

# Connections

The Newsletter of the Connections Program

A Partnership between the Health District of Northern Larimer County and SummitStone Health Partners

## Untangling the ADHD Conundrum Submitted by: Elena Estanol, PhD, MFA

### *Down the Rabbit Hole...*

Imagine needing a tow truck to get out of bed each morning, snoozing several times, your head seemingly filled with a viscous substance that prevents ANY communication of wiring to happen appropriately. You feel like you are trying to move through molasses. Yet... the night before it seemed nearly impossible to get your brain to quiet down, to fall asleep.

As you stumble into the bathroom to brush your teeth, it takes you a few seconds to realize you are brushing your teeth with hair gel rather than toothpaste. As you spit it out and rinse your mouth, to replace the whole process, you splash your face with cold water you wonder if you will ever have a "good" morning.

You see your pills next to the brush and take them, as you know this is the ONE action you can take that will change your day. If you have set up a good routine then they will begin working within 20-30 minutes and you may just have a smooth day.

Other days may seem like they are pulled straight out of a comic strip, that if you were to share with anyone they would be on their stomachs laughing. The thing is: you DON'T share, because YOU are too EMBARRASSED to ever mention what a train wreck you are (or feel) to anyone around you.

Once you catch your groove and get dressed, IF you have done your preparation and routine correctly, then you will have things ready by the door, all packed, and perhaps even a post-it note on the door reminding you to grab your lunch. However, if you haven't figured out how to manage your life, mornings can be some of the most chaotic and stressful times in the world.

A wild goose chase in search of shoes, keys, wallets and other important pieces of equipment you may need for the day ahead. Not to mention, gathering your children's items, their lunch packs and school bags.

Perhaps the trickle of dominoes toppling over, as you miss breakfast, grab a sugary snack and set yourself for an all-out evening binge that puts the nail in the coffin of a truly disastrous day.

### *Impairments & Struggles*

While this may sound like a cartoon-land sketch, this and worse is the reality that many Attention Deficit Hyperactivity Disorder (ADHD) families face every day. Yet interestingly, people present to therapy with complaints that we may not associate with ADHD. Things like anxiety, major depressive disorder, poor self-esteem, low confidence, frustrations at work, underperformance, distress, overwhelm, and a general lack of enjoyment and contentment.

ADHD is a neurobiological condition that impacts attention, concentration, working memory, emotional regulation, planning, organization of time and space, time management, prioritization, impulsivity, hyperactivity, restlessness, drive for new endeavors, problems with motivation, procrastination and follow through, distractibility, daydreaming, eating, sleeping, learning, persistence and consistency to name a few.

The training most mental health professionals receive on ADHD may be minimal or even non-existent. Most have pursued additional training to treat ADHD. While ADHD is the agreed upon label, I would actually re-name it to: "Attention Surplus Hyperactivity Difference."

Why? Because, people with ADHD don't actually have an attention deficit. In fact they're attending to many things at once. The issue is that they are UNABLE to prioritize the MOST important one. INEVITABLY things fall through the cracks.

A brilliant client quipped to me after I suggested that he "forgets" tasks; his correction: "I don't forget, I fail to remember at the appropriate time." This was the most accurate description of what we call "forgetting".

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We encourage you to submit short articles (50-500 words) on therapeutic approaches, mental health topics, case studies, or therapeutic book/movie reviews, etc., & will publish them as space allows. We reserve the right to edit all submissions.

## Connections

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*Connections* is published 6 times/year. The purpose of *Connections* is to offer information on current therapy groups and services in the community; provide updates on services available through the Connections Program; and offer a place where information on community happenings of interest to mental health and human services providers can be shared.

Submissions are welcome. E-mail them to Emily Leetham at [eleetham@healthdistrict.org](mailto:eleetham@healthdistrict.org) by the following deadlines:

**NEXT EDITION:** Jan/Feb 2016  
**Article Deadline:** Dec. 15, 2016

Submissions printed in *Connections* do not necessarily reflect the views of the Connections Program. Our editorial staff do not check the credentials of individuals wishing to submit groups or other listings. If you have concerns regarding credentials or other issues, please contact the group leader or author of the article directly. Thank you.

## Group Supervision

(continued from page 1)

### *Holistic Treatment*

If we truly want to help ADHD individuals thrive in their lives we need to take a whole-person approach. We need to recognize that in order to thrive and experience success they will need significant support and resources over a period of time.

