

GROUP THERAPY CALENDAR

Coping Cat

Ongoing
Thursdays. 4:30 – 5:30 pm
Boys & Girls aged 8 – 13

Decrease the sense of feeling different, recognize feelings and anxiety cues, learn coping strategies and relaxation techniques. Facilitated by Deb Mishler, MSW, LCSW. For more information contact Deb at dmishler@stonebelt.org.



Evidenced-Based Group Therapy for Anxiety, Depression and Anger

Ongoing
Mondays. 4:30 – 5:30 pm
Boys & Girls aged 15 – 18

Decrease the sense of feeling different, recognize feelings and anxiety cues, learn coping strategies and relaxation techniques. Facilitated by Deb Mishler, MSW, LCSW. For more information contact Deb at dmishler@stonebelt.org.

Go Girls

Ongoing
Wednesdays. 4:00 – 5:30 pm
7th & 8th grade girls

Aimed at teaching girls how to evaluate media messages, develop assertiveness, build healthy friendships and other issues critical to middle school aged girls. Facilitated by Cindi Winegardner, MSW, LCSW and Lynda Ransburg, MSW, LCSW. For more information contact Cindi at cwinegar@stonebelt.org or Lynda at lransbur@stonebelt.org.



Detective Club

Ongoing
Dates & Times TBA
5:30 – 6:30 pm
Boys & Girls aged 9 – 11

Evidenced-based group to promote positive social skills and peer relationships with a focus on reducing problem behaviors. Group members will be encouraged to share what they learn with their teachers and family through information packets. Facilitated by Deb Mishler, MSW, LCSW. For more information contact Deb at dmishler@stonebelt.org.

Support Group for Children of Parents with Substance Addictions

Winter 2008
Dates & Times TBA
Boys & Girls

Facilitated by Lynda Ransburg, MSW, LCSW. For more information contact Linda at lransbur@stonebelt.org.



Support Group for Women Involved in Domestic Violence

Winter 2008
Dates & Times TBA
women

Facilitated by Rosie Falls, MSW, LCSW. For more information contact Rosie at rfalls@stonebelt.org.

MILESTONES CLINICAL & HEALTH RESOURCES, A DIVISION OF STONE BELT PROVIDING PSYCHIATRIC, COUNSELING, HEALTH AND BEHAVIOR MANAGEMENT SERVICES INCLUDING:
psychiatric assessment • medication management • individual/group/family/play/couples therapy • depression screening & counseling • stress management • support groups • CPI training
behavior assessment & management • behavioral support plan development • school-based supports through DOE • staff/family/caregiver training • case coordination & planning • nursing assessment

550 South Adams Street • Bloomington, IN 47403 • Appointments Available Monday – Friday, 8 am to 7 pm • For appointments call 812.333.6324 • www.milestonesclinic.org

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CLINICAL & HEALTH RESOURCES
550 South Adams Street
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A NOTE FROM THE DIRECTOR

Colleagues and Friends:

I am pleased to launch our new quarterly Milestones newsletter which introduces our services to those who are not familiar with them, provides information and updates to those of you who already know us, and imparts current information about our staff, services, seasonal events and activities.

I'd like to open this inaugural newsletter with a staff highlight of Psychiatrist, Dr. Lia Kettenis, who celebrates her year anniversary with Milestones this October.

Lia Kettenis was born and raised in Indianapolis. She received her Bachelor of Arts degree in Biology from Brown University and her Medical Doctor degree from the Washington University School of Medicine in St. Louis, Missouri. She completed her residency in both general and child/adolescent psychiatry at the University of Iowa Hospitals and Clinics in Iowa City in 2007. Dr. Kettenis successfully completed the requirements for Board Certification in General Psychiatry by the American Board of Psychiatry and Neurology in May 2008.

Dr. Kettenis joined Dr. M. Melinda Weakley at Milestones in the Fall of 2007. As many of you know, there is a shortage of psychiatrists nationwide, and an even greater scarcity of psychiatrists who treat children, adolescents and/or individuals with disabilities. We are very fortunate to have two doctors with such excellent skills and abilities to meet this great community need.

