

GROUP THERAPY CALENDAR

Problem Solving Skills

Every Other Monday. 5 – 6 pm • Middle School Girls

The group will focus on acquiring problem solving and coping skills using a discussion format. 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.



Coping Cat

Mondays. 4:30 – 5:30 pm • Children aged 9 to 11

Evidence-based group therapy for anxiety. Facilitated by Deb Mishler, MSW, LCSW. For more information contact Deb at dmishler@stonebelt.org.

Aspie Group

Wednesdays. 4:30 – 5:30 pm • Teens

Evidence-based group therapy for teenagers with Autism Spectrum Disorders. Facilitated by Deb Mishler, MSW, LCSW and Jenn Sipp, MA. For more information contact Deb at dmishler@stonebelt.org or em at jsipp@stonebelt.org.

Social Anxiety

Wednesdays. 4 – 5:30 pm • 8th to 12th graders

Social anxiety group utilizing protocols by Anne Marie Albano and Patricia DiBartolo that combines psycho-education and exposure exercises. 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.

Detectives Club

Wednesdays. 4:30 – 5:30 pm • Children aged 9 – 11

Promotes 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. Facilitated by Deb Mishler, MSW, LCSW. For more information contact Deb at dmishler@stonebelt.org.



Mothers Coping with Agression

Wednesdays. 12:45 – 2 pm • Women

Psycho-education and support group to increase parenting and communication skills. Facilitated by Rosie Falls, MSW, LCSW. For more information contact Rosie at rfalls@stonebelt.org.



Parent to Parent ADHD Training

Saturdays. 10 am – 12 pm • Parents of children & adolescents with ADHD

This series will provide educational information and support for parents who are dealing with children with AD/HD. Facilitated by Monroe County CHADD Coordinator, Kathryn Holden. Contact her at monroe-county@chadd.net.

MILESTONES CLINICAL & HEALTH RESOURCES, A DIVISION OF STONE BELT PROVIDING PSYCHIATRIC, COUNSELING, HEALTH AND BEHAVIOR MANAGEMENT SERVICES INCLUDING:

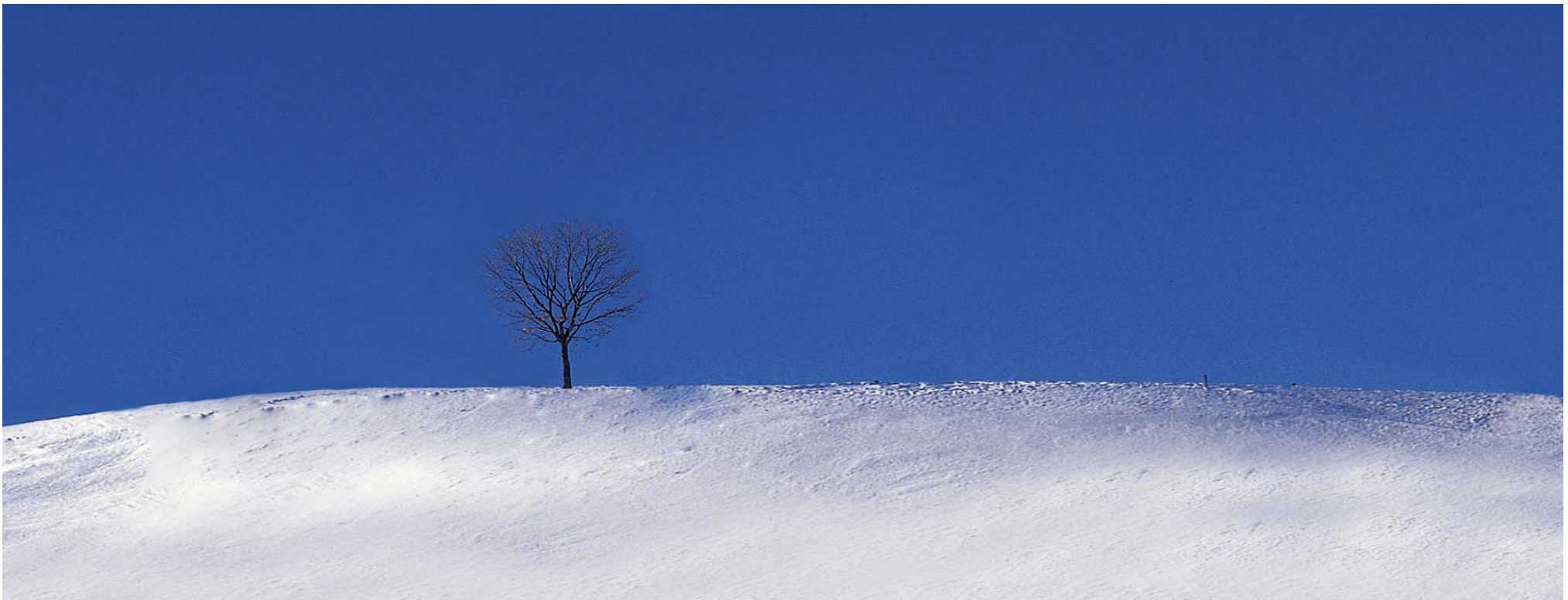
psychiatric assessment • medication management • individual/group/family/play/couples therapy • depression screening & counseling • stress management • support groups • CPI training
behavior assessment & management • behavioral support plan development • school-based supports through DOE • staff/family/caregiver 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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A NOTE FROM THE DIRECTOR