Therapy and medication are helpful approaches, yet they are not enough. We need to empower them with practical tools and strategies that are separated from the mental health sphere through coaching, support & accountability groups, psycho-education, and specialized training in working memory, meditation, nutrition, lifestyle interventions, and exercise.

Why? Well imagine the client I described, add emotional dis-regulation, lack of confidence, interpersonal issues, inability to communicate or read cues properly, and overwhelm...



And what you get is "guacamole". You begin to spin along with the client and pretty soon you feel the same overwhelm and hopelessness. It is difficult to remain task oriented on organization or time-management when someone is falling apart due to a relationship explosion, the frustration over losing their keys, and showing up 30 min late. Coaches work to specifically teach life skills and provide a structure for accountability and follow through.

In our center, clients are matched with an ADHD coach and a therapist, as well as a nutritionist or wellness coach. Education for parents, partners, and significant others is as crucial as a personal understanding of the disorder. Psycho-education, support & accountability groups as well as working memory training may become part of the treatment. We honor and recognize the power of therapy in stabilizing clients, AND we have seen the power an integrative approach to clients with ADHD can completely transform their lives.

Do you want more in depth education about ADHD? We want to partner & support your clients "Live and Thrive with ADHD" (name of our program), as well as support you do the best job for them!

*Dr. Estanol, founder and Clinical Director of Synapse Counseling LLC, is a licensed psychologist and sport psychologist in Fort Collins, CO with over 12 years of experience. She has also written and collaborated on two books, Conscious Love and Dance Psychology for Artistic and Performance Excellence. To learn more about Dr. Estanol or Synapse Counseling, please visit [www.synapsecounseling.com](http://www.synapsecounseling.com). You can also contact the practice at [admin@synapsecounseling.com](mailto:admin@synapsecounseling.com).*

\*\*Synapse Counseling, LLC offers monthly networking meetings for therapists. These are fun, interactive meetings, where we will get a chance to get to know each other, the powerful work you do, and delve a little deeper on how we can support one another in our businesses and lives. The next meeting will be held on November 18th at noon. Please email [admin@synapsecounseling.com](mailto:admin@synapsecounseling.com) for more information.\*\*

For information on Synapse Counseling groups and classes, please see page 11.

## Resources for the Professional

### Supervision Groups

This is an ongoing group providing supervision for people who need hours for licensure. Space is limited. This group meets once a month for two hours each time.

The cost is \$40.00 per hour. The location is in Old Town, Fort Collins. Facilitated by Rachel Isenberg, LCSW, ACSW and Maggie Tibbetts, LCSW.

If you are interested in participating in this group, please contact Maggie at (970) 988-4173 or by email at [MaggieStibbetts@gmail.com](mailto:MaggieStibbetts@gmail.com).



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Supervision group with Tiffany Lehman, LPC and Darcy Stamps, LPC  
We meet at 4:00pm on the 1st Tuesday of the month in old town area. \$50 for each group- 6 month commitment. 2 openings available.

Please email Tiffany at [tiffany.lehman1@gmail.com](mailto:tiffany.lehman1@gmail.com) if interested.

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Applications now being accepted for:

**Advanced Psychotherapy Supervision Group** (Starting January 2017)

Coordinator: Steven Field, MD

(30+ years experience teaching psychotherapy and diagnostic interviewing from a self psychology orientation)\*

Focus on clinically challenging patients

Minimum clinical experience: 4 years

Having been in own psychotherapy a plus

Will meet every other week, Tuesday or Thursday afternoon (TBD), 1 ½ hours, in southwest Fort Collins.

Fee: Sliding scale

To schedule application interview or get more information,  
contact Dr. Field at [stevendfield@sbcglobal.net](mailto:stevendfield@sbcglobal.net).

\* details of teaching/career history (CV) available upon request

### Office Space/Room Rental Availability

Synapse Counseling, LLC has space for rent. Two offices: a small and a larger room in the basement. They can be rented fully furnished or unfurnished.

Yoga/conference room is also available for rent on an hourly, 1/2 day, or daily rate.

For more information, please call Elena Estanol at (970) 692-3222.

## Resources for the Professional

### Office Space/Room Rental Availability cont.

Large office with lots of natural light available for office share in south Fort Collins off of College and Harmony. It is available Wednesdays, Fridays, and weekends for \$200. Most evenings are also available. Includes utilities, Wi-Fi, copy, and fax. In a suite with several other therapists. Great opportunities for networking and referrals.

