

## **Brag Letter template for termination**

Purpose: For parent or caregivers to recognize, praise and reinforce the gains children and teens have made in treatment.

Supplies: paper, stationary, envelopes, pens or markers

Instructions:

Ask caregivers to compose a letter to clients before graduation. Provide education to caregivers about the importance of recognizing the child's growth and gains in treatment.

Possible areas to highlight include: coping with and understanding feelings, coping with, reducing or mastering specific symptoms, increasing knowledge about trauma, learning ways to relax and take care of themselves, understanding and recognizing how to deal with unhelpful thoughts, being able to ask for and accept help and support, knowing safety rules or how to be safe, being able to talk about difficult events, memories or feelings

Also, have the caregivers praise the child for qualities that are unique to the child (praising them for who they are, rather than what they do)

And have caregivers say how the client's growth has impacted the caregiver and/or the family (ex. You have inspired me to .....)

Have the caregivers sign the letter and present to the child or teen at graduation.

Having it written allows the child to refer back to this letter when they need a pick me up or when they want to.