2009 is a banner year for Stone Belt as we celebrate the 50th anniversary of the agency's foundation. Although Milestones was not established as a separate outpatient service until 2005, Stone Belt has been providing mental health services through psychologists and clinical social workers for our day and residential clients for more than 25 of those 50 years. In 1995, the residential program added a contracted psychiatrist due to the great challenges of finding community services.

We look forward to the many events scheduled for this year, beginning with the Leadership Appreciation dinner scheduled for March 10 to honor the many board members and volunteers who have committed countless hours of service to our organization throughout the years.

Thanks to the great generosity of our donors, we have been able to offer and provide a variety of services and supports to individuals and families this fall and winter. Many mental health medical plans do not cover preventative treatments, social skills groups, parent support or parent education. We believe these treatment components are absolutely essential in the mental health treatment of children and are committed to providing them to our patients. It does require that we search for alternative funding sources through contributions and grants. I am pleased to announce that we have met our Neighborhood Assistance Program (NAP) grant goal of \$42,000 and have been able to provide \$20,800 in Indiana tax credits. Our two play therapy rooms have recently been refurbished and re-supplied through a grant from the TIS-Tichenor Fund through the Community Foundation of Bloomington and Monroe County. Additionally, we are being considered for a grant from the Bloomington Anesthesiologists to help fund *The Incredible Years* training and clinical intervention program which begins this winter with several groups for children.

What is *The Incredible Years* program? It is a 12-week training and clinical intervention program developed by Carolyn Webster-Stratton, Ph.D., of the University of Washington, Seattle. In an effort to prevent, reduce and intervene in aggression and emotional problems, this program seeks to promote the emotional and social competence of young school-age children. The program's success rests in its evidence based foundational principles of family-centered prevention and intervention. Deb Mishler, LCSW, has received training and is a certified therapist in the *Incredible Year's* treatment modalities. The children's treatment series aims to increase children's social skills in their ability to show empathy, see things from multiple perspectives, develop and maintain friendships, understand and communicate feelings, manage anger and navigate home and school rules. The parent series focuses on how to effectively use praise and incentives, establish and maintain household and family rules, promote a child's responsibility, bolster a child's communication skills, manage misbehavior, and manage anger and depression for themselves and their children.

It has been a busy fall and winter for our behavior staff, who have spent many hours training parents and direct support staff as well as developing and expanding Milestones behavior support services. The number of individuals becoming eligible for waiver services after years on the waiting list is increasing. Our staff are well positioned to meet the needs of those requesting behavior management and are eager to accept new clients.

Maureen Gahan
milestones director



MILESTONES NEWS BRIEFS

BUILDING CLINICAL EXPERTISE

A number of Milestones staff members were involved in acquiring education and skills this Winter to build their clinical expertise.

Social Worker **Erica DeHart** attended a session entitled *Cognitive-Behavioral Approaches to Treating PTSD: Empirically Based Treatment Techniques* on December 12.

Clinical Supervisor **Maureen Kipp** attended a session entitled *Clinical Supervision in Behavioral Health: Building Skills for Ethical & Effective Practice* on January 15.

Therapist **Cindi Winegardner** attended a session entitled *The Ten Best-Ever Anxiety Treatment Techniques* on January 23.

Therapists **Lynda Ransburg, Cindi Winegardner,** and **Deb Mishler,** attended a session entitled *Obsessive Compulsive Disorder: Practical Strategies for Diagnosis & Treatment* on January 30.

Therapists **Bree Russo, Lynda Ransburg** and **Rosie Falls,** attended Registered Play Therapist Certification Trainings on January 22, February 19 and March 19.

