

## Stevenson Student Support Groups 2019 – 2020

*The following groups are designed to provide support and assistance to students and their families. If you are interested in a group or would like to learn more about one, please contact a member of your SST or one of the group facilitators.*

**iAdelante!** is an affinity group for LatinX females that provides a safe space to share experiences and to celebrate cultural heritage. The goal of Adelante is to provide a supportive and empowering environment for students to feel a sense of self as well as a sense of belonging and connectedness to SHS and the community. *Facilitators: Sarah Kellogg, Sarah LaFrancis*

**Be You** is semester-long process and psycho-educational group that focuses on helping female students celebrate the amazing internal and external qualities that make them who they are. The group will engage in self-esteem building activities in order to help students build their confidence and achieve their goals. *Facilitators: Sarah LaFrancis, Megan Kelly*

**COA (Children of Addicts)** assists students affected by a parent/guardian abusing drugs/alcohol. The group focuses on learning about the disease of addiction, sharing feelings, and helping each other find healthy coping skills. *Facilitator: Janet Sushinski*

**Coping Skills Psycho-Educational Group** is a six-week curriculum based group focusing on healthy strategies for coping with daily life stressors. Students will identify triggers to their own stressors and learn multiple strategies to manage them. *Facilitators: Jorie Walton, Lindsay Perkins*

**Coping Skills Process Group** Students in this group should attend the Coping Skills Psycho-Educational group first and we will continue to apply the skills learned. Students will look at day to day factors that influence their response to various feelings and how they respond to them. School and community resources will be discussed. *Facilitator: Christina Foss*

**Coping with Chronic Illness Support Group** assists students in their adjustment to life with a chronic health condition. Students will explore the impact of their health condition on school, social, and family life, and share ways of living well with their condition. *Facilitator: Colleen Fischer*

**Coping with Family Stress** is a safe place to discuss different aspects of adjusting/coping with the impact of a separation, divorce, addition of step-family members, or other changes within a family system. *Facilitators: Claire Burja, Griffin Dwyer, Christina Foss, Carol Seeger*

**Empowered** supports female students who are involved in, at-risk for, or have survived abusive and/or unhealthy relationships or experiences. In a safe and non-judgmental space, the group provides support and encouragement as we work on increased self-concept and confidence, independence, boundary-setting, promotion of a school-wide culture of awareness and sensitivity, and other related topics. *Facilitators: Tom Edwards, Tricia Ebel*

**FAB (Female and Black)** is an affinity group that provides support and affirmations by providing a sense of belonging and connectedness. *Facilitator: Janet Sushinski*

**Grief Support Group** assists students affected by the death of an immediate family member. *Facilitators: Lisa Scanio, Dawn Timm*

**Neuro-Meditation for a Peaceful Mind** is a six week psycho-educational group that will focus on the brain and the effect that stress and our own thoughts have on our bodies and minds. We will practice meditation each week and learn strategies to decrease stress and allow our brains to work effectively. *Facilitators: Amy Grove, Jen Polisky*

**(Continued)**

**Project 10 Midwest** provides a safe place for students who identify with the LGBTQ community. The group is a space to explore sexual and/or gender identity. *Facilitators: Claire Burja, Tricia Ebel*

**Social Communication Group for Boys** helps members work on building positive friendships and relationships with others, developing positive coping skills for life, and having fun while supporting one another. *Facilitators: Colleen Fischer, Christina Lee, Angela O'Brien*

## **Substance Abuse Intervention Groups**

**Recovery Group** supports students who are focused on their own recovery from a substance use disorder. *Facilitator: Tom Habley/Contact: Cristina Cortesi*

**Insight** is an educational and discussion-based group for students who think their current tobacco or other substance use may have a negative impact on their life. *Facilitator: Tom Habley/Contact: Cristina Cortesi*

**7 Challenges** is an evidence-based treatment group facilitated by OMNI Youth Services for students who want to explore how they can make changes to their current substance use behaviors. *Facilitator: OMNI Youth Services/Contact: Cristina Cortesi*

***Looking for a Social Worker or Psychologist?***  
Social workers and psychologists are located in all three  
of the Student Services Offices.

**2414-West Student Services**

Colleen Fischer ext. 4551  
Jennifer Polisky ext. 4530  
Janet Sushinski ext. 4539

**2412-West Student Services**

Cristina Cortesi ext. 4529  
Sarah LaFrancis ext. 4523  
Angela O'Brien ext. 4552

**6064-East Student Services**

Claire Burja ext. 4554  
Patricia Ebel ext. 4537  
Tom Edwards ext. 4550  
Christina Foss ext. 4511

If you would like to join a group, please contact a member of your  
Student Support Team or the group facilitator.

If you would like to meet your social worker/psychologist,  
go to any student services office and make an appointment.

**\*If there is an emergency during the school day  
(a crisis or safety situation), please go to Student Services  
and let someone know you need to talk to a  
social worker or psychologist right away.**

**\*If there is an emergency after school hours,  
please contact your parent/guardian and call 911.**

**Need a quiet, stress free place to go during lunch?**

Try visiting the Student Lounge (just next to the CCC)

Come to eat your lunch and relax, de-stress, play games, do homework, and meet new people