STEP
FAMILY SUPPORT, TRAINING & EDUCATION PROGRAM

WHEN: Every Thursday 6:30-9:00pm. Families may join at any time during the series.

WHERE: Dorothy C. Fuqua Center, Goodman Training Room (lower level)
1961 N. Druid Hills Road, Atlanta, GA 30329

WHAT: Education: First hour provides training, knowledge, and skills on a variety of mental health topics.
Support: Second hour provides a safe space to share and discuss what families have learned, dilemmas they confront, feelings they experience, and a wealth of insight and skills from others who share similar experiences.

JOIN BY PHONE OR VIDEO: Contact Shelley Danser at sdanser@skylandtrail.org or 678-686-5956

JANUARY 2020

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<tr>
<td>1/2/20</td>
<td>No meeting tonight (New Year's)</td>
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| 1/9/20| **Transitional Housing with Sam Ross, LMSW**
          Sam will discuss the new transitional housing services offered and why continuing treatment in this program can be a vital part of building a strong and sustainable recovery.
| 1/16/20| **ADA Employment Accommodation Planning with Mariette Lynn Clardy-Davis**
          Mariette is an attorney who provides legal accommodation plans that assist clients in finding tools and resources to create positive changes in their job performance. Mariette uses her personal journey with mental illness to connect, empower and serve.
| 1/23/20| **Adolescent Programs at Skyland Trail with Ashley Lanier-Pszczola, MS, LAMFT**
          Ashley will share details on the new adolescent treatment program, including the importance of family engagement.
| 1/30/20| **5:30-6:30 - Opportunity for New Families: Overview of Terms and Concepts at Skyland Trail**
          This session is specifically designed to assist new families in understanding the treatment process at Skyland Trail in order 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.

FEBRUARY 2020

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| 2/6/20| **ADHD in Adults with Ben Hunter, MD**
          Some people with ADHD have fewer symptoms as they age, but some adults continue to have major symptoms that interfere with daily functioning. Dr. Hunter will educate us about the treatment of ADHD in adults.
| 2/13/20| **Mental Health Centered Estate Planning with Mariette Lynn Clardy-Davis**
          Mariette returns to educate us about advanced planning tools such as Health Care Powers of Attorney, mental health related advanced directives and other legal methods that have the potential to improve clinical outcomes and decrease involuntary interventions.
| 2/20/20| **Neurofeedback with Michael Phillips, LPC**
          Learn how neurofeedback, a type of biofeedback, teaches individuals self-control by measuring brain waves and providing a feedback signal.
| 2/27/20| **5:30-6:30 - Opportunity for New Families: Overview of Terms and Concepts at Skyland Trail**
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          **6:30-8:00 - Support Group Only**
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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.