

2. We only have a certain amount of enthusiasm and motivation, and it runs out because we try to do too much, too soon. We spend all that energy in the beginning and then run out of steam.
3. We tackle tough habits right away, it's difficult and we become overwhelmed or intimidated by the difficulty and quit.
4. We try to be "disciplined" and tackle very unpleasant habits, but human nature doesn't allow that to last for long. If we really don't want to do something, we won't be able to force ourselves to do it for long.
5. Life gets in the way. Things come up unexpectedly and distract us from sticking with a habit.

Resolutions are often vague - I'm going to exercise! - but do not contain a concrete action plan and don't use proven habit change techniques. A sure recipe for failure.

If New Year's Resolutions are a waste of time what SHOULD we do? Eat, drink and be merry? Yes, if that means: Be kind to yourself. Accept who you are. Keep on growing.

Rather than make a yearly vow doomed to failure I have an alternate suggestion: Go and take a look in

the mirror. I don't mean look at your body, your hair, warts, or other superficial attributes. Look at you - the person with in the physical shell. Do you like who you see? Are you an honest, decent, and loving person? Or, do you have character traits and behaviors that make it hard to look yourself in the eye and accept. If so consider making one small change so it is easier to smile when you look in that mirror. And do it.

Several years ago I did exactly this. I decided to say good morning and do at least one nice thing every day to all of my coworkers. Although I began this for a specific reason the end result was that I liked MYSELF more.

If change seems impossible remember: Therapy is an excellent option to help you find effective strategies to achieve goals. Our therapists at Affiliated Clinical Services are skilled in assisting people to develop plans and to follow through to a successful outcome.

When you say "Good Morning" to yourself with a smile on your face 2019 might just be your best year yet.

*Happy Holidays!*



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Affiliated Clinical Services  
111 E. Washington Street  
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- Winter 2018 -

## Affiliated Clinical Services

A State Certified Mental Health & Alcohol/Drug Abuse Clinic

*Finding Solutions to Life's Challenges*

### Thank You & Happy Holidays!

**The ACS team continues to grow and evolve! In 2018, we are on target to serve 2400 new families. We remain passionate to destroying the stigma often associated with mental health treatment by embracing the truth that seeking help is psychologically healthy. We excel at providing comprehensive, individualized and integrated mental health and substance abuse treatment with several levels of treatment intensity, including a pediatric treatment team with in-clinic child psychiatry. Our caring clinical staff of 30 professionals with a wide range of specialties use research-proven approaches to provide the very best care. We would like to sincerely thank the community and our referral sources for trusting us the past 34 years and look forward to working collaboratively with referral sources and community professionals in 2019.**

*Happy holidays!*

### *Be Prepared Young Grasshopper*



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

*Shovel while the  
pile is still small*  
-John Klousas

Do you remember the story of the ant and the grasshopper?

In the summertime the ant is busy working, gathering food while the grasshopper plays. Then as winter sets in, the ant retires to his home and enjoys life and the benefits of all of his hard work. He has paid the price, and now he can enjoy the reward. But now it's time for the grasshopper that played on the front end to pay on the back end. As a result of play without planning, the grasshopper starves in the cold because he didn't understand that the only adequate preparation for tomorrow is the wise use of today.

Think about it....when you were in school, did you ever prepare so well

for an exam that you walked into the classroom with absolute confidence? Well, you can bring that same confidence to everyday life.

Sadly, many of us don't lead our lives, we accept them!

But life's not a dress rehearsal. You don't get a second act to try again.

Benjamin Disraeli said, "The secret to success in life is to be ready when the time comes." If you were given today everything you desired or prayed for, would you be able to handle it? Nothing great is created suddenly, success does not happen overnight, and neither does failure. Success and failure travel down a road that is a process, not a single event. The fact is, every day of your life is preparation for the next.

So the question is, "what are you preparing for, and how are you preparing?" Are you growing for success or digging for failure? Only if you are willing to work hard on the front end, will you reap the rewards on the back end.



## Happenings at ACS

### Welcome New Providers



**Karen Lim,  
MSN, APNP**

I would like a moment 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 (PMHNP- BC). I will be working Mondays and Thursdays at our West Bend office location; 111 E Washington St, West Bend, WI 53095 · Phone (262) 338-2717; Tuesdays and Wednesdays at our Hartford location; 38 Sell Dr, Hartford, WI 53027 Phone: (262) 673-0301.

My most recent position was as a Psychiatric and Mental Health Nurse Practitioner at Lakeshore Community Health Centre - treating adolescents and families in an outpatient setting with a variety of mental health and medical needs. I have also worked as an Adult and Geriatric Primary Care Nurse Practitioner (AGPCNP-BC) in long term as well as post-acute settings, so I have an understanding of the inter-relationship between mental and physical health.

My practice philosophy is patient-focused, with the intention of partnering with our clients to maintain mental and physical health, in collaboration with Affiliated Clinical Services psychiatry and therapy colleagues as well as with the clients' primary care team.

Thank you so much for your time! I look forward to building a working relationship with you, your team.



