

STEP



FAMILY SUPPORT, TRAINING & EDUCATION PROGRAM

WHEN: Every Thursday 6:30 to 9:00 p.m. Families may join us at any time during the series.
WHERE: Online via ZOOM. Contact Shelley Danser at sdanser@skylandtrail.org or 678-686-5956 for info.

DATE	TOPIC
5/5/22	Treating Co-Occurring Disorders with Ashley Kelly, LPC, MAC People with mental health disorders are more likely than people without mental health disorders to experience an alcohol or substance use disorder. Co-occurring disorders can be difficult to diagnose and treat due to the complexity of symptoms, as both may vary in severity. Ashley will provide information on Skyland Trail's approach to working with clients with co-occurring disorders on our Dual Diagnosis track.
5/12/22	Mindfulness for Trauma with Sage Weatherby, LCSW Sage will talk about various types of trauma, particularly relational trauma, and how mindfulness techniques are employed to address them.
5/19/22	5:30-6:30 - Opportunity for New Families: Overview of Terms and Concepts This session is specifically designed to assist new families in understanding the treatment process at Skyland Trail to prepare for the work ahead in providing support to their family member. This hour is designed for new families and families participating in Family Orientation on Friday. 6:30-8:00 - Support Group Only Families are encouraged to join our regular weekly STEP program for a support group where our current and alumni family community will come together for support.
5/26/22	Understanding LGBTQ+ Individuals and the Underlying Mental Health Challenges Of This Community with Ann Miller of PFLAG What are the risk factors of LGBTQ+ mental health? What are the large and micro aggressions that LGBTQ+ individuals face every day? What impact does coming out, family support, and school/community climate have on the individual? How can we help our LGBTQ+ loved one navigate through life with resiliency and tenacity? Join Skyland Trail and guest speaker Ann Miller, regional director for PFLAG, the nation's oldest and largest non-profit organization serving LGBTQ+ individuals and their families, as we unpack the layers of LGBTQ+ and emotional health.
6/2/22	Interventions for Mental Illness with Dave Janzen, DMin, CIP, CISM Dr. Dave will talk about interventions which he describes as a process of helping a network of family/friends/coworkers to strategically develop and implement a plan to influence change in the behaviors for a loved one.
6/9/22	Effective Communication and Limit Setting with Shelley Danser, CTRS Participants will discuss the importance of healthy boundaries and establishing rules within your family. We'll discuss ways to improve our own communication and elements of effective communication.
6/16/22	5:30-6:30 - Opportunity for New Families: Overview of Terms and Concepts 6:30-7:30 - Workplace Wellness Programs with Robin Belleau, JD, LCPC Robin is the Director of Wellbeing for Kirkland & Ellis, LLP. She will tell us about Kirkland's program as an example of the kinds of programs being implemented by companies that have become increasingly aware of the importance of supporting employees' desires to improve work/life balance, address disabilities/challenges of their own or of their family members, incorporate stress-management skills.
6/23/22	No STEP
6/30/22	Jewish Family & Career Services with Amy Maslia, Intake Manager An incredible community resource, JF&CS helps improve the quality of life and build self-sufficiency for individuals and families in greater Atlanta. Amy will tell us about their services including counseling and career supports, and services for older adults and individuals with intellectual and developmental disabilities.

STEP is offered to Skyland Trail families free-of-charge and is made possible in part by charitable donations from the community. Learn more: www.skylandtrail.org/STEP.

