



We accept Connecticut Title XIX (HUSKY) and Blue Cross Blue Shield Insurance as a qualified method of payment for this program and our other therapeutic programming.

Contact us for more information.



Healthcare for Uninsured Children and Youth



HAPPY FAMILY CLINICAL SERVICES LLC

530 STATE STREET
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BEHAVIORAL &
EMOTIONAL
STRENGTH TRAINING
(B.E.S.T.)

HELPING YOUTH TO ENGAGE AND
UNDERSTAND APPROPRIATE
BEHAVIORS IN SOCIAL SETTINGS

Visit us on the Web at:

WWW.HAPPYFAMILYCS.COM

B.E.S.T. Mission...

To help youth to better handle social situations by providing them with guided steps in a group setting that assists in utilizing learned adaptive skills.

What is the B.E.S.T. Program

The Behavioral & Emotional Strength Training (B.E.S.T.) programs was developed with the purpose of guiding youth in understanding and implementing appropriate social/adaptive behaviors. In the groups we provide work on:

- Problem Solving
- Social Interactions and Peer Relationships
- Self-Esteem and Self-Control
- Handling and Expressing Emotions
- Consequences

The group is held semiweekly over 12 weeks. The children are guided using a results based social skill curriculum, that is interactive and fun, while being engaging and educational.

Below is an sample of session topics:

B.E.S.T Program Structure

Week 1 & 12 are parent Introduction & wrap-up weeks (*Parents Only*)

Sessions

Week 2—Introductions/Listening Position and Listening Power

Week 3—Feelings Around Us

Week 4—Our Moods/So Many Emotions

Week 5—Feelings Fingerprints/Anger Triggers

Week 6—Hands are not for Hitting/Keep Calm

Week 7—Think, Creating and Keep Calm

Week 8—Be your BEST

Week 9—Your BEST when Angry

Week 10—Go Team!/Differences

Week 11—Problem Solving, The Gift

Parent Involvement

We stress the level of involvement needed from the parents of our participants, therefore two sessions of the 12 week program are Parent Only Introduction and a Wrap-up sessions. In these sessions, we provide program details, discuss the expectation, and explain the needed level of involvement in getting their child to where they feel they can be. In short, we want the parent to be involved in the social growth of their children. During the sessions, we encourage parents to socialize, as well, in order to build a network of support for both you and your child.



Exploration into social skill building



Duration:

12 Weeks (The first and last session are Parent Only sessions)

Please Contact Us for Fee Schedule

Group Meeting Schedule:

Group Sessions are held twice Weekly

K Group (ages 4-6): 3:30pm—4:30pm

1st Grade (ages 6-8): 4:45pm-5:45pm

Group Meeting Location:

Happy Family Office

530 State Street, New Haven

Happy Family Clinical Services LLC

**530 State Street
New Haven, CT 06511**

Phone: (203) 208-9254

Fax: (203) 823-4470

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