**Ryanne Mallow,  
MSW**

I would like to introduce myself as the newest member of the talented staff at Affiliated Clinical Services. I will be working out of the West Bend office on Mondays, Tuesdays, and Fridays, with day time and evening hours available. I offer hours at the Hartford office on Thursdays as well, with day time and evening hours available.

I am passionate about providing a client experience that is centered on each individual client's goals and strengths. My personal approach to therapy is not "one-size-fits-all", but rather finding what works for each individual. I draw from cognitive behavioral therapy, dialectical behavioral therapy, play therapy, motivational interviewing, and trauma-informed therapies.

I have experience working for a Christian mental health clinic and worked with children, adolescents, and adults suffering from a variety of mental health and substance use concerns. Within this clinic, I had the opportunity to work with children doing school-based counseling in urban Milwaukee. I also have experience providing intensive outpatient programming to teenagers and adults struggling with suicidal thoughts, depression, and anxiety. Additionally, I provided group and

individual therapy in two outpatient clinic locations.

Besides my clinical experience, I provided educational presentations throughout the Midwest. I have a passion for sharing information to help children, teens, and families grow. My speaking engagements included topics on social media, internet safety, suicide awareness and prevention, social skills, and connecting with your child.

I am excited to build a relationship with you, your agency, and its members to serve the community's mental health needs.

## New Programming

### Mental Health Intensive Outpatient Program



Therapists:  
Craig Groskreutz,  
MS, LPC-IT, SAC-IT  
&  
Andrew Nett,  
MSW, APSW

**LET'S TALK ABOUT IT:** Mental health includes our emotional, psychological, and social well-being. It affects the way we think, feel, and act. It also determines how we handle stress, relate to others, and make choices.

**GROUP THERAPY:** In addition to individual therapy, medication management, and support group attendance, group therapy sessions are a treatment component used in our intensive outpatient program to help insure appropriate care, allowing the topics and number of sessions to be based on the client's individual needs. These sessions will provide education on specific areas group members are struggling with, but also provide time for members to give and receive support from others. This peer interaction can help members realize they are not alone in the struggles they face, and in turn provide acceptance and healing.

### EARLY WARNING SIGNS:

- Pulling away from people and usual activities
- Lack of energy or motivation
- Feeling hopeless and helpless
- Feeling confused, foggy, forgetful, angry, or worried
- Experiencing severe mood swings that cause problems in relationships and work
- Persistent thoughts, habits, or memories you can't get out of your head

**HOW WE CAN HELP:** Mental Health IOP services at Affiliated Clinical Services focuses on managing mental health and improving problem solving, communication, and coping skills used to deal with the stress and anxiety of daily life. Our goal is to help our clients strengthen their interpersonal and life skills so they may move forward with the recovery, regain resiliency, and live a healthy life. Contact our office for additional information.

## New Year Resolutions? Bah Humbug!

I know, I know. You have gained ten pounds and you haven't seen the inside of a gym in three years. The last time you talked to your parents it was to ask for a loan in mid July. And that was because you had maxed all four credit cards. Which was the result of spending too much on a vacation, buying a new car, and attorneys after your wife said she was moving out because you were lazy and not paying the bills. Well, she didn't divorce you and you vowed to change. So here we are at the end of this terrible year and you are determined that 2019 is going to be better and "this" time you are going to make great New Year Resolutions and stick to them. All right!

No, not all right. In fact, nothing could be more wrong. There is probably nothing more likely to be broken than a New Year Resolution. This article will discuss the problems with resolutions and a far better way to think about change.

What I love about the New Year is the hope of a fresh start. We believe we can change our lives. Unfortunately, that enthusiasm and hope often fades within weeks, and our efforts at self-improvement come to a whimpering end. Are New Year Resolutions just a bad habit, a delusion shared by an entire population? In some ways, yes they are.

For example: What makes us believe that there is one day better or worse than any other to develop a goal? In our individualistic society do we believe that one size fits all? That we

all work the same? That New Year Resolutions work for everyone? The truth is that we are unique, we change in unique ways, and when we make changes it is usually not related to a date on the calendar.

Think about the top resolutions:

- 1. Lose weight (and exercise)** - Studies of weight loss programs conclude that 95% of diets fail within a year! The average attendance at the gym lasts for all of two months.
- 2. Quit drinking/drugs** - The success rate for people with alcohol and drug problems varies from 5-25% for a twelve month period. This is often "after" some form of treatment!
- 3. Pay off debt** - Like changing eating, exercise and drinking/drug habits, changing spending habits is a huge undertaking and requires much more than making an annual resolution. It means doing something akin to withdrawal. Poor spending habits are often part of an emotional coping behavior. When we feel stressed, depressed, or upset we buy something to feel better.

Three extremely difficult habits to change yet we pick them year in and year out. After a few weeks we usually return to living our lives just like we did the year before. Why does this happen?

New Year's Resolutions fail because of a combination of these reasons:

- 1. We attempt too many resolutions** at once spreading our focus and energies too thin. It's much less effective to change many habits at once.