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| --- | --- | --- | --- |
| Date | Team | Leader | Co-Leader |
|  |  |  |  |
| Mindfulness | Team Agreement | Skill of Month | Members Present |
|  |  |  |  |
| Team Member | Topic (Importance and Mins) | Help Type | Challenge Type |
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| **Total Minutes** |  | **Agenda Success** | Struggling, Okay, Good |
| **Joy or Success with Skill** |

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| **Topic Importance** | **Help Type** | **Challenge Type\*** |
| No Topic (4) | Validation (V) | Protected Time (PT) |
| Can Wait (3)  | Problem-Solving (PS) | Social Support (SS)  |
| Important (2)  | Offering Hope (H) | Personal Commitment (PC) |
| Urgent (1)  | Listening (L) | Motivation (M) |
|  | Acceptance (A) | Emotions (E) |
| **Deciding Importance** | Hands On (HO) | Practice Assignment (PA)  |
| Avoiding Topic | Update (U) | Teach or Use a Skill (TS/US) |
| Impacting Care/Services | Not sure (NS) | Technical/Computer (T/C) |
| High Risk Behavior |  | Not sure (NS) |
| Personal Impact |  |  |

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| Date | Team | Leader | Co-Leader |
| 11/04/2019 | Woodburn | Elizabeth P. | Patrick B. |
| Mindfulness | Team Agreement | Skill of Month | Members Present |
| Yes, 1 min breath | Dialectical | OA | 8/10 |
| Team Member | Topic (Rating and Mins) | Help Type | Challenge Type |
| Susan H. | Videos (2, 3) | V, PS | PT, T/C |
| April H. | Patient in crisis (1, 3) | V, H | M, NS |
| Clinton H. | (4, 0) | -- | -- |
| Edward J. Jr | (1, 3) | Update, L | -- |
| Annette J. | Opposite action (2, 10) | A, H | TS, PA |
| James J. | (3, 2) | update | T/C |
| Geneva J. | Where/how to enter the participation (1, 5) | PS | PC, E |
| Joel R. A. | absent | -- | -- |
| Stephanie S. | Transitions at home interfering (3, 10) | PS, HO | SS, PT |
| Alexia S. | absent | -- | -- |
| **Total Minutes** | 39 | **Agenda Success** | good |
| Joy or Success with SkillUrsula used Opposite Action with 9th grade son when she wanted to act on urges related to fear, anger and sadness. |

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| **Topic Importance** | **Help Type** | **Challenge Type\*** |
| No Topic (4) | Validation (V) | Protected Time (PT) |
| Can Wait (3)  | Problem-Solving (PS) | Social Support (SS)  |
| Important (2)  | Offering Hope (H) | Personal Commitment (PC) |
| Urgent (1)  | Listening (L) | Motivation (M) |
|  | Acceptance (A) | Emotions (E) |
| **Deciding Importance** | Hands On (HO) | Practice Assignment (PA)  |
| Avoiding Topic | Update (U) | Teach or Use a Skill (TS/US) |
| Impacting Care/Services | Not sure (NS) | Technical/Computer (T/C) |
| High Risk Behavior |  | Not sure (NS) |
| Personal Impact |  |  |