It gives me great pleasure to welcome you to our first edition of our Child & Family Guidance newsletter. I hope you will find the information beneficial and helpful as you partner with us and we provide mental health treatment to your child. It is our mission and goal to provide quality mental health treatment to all of our clients.

We have been hard at work training and certifying staff in evidenced-based practices that include Trauma Focused Cognitive Behavioral Therapy (TF-CBT), Modular Approach to Therapy for Children with Anxiety, Depression, Trauma, or Conduct Problems (MATCH-ADTC), Parent Management Training (PMT), Cognitive Behavioral Intervention for Trauma in Schools (CBITS) and Bounce Back.

I am very pleased that one of our clinicians - Rachel Collins, LPC, NCC - was selected by the Child Health and Development Institute and the Department of Children and Families (DCF) along with the developers from Harvard University to train new clinicians and supervisors within their agencies in MATCH-ADTC. She may also provide training to other agencies in the State of Connecticut to support the broader network of MATCH-ADTC. We have also trained staff in SMART RECOVERY, which stands for Self Management and Recovery Training. This treatment helps individuals gain independence from addiction through a 4-point program that includes:

1. Building and Maintaining Motivation
2. Coping with Urges
3. Managing thoughts, feelings and behaviors
4. Living a balanced life

We are committed to educating our youth and adolescents about the dangers of illegal drugs and at-risk behaviors involving substance use. We find that if parents or their guardians don’t talk to their child about the dangers of drugs someone else will, and often the information young people receive is inaccurate. Our clinicians will be facilitating substance use prevention to our clients either in a group setting or individually and will also incorporate refusal skills to best equip them in not participating in high risk behaviors.

Lastly, I am pleased to announce the hiring of Dr. Margaret Fugate, MD who is our new staff psychiatrist. She will be providing services at Columbus Child & Family Guidance. Dr. Fugate is a graduate of Connecticut Medical School and is dually board certified in adult and child adolescent psychiatry.

Thank you for choosing Cornell Scott-Hill Health Center Child & Family Guidance to meet your child’s mental health needs. We look forward to fostering a partnership between you and the community.

I look forward to sharing with you on going information of the great things our child guidance clinic is providing to the community.

Best,

Sandra L. Gibson
MS, MSW, LCSW
Program Director
Sponsorship of Biddy Basketball Team

SNAP SHOTS

Sara Ardito, LCSW is our featured clinician this quarter. Sara is a graduate of Southern Connecticut State University and began her career with us as an intern in 2015. She is a Licensed Clinical Social Worker. Sara is credentialed in Trauma Focused Cognitive Behavioral Therapy (TF-CBT) and specializes in the area of trauma. Sara facilitates therapeutic groups that involve disorders to help overcoming anxiety, trauma, and low self esteem. When asked about providing clinical work at Child and Family Guidance, Sara said, “I enjoy working with all of the children and families at CFG. Watching the children make progress towards their goals is so rewarding!”

In her spare time Sara likes spending time with family and friends and hiking with her dog. Sara says this is a good outlet for both her physical and mental health.

THE IMPOSSIBLE IS WHAT NOBODY CAN DO UNTIL SOMEBODY DOES IT AND THAT SOMEBODY CAN BE YOU!

– Dale Brown

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DID YOU KNOW WE OFFER GROUPS?!

Did you know that Child and Family Guidance offers many groups to children of all ages - and even parents and caregivers? Check out our listing below. Groups are subject to change, and we’re always adding new, so be sure to call us at 203-503-3055 for additional information and group updates.

➤ ADHD and Sports (ages 8 – 14)
➤ Adventures in Art (ages 8-10)
➤ Anger Management (ages 7-10)
➤ Anger Management (ages 7-10)
➤ Anger Management (ages 14-18)
➤ Are You Ready? (kids pre-k and kindergarten)
➤ Art Therapy & Coping Skills (ages 7 - 10)
➤ Art Therapy and Coping Skills (girls ages 12-15)
➤ Breakfast Exchange (parents)
➤ Bully Busters (ages 7 - 10)
➤ Chatterbug Group (ages 6, 7 and 8)
➤ Coping with Emotions (ages 12 - 16)
➤ Creating Relaxation Group (ages 7-12)
➤ Fearless Little Cougars (ages 5-7)
➤ Girl Bullying: Relational Aggression Prevention (girls ages 10 - 14)
➤ Girls Group (girls ages 12 - 16)
➤ Girls on the Rise (girls ages 9 - 12)
➤ Girl Power Group (girls ages 11-14)
➤ Girl Power Group (ages 11-14)
➤ Girl Power (girls ages 14-18)
➤ Grandparents Support Group (for grandparent caregivers)
➤ How Mental Illness Touches the Whole Family (girls ages 9 – 14)
➤ Latin X - A group for Latino Teens (ages 13-18)
➤ Learn Together: Learning to Cope without Substances (teens ages 13 – 17)
➤ L.E.G.O. Group - Learning, Engaging, Growing, Organizing (ages 9-13)
➤ Let's Focus (boys ages 5-10)
➤ Manners Kids Should Know (ages 9-12)
➤ Melting Pot (kids of all ages)
➤ Nobody's Perfect (ages 13-18)
➤ Parent Management Training PMT (parents)
➤ Peer Parents (parents)
➤ Problem Solving is an Act, Let's Play It (ages 7-12)
➤ Shake It Off (ages 7-9)
➤ Social Skills Groups (ages 5-7)
➤ Social Skills Building for Children with Autism (ages 3-6)
➤ Teen Group (ages 12 - 15)
➤ Take Back Control (parents & caregivers)

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