



## Building Healthy Connections Newsletter September 2020

### Back-to-School Support Services

Our clinical team recognizes the challenges that a new school year brings, especially with the continued use of distance learning. Shared Vision offers a variety of support services for children, teens, college students, and parents who may be struggling or in need of additional guidance.

#### For Children:



**Individual Therapy:** We work with children, as well as their families, to support their growth and development in a caring and supportive environment. We treat a variety of presenting concerns including ADHD, anxiety, depression, developmental delays, learning difficulties, low self-esteem, and social struggles. [Click here to learn more.](#)

**Group Therapy:** Social Skills Groups are available for children ages 3-12. [Click here to learn more.](#)

**Testing Services:** SVPS offers testing for a diverse range of presenting concerns, including disorders of

### In the Blog...

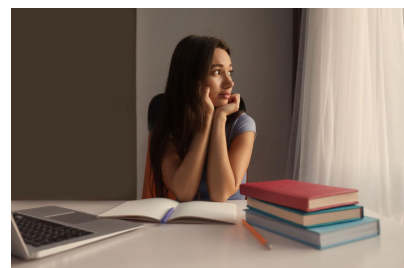
**HOMEWORK HELP &  
REMOTE LEARNING: 5  
HELPFUL TIPS FOR  
PARENTS**



With the new school year underway and many schools operating remotely, students are being asked to do more work at home than ever before. For students, remaining focused and motivated to complete assignments at home can be a challenge...

[Read More](#)

**7 WAYS TO SUPPORT TEENS  
DURING THE PANDEMIC**



At a time in life when it's both

development, attention, mood, anxiety, learning, and brain function. [Click here to learn more.](#)

Contact Us

---

## For Teens & College Students:



**Individual Therapy:** We work with teens and young adults to support them in their development and life transitions. We provide support around academic pressures, anxiety, depression, body-image concerns, identity exploration, relationship/peer concerns, & more. [Click here to learn more.](#)

**Group Therapy:** Support groups for teens ages 12-18 are available. For college students, we offer a young adult support group for ages 18-25. [Click here to learn more.](#)

**Testing Services:** SVPS offers testing for a diverse range of presenting concerns, including disorders of development, attention, mood, anxiety, learning, and brain function. [Click here to learn more.](#)

Contact Us

---

## For Parents:

developmentally appropriate and culturally expected to seek independence from families, adolescents budding independence continues to be curbed by the impact of COVID-19. This time continues to be particularly difficult for adolescents who are going back to school in new ways, redefining social lives, and continuing to forego rites of passage...

Read More

Check out more  
SVPS Blog  
content!



Like us on  
Facebook!



**Parent Consultations:** We help parents manage the stress involved with common parenting challenges including school adjustment/learning difficulties, executive functioning difficulties, understanding IEP/504 plans, anxiety, behavioral outbursts, co-parenting, general parental stress and fatigue, & more. [Click here to learn more.](#)

**Group Therapy:** SVPS offers support groups for general parent stress management and support for parents of children with special needs. [Click here to learn more.](#)

[Contact Us](#)



**Featured Clinician:**  
***Jared Spencer, Psy.D.***

*Licensed Clinical Psychologist*

Dr. Jared Spencer specializes in the treatment of pre-school and school-aged children, teens, and



young adults through a relationally focused approach. He has particular interest in child and adolescent development, play therapy, and parent guidance. He has experience treating individuals with adjustment-to-life transitions, relational problems, mood disorders, anxiety, Autism Spectrum Disorder (ASD) and trauma.

## 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)