

CBC Behavioral Times

March 2026



Announcements and Reminders!

Timesheets are due Sunday,
March 1st by 10:00 AM.

Friendly reminder to set your clocks
forward one hour on March 8th for
Daylight Saving Time! 🕒

Wishing everyone a very happy
St. Patty's Day!



Thank you so much!

Shoutout of the Month! Janeli and Abigail!

We want to give a HUGE thank you to Janeli and Abigail, part of our incredible Scheduling Team, for everything they do for us each and every day! Your organization, flexibility, quick problem-solving, and constant communication keep our company running smoothly. From managing last-minute changes to making sure our clients and staff are supported, you handle it all with professionalism and care.

Because of you, our team can focus on delivering quality ABA services without missing a beat. Your hard work often happens behind the scenes, but it never goes unnoticed. We truly appreciate your dedication, patience, and positive attitudes. We are so lucky to have you both on our team - thank you for everything you do!



Writing Clean, Meaningful Session Notes

Session notes are more than a daily requirement - they are a clinical document, a communication tool, and professional protection for you as a behavior technician. Clear documentation helps supervisors make treatment decisions and ensures high-quality care.

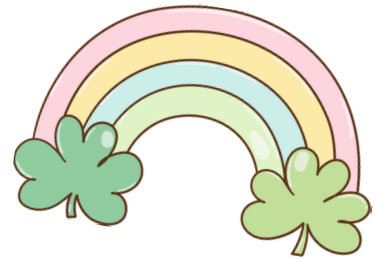
Objective vs. Subjective

One of the most important documentation skills is staying objective, meaning you describe what you can see and hear rather than opinions or guesses.

Avoid subjective phrases like:

- “The client was in a bad mood.”
- “The client was being stubborn.”
- “The session went great.”

These don't show what actually happened.



Aim for objective descriptions like:

- “Client cried with tears and covered face for 3 minutes when work was presented.”
- “Client said ‘no,’ pushed materials away, and left the table twice.”
- “Client completed 8/10 trials independently.”

If someone who wasn't present can picture the session, you're on the right track.



Strong notes help supervisors make clinical decisions and typically include:

- Skill acquisition: performance, prompting level, independence vs. support
- Behavior context: triggers, what the behavior looked like, frequency/duration
- Response to interventions: effectiveness of redirection, breaks, reinforcement
- Anything unusual: illness, sleep changes, new behaviors, major progress or regression



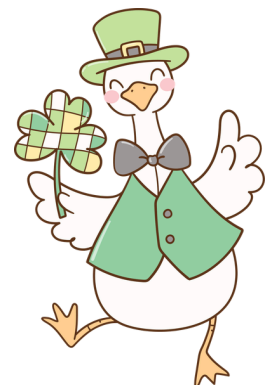
The clearer your notes, the easier it is to adjust goals, modify plans, and choose effective strategies.

How Notes Protect You

Session notes are a legal and clinical record of services. They show what you observed, what you did, and how the client responded. Remember: If it isn't documented, it didn't happen. Good documentation protects your client, and you.

Quick Tips!

- Write notes soon after the session
- Use data whenever possible
- Stick to observable facts
- Avoid labels like “lazy” or “dramatic”
- Ask your supervisor if you're unsure how to phrase something



Strong session notes support stronger treatment and stronger clinicians.



Wishing everyone a wonderful, happy birthday filled with love and laughter - and an amazing year ahead!



March Birthdays!



Julia

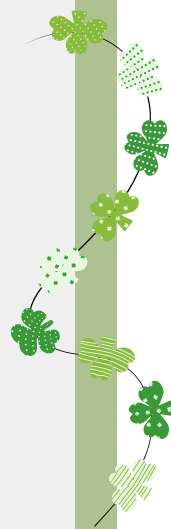
Jennifer

Ana

Valeria

Maribel

Isabella



HAPPY BIRTHDAY!





Joke of the Month!

March Into Progress!



Create a simple flower or plant visual for each client. Every time a client shows progress toward a goal, they earn a seed, leaf, or petal to add to their plant.

They can earn seeds by mastering a new target or step in a program, using functional communication independently, showing flexible behavior during a transition, completing a task with less prompting, or demonstrating coping or waiting skills.

By the end of the month, clients can see how much they've grown

Thank you so much!



Monthly Tip!

Supporting others can be incredibly rewarding – and also emotionally demanding. If a session is stressful or someone speaks to you in a way that feels discouraging, remember:

You are important. You deserve respect, support, and time to recharge. Taking care of yourself is not selfish – it's necessary.

Thank you for all of your hard work!

