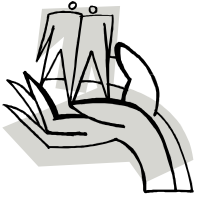


Family Support, Training, and Education Program (STEP)



Family STEP sessions meet on Tuesday's from 6:30-8:30 pm in Skyland Trail's Conference Room.

Families are welcome to join us at any time during the series.

Skyland Trail
Health and Education Center
1903 North Druid Hills Rd.
Atlanta, GA 30319
(404) 315-8333

January 2009

- 1-6-09 - 6:30-7:00 Meet & Greet with Skyland Trail Staff - *Come by and enjoy refreshments while meeting the Skyland Trail Team. 7:00-8:00 ~ Getting Acquainted Through Art Therapy, Susie Sherrill, PhD, LPC, Expressive Arts Therapist, Skyland Trail. Experience the art therapy process to get to know other families and understand how art therapy works with your loved one.*
- 1-13-09– **Managing Co-Occurring Disorders: A Family's Guide** - Anna S. Galloway, LMSW, Primary Counselor, Skyland Trail. *Gain a better understanding of co-occurring disorders, review treatment options and learn helpful tools to support your loved one.*
- 1-20-09 - **Overview of Dialectical Behavior Therapy (DBT)** - Karla Frazier, LCSW, MAC, Interim Director of Programs and Services, Skyland Trail. *Gain a better understanding of the DBT model. Learn how DBT skills training can assist your loved one's recovery process.*
- 1-27-09 - **Building Cooperative Relationships** - Laura Bauer Granberry, MPA, Director of National Initiatives, Rosalynn Carter Institute for Caregiving. *This session will focus on building cooperative relationships among the care-recipient, family caregiver and professional caregiver.*

February 2009

- 2-3-09 - **Mental Health Advocacy** - Johnnie L. Jenkins, III, NCC, RPT, LPC. *Gain a better understanding of important federal and state policy issues and learn how you can become an effective advocate for mental health.*
- 2-10-09 - **Thought Disorders** - Brian Teliho, MD. *Understand the epidemiology of schizophrenia and schizoaffective disorders and review treatment options.*
- 2-17-09 - **Co-Dependent No More: Making the Break from Unhealthy Communication in the Family** - Tori Griffin, PhD, LPC, NCC, Therapist, Atlanta Counseling Center. *Understand the dynamics of a co-dependent relationship and learn more effective ways to communicate with your family member.*
- 2-24-09 - **Setting Limits and Boundaries** - Shelley Danser, Coordinator of Adjunctive Therapies, Skyland Trail. *Learn the importance of healthy boundaries and setting limits with loved ones. This educational discussion will include how to set limits, communication styles, negotiating/compromising, focusing on the most important problem, evaluating and consequences.*

March 2009

- 3-3-09 - **"Frontiers of Psychiatry"** - Ray Kotwicki, MD, MPH, Medical Director, Skyland Trail. *This presentation will review the latest research on predictive and preventive psychiatry as well as new medication advances.*
- 3-10-09 - **Success Stories—Skyland Trail Alumni.** *Come share their journey of recovery and hope.*
- 3-17-09 - **A Guide to Psychological Testing** - Aaron Kilts, PhD, Primary Counselor, Skyland Trail. *Learn the various types of psychological assessments and discuss the benefits of utilizing test results to enhance your loved one's recovery.*
- 3-24-09 - **The Mind/Body Connection** - Susan Reid, LCSW, Atlanta Counseling Center. *Learn about the connection between the mind and body and experience a guided imagery session.*