➤ For more information about Milestones' Counseling Services, contact **Maureen Kipp** at 812-333-6324, ext. 238 / mkipp@stonebelt.org.

SPOTLIGHT ON BEHAVIOR MANAGEMENT

Milestones is known for their experience and success in working with individuals with significant behavioral needs. In this edition we would like to take a closer look at the Behavior Management program.

What is Behavior Management?

Behavior Management involves working with individuals to promote behaviors that help an individual be successful in her life, as well as helping to reduce behaviors that negatively impact one's ability to function at home, school, work and in the community. The program is primarily focused on individuals who have intellectual and developmental disabilities, and is also successful with children who have normal intellectual functioning.

What makes for quality behavior supports?

Quality behavior supports are achieved through a team effort, directed by therapists with strong expertise in understanding how positive behaviors can be promoted and negative behaviors reduced.

What is unique about Milestones' Behavior Support Services?

Milestones' behavior services are clinically based, with an understanding of the interplay between cognition, psychiatric illness, and learning in behavioral problems. Our staff take their clinical expertise into every behavioral situation they encounter and also combine their individual knowledge to work as a team to provide the most complete service possible. In a time when quality psychiatric services are hard to locate for those with disabilities, Milestones has access to two noted psychiatrists who are experienced with the special needs of this population.

What areas does Milestones' Behavior Support Services serve?

Monroe, Morgan, Owen, Lawrence, Greene, Bartholomew, Jennings and Jackson counties.

How do I access Behavior Services?

Mari Shawcroft, Manager of Behavior Support Services, will be happy to give you more information and assist you in receiving behavior management services. Reach her at 812-333-6324, ext. 290 / mshawcro@stonebelt.org.

What staff will work with me in the program?

Milestones has six members of its Behavior Management Support team. Meet them below.

Mari Shawcroft, MA • Manager of Behavior Support Services

Mari Shawcroft was born in Nebraska and raised in South Dakota until the age of 16 when she moved to Colorado. She spent 3 years in the military before pursuing her bachelor's degree, graduating from the University of New Mexico with distinction, and receiving a Bachelor of Arts in Psychology, and a minor in Social Welfare.

In 1992 Mari completed her Master's Degree in Psychology, with an emphasis in Marriage, Family, and Child Counseling from Chapman University in Colorado Springs, Colorado. Mari has worked in the field of intellectual disabilities her entire career, assisting in the assessment, behavioral component, and adjustment of both individuals and families with intellectual disabilities.

Mari moved to Indiana in 2004, and has worked with Milestones since 2005. She is a Registered Behavior Consultant through the Indiana Association of Behavior Consultants as well as a Senior Certified Instructor of the Crisis Prevention Institute's *Nonviolent Crisis Intervention* with specialized training in Autism. Mari manages the Behavior Support Services Department of Milestones and supervises five behavior therapists.

In her personal time, Mari enjoys spending time with her husband, Bruce, of 29 years, and with her five grown daughters and their families. She is an active reader, and has recently taken up knitting and yoga, saying that they are a nice balance with her busy work life. Mari is dedicated to the pursuit of excellence with those she serves and within her department.

Connie Thornton, MSW, LCSW

Connie earned her Masters degree in Social Work from Indiana University Purdue University Indianapolis (IUPUI) and is currently a Licensed Clinical Social Worker in the state of Indiana.

Jennifer Sipp, MA

Jennifer earned her Masters degree in Clinical/Community Psychology from UNC Charlotte. She specializes in treating children, adolescents, families and behaviorally challenged populations.

Pam Larr, MS, Ed.S

Pam received her Master of Education degree from Indiana University in May 2006 and her Specialist in Education degree also from Indiana University in May 2007. She is trained in Dialectical Behavior Therapy.

Craig Barnhart, MS

Craig earned his Masters degree in Applied Health/Human Development, Family Studies from Indiana University. Craig specializes in treating behaviorally challenged populations.

Dan Button, MA

Dan received his Masters degree in Clinical Psychology from the University of Kentucky. He specializes in the study and practice of acceptance-based psychotherapies and has worked as a therapist and staff coordinator.

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

- **Carrie Koons, MSW, LCSW**
Manager of Social Work Services
- **Erica DeHart, MSW**
Social Worker

NURSING

- **BJ Bennett, LPN**
Manager of Health Care Services
- **Bobbi Wigley, LPN**
Nurse
- **Mary Jo Brooking, LPN**
Nurse
- **Tammy Barger, LPN**
Nurse
- **Lynnetta Jenkins, RN**
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.