

# About Mental Fills



I am a Board Certified Licensed Clinical Social Worker with 20 years of mental health experience with children, teens, and adults. I specialize in treating depression and anxiety, and improving interpersonal relationships. I work full time in the Department of Mental Health at major hospital and have a part time private practice providing individual and group therapy. I enjoy creating resources that are effective for both the user and the participants and I work hard to sprinkle in evidenced based strategies. I am also mom to a beautiful boy with special needs, who has inspired many of the resources in my store.

## Questions or Suggestions

I want to ensure my buyers are more than satisfied with their purchase. I aim to please and although I make mistakes, I am quick to respond to make edits and improvements to ensure accuracy and efficacy. I invite you to email me at [Mentalfills@gmail.com](mailto:Mentalfills@gmail.com) for questions, concerns, personalization, and recommendations for improvements.

## Earn TPT Credits & Feedback

Leaving feedback and four star ratings is not only appreciated, but TPT rewards you with credit towards future purchases. You may go to My Purchases to share your impressions and experiences with the resource. I respectfully request that you postpone leaving less than four star rated feedback on TPT, and instead welcome you emailing me at [mentalfills@gmail.com](mailto:mentalfills@gmail.com) to give me the chance to improve the product to the four star rated product I aim to create. Once the update is completed to include your suggestions, I will upload it to TPT where you can re-download it for free and then rate the product with the suggested improvements in mind.

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**Directions:** When you notice pro social behavior, place a marker on the emerging chick. Once the chart is filled up, acknowledge your/other's comfort in their company and provide a small reward. In the week ahead, visit Mental Fills on TPT for the full version of this resource, including color friendly pages, behavior examples, and reward ideas.

