

A World of Possibilities



By: Craig Groskreutz,
LPC-IT, SAC-IT

I live in a world of possibility and opportunity. You look for the light. There's darkness everywhere, but you look for that spot of light and you work your way towards it, and you do what it takes to get there. –Annie Lennox

Every morning we wake from a night's sleep, we face a day filled with possibilities. How can we turn the possibility into reality? Here are some steps to help you reach your possibility and create opportunity.

- 1. Stay Positive-** You have a choice to listen to the critics and believe success is impossible or have faith that all things are possible.
- 2. Each day when you awake complete this statement-** "My purpose today is _____ and this is the opportunity I can create for myself."
- 3. Take a morning walk of gratitude-** A walk of gratitude can create a space in your mind for the possibility of success. You can't be stressed and thankful at the same time. When you combine gratitude and physical exercise you give yourself a double-shot of positive energy and natural anti-depressants.

- 4. Instead of being disappointed about where you are, think optimistically where you are going.**
- 5. Eat breakfast like a king, lunch like a prince, and dinner like a college-kid with a maxed-out credit card.**
- 6. Believe that everything happens for a reason, and good things come from challenging experiences.**
- 7. Don't be wasteful.** Be cautious not to waste your energy on gossip, past issues, negative thoughts, and the things you cannot control. Rather, invest in the positive, present moment.
- 8. Mentor someone and be mentored by someone.** Be inspiring and inspired!
- 9. Live with the 3 E's of life.**

- Be the **ENERGY** you want to attract.
- Faith in something and **ENTHUSIASM** for something that makes life worth living.
- **EMPATHY** is about finding echoes of another person in yourself.

We promise ourselves that our life will be better tomorrow.

But why promise a better tomorrow if we are able to do it today.

- 10. Remember there's no substitute for hard work.** It seems that the harder we work, the easier it is for luck to find us.

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- 11. Zoom-Focus.** Ask yourself, "What are the three most important things I need to do today?"
 - 12. No complaining.** Today is the today to implement the no complaining rule. Complaining is like vomiting; afterwards you feel better, but the people around you feel sick!
 - 13. Read more books.** Find a book that interests you. Start today to read one more book than you did last year.
 - 14. Get more rest.** You can't replace sleep with a double latte!
 - 15. Before you lay down to sleep tonight, complete this statement:** "I am thankful for _____."
 - 16. Think of your mind like a garden.** If you weed out the negative and feed the positive for one day doesn't do much, but when you do it every day you create a wonderful garden to inspire the possibility of tomorrow.
 - 17. Live with discipline.** Live a life to make a difference for yourself and others. Today is the day of possibility and opportunity, don't let it slip through your fingers.

A world of possibilities awaits you.

Keep turning the page.

Keep pushing forward.



ACS Celebrating 34 Years in Business

ACS will be celebrating 34 years of being in business this July!! We have grown to a fun and friendly team of 45 employees and now serve 2400 new patients a year. Anxiety and Depression remain the most common reasons that people come to ACS, but our approach has evolved to more radically emphasize wellness. We are much more involved in the community to help educate the public and challenge directly the stigma that keeps nearly 50% of people from seeking help. We now tend to see clients and families for longer periods and emphasize the positive side of feeling good about self-care. We have grown to offer many groups and specialties for a wide range of problems; allowing treatment to be truly personalized and comprehensive. We continue to feel that it is an honor to serve the residents of West Bend and surrounding areas. Call us if you have questions about a referral and check out our providers and services at www.affiliatedclinical.com!

When The Fun Stops



By: Abby Janssen,
LCSW, CSAC

It often starts out as harmless fun; a scratch-off ticket tucked into a birthday card, a quick-pick ticket when the

lotto reaches hundreds of millions of dollars, or a night out with friends at the casino. Yet, for nearly 10 million people in the United States, gambling is a much bigger problem. According to The Economist, in 2013 alone, \$119 billion was lost through gambling. The advent of online gambling and sports wagering websites have only made betting and wagering a much bigger issue especially for adolescents and college-aged students.

The Wisconsin Council on Problem Gambling defines compulsive gambling as "a progressive disorder that causes an uncontrollable preoccupation and urge to gamble. Individuals eventually lose the ability to control the impulse to gamble. This results in excessive gambling which can compromise, disrupt or damage personal, family or employment pursuits." So, how do you know if someone you love has a gambling problem? There are a number of warning signs:

- Is your loved one missing time from work or school in order to gamble or being late due to gambling activities (i.e. oversleeping due to being out too late the night before)
- Is the person in question often borrowing money or constantly paying back debts?
- Are creditors calling the house?
- Is your loved one away from home

for unexplained long periods of time?

