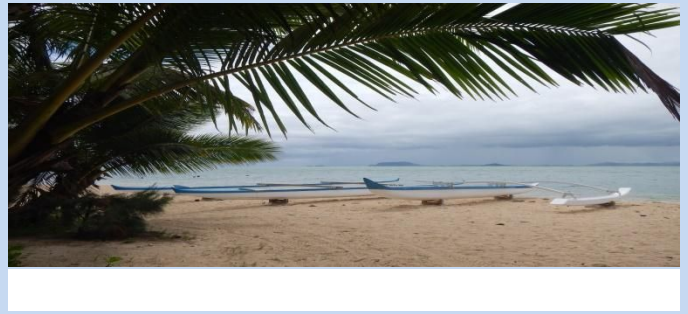




MPB GROUP, INC



- ★ **Groups** - MPB offers both time limited and ongoing groups. Currently, we are offering groups for adults with anxiety, a social skills group for children, and a support group for adoptive parents and guardians. Three more groups will begin in March.

MONTHLY UPDATES

- ★ We currently have 12 licensed clinicians, as well as 10 second year clinical interns, 2 psychiatrists and 1 psychiatric nurse practitioner. Due to expansions, even more staff/clinicians will be hired!

- ★ Offices are located in Columbia and Laurel. To accommodate the growth of our agency, the Columbia office has recently expanded to include 8 more office spaces. Similarly, the Laurel agency has just relocated to a larger building to meet the needs of the clients.

- ★ Welcome to our new Psychiatric Nurse Practitioner, **Dr. Atina Covington**, who comes from Virginia after graduating from George Mason University. She is versatile in seeing children, adolescents, and adults for assessments and medication management.

- ★
- ★ Welcome TO OUR NEW INTERNS - we had 2 interns leave in January, and 2 new interns from Capella and North Central University joined our team. Welcome to **Meredith McGilvrey and Renee Clark**. They are Marital and Family Therapy candidates and are being supervised by Mary Blackwood, the Operations Manager for the Couples and Family Institute.

Welcome to our new monthly newsletter. We are a licensed outpatient mental health center that provides mental health therapy for individuals, couples, and families. We also provide integrative services for those clients who struggle with alcohol or drug addiction, as well as ongoing group therapy to meet the varied needs of the clients.

CLINICAL PROGRAMS OFFERED

☑ New clients receive a **clinical assessment** to get background information, understand their needs, determine the clinical program most suited to those needs, and to match them with a therapist.

☑ **Psychiatric Services** - New clients also receive an initial psychiatric evaluation to assess for any mental health disorders and discuss medications that may help them with their symptoms. Ongoing medication management services are provided.

☑ **Couples and Family Institute (CFI)** - Created in October 2018, this program provides a systemic approach to therapy, meaning clinicians work with the individual and their family in an effort to help, support, guide, and heal as they journey through life's challenging circumstances and events.

☑ **Integrative Services** - The client's substance abuse and mental health concerns are equally addressed. The symptoms of the substance abuse are initially the primary focus of care, and the mental health concerns can then be addressed when they can use coping skills to lessen their addiction.

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