

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
9/3/20	No Meeting in Observation of Labor Day
9/10/20	Bipolar Disorders with Dawn Collinge, LPC, NCC, MAC, ACS This presentation will outline the diagnostic criteria for bipolar illness and differentiate the signs and symptoms from major depressive illness.
9/17/20	Impulse Control with Luke Smith, LMSW These disorders include trichotillomania (hair-pulling), excoriation (skin-picking), and behaviors such as impulse-buying and kleptomania. They are characterized by difficulties in resisting urges to engage in behaviors that are excessive and/or ultimately harmful to oneself or others. Luke will help us understand these common, but not very well understood, disorders.
9/24/20	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.
10/1/20	RESPECT Institute Stories with Emily McFarland, CPS Several alumni have agreed to share their recovery story and also allow time for Q and A.
10/8/20	Sleep with Yolanda Wade, MD Dr. Wade from Skyland Trail's Glenn Family Wellness Clinic inspired us to healthier eating habits in March. She returns to educate us on what constitutes healthy sleeping and how we go about achieving it—particularly in these days of higher anxiety.
10/15/20	Perfectionism with Rachel Butler, MS, NCC, APC Rachel will define different types of perfectionism and how it can affect your life in both positive and negative ways. We will also go over ways to combat negative thinking and be kinder to ourselves.
10/22/20	No STEP Meeting - Join us for Benefits of Laughter instead!
10/29/20	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 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.