For more information, please email  
Shauna Skillern Fisher, LMFT, CACII at [shauna.skillern@gmail.com](mailto:shauna.skillern@gmail.com).



Space availability at One Source Holistic Healing Center

- ⇒ **Event room/classroom & workshop space rental.** Fee starts at \$25 for groups and increases depending on time/day needed. 2 hour minimum rental is available 7 days per week from 7am to 10pm. Comfortable seating for up to 35 people and includes a 32" HDTV with HDMI port and Apple TV (Airplay) with remote for presentations, 6' presentation easel, and high-speed wireless internet access. There is also ample off-street parking.
- ⇒ **Hourly office space rental.** \$25 monthly membership fee plus hourly room rates.
  - Hourly Room Rental: \$12/60 Minute Office Space  
\$12/90 Minute Treatment Session  
\$18/120 Minute Treatment Session
  - Pricing Includes access to our shared practitioner rooms & storage, Internet access, online and in office access to scheduling calendar, new client referral availability, client amenities including waiting room with filtered water & tea.
- ⇒ **Full office for rent** with another licensed therapist which has its own separate waiting area and entrance. Cost—\$475/month.

If you would like to schedule a time to tour the facility, please contact Jill Barends at (970)800-1898.



Office space available, December 1, 2016 in Midtown Fort Collins.

Shared with a very part time private-practice counselor who uses the office on Tuesday all day and Wednesday until noon. Open to a new sublesser for Monday, Wednesday after 12pm, Thursday, Friday, Saturday and Sunday. \$400 monthly.

Includes internet, printer/fax, private waiting room with separate exit. This office is in a suite with other seasoned counselors and social workers.

Contact Lisa Lively, PhD at (423)322-8395 for more information.



2 office spaces available November 15th. To view the ad on Craigslist, please click on:  
<http://fortcollins.craigslist.org/off/5837009797.html>.

## Resources for the Professional

### Creating a Thriving Practice

Even in a saturated market, it is possible for good therapists to have successful and lucrative private practices. This 6-week group will combine both didactic and experiential components to help people move forward in their business vision. We will use Lynn Grodski's book Building Your Ideal Private Practice as a guide and focus on the following themes:

Creating a vision for your practice, Generating referrals, Getting past internal blocks, Building an "inner businessperson", Offering diverse services, Finding a support community



We will meet biweekly to allow time to complete homework.

**Facilitated by:** Dorinna Ruh, LCSW, CACIII

**Dates:** January 11, 25, February 8, 22, March 8, 22.

**Time:** 7:00pm to 8:30pm

**Where:** 2120 S. College Ave, Suite 6 (across from Whole Foods on the corner of Rutgers and College)

**Cost:** Package 1: group only: \$300 (\$275 early bird\*)

Package 2: group and one individual consulting session: \$375 (\$350 early bird\*)

Package 3: group and two individual consulting sessions: \$425 (\$400 early bird\*)

\*EARLY BIRD DISCOUNT FOR THOSE WHO SIGN UP BEFORE DECEMBER 1.

Please contact Dorinna at (970) 494-0631 or email her at [dorinnalcsw@aol.com](mailto:dorinnalcsw@aol.com).

For more information about Dorinna's practice, visit [www.dorinnalcsw.com](http://www.dorinnalcsw.com).

## Job Openings

### PRN Clinical Child and Adolescent Psychologist (CAYAC Team)

Connections has an immediate opening for a PRN Clinical Child and Adolescent Psychologist. Up to 8 hours per week. No benefits. Complete job information posted on the Health District's website at <http://www.healthdistrict.org/jobs>.

For submissions, please respond to [searchcoordinator@healthdistrict.org](mailto:searchcoordinator@healthdistrict.org).

### Psychologist Job Opening

**HeARTS Healing Arts Recovery and Treatment Services** is looking for a SUD (Substance Use Disorder) counselor to work in an integrated medical setting providing assessments, group and individual counseling. The clinic is in Loveland and has limited hours available: 3-5 hours a week to start.

Please contact Donna Goldstrom at 970-691-2333 if interested.



## Resources for the Community

### ENGAGE—A Social Skills Group

Help your child improve their self esteem, creativity, peer relations, and courage. This social skills group is aimed at helping kids increase competency in competition, cooperation, critical thinking and creativity.