- Does your loved one promise to stop gambling, yet return to it again and again?
- Does your loved one often use boredom, anger, or frustration as an excuse to gamble?

These are just a few of the questions that may point to a problem with gambling. The good news is that there is help. The therapists at Affiliated Clinical Services can help those who are struggling with compulsive gambling and other addiction issues. Certified in several specialty areas, our team can assess and put together an individualized treatment plan that can help you and your loved one move forward and work towards recovery.

Foundation of Recovery



By: Jessica Geschke,
BS, CSAC, CSIT

We know from research and experience that the foundation of recovery is community and connection. This statement needs to be continually talked about and pushed to the forefront of every conversation with the recent *continued on page 2*

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information being released from the CDC. From the Center for Disease Control, the total U.S. Drug Deaths, more than 64,000 Americans died from drug overdoses in 2016, including illicit drugs and prescription opioids--nearly double in a decade. (Source: CDC WONDER * Provisional counts for 2016 are based on data available for analysis as of 8/2017.)

Since the early 2000s, Wisconsin has experienced a surge in opioid misuse and its related harmful consequences. Since the start of this increase, the age-adjusted death rate from opioid overdose has increased over fivefold. Over the last decade alone, the number of opioid-related deaths in Wisconsin has nearly doubled. According to a 2016 report by the Center for Disease Control and Prevention, Wisconsin's rate of drug and opioid overdose deaths per 100,000 population exceeds the national average. Wisconsin ranks 16th in the United States in the percent change (worsening) in prescription opioid-related deaths from 2012 to 2014.

This is our reality and a predominate factor in these statistics is stigma. We need to continue to create community and connection for those in recovery because stigma works against these concepts. It isolates and creates barriers for an individual to access the treatment and care that they may require. Our work within the AODA field as a therapist is centered on reducing stigma and building up a healthy community of people in recovery, their family members, and allies. Stigma can be an internal process (self) influenced by negative perceptions of ones' identity by others, and dictate how an individual conceptualizes their own identity.

There is a difference between social and structural stigma; social referring to the stigma which originates in large social groups, while structural refers to the procedures and policies of particular social institutions. Self stigma is often embedded in the larger context of social and structural stigma. Stigma can also be experienced by an individual when initiated by the social environment in the

form of stereotypes and prejudices. This is defined as enacted stigma; it can occur from overt acts like verbal remarks, or can be more nuanced like labelling (e.g. being diagnosed with an unfavorable condition by a medical professional) or separation (e.g. being left out intentionally by others for reasons because of social stratification due to stigma).

There is then a complex interplay between perceived and enacted stigma, with overt acts like discrimination (enacted stigma), impacting how an individual might perceive themselves and how they might be perceived by others. There is a very interesting history with stigma and substance use disorders in the US.

Did you know that in the beginning of the 20th Century, you could go to your local Macy's or Sears department stores for your kits of heroin and cocaine? Not very stigmatized then, right? In the 1980s, we know that there was a huge crackdown on drug use. Do you remember the commercials? This is your brain.... This is your brain on drugs.

Since this time, we now know, thankfully, much more about addiction and recovery – how addiction is a medical condition that changes the brain. AND the brain can also heal in recovery! We also know that recovery support services, like peer and other social supports can change the way a person recovers and lead to a sustained recovery. We know that it is more than treatment that helps someone with a substance use disorder heal, that there are many pathways to recovery. SAMHSA recognizes the 4 dimensions of recovery as Community, Health, Purpose, and Home. All of these areas are important for someone in or seeking recovery to address.

So, in other words, we've really come a long way but a lot more needs to be done. This is an amazing beginning to tackle an enormous epidemic in our nation and I look forward to continuing to be a part of the advocacy efforts within our state.

Happenings at ACS

Welcome New Providers to ACS



Kristin Anderson-Cronin RN, MSN, PMHNP-BC

I would like to introduce myself and make you aware that I have recently joined the elite staff at Affiliated

Clinical Services as a Psychiatric Mental Health Nurse Prescriber. I will be working Monday, Tuesday and Thursday at our West Bend office location with some evening times available and, Wednesday's at our Hartford location (38 Sell Drive, Hartford, WI 53027).

My most recent position was working at the Medical College of WI - treating children and families in an outpatient setting with an extensive variety of mental health and medical needs. Historically, I have also worked in several additional settings - working with both adults, children and their families - in environments such as: inpatient / incarcerated with highly classified cases; generalized inpatient setting; outpatient; and, within the community healthcare setting.

