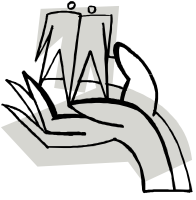


Skyland Trail

Family Support, Training, and Education Program (STEP)



Family STEP sessions meet on Tuesday's from
6:30-8:30 PM in Skyland Trail's Conference Room.

**** Note the first session will meet
from 6:30pm-8:00 pm****

Skyland Trail
Health and Education Center
1903 North Druid Hills Rd.
Atlanta, GA 30319
(404) 315-8333

May 2008

- 5-20-08 ~ 6:30-7:00 ~ Meet & Greet with Skyland Trail Staff. Come by and enjoy refreshments while meeting the Skyland Trail Team.
7:00-8:00 ~ Understanding Yourself through Therapy with Art. Guest Artist.
- 5-27-08 ~ History and Future Growth of Skyland Trail. Elizabeth Finnerty, MBA, MHA CEO & President, Skyland Trail, as well as special guests from the Board of Directors and Advisory Board.

June 2008

- 6-3-08 ~ Social Security Benefits. Sally Atwell, MS, CRC, LPC, Project Director of Benefits Navigator. Learn how to apply, how paid employment effects benefits, and learn helpful tips for applying for benefits.
- 6-10-08 ~ Cognitive Behavioral Therapy (CBT) and Its Use in Treating Mood Disorders. Aaron Kilts, MA, ABD, CBT therapist, Skyland Trail. The lecture will discuss how the CBT model conceptualizes mood disorders (i.e. Major Depression, Bipolar, and Anxiety Disorders) and its approach to relieving the symptoms of these disorders.
- 6-17-08 ~ A Communication Toolkit. Dan Martin, MS, LPC, NCC, Counseling & Clinical Evaluations. Learn techniques to improve communication with your loved ones, as well as help to develop and maintain these positive changes so you can grow closer and stronger.
- 6-24-08 ~ Handling Crisis: How to Support Your Family Member/Loved One and Care for Yourself. Johnna Gardner, LCSW, Executive Director, JG Options, LLC. An interactive program to discuss warning signs, interventions, and self care.

July 2008

- 7-1-08 ~ Cancelled due to Forth of July Holiday
- 7-8-08 ~ "Who Will Be There When I Am No Longer Able?". Kay Palacko, LCSW, Executive Director of Planned Live Long Assistance Network. Determine how to provide lifelong care and support to your loved ones, as well as learn about traditional case management, advocacy, and community resources.
- 7-15-08 ~ How Addictions and Co-occurring Disorders Impact the Family. Alyce Wellons, LCSW, President, GA Society of Clinical Social Work. Learn about the progression of addiction and the family struggle as it relates to the physical, emotional and spiritual health of the family members.
- 7-22-08 ~ Bridges to Opportunity- The New Work Paradigm. Pamela Innes, PhD, Employment and Educational Coordinator, Skyland Trail. This session will examine and discuss the emerging concepts of work, how changes in the marketplace influence our career choices and look at new opportunities that this change provides for our loved ones in and out of the workforce.
- 7-29-08 ~ Recovery from schizophrenia. Is it a possibility? Ray Kotwicki, MD, MPH. , Medical Director, Skyland Trail. The lecture will focus on various tools including medications, adjunctive therapies, psychotherapy, and other staff attributes that contribute to assisting individuals with schizophrenia in recovering from their illness.

August 2008

- 8-5-08 ~ New Developments in the Assessment and Treatment of Disability in Schizophrenia. Philip Harvey, PhD, Professor, Department of Psychiatry and Behavioral Sciences, Emory University School of Medicine. Learn about new research conducted in the field of Mental Health and Schizophrenia.
- 8-11-08~ Managed Care and Mental Illness. Tonya Beckett, PhD., UR Coordinator, Skyland Trail. Discover how Manage Care Organizations handle and process mental health benefits. This presentation will educate on the process of benefit verification, precertification of treatment, concurrent & peer reviews, and appeals.