Dr. Kettenis' professional areas of interest are attachment relationships, education of care providers and parents of pre-school aged children. She has presented workshops to various organizations in the community on Attachment Relationships; Childhood Depression and Anxiety; Pre- and Post-Partum depression; Psychopharmacological Management of Children and Adults with Disabilities; and many other subjects. Her practice focuses on the assessment, evaluation and medication management of children, adolescents and individuals with intellectual and cognitive disabilities of all ages. She is also fluent in Spanish and is accepting patients who speak Spanish.

In her personal time Dr. Kettenis enjoys spending time with her husband and two young sons. She also enjoys painting, drawing, jewelry-making, dancing and a variety of outdoor activities. Her office hours are Tuesday through Friday and she is accepting new patients. We look forward to you getting to know her!



Maureen Gahan, MAMFT
Milestones Director



MILESTONES NEWS BRIEFS

BUILDING AUTISM EXPERTISE

In order to address the nursing, mental health and behavioral needs of an increasing number of children identified with Autism Spectrum Disorders (ASD), a number of Milestones staff are involved in acquiring education and skills based on the latest evidence-based studies.

Mari Shawcroft, Manager of Behavior Support Services and **Pam Larr**, Behavioral Therapist, who are both certified crisis prevention institute (CPI) instructors, attended a three day training in August entitled "Autism Spectrum Disorders: Application of Nonviolent Crisis Intervention Training." This training incorporated positive behavior supports and the principles of TEACCH (Treatment and Education of Autistic and Related Communication-handicapped Children).

Deb Mishler, Therapist, and **Jennifer Sipp**, Behavioral Therapist, attended a two day workshop in August, "Emerging Paradigms in Neurodevelopment Disorders. Practical Strategies for Asperger's Syndrome, Nonverbal Learning Disorder, and High Functioning Autism," which reflected the ongoing research and clinical finds involving these populations and drew from multi-therapeutic and multi-modal disciplines.

Cindi Winegardner, Therapist, attended a training in August "On the Spot Techniques for Children with Emotional and Behavioral Problems" which addressed behavioral interventions specifically designed to help children with Asperger's Syndrome and Attention Deficit Disorders among other conditions.

BJ Bennett, Manager of Health Care Services and **Bobbi Wigley**, Nurse, attended the national Developmental Disabilities Nurses Association (DDNA Conference) in Mashantucket, CT in June. During the week-long conference the nurses attended day-long educational lectures and poster sessions. The first day was entirely devoted to Autism. "This has been a focus for Milestones this year and we received some great training and knowledge," said Wigley.

➤ For more information about our Behavioral Services, contact **Mari Shawcroft** at 812-333-6324 ext 290 / mshawcro@stonebelt.org.

GIVING BACK

As the community becomes more aware of Milestones' personnel and services, we are starting to receive requests for participation on panels and task forces; requests to speak on pharmacotherapy, mental health and disability-related topics; and requests for education and training. Community Outreach is a valuable and integral part of our vision.

This summer, **Mari Shawcroft**, Manager of Behavior Support Services and **Craig Barnhart**, Behavioral Specialist, trained 36 City of Bloomington Parks & Recreation camp counselors in positive behavior supports and managing challenging behavior.

On Sept 2, Sherwood Oaks Christian Church opened the Learning Tree Preschool for children with special needs. Milestones Manager of Health Care Services, **BJ Bennett**, met with the school's four teachers in September and taught classes on Universal Precautions and Seizure Disorders. Pre-school organizers said that this was some of the most thorough training they have received. Learning Tree Preschool serves children aged 3 months to 7 years and offers half day morning and afternoon and full-day programs.

➤ To learn more about community outreach possibilities contact **Maureen Gahan** at 812-333-6324, ext. 284 / mgahan@stonebelt.org.

