

H.U.G.S. Newsletter

Heads-Up Guidance Services, Inc.

EST 2009

March Is: Developmental Disabilities Awareness Month



Commissioner Judy Fitzgerald, *Georgia Department of Behavioral Health and Developmental Disabilities*, informed lawmakers that cuts would be felt by more than 200,000 people with mental health issues in Georgia, through June 2021. According to the Centers for Disease Control and Prevention, developmental disabilities are conditions that result from an impairment area to include physical, language, learning, or behavior. Developmental disabilities occur among all groups of people and it is estimated that about 1 in 6 children aged 3 through 17 have one or more developmental disabilities. These conditions arise during the developmental period and can impact the individual's level of daily functioning, typically lasting throughout the lifetime. It is important to understand that, with the rise of developmental disabilities within the United States, accommodations and education needs to be at the forefront of a changing society.

HUGS Helps To Bridge The Gap In Mental Health Services



DID YOU KNOW?
“\$80 million in Cuts to Department of Behavioral Health and Developmental Disabilities”
~Commissioner Judy Fitzgerald

TINA LAWRENCE

“Developmental disabilities are a group of conditions due to an impairment in physical, learning, language, or behavior areas effecting 1 in 6 children in the U.S. Serving this community is my passion. As an educator (former principal), and now pursuing my doctorate in clinical psychology, making sure that individuals and families have access to treatment and resources is one reason I volunteer with HUGS”



CHRISTIE BELL

“Autism Rising was established in August 2018 to strengthen rapport and bridge the gap between individuals with Autism Spectrum Disorder (ASD) and the community. Our goal is to prevent unintentional maltreatment and/or fatal injury of individuals with ASD due to lack of awareness”



Celebrating 10 Years of Service



Happy St. Patrick's Day-
March 17, 2020



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www.HeadsUpSavannah.org

We live in an ever-changing social & political climate. Non-Profit organization are often forced to discontinue vital community programs and abruptly shift focus to survive - These recent budget cuts are a case & point. This is why HUGS is committed to our vision & philosophy that “socially conscious therapists and motivated participants, along with community support, can result in exceptional counseling services at no cost to the taxpayer”. This is one way we continue to bridge the gap. As budgets are cut & programs in our community are dismantled, HUGS will be there to meet a critical community need for ALL individuals & families motivated toward recovery & reconciliation for LOW to NO cost. This can only be accomplished through our now 40 dedicated licensed professionals & clinical internship students - ALL volunteering their time to meet a vital Mental Health need in our SAVANNAH Community.

February Is: Gambling and Addiction Awareness Month



SISTER PAT BROWN

“Gambling or hiding something is connected to trust: When trust is broken, the foundation is also. HUGS’ counselors help couples who have lost trust to communicate and start fresh.



DID YOU KNOW?

Gambling addiction is the most common impulse control disorder worldwide
~addictioncenter.com

According to the National Council on Problem Gambling (NCPG), around 6 million adults and about half a million teens meet the criteria for problem gambling. Gambling addiction is defined as an impulse-control disorder in which one is preoccupied with spending more and more time and money on gambling. One continuously chases to “beat the odds”, even ignoring the serious consequences in one’s life. One major consequence that is associated with gambling is feeling of betrayal from one’s significant other. A podcast, “Restoring the Soul”, focused on financial betrayal when it comes to gambling addiction. Episode 115 titled, “5 Things Husbands Can Do to Support Their Wives After Betrayal,” defines betrayal as any breach of trust either discovered or disclosed and betrayal trauma as feeling unsafe in a committed relationship. According to a new survey by CreditCards.com, nearly 30 million Americans are hiding a checking, savings, or credit card account from their partner or spouse. Financial infidelity is a form of betrayal that counselors at HUGS can address through both individual and couples counseling services.

MAGDALENE V’ASCONEZ

Dialectical Behavioral Therapy (DBT) addresses emotional regulation, mindfulness, and other components. DBT can identify and change negative thought patterns and promote positive change. This can be an effective treatment for gambling addictions. I facilitate an adult group on Tues. at 6:15 w/ Resolve Strategies, LLC



A MESSAGE FROM FOUNDER AND MANAGING DIRECTOR

GA DBHDD Budget Cuts

The HUGS organization is a truly unique & relevant organization. We are humbled and blessed - as we posture ourselves to bridge a now potentially MUCH larger gap in community mental health services. Due to our organizational structure, mission, and philosophies we will be virtually unimpaired through political shifts or by governmental interests. We are allowed to stay focused on the mission at hand... “To make exceptional behavioral health counseling accessible and affordable to all, and to train and utilize compassionate volunteer professionals to meet community counseling needs”. I want to invite you ALL to get behind & support HUGS in this awesome effort.

Andrea Epting, LPC, MAC, CPCS, & ACS
HUGS Founder & Managing Director

