

**Perspectives  
Adolescent E.D.G.E.  
Program**



# Adolescent E.D.G.E. Program On the E.D.G.E.

TROY

248-244-8644

STERLING HEIGHTS

586-268-6712

*Exploring...Discovering...Goal Setting...Excelling*

## **Perspectives Counseling Centers Mission Statement**

*We, at Perspectives are dedicated professionals committed to providing quality mental health and substance abuse services. It is our overall goal to enhance the Quality of Life for individuals and families. Our belief is that all people are valuable and unique and should be treated with dignity and respect. While recognizing the potential for change, an assessment of the client's emotional, physical, spiritual and life experience is provided in a caring environment. The growth of the individual is promoted through a course of treatment developed and executed in a timely and cost effective manner.*



### ***A Word from the Clinical Director...***

*It is a pleasure to continue to provide services to the children, teens and adults in which you refer for our care. Perspectives Counseling Centers continues to grow and evolve as an organization both internally and externally. Internally, we are currently upgrading our technology, including going paperless. Electronic Medical Records will allow for many advancements such as ongoing patient satisfaction studies and improved communication with our patients through our patient portal. We will have the ability to concretely track progress for each individual as well as for each community. This advancement will expand our ability to meet the needs of our clients. Externally, we are expanding our staff as well as providing additional locations which will be more convenient for your referrals. Be sure to provide us your email address to gain the most updated information regarding our organizational expansion...You may visit [www.perspectivesoftroy.com](http://www.perspectivesoftroy.com) or contact us at 248-244-8644. Thank you for your continued trust in Perspectives Counseling Centers!*

*Sincerely,*

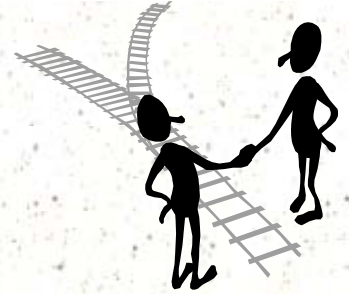
*Leslie R. Johnsen, MA, LLP*

*Clinical Director and Director of Adolescent Services*

# **TEEN GROUPS and WORKSHOPS**

## **OPPORTUNITIES ONLY AT PERSPECTIVES!**

*Perspectives Counseling Centers is the only outpatient mental health organization in the tri-county area offering the wide variety of children and adolescent groups AND WORKSHOPS! In addition to working with our own clients, we are able to work in collaboration with many community organizations in providing adjunctive group services for their clients. Research proves multi-disciplinary care coupled with teamwork provide the optimal outcome!*



### The TEEN E.D.G.E.

8-week group for males and female teens struggling with depression, anxiety and self-destructive behaviors. This group focuses on helping teens to learn positive thinking/response patterns and valuable coping skills.

**Contact Leslie R. Johnsen, MA, LLP**

### The CUTTING E.D.G.E.

This group is for all individuals who have self-injured in any way. The focus is what drives the behavior and how to stop.

Parent education is included in this 8-week program.

**Contact Leslie R. Johnsen, MA, LLP**

### The SOCIAL SKILLS E.D.G.E.

Hands on learning for males and females as they practice valuable social skills needed to function in society. 8 week group is a must for those with social deficits.

**Contact Diana Jennings, MS, LLP**

### The ANGER E.D.G.E.

8-week anger management program where teens will learn about their anger style, ways to decrease anger outbursts and manage emotions effectively.

**Contact Chandler Fleming, LMSW**



### Self-Esteem Workshop for Girls

An all day workshop focusing on empowering girls to be the best they can be.

Hands on activities to aid in building self-esteem.

**Contact Mary Johnson-Palazzolo, LMSW**



On the E.D.G.E.

**GROUPS ARE POWERFUL**  
**Refer Now! 248-244-8644**

# Adult workshops you don't want to miss...

## CODEPENDENCY 2-DAY WORKSHOP

SKILLS AND PRACTICAL KNOWLEDGE FOR SETTING  
LIMITS AND PLACING VALUE ON YOURSELF

*With Elaine Booth, LMSW  
Specialist in Codependency issues*

### Highlights of this seminar:

- *Stop over functioning for others*
- *Guiltlessly say No, manage conflict*
- *Assertively communicate*
- *Responsibly rebel against negative feelings*



**Friday, October 19, 7 - 9 pm**

**Saturday, October 20, 9 am - 4 pm**

*Perspectives - Troy Location*

*Only \$149 for 8 hours of therapy!*

## THE HEART OF MARRIAGE

SKILLS NEEDED TO IMPROVE ANY  
MARRIAGE!

*With Les Morrison, MA, LPC  
Director of Marriage and Family Services*



### Highlights of this seminar:

- *Restore the priority of marriage*
- *Learn to value and accept each other*
- *Identify core wounds & become allies in healing*
- *Discover the rewards of a pursuit of intimacy*

*Presented within the framework of a biblical world-view*

**Friday, October 12, 7 - 9 pm**

**Saturday, October 13, 9 am - 4 pm**

*Perspectives - Troy Location*

*Only \$150 per couple to renew your relationship!*

**EARLY REGISTRATION SPECIALS—RESERVE YOUR SPOT NOW 248-244-8644!**

# Kid's

Our Children's Department is offering additional specialized services designed just for children.