Getting to know my patients and their families is extremely important to me. Spending this time and collaboration allows me a better opportunity to get to know not only you; but, what treatments may be the most useful for you - including medication and psychotherapy. I currently work with children ages 6 and above, as well as throughout the age spectrum - to adulthood.

I have a passion for caring for my patients with treatment encompassing a wide variety of conditions, such as: mood disorders, depression, anxiety, post-traumatic stress, medical illnesses with emotional components, generalized stress from day to day living, and more. I also

have a special interest integrating Christian faith with those individuals who desire this type of focus. My personal goal is to provide every one of my patients and their families with the most effective treatment while creating a therapeutic environment which encompasses support, validation, self-direction and solution focus.

Thank you so much for your time! I look forward to building a working relationship with you, your team; and, it's providers to better support the communities mental health care needs.



Carmen Klenner, LPC-IT & SAC-IT

I wanted to take the time to introduce myself as a new employee of Affiliated Clinical Services and tell you a little about my background in counseling in general.

I began my studies at the University of Wisconsin - Green Bay, obtaining a Bachelor's Degree in 2003 with a Major in Education (1-8) and a minor in Adaptive Education (1-9). Since then, I have been teaching in various capacities within the West Bend and surrounding communities. Most of my time has been spent at the middle level, which I thoroughly enjoy. In 2007, with the birth of my daughter and feeling the need to expand my horizons, I returned back to school for my Master's Degree. In 2010, I graduated from Concordia University as a School Counselor. In tandem with gaining more experience in this area, I remained in education and continued to teach. During this time, I also ventured into the possibility of pursuing a professional counseling certification and enrolled at Concordia for the program, completing my internship during the fall of 2017.

Currently, I am a part-time school counselor in the Kewaskum School District and enjoy working part time with our youth. My experience in the field of education, including being a former educator and a gifted and talented coordinator, as well as

a current school counselor, have helped me understand and appreciate the community-to-school connection necessary to successfully build a healthy community.

Though I currently have not chosen an age group to specialize in, I have found benefits in working with all walks of life. Counseling techniques utilized include an eclectic array of Cognitive Behavioral, Mindfulness, Adlerian, Exposure, Motivational Interviewing and Play Therapy. My goal is to meet my clients where they are at and help them progress, at a comfortable rate, towards a purposeful, satisfying life.

Please feel free to share my name and information with any clients you feel may benefit from my services. As I work with children through adults, I am not only open to offering individual counseling, but also offer couples and family therapy as well. I hope I can be of service to you and your affiliates.



**Srutha Rajkumar, MD
Child & Adolescent Psychiatrist**

Srutha Rajkumar, a child, adolescent and adult psychiatrist joined the clinic in mid-January. She will be providing assessment and treatment of adolescents, teenagers, and adults. Her areas of expertise include anxiety disorders, depression, ADHD, behavioral problems, Autism/Aspergers and learning disabilities. "I use a multi-pronged approach to treat my patients which includes education, medication and psychotherapy"

Dr. Rajkumar received a Degree in Medicine, from Osmania Medical College, Hyderabad, Andhra Pradesh, India. She completed her residency in psychiatry at Sinai Samaritan Medical Center and a fellowship in child and adult psychiatry at the Medical College of Wisconsin. Srutha is Board Certified in Adult, Adolescent and Child Psychiatry.

Currently Dr. Rajkumar works full-time at Columbia St. Mary's in the outpatient setting and will be working part-time on Tuesdays in our West Bend office.

***Dr. Rajkumar also speaks Hindi and Telugu.*

New Group starting at the end of March

- Guys Anger Group -



Therapist: Andrew Nett, MSW, APSW

Who: Boys and young men aged 13-19 who have difficulty managing their emotions, with patterns of angry outbursts, aggressive language, or behavior. Young men who have had difficulty expressing their emotions when upset, or difficulty calming down after a stressful situation.

Mission: To help young men understand and effectively manage their anger, and the associated emotions to increase their ability to effectively interact with others.

Goal: This group will develop tools and practice skills to manage emotions, make prudent decisions, communicate effectively and behave appropriately when stressed.

The How: Using a combination of psychoeducation, skills practice, and hands on activities to give group members the opportunities to use learned skills in fun and interactive ways.

When: Wednesday's at 4:45-5:45, starting March 28th for 8 consecutive weeks.

Where: Affiliated Clinical Services West Bend office