**For:** Grade school children 8-11 years old.

**When:** Wednesday at 5:00pm

**Where:** 333 W. Drake Road, #141  
Fort Collins, CO 80526

**Cost:** \$25 per group or \$85 per month



Please contact Dominic Smith, LPCC at (970) 658-7121 or Jane Johnson, LCSW, RPT-S at (970) 266-2678 for more information or to register. You can also contact Dominic by email at [dominicj.smith@outlook.com](mailto:dominicj.smith@outlook.com).

### A Therapy Group for Highly Sensitive People

This group is facilitated by an HSP-knowledgeable therapist who will help you understand and accept HSP traits, build self-awareness, and develop coping skills. You will have a safe place to connect with other HSP's as you learn strategies to help manage feelings of overwhelm, how this trait relates to interacting in the world and how to reframe certain experiences or thoughts around life events. You may join at any time, however, a 4 week commitment is appreciated.

**When:** Saturdays, 10:00-11:30am

**Where:** Hope Whispers Counseling  
7791 Highland Meadows Parkway, Suite C, Windsor, CO 80526

**Cost:** \$30 per group or \$100 for 4 sessions if prepaid.  
Insurance/Medicaid is not accepted.

If you have interest in this group, or counseling specifically for HSPs, please contact Jennifer Bargmann, MS at (970)682-0327 or by email at [Hope\\_faith\\_love@icloud.com](mailto:Hope_faith_love@icloud.com).

### Forum: Stamp Out Stigma

Mental health forum for those impacted by mental illness of addictions.

**At this forum:**

Local experts will discuss: Mood disorders, Post Traumatic Stress Disorder, Suicide, Aging and Mental Health. Get resources from local agencies

**When:** Saturday, Nov. 12th from 8:00am-noon

**Where:** First Presbyterian Church  
531 S. College Avenue, Fort Collins

Free light breakfast

Free childcare (pre-registration required)

Space is limited!  
Register now  
by visiting  
[www.firstpresfc.org](http://www.firstpresfc.org).

## Resources for the Community

### Skills Group For People With Dissociative Disorders

Dorinna Ruh, LCSW and Maggie Robbins, LPC will be starting a 6-week skills group for people with dissociative disorders. The group will use the skills training workbook [Coping with Traumatic Dissociation](#) by Suzette Boon, Kathy Steele, and Onno van der Hart and include didactic and experiential components. This will NOT be a process-oriented therapy group and the focus will be on Phase 1 trauma treatment (stabilization).

Group members must:

- have a primary therapist that they see regularly and sign a release of information to allow the group facilitators to talk to their primary therapist
- purchase their own copy of [Coping with Traumatic Dissociation](#)
- have an initial interview with either Maggie or Dorinna before attending group
- be over 18 years of age
- be willing to commit to all 6 groups



**Cost:** \$50 per group/ \$300 total, \$100 for initial interview, most insurances accepted

**Location:** 2120 S. College Avenue, Suite 6, Fort Collins, CO

GROUP WILL START IN FEBRUARY AND DATES AND TIMES ARE TBA.

For more information or to set up an initial interview, please contact Dorinna at (970) 494-0631, [dorinnalcsw@aol.com](mailto:dorinnalcsw@aol.com) or Maggie at (970) 689-7692, [maggielrplc@gmail.com](mailto:maggielrplc@gmail.com).

### Mindfulness Meditation for Daily Life

Research shows the practice of mindfulness meditation can decrease feelings of anxiety and depression, improve our immune system, and lower blood pressure. It can also help us better manage emotions, including anger, which can lead to better communication and healthier relationships.

Meditation can also improve focus, concentration, productivity, and can provide the same restoration as sleep. In a 6 week session, you will learn basics about meditation, ranging from the understanding of the posture, all the way to how we can best apply it in our lives to see the benefits.

**When:** Mondays, November 7th -December 12th , 6pm-7pm

**Cost:** \$120 for 6 week session (additional family members \$100 each), Sliding scale available.

**Group facilitator:** Chad Hofmann, Registered Psychotherapist, Meditation Guide

Come sit with us in this supportive, gentle setting and start doing something you've been wanting to do for a while.....take better care of your mind, body and spirit.

All beginners ages 14 and up are welcomed!

For more information or to register, please contact Chad at [crhofmanncounseling@gmail.com](mailto:crhofmanncounseling@gmail.com) or by phone at (970) 581-3824.



