



**SHARED VISION**  
PSYCHOLOGICAL SERVICES  
*Building Healthy Connections*

## Building Healthy Connections Newsletter

### January 2020

### Happy New Year From SVPS!



### Important Insurance Reminder:

With the New Year upon us, many insurance plans will reset individual and family deductibles. As a reminder, you will be responsible for payment of 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, directly at 630-571-5750 x. 236 or via email at: [dfees@sharedvision.org](mailto:dfees@sharedvision.org).

[Contact Us](#)

### Groups Open for Enrollment:

### In the Blog...

**TALKING WITH A FRIEND VS. THERAPY: KEY DIFFERENCES YOU SHOULD KNOW**



When we go through difficult times, finding a confidant in a secure and consistent relationship has the ability to provide the reassurance and comfort we need to get through. When thinking of what type of support a person needs, there are many things to consider. With some difficulties, having a friend to call and listen is just what we need. In other times, having a therapist can be uniquely beneficial.

[Read More](#)

**RESPONDING TO TRAUMA & TRAGEDY IN THE CLASSROOM: A GUIDE FOR TEACHERS AND CARETAKERS**



## Teen Support Groups

Navigating relationships as a teenager can be difficult. Our 50-minute teen groups will provide a safe space for teens to discuss their struggles and successes. Leaders help to facilitate group discussions about topics such as bullying, body image, self-confidence, academic achievement, sports, friendships, and more.

**Teen Boy's Group:** Mondays at 6:00 pm

**Teen Girl's Group:** Tuesdays at 6:00 pm

**Teen Support Group:** Tuesdays at 5:00 pm

[Click here to register today!](#)



## Social Skills Groups

Our 50-minute Social Skills Groups have a relational focus that teaches children how to approach others, resolve conflict, and make friends. Our groups aim to help children develop a deeper capacity for relatedness that can be translated into more meaningful relationships, both at home and at school. Kids in our Social Skills Groups often leave with the



Schools serve an important role in providing children with a safe space to learn and develop. The teacher-student relationship functions as a bridge for children who are gradually learning to tolerate more time spent away from their parents, through the support and protection provided from another caring adult. Teachers are also in an optimal position to provide emotional support to their students. As consistent and predictable adults in children's lives, they are often able to monitor changes in behavior that can be indicative of greater struggles developing under the surface.

[Read More](#)

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

following tools:

- Increased patience
- Decreased impulsive behavior
- Confidence to initiate conversation
- Ability to resolve conflict
- Greater awareness of social cues
- Capacity to respond to others with understanding and empathy
- Feelings of connection with peers

**Ages 3-4 years:** Wednesdays at 2:00 pm

**Ages 5-6 years:** Wednesdays at 4:00 pm

**Ages 7-9 years:** Wednesdays at 5:00 pm

**Ages 10-12 years:** Wednesdays at 6:00 pm

[Click here to register today!](#)

### *Parent Group Survey:*

Are you interested in joining a support group for parenting children with special needs?\*

Yes, I am interested.

Select

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No, I am not interested.

Select

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*\*Upon selecting "Yes, I am interested" you will be added to our contact list to receive more information about the group and when you can register.*

[Click here for more information about all of our support groups!](#)

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**Featured Clinician:**  
***Ashley Houchin, Psy.D.***

*Groups Coordinator, Licensed Clinical Psychologist*

Dr. Ashley Houchin works with patients across the lifespan including children, adolescents, and adults. She conducts therapeutic treatment through individual, family, group, and parent consultation sessions. Dr. Houchin is experienced in treating individuals with depression, anxiety and anxiety-related disorders including obsessive-compulsive disorder, eating disorder, and social anxiety, as well as ADHD, Autism Spectrum Disorder (ASD), grief and loss, life transitions, work/life balance, issues of culture and diversity, women's issues and trauma. Dr. Houchin received specialized training in the assessment and treatment of children with ADHD and other regulatory disorders. Through her research in this area, she has worked to develop interactive social skills groups for children with symptoms of ADHD and currently coordinates Group Therapy services at SVPS.

## 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!**

Shared Vision Psychological Services, Inc.  
(phone) 630.571.5750, ext. 224 | (fax) 630.571.5751  
[www.sharedvision.org](http://www.sharedvision.org)