

MyRogers: Community Sponsored Event

Coping Skills Drive

The use of play and games in therapy is proven to be an effective way to help cope with intense emotions and behaviors. At Rogers Behavioral Health, patients learn how everyday items can be used as powerful therapeutic tools to calm their minds and bodies.

Below, you'll see a "Wish List" of items that may be included in a patient's own "emotional toolkit." Donations of **new, unused items** or **monetary gifts** will help equip patients with a variety of coping skills needed to help them manage their mental health and well-being.

Help Fill the Emotional Toolkit

Stuffed Animals | Bubbles | Scented Chap Stick & Travel Sized Hand Lotions | Deck of Cards/ Card Games | Colored Pencils, Crayons or Sharpie Markers | Adult Coloring Books | Fiddle Sticks or Rain Sticks | Journals 5 x 7 (no spiral) | Kinetic Sand | Play-Doh | Mini Puzzles | Silly Putty | Sketch Pads | Stress Balls | Word Search / Crossword Books

Our patients have special requirements based upon their behavioral health care needs. Extra caution must be used when purchasing gifts. Please consider the following:



1. All items must be new.
2. No items containing Latex or sharp edges.
3. Stuffed animals must be safe for all ages.
4. Toys or games with themes of violence are not accepted.

While gifts for all ages are appreciated, gifts for our child and adolescent patients are especially needed. Due to confidentiality, we are unable to welcome groups of visitors into the treatment areas.

Questions? Contact Linda Schieble at 262.646.1652 or linda.schieble@rogersbh.org

GIVE for a
BETTER DAY