## Resources for the Community

### Pathways for Grief and Loss Groups and Events

#### Circles of Hope: Families Growing Through Grief

Take the opportunity to connect with others who share a similar experience, identify and learn healthy ways of coping with grief as well as honoring your loved ones. Dinner will be provided as a time for families to talk and share. Free childcare is available by appointment. Second Monday of each month, 6:00-8:00pm.



#### Men's Grief Support

Grief support group for men who have experienced the loss of a loved one. This discussion group will address the unique and important issues that men experience when going through the grief process. Third Thursday of each month, 8:00-9:30 a.m.

#### Honoring the Holidays

Join us for a special day to honor the holiday season. Open to anyone wishing to honor the memory of their loved one. Adults and families are invited to join us in making a memorial wreath. Wreaths and decorations will be provided. Please bring any special photos or mementos you would like to add.

Children will also be invited to participate in "Memories in the Baking" during the day. There will be cookies and decorations they may make as they share special memories.

Pathways music therapists will be available to provide an opportunity for creative songwriting and singing.

Memorial Wreath Making—Saturday, Dec. 10th from 1:00-4:30pm  
Cost is \$15 per wreath. Please call to register by December 5th.



Please call (970) 663-3500 to request more information about these groups and events.

### Yoga 101: Foundations of Yoga

A 4 week introduction to yoga. Gentle flow classes that are open to all levels. We will explore how breath and movement on the mat can help you feel better in your skin, and live a happier, healthier life. During the 4 weeks, you will learn breathing and stretching for stress relief and self care, movement for strength and stability, mindfulness with breath and movement, and a practice for energy and emotional balance.

**When:** Wednesdays 5pm- 6pm (starting November 9)

**Where:** Lifechange Services (1049 Robertson St)

**Cost:** \$25 for 4 weeks.



**Instructor:** Renee began practicing yoga in 2007 as a nutrition and exercise science student at CSU. She became a certified Yoga Alliance teacher with Corepower in 2009 and then attended the Bikram yoga teacher training in 2010. She continued her education in India for 6 months and then traveled abroad teaching yoga for 5 years. She returned to Fort Collins in 2015 to work as a research associate at CSU and to share her love for yoga and life in the mountains!

For more information or to register, please contact Renee at [renee.oppel@gmail.com](mailto:renee.oppel@gmail.com).

## Resources for the Community

### Y12SR: The Yoga of 12-Step Recovery

The issues live in our tissues! Y12SR combines the practical tools of the 12-step program with the ancient wisdom of yoga. Combining the two creates a model that truly addresses addiction as the physical, mental and spiritual disease that it is.

Y12SR is a 12-step based discussion and yoga practice that is open to anyone and everyone dealing with their own addictive behavior or affected by the addictive behaviors of others. This is an open and inclusive group. All A's are welcome.

**When:** Fridays from 7:00-9:00pm

**Where:** Loveland Community Yoga  
284 E. 29th Street, Loveland, CO 80538

**Cost:** Donation based

For more information, please call (970) 368-9642 or email [studio@lcyoga.com](mailto:studio@lcyoga.com).



### Recovery Yoga

#### Freedom Through Connection

Recover.Yoga is a workshop designed for those in recovery from addiction, ACOA, PTSD, Trauma and life in general. We integrate the practices of yoga with contemporary recovery tools to enhance the well-being of the individual in relation to all forms of recovery.

This unique one-day workshop is designed to define the parameters of our limitations and bottom as an enlightened moment and reveal the possibilities it divulges in relationship to enhancing our spiritual lives. Participants will actively engage in self-inquiry exercises and be given specific daily home practices that enhance the ability to transcend the walls of protectionism built up as a result of our conditioning and addictions.

If you are interested in hosting a workshop with Jeff Finlin, please contact him at (970) 412-6390. The cost for a full day workshop is \$125.

Jeff also provides private recovery coaching and yoga sessions. To learn more about his program, please visit [www.recover.yoga](http://www.recover.yoga).

#### **About the instructor:**

Jeff Finlin -E-RYT 230 from Asheville Yoga, Certified Yoga of Recovery Counselor

Jeff is known as an authority on yoga and recovery. His ability to mix compassion and inquiry through direct relationship with others is the core of his work. His practices and interaction combine to create a profound environment for growth and self-actualization. He combines simple everyday yoga practices with traditional recovery tools that enable the practitioner to move deeper into his or her spiritual life.