NAP TAX CREDITS STILL AVAILABLE

Stone Belt received an allocation of \$20,800 in NAP tax credits for 2008. We are pleased to share that we have already met 75% of our NAP fund-raising goal. Through NAP, a contribution of a minimum of \$100 allows a donor to receive 50% of the total contribution back as a tax credit when filing an Indiana tax return. In addition, donors may claim the total amount of the gift as a tax deduction on an itemized federal return, extending the savings even further. All NAP donations go directly toward supporting Milestones' programs of excellence.

➤ Contact Development Director **Amy Jackson** at 812-332-2168 / ajackson@stonebelt.org to get your NAP Tax Credits today.

MEET OUR NEW STAFF

Milestones has gained community recognition for the expertise of its talented staff. Meet the newest members of the team:

Dan Button, MA Behavior Specialist

Dan received his master's degree from the University of Kentucky and began working at Milestones in July. He specializes in the study and practice of mindfulness and acceptance-based psychotherapies. Before moving to Bloomington, Dan spent a year as a researcher, therapist and teaching assistant at the University of Maine.



Erica DeHart, MSW Social Worker

Erica received her master's degree in Social Work from Indiana University Purdue University (IUPUI) in 2008. She joined the Milestones team this summer. Erica specializes in individualized and group therapy in mental health and addictions treatment in an intensive out-patient setting.



Deb Mishler, MSW, LCSW, Therapist

Deb received her master's degree in Social Work from Indiana University Purdue University and is currently a Licensed Clinical Social Worker in Indiana. She has 10 years of clinical experience in outpatient mental health and specializes in treating children, adolescents and families. She also has specialized training in evidence-based treatment.



Bertha Wiles, Administrative Assistant

Bertha is the newest member of Milestones' professional Administrative Team. Bertha has worked in a variety of settings, most recently as a Collection Manager for a call center and Office Manager for an out-patient counseling service.



OUR STAFF

DIRECTOR

- **Maureen Gahan, MAMFT**
Milestones Director, Therapist

PSYCHIATRY

- **M. Melinda Weakley, MD**
Medical Director
Board Certified in General Psychiatry
- **Lia Kettenis, MD**
Psychiatrist
Board Certified in General Psychiatry

THERAPY/COUNSELING

- **Maureen Kipp, MSW, LCSW**
Clinical Supervisor
- **Cindi Winegardner, MSW, LCSW**
Therapist
- **Bree Russo, MSW, LCSW**
Therapist
- **Rosie Falls, MSW, LCSW**
Therapist
- **Lynda Ransburg, MSW, LCSW**
Therapist
- **Deb Mishler, MSW, ACSW**
Therapist

BEHAVIOR MANAGEMENT

- **Mari Shawcroft, MA**
Manager of Behavior Support Services
- **Connie Thornton, MSW, LCSW**
Behavioral Therapist
- **Jennifer Sipp, MA**
Behavioral Therapist
- **Pam Larr, MS, Ed.S**
Behavioral Therapist
- **Craig Barnhart, MS**
Behavioral Specialist
- **Dan Button, MA**
Behavioral Specialist
- **Mark Henico**
School Liaison

SOCIAL WORK

- **Marcella Padgett, ACSW, LCSW**
Clinical Social Worker
- **Carrie Koons, MSW, LCSW**
Clinical Social Worker
- **Erica DeHart**
Social Worker

NURSING

- **BJ Bennett, LPN**
Manager of Health Care Services
- **Bobbi Wigley, LPN**
Nurse
- **Mary Jo Brooking, LPN**
Nurse
- **Tammy Barger, LPN**
Nurse
- **Shirley Thayer, LPN**
Nurse

OFFICE STAFF

- **Lisa Minnick**
Office Manager
- **Shay Gooden**
Administrative Assistant
- **Phil Lyons**
Administrative Assistant
- **Dixie Jenkins**
Administrative Assistant
- **Bertha Wiles**
Administrative Assistant

SUPPORT MILESTONES

Milestones Clinical & Health Resources is a not-for-profit out-patient clinic. If you would like to find out more about Milestones' programs of excellence or make a donation to the program contact Stone Belt Development Director Amy Jackson at 812.332.2168, ext. 314 / ajackson@stonebelt.org.