



November
2021



Wow- summer went by so fast that three months just flew by and now we're well into Fall. Our newsletter was on hiatus, but...we're back!!!! And we've grown so much that we're increasing office space. We have more clinicians than ever to ensure our ability to help as many clients as we can. 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, trauma services, 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.

PROGRAM UPDATES

Each month, we headline an important staff member. This month, we'll highlight the 8 new clinicians and staff that have started in the past 4 months: Atina Sullivan, PNP; Dr. Sharon Thomas-Parker (Program Director); Moor Drammeh, LGPC; Kiti Jackson, LGPC; Neena Prabhu, LGPC; Lauren Linn, LCSW-C, and Alexis Staten and Michelle Peters, administrative staff. Our agency now has 3 Psychiatrists/PNP, 23 clinicians, 4 Program Directors, 3 more supervisors, and 5 administrative staff. In other words, the waitlist is short and the quality of care is outstanding!

INTERNS CORNER

Interns are highlighted each month so that our community knows the skills and energy that our interns possess. This program is also growing as we have more staff to train and supervise them. They are an energetic bunch that are so eager to provide professional clinical care.

CLINICAL TOOLS AND TIPS

With November comes time changes, leaves turning colors, and less daylight. Many people do more of their activities indoors, missing out on sunlight. More melatonin and less serotonin being produced (due to more darkness), so some people are affected by these changes. More common amongst women than men, they may feel sad, less motivated, and crave sugary and starchy foods. Yet these symptoms can be ameliorated. Aim to still do some outdoor activities, keep exercising, try something new, and plan more events with friends and family. Studies have also shown that light therapy can be successful in lessening symptoms, as the light simulates sunlight.

GROUPS

All groups have re-started. New groups have been added, including a Social Skills group for elementary age children, a Self-esteem group for teenage girls, a Trauma Recovery group, and a Grief and Loss group. Group members may attend in person, but they also have the option to remain attending via group teletherapy. The participant that attends the most sessions in a 6-8 week period gets to spin the "prize wheel!" Please refer to the MPB website, under the heading "Services" to find the "Groups" tab with more information on meeting days, times, and how to join. You can email us at group@mpbgroupinc.com or call MPB Group with any questions.



"You've got to get up every morning with determination if you're going to go to bed with satisfaction." —George Lorimer

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