Sober since 1997, Jeff has partaken in a 20-year study and practice of yoga. His teaching is centered in continued study, practice and personal relationship with students. The ability to connect one on one with his students is a pivotal part of his teaching. He prides himself on his work with beginners and people in recovery. As far as people in recovery are concerned, Jeff has made it his mission to help the afflicted gain access to the dimension of themselves that lies beyond the body and mind.

## Resources for the Community

### Outside In Experiential Therapeutic Personal Growth Group

This group empowers teens to not just talk about but experience more fulfilling ways of living through a blend of adventurous-wilderness-experiential therapy, ritual, and expertly guided personal and group process.

This group is for anyone ages 13-18 suffering from:

- A disconnection from self, people, or the natural world
- Underperformance in school
- Poor self-esteem or body image
- Difficulty with family or social relationships
- Increased isolation and withdrawing behaviors
- Drug or alcohol use
- Challenges with "too much screen time"



**Facilitated by:** Chuck Hancock, M.Ed., LPC and Alex Kowai, MA, LPC, NREMT.

For more information about the group or to register, please contact Chuck at (970) 556-4095 or visit [www.innerlifeadventures.com](http://www.innerlifeadventures.com).

## CSU Psychological Services Groups

CSU Psychological Services is now taking applications for several groups, starting early 2017.

- **Acceptance and Commitment Therapy (ACT) Group** - Focuses on using mindful awareness to gain understanding of our experiences, and helps people build skills in mindfulness, awareness of thoughts & feelings, tolerating distress, and making choices in line with one's values. Helpful for those experiencing depression, anxiety, pain, stress and more.
- **Social Skills Group for Children (grades K-5)** - Teaching children new social skills and giving them a chance to practice them in group setting. After discussion there is usually some sort of activity or game that help the children put the new skills into effect.
- **Young Adult Social Skills Therapy Group** - Gain and practice skills for forming and maintaining social relationships. This group is organized to provide a didactic component that familiarizes participants with basic social skills for adult relationships, as well as a practical component in which skills are practiced.

Please call (970) 491-5212 for more information and to be put on the call list for the upcoming groups.



## Resources in the Community

### Synapse Counseling Groups and Classes

#### Elevate Mastermind

An experiential group focused on inner growth, business and performance mastery. This is an exclusive and revolutionary mastermind for psychologists, therapists, healers and holistic practitioners who are committed to elevating their spirit, their business, their income and their impact.

#### Yoga for Professionals

Get the self-care and support for you! Connect with other professionals over the lunch hour and practice Asana's to reconnect you to your body, energy and spirit!

#### Healing, Growing Thriving

This group is for women who want to connect authentically in a safe space where they can explore and discuss their insecurities, negative perceptions, and work on re-wiring faulty belief systems, manage stress better, feel more comfortable in your body, develop the courage to speak your voice and become the master of your life!

#### Live and Thrive with ADHD!

Get the support, skills and training from people who specialized training in treatment and coaching of ADHD. Connect with others who have similar struggles and learn valuable skills to manage your tasks and life.

To learn more about these groups and classes, please visit the website [www.synapsecounseling.com](http://www.synapsecounseling.com).

### Connections' Trainings

#### Upcoming: Therapist Networking and Training

**When:** November 17th from 7:45-9:30am

**Where:** Fort Collins Senior Center

1200 Raintree Drive, Fort Collins, CO 80526

**What:** Facilitated by the Health District's Evaluation team, a community forum will be held to collect feedback from providers on gaps and barriers they face when providing mental health and substance use services.

Please RSVP to Katherine Chu by November 11th by emailing [kchu@healthdistrict.org](mailto:kchu@healthdistrict.org).

#### (Youth) Mental Health First Aid

Upcoming trainings:

Youth MHFA—Monday, November 14th

Adult MHFA—Tuesday, December 6th

Adult MHFA—Wednesday, January 18th

Mental Health First Aid is an all day training designed to assist community members with identifying symptoms or behaviors of developing mental illness and equip them with the tools they need to reach out and offer help.

If you would like more information or to RSVP to any of the above trainings, please contact Emily Leetham at [eleetham@healthdistrict.org](mailto:eleetham@healthdistrict.org).

## • c o n n e c t i o n s •

mental health & substance abuse resources

525 W. Oak Street  
Fort Collins, Colorado 80521

If you wish to be removed from the *Connections* mailing list, your address is wrong, or you would like to receive the publication via email, contact Emily Leetham at [eleetham@healthdistrict.org](mailto:eleetham@healthdistrict.org) or call 970-494-4370.