Samaritan Cup!

The 21st Annual Samaritan Cup will be held Monday and Tuesday, November 9th and 10th, 2020. This year, golfers will sign up for a safe and socially distanced tee time on one of the two days. **Register now.**

The tournament benefits Samaritan Center's mental health programs for children, families, and veterans.

The Samaritan Cup Golf Classic is on a mission to heal hearts, provide hope, and enhance lives! **Be a part of this socially distanced, safe, and fun event** in support of Samaritan Center's holistic approach to mental health through counseling, integrative medicine, and peer support. We want to keep you safe while you play 18 holes at the beautiful **Omni Barton Creek Coore Crenshaw Course**. This premier golf course and resort destination in Austin has been extremely gracious, accommodating, and flexible to help us continue to host this year's tournament and we are grateful.

To ensure the safety of golfers and staff, the following adjustments have been made for social distancing and to follow CDC guidelines:

expectations for their days and weeks. With the constant transitions and changes resulting from COVID-19, individuals understandably feel an increased amount of stress related to the unknowns, especially as students transition back to school. Using play and social stories to educate students about COVID-19 and what to expect for school helps children increase their sense of self-mastery and emotion regulation skills. By screensharing social stories and books through video therapy, children can learn how to cope ahead and problem-solve in a structured, safe environment. I have especially enjoyed the social stories that can be downloaded from [Autism Little Learners](#) by Tara Tuchel.

### 3. Emotions Activities:

By using a little creativity, just about any game or activity can be transformed into an exploration about emotions and coping skills. For example, using games like Uno or Candy Land allows you to create color-coded prompts and activities that can be customized for any age group or presenting issue. Online resources like [Uno Freak](#) provide opportunities to play games while tailoring questions or activities around [emotion regulation](#), self-esteem, communication skills, etc...

[Read the rest of Erin's blog here](#)



Instead of a traditional shotgun start this year:

- Each team will sign up for an individual tee time on one of the two days,
- a virtual awards ceremony will follow play on Tuesday evening announcing winners, and
- for Omni's current safety procedures, please visit [here](#).

Once registered, we will contact you to set up your tee time. [Register NOW to lock in your tee time](#).

This year we need your help. Your support ensures that we can offer affordable and accessible mental health services for all ages, whole families, and the military community in Central Texas.

[Consider sponsoring the event](#), forming a team, or purchasing an Honor Sign in honor of a veteran or in memory of a loved one.

If you're unable to golf, you can still participate! Please consider covering the cost for veterans to play instead.



### [Sponsor the 21st Annual Samaritan Cup Golf Classic and Increase Your Social Media Presence](#)

Your sponsorship of this year's Samaritan Cup includes signage on the course but it also includes extensive social media marketing. For example, **the Presenting Sponsor will receive:**

- 3 Facebook posts per week on the Samaritan Center Facebook page
- 3 Facebook posts per week on Hope for Heroes Facebook page
- 1 Twitter post per week
- 2 Instagram posts per week
- 1 LinkedIn post per week



In addition, you will receive attention in the newsletter and on the [SamaritanGolf.com](http://SamaritanGolf.com) and [Samaritan-Center.org](http://Samaritan-Center.org) websites. **We want you to receive as much publicity as possible for your good corporate citizenship!** Sponsorships also come with teams - come and play with us on November 9 & 10th!

**[For more information, view the sponsorship packet here](#)**



### **Vision**

We envision a healthy and compassionate community in which every individual achieves mental, physical, spiritual and social well-being.

### **Mission**

We heal hearts, provide hope and enhance lives with a holistic approach to mental health for all ages, whole families and the military community.

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