

# MIOA Group Therapy Schedule



## Prevention and Wellness Planning, Facilitator: Sarah Newman, MSW, QMHP

**Location:** 408 E Vine Street, Vienna, IL 62995

**First session:** Thursdays 4:00pm -6:00pm September 3, 10, 17, 24 and Oct 1

**Second Session:** Thursdays 4:00pm-6:00 pm October 22, 29 and November 5, 12, 19

*\*\*Prevention & Wellness group will provide clients with education and skills to identify relapse prevention tools, support systems, symptom triggers, symptoms management and wellness tools for daily living.*

## Self Esteem Building, Facilitator: Lynn D'Angelo, QMHP, MS

**Location:** Garden Apartments, 709 N 6th St, Vienna, IL 62995

**First session:** Wednesday 10:00am-12:00pm September 2, 9, 16, 23, 30

**Second Session:** Thursday 10:00am- 12:00pm October 1, 8, 15, 22, 29

*\*\* Self esteem building will address core beliefs, values, and focus on increasing clients awareness and choice in negative beliefs leading to low self esteem to encourage change.*

## Anger Management, Facilitator: Pam Rusher, MHP, BSW

**Location:** Hardin County Office, RR1 Box 99A (Job Corp Rd. towards San Damiano/Job Corp)

**Session:** Tuesdays 9:30am-11:30 am September 15, 22, 29 and October 6, 13

*\*\*\* Anger management will offer skills to assist in controlling physical and psychological affects of anger, while addressing and developing positive ways to manage and express ones anger.*

## Mindfulness to Combat Mental Illness Facilitator: Nancy Price, QMHP

**Location:** Johnson County Office, 408 W. Vine Vienna, IL 62995

**First Session:** Wednesday, 10am-12:00 pm September 2, 9, 16, 23, 30

**Second Session:** Wednesday, 10:00am- 12:00pm October 1, 8, 15, 22, 29

*\*\* This group will use mindfulness and positive thoughts to challenge negative thoughts and address changing personal thought process to a positive outlook in order to change perception and behavior when managing negative symptoms to mental illness.*

## Reminiscence Group Therapy, Facilitator: Mallory Hartman, MHP, BS

**Location:** Autumn Ridge Supportive Living, 1000 Galeener St, Vienna, IL 62995

**First Session:** Monday 9:00am-11:00am September 14, 21, 28 and October 5, 12

**Second Session:** Monday 9:00am-11:00am October 19, 26, and November 2, 9, 16

*\*\* This group will be aimed to motivate participants to recall and discuss past events which have contributed to self development and self identity to increase positive thoughts.*

## Anger Management, Facilitator: Amy Johnson, MHP, BS

**Location:** Johnson County 408 E. Vine Street Vienna Illinois

**First Session:** Monday 3:30pm- 5:30pm September 14, 21, 28 , October 5, 12

**Second Session:** Monday 3:30p-5:30pm October 19, 26 and November 2,9,16

*\*\*\* Anger management will offer skills to assist in controlling physical and psychological affects of anger, while addressing and developing positive ways to manage and express ones anger.*

**\*\*Deadline to Enroll: Current Clients: August 28 New Clients: August 21\*\***

Call 618-658-2611 and a receptionist will take your information. Once your referral is accepted, you will be contacted with a start date and location. An intake appointment must be scheduled and completed before the first session begins.

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**There is no cost for Individuals who have Medicaid.**

**Private pay individuals who do not have Medicaid will pay the following:**

- \$196.00 initially
- \$20.00 per session thereafter (5 sessions in series, each session 2 hours in length)
- Total: \$ 296.00

Some clients who have Medicare or Insurance may qualify for a discounted rate. Please call to see if you qualify.

Private pay clients must pay prior to delivery of service.