## STRESS BUSTERS! with Kim Birmingham, LMSW

- \* *Helping Kids Conquer Anxiety!*
- \* *Saturday, November 17th*
- \* *10:00 am until 3:00 pm*
- \* *Crafts & Activities*
- \* *Must RSVP @ 248-244-8644 to reserve your spot!*
- \* *Just \$79, includes lunch*



# YOLO - Is this a gamble?

Written by Geraldine Reyes, LMSW

*Ms. Reyes is a seasoned therapist and specializes in mental health treatment for children and adolescents. She works at Perspectives-Troy location.*



The slang term, “YOLO,” helps to create a new dialogue of how we, as professionals, can reach out to the adolescent population. Our intent is not to criticize but to inform. Such mentalities as “YOLO” will not allow children to grow well. Rather, it will keep them from hoping for more.

I recently discussed this topic with an adolescent client. He smiled as he relayed his excuse for dangerous behavior, “Well, *you only live once.*” I smiled back: “You’re right, but hopefully you live for a very long time.” “Oh yeah,” he said, “That’s true, too.”

This opened a discussion into his future. Though bright and talented, he hadn’t given much thought to what life was going to look like in one, five, and certainly not in ten years from now. He dimly mentioned the possibility of moving out of his parent’s house or getting a job. Though what struck me were not his shallow plans but how little hope he had that these ideas could come to fruition. “No one really knows what could happen tomorrow. We could all be bombed or shot at a movie theatre. No one wants to stress about the future.”

Thinking about those statements now help me realize how YOLO took off. When the future is insecure, then so are we. Our actions mirror that fear. All generations have had their trials and anxieties, but no other generation has been exposed and inundated quite like this one.

Professionals privileged to work with youth need to find ways to foster a positive future orientation. We also need to help kids, their parents, and institutions work together to create a more secure environment. Kids need not have an excuse to YOLO something, but an excuse to stop and think about how trying a new drug or having unprotected sex or driving 100 mph down a residential road is going to affect their dreams for their futures. They need more reasons and supports to invest in their whole lives and not just the present moment.

## Young Adults Benefit from Group also!

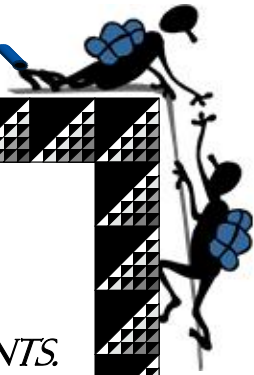
We are pleased to announce the return of the **YOUNG WOMEN’S E.D.G.E.** Group

*This group will focus on:*

- > explore depression & anxiety contributing to self-injurious behaviors, eating disorders & substance abuse
  - > discover new ways to think & feel about your life & future
- > goal setting with accountability, support and techniques for positive thinking & behavioral choices
  - > excelling with a new found confidence

*Please contact **Leah Ethier, MA, LPC @ 248-244-8644** for details!*

# Parents Need Help, Too...



## ***PARENTING SKILLS WORKSHOP***

*THIS COURSE WILL BE BENEFICIAL TO ALL PARENTS OF ADOLESCENTS.  
FACILITATOR WILL USE A VARIETY OF LEARNING APPROACHES  
IN THIS FAST PACED, DYNAMIC WORKSHOP  
INCLUDING LECTURE AND REAL LIFE EXAMPLES.*

COURSE MATERIALS WILL COVER:

- ~ EFFECTIVE TECHNIQUES OF DISCIPLINE
- ~ HOW TO DEAL WITH DIFFICULT KIDS
- ~ RESTORING PEACE TO YOUR HOME
- ~ HOW *NOT* TO REWARD NEGATIVE BEHAVIORS
- ~ INCREASE POSITIVE BEHAVIORS
- ~ HOW TO TALK TO YOUR TEENAGER AND BE HEARD

PRESENTED BY CHANDLER FLEMING, LMSW

SATURDAY, OCTOBER 27, 2012

9:00 AM – 12:30 PM

*THERE WILL BE A SHORT BREAK FOR COFFEE AND LIGHT SNACKS.*

JUST \$89 FOR 1 PARENT AND \$129 FOR BOTH PARENTS

CALL TODAY TO RESERVE YOUR SPACE

248-244-8644

*Chandler Fleming has worked in the behavioral health field for close to twenty years. He has been with Perspectives Counseling Centers for over seven years. He is the former clinical director of child and adolescent services at two inpatient psychiatric facilities.*

Perspectives Adolescent  
E.D.G.E. Program

**Perspectives Counseling Centers**

888 West Big Beaver, Suite 1450  
Troy, MI 48084

4151 17 Mile, Suite D  
Sterling Heights, MI 48310

*EXPLORING*  
*DISCOVERING*  
*GOAL-SETTING*  
*EXCELLING*

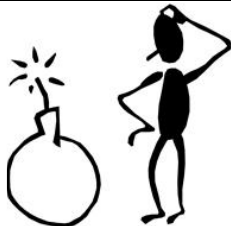
Visit us online at [www.perspectivesoftroy.com](http://www.perspectivesoftroy.com)!



*Please join our Directors  
for our open house on  
Risk Taking Behaviors in  
our Youth!*

*Speakers:*

*Leslie R. Johnsen, MA, LLP  
Doug Carpenter, PsyD, LP  
Diana Jennings, MS, LLP*



**YOLO**  
**You Only Live Once**

*Friday, October 19, 2012*

*9:00 am until noon*

*Held at our Troy location  
888 W. Big Beaver, Ste. 1450*

**COMPLIMENTARY !!**

**SPACE IS LIMITED!**

**RSVP @  
248-244-8644**

*Is the once  
positive, motivating  
quote a ticking time  
bomb for our youth??*