<https://www.teacherspayteachers.com/Store/Mental-Fills>

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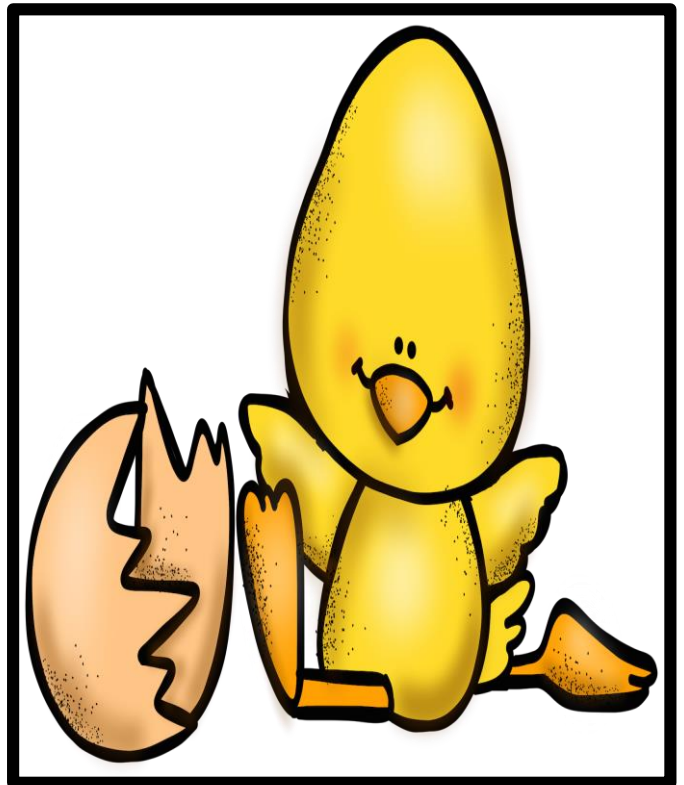
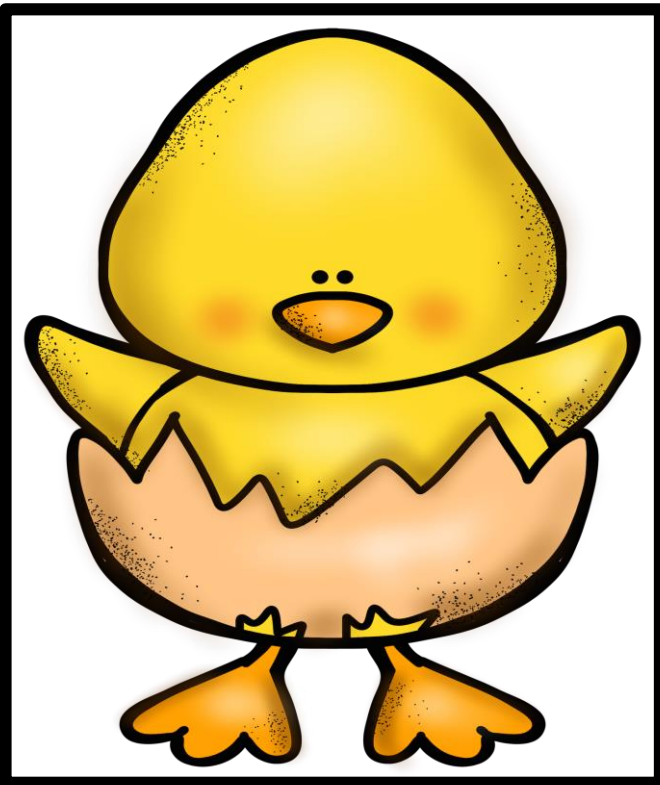
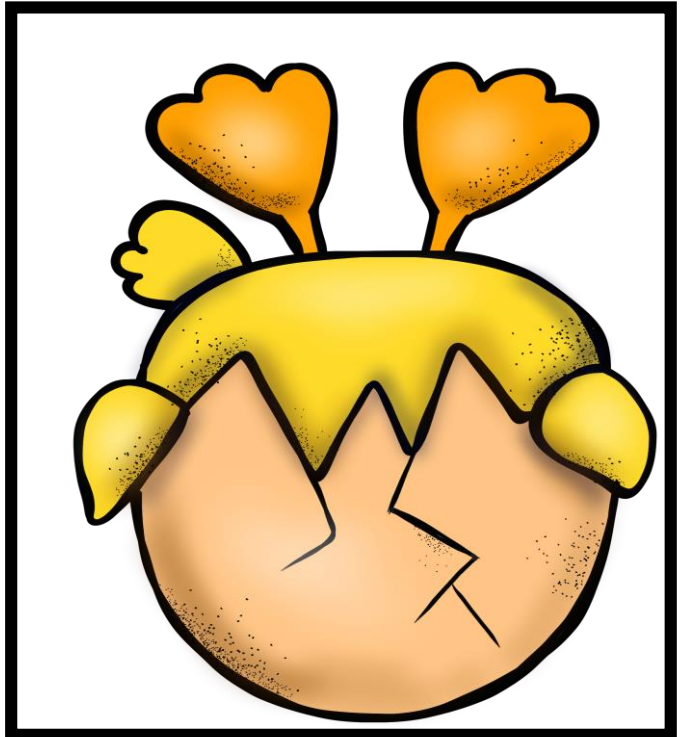
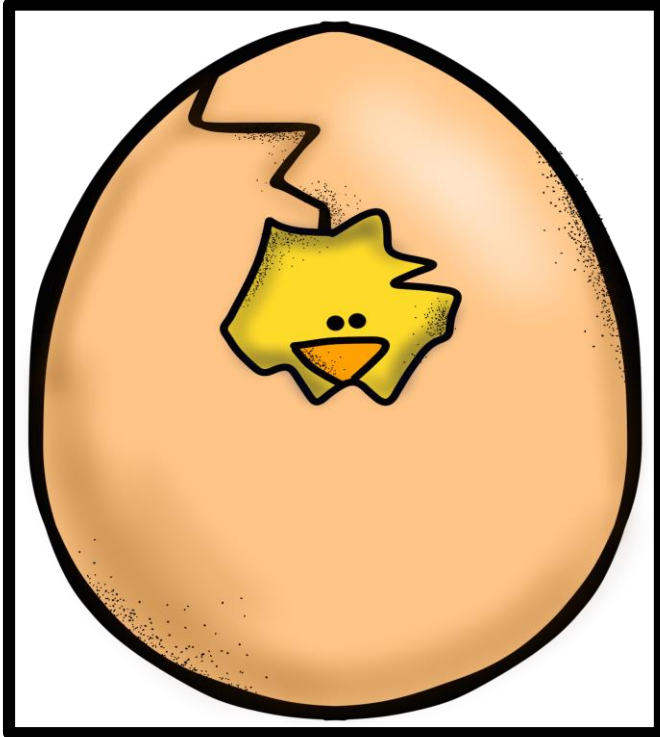


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# Help Me Come OUT OF MY SHELL





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