

STEP

FAMILY SUPPORT, TRAINING & EDUCATION PROGRAM



WHEN: Every Thursday 6:30 to 8:30 p.m. Families may join us at any time during the series.
WHERE: Online via ZOOM. Contact Shelley Danser at sdanser@skylandtrail.org or 678-686-5956 for info.

DATE	TOPIC
5/2/23	No Meeting. We hope to see you at Arts in the Garden on Friday, May 3 rd from 10 a.m.–2 p.m.!!
5/9/23	Enabling with Emily Giattina, LCSW Often times, family members, particularly parents of adult children, are told that they are enabling their child or partner's unhealthy behaviors. What does it mean to enable? What's the difference between "enabling" and "supporting" our family member's recovery? Emily will educate us on the meaning of this term and provide some tips and suggestions about making the tough choices around how to effectively support recovery from mental health disorders.
5/16/23	6:30–7:30 – Support Group Only Families are encouraged to join our regular weekly STEP program for a support group where our current and alumni family community will come together for support. We hope to see all new families at Family Orientation tomorrow, May 17 th !
5/23/23	Sleep and Other Lifestyle Factors to Improve Your Healthspan with Marsha Seidelman, M.D. Learn about evidence-based methods for self-care that promote your current and future health. Delve into some of the lifestyle measures your loved ones cover at Skyland.
5/30/23	Occupational Therapy and Mental Health with Joann Fleckenstein, MS, OTR/L Occupational Therapy (OT) is one of the least recognized but most broad-based therapies available. OT addresses anything that "occupies" one's time. OT professionals support mental health with a variety of strategies that begin with understanding one's own body and mind. With one foot in the medical model and a deep understanding of anatomy and physiology and the other foot in the social model and an understanding of the emotional self, OT professionals can help bridge the gap between thinking and doing; between understanding and being.
6/6/23	Navigating Your Feelings: A father's perspective with Sam Ajizian, MD Join us for a discussion on expectations, feelings, and how to get help for yourself. Sam will speak from his experience, both as a father supporting his daughter in treatment and his role providing support to other families as a pediatric ICU physician.
6/13/23	Supporting Your Family Member's Vocational Plans with Doug Hurd, MSW, CFSW Research demonstrates that employment is conducive to health and well-being. Doug will share how Skyland Trail encourages clients to become involved in meaningful work and what families can do to support them in making their vocational plans.
6/20/23	Supporting Transgender Loved Ones with Luca Valentine, B.S., LMSW Transgender individuals are those who do not identify with the gender they were assigned at birth. Trans folks face a myriad of difficulties and one of the most important factors in their survival is their sense of safety in their family unit. This training covers definitions around gender identities as well as gender affirming language.
6/27/23	No STEP