



SHARED VISION
PSYCHOLOGICAL SERVICES
Building Healthy Connections

Building Healthy Connections Newsletter

January 2019



Happy New Year!

We wish you and yours a happy and healthy 2019! Stay tuned for upcoming groups, blog posts, and additional resources that can help you reach your New Year goals for wellness.



Important Insurance Reminder!

As the New Year is upon us, many insurance plans will reset individual and family deductibles. As a reminder, you will be responsible for payment of

In the Blog...

**HEALTH INSURANCE 101:
WHAT YOU NEED TO
UNDERSTAND ABOUT
YOUR INSURANCE PLAN**



Insurance plans can be overwhelming and confusing! Plans come in all different shapes and sizes, and it can be hard to make sense of your unique benefits. Even though we choose our plan, it can be difficult to understand how this translates to actual cost when visiting a healthcare provider....

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**BRAINSTORM!
A PEEK INSIDE THE
TEENAGE MIND**

session fees until deductible amounts are satisfied by your varying medical expenses.

The start of the new year can often bring new insurance policies and plans as well, so we ask that you notify our office as soon as possible if your coverage has changed in any way.

Feel welcome to contact our billing specialist, Dorothy Fees, with any questions at 630-571-5750 x. 236 or dfees@sharedvision.org.



Looking for New Group Members:

Women's Stress Management Group
Thursdays at 5:45pm

Mother's Coffee & Connection
Wednesdays at 11:00am

[Complete our online inquiry form to register!](#)



In this video, Dr. Daniel Siegel reviews the main principles of his New York Times-bestselling book, *Brainstorm: The Power and Purpose of the Teenage Brain*. Dr. Siegel, author of *The Whole Brain Child* and *No Drama Discipline*, challenges our common misconceptions of teens and details new understandings of the explosive brain growth teenagers experience...

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[Check out more SVPS Blog content!](#)



Featured Clinician:
Megan Oliverio, Psy.D.

Postdoctoral Fellow, Psychotherapist

Dr. Megan Oliverio works with patients across the lifespan including children, adolescents, adults, and older adults. She provides therapeutic treatment through individual, couples, and process-oriented group therapy. Dr. Oliverio has particular interest and experience in treating individuals with relationship difficulties, varying types of anxiety and mood disorders, trauma, adjustment and life transitions, as well as grief and loss. Dr. Oliverio's research interests include the impact of nutrition on mental health, as well as the effects of loneliness across the lifespan.

Other Services We Offer

- Individual, Couples, and Family Therapy
- Comprehensive Diagnostic Evaluations
- Collaboration with Schools
- Consultation to Professionals
- Community Presentations, Seminars, and Training
- Pre- and Post- Adoption Psychological Services
- Developmental & Special Needs Psychological Services



Contact Us!

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