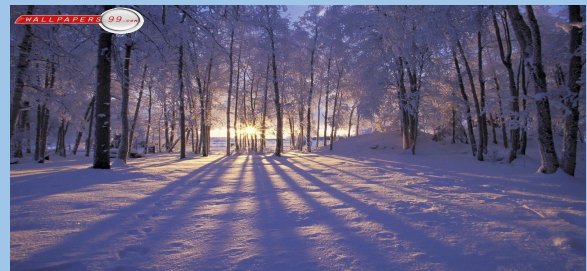




DECEMBER

2020



Did someone say it was December? Astounding! Holiday season and a new year is now a loud voice insistent that we carry on celebrating, while simultaneously causing anxiety around how to fulfill expectations. Many are hoping that the new year will help people feel healthier and happier, so we look forward with anticipation.

Welcome to our monthly newsletter. We are a licensed outpatient mental health center that provides mental health therapy for individuals, couples, and families. We also provide medication management, 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.

We remain available for all offered services, which continue to be provided via telemedicine tools. This newsletter will be taking a hiatus in January, but will return chock full of updates in February 2021.

PROGRAM UPDATES

November was a planning month, and with December comes agency structural changes. We welcome Mika Uematsu, LCSW-C, and Tracey Pauls, LCPC, to the Executive Management Team. Ms. Uematsu is Associate Director of Trauma and ASL programs, and Ms. Pauls is the Integrative Services Supervisor. We have also hired clinicians Mikaela Kim, LGPC, and Theresa Inkrote, LGPC. There have been increased referrals for receiving clinical services and we have addressed that need.

INTERNS CORNER

The semester is soon ending for the interns - some will be leaving and some will continue into the second semester. We'd like to recognize the interns as a whole as they grow emotionally and clinically. They are eager to learn, deliver quality clinical services to our clients, and co-lead groups. They are beginning to clarify their theoretical framework and the populations with whom they enjoy working. There is no where to go but up!

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CLINICAL TOOLS AND TIPS

Some people prefer the winter season, others prefer summer. What is indisputable is that the days are shorter during winter and people get less sunshine. Some people may have Seasonal Affective Disorder (SAD), a disorder that has symptoms similar to depression, but occurs only during the fall and winter seasons. Adults may feel lethargic, unmotivated, eat and sleep more, and isolate from others. Children may be more irritable, play less, and become inattentive. It is important to address the symptoms as you notice them. One way to lessen the effects of SAD is to continue your routine and holiday traditions, even if all the usual participants are not there. Continue to engage in (safe) socializing, even if you feel like isolating. If you cannot go outside, let more natural light into your house by keeping your blinds open. Finally, light therapy has been found to be effective, as it simulates sunshine and the energizing benefits.

GROUPS

At this time, all groups are offered via teletherapy. There are currently 7 groups offered, all occurring weekly. In early 2021, we will also be launching a Couples Therapy Group and a Social Skills Group for elementary aged children. Please refer to the MPB website, under the heading "Services" to find the "Groups" tab with more information on meeting days and times. You can email us at group@mpbgroupinc.com or call MPB Group to inquire about joining a group.

QUOTE OF THE MONTH

*Try to be a rainbow
in someone's cloud*

Maya Angelou

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