

April 2018

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| Foundations Counseling Center celebrates 14 years of commitment to our mission: *Helping to create emotionally strong, healthy individuals and families.* pg. 7   * **Child-Parent Psychotherapy pg. 1-2** * **Group Therapy and EMDR pg. 2-3** * **Meet our new therapists pg. 4** * **The Referral Process pg. 5-6** |
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# Child-Parent Psychotherapy

Foundations Counseling Center is excited to have three therapists who were awarded scholarships to attend the 18-month long Child-Parent Psychotherapy (CPP) learning collaborative offered by the University of Wisconsin Infant, Early Childhood, and Family Mental Health Capstone Certificate Program, Department of Psychiatry, School of Medicine and Public Health with support from the Wisconsin Department of Children and Families and Wisconsin Alliance for Infant Mental Health.  Participating organizations were selected through an application process that included demonstrating organizational readiness to implement CPP into the practice.

CPP is a trauma-informed, relationship-based, and evidenced-based therapeutic treatment for children from birth through age 5 and their caregiver. The model is indicated for children who have early trauma histories and/or are experiencing emotional, behavioral, attachment or mental health struggles.

*“Foundations Counseling Center is excited to bring another evidenced-based model to our practice to serve and improve the outcomes for Wisconsin’s young children and their caregivers.”*

Stephani Storkson, MS, LMFT, Kelly Jo Duprey, MA, LCP and Andrea Petersen, MSW, CAPSW launched into the training during 3 in-person learning sessions early in March. During this learning session, they furthered their understanding of parent-child relationships and were trained in implementing multiple formal assessments and measures of behavior, relationships, and trauma. Executive Director Alisa Kelly-Martina, MSSW, LCSW also participated in these 3 days as a Senior Leader to learn about CPP and assist in supporting the program fidelity at the agency. These three therapists will also be participating in the University of Wisconsin, Department of Psychiatry, Infant, Early Childhood and Family Mental Health Certificate Program starting in the Fall of 2018.

CPP’s primary focus is to explore the way that trauma has affected the parent-child relationship. It is designed to strengthen and support the relationship between the child and their caregiver while working to restore the child’s sense of attachment, safety, and regulation of affect. It can also improve the child’s emotional behavioral, social and cognitive functioning with the goal of returning the child to a normal developmental trajectory. Sessions may also include helping parents to understand the child’s experience, increasing empathic response, educating on and normalizing trauma reactions, and developing an understanding how their own history can affect perceptions of and interactions with their child. The model integrates the use of familial connection to their culture and cultural beliefs, spirituality, intergenerational transmission of trauma, historical trauma, immigration experiences, parenting practices, and traditional cultural values.

Foundations Counseling Center is excited to bring another evidenced-based treatment to our practice to serve and improve the outcomes for Wisconsin’s young children and their caregivers.

If you know a child-parent dyad that you think would benefit from CPP, our therapists have immediate openings to serve these children who have not yet turned 6. Please contact our **Referral Coordinator: Stephani Storkson, MS, LMFT at 608-445-2656** for further information on making a referral to Foundations Counseling Center. Our referral forms may be located on our website [<http://www.foundationscc.com>](http://foundationscc.com/) under the ***Contact*** page. Referrals should be **faxed to 608-424-9099** or can also be made electronically by sending an email to [**referralcoordinator@foundationscc.com**](mailto:referralcoordinator@foundationscc.com)**.**



Stephani Storkson, MS, LMFT

Supervisor

[Referral Coordinator](mailto:referralcoordinator@foundationscc.com)

In-home Family Therapist

Foundations Counseling Center, Inc.

# Group THerapy

Foundations Counseling Center is now offering Group Therapy to clients in the Beaver Dam area. Group Therapy is an effective way for clients to process emotional issues and gain skills and self-confidence in a safe, supportive and confidential environment. Therapy Groups provided by Foundations Counseling Center are facilitated by one or more psychotherapists who possess a Master’s degree in a Mental Health field. Group Therapy offers numerous benefits to clients. Benefits include: a unique form of accountability and format to receive feedback from one’s peers, an opportunity to learn from a variety of perspectives, the experience of acceptance and inclusion, and the opportunity to share one’s experiences and help others.

Foundations is currently offering a Depression Recovery Group for Adults (ages 18 and up). The group meets on Thursdays at 1:00 at C.A.R.E. for Dodge County, 900 Green Valley Rd., Beaver Dam, WI 53916.

Foundations plans to offer a Teen Psychotherapy Group Summer 2018. The Teen Group will use activity based therapies to engage teen-agers in therapeutic interactions. Teens will find a safe place to process emotions, gain self-confidence, and learn coping and social skills.

*“Group Therapy is an effective way for clients to process emotional issues and gain skills and self confidence in a safe, supportive and confidential environment.” -Kelly Jo Duprey, MA, LPC*

If you would like to refer a client to Group Therapy, please complete a Group Therapy Referral Form available on our website: <http://www.foundationscc.com>. Click on the **Contact** button to access the form. Completed forms can be faxed to **(608) 424-9099** or emailed to Kelly Jo Duprey ([kjduprey@foundationscc.com](mailto:kjduprey@foundationscc.com)). If you have questions about Foundations’ therapy groups, please contact Kelly Jo Duprey at **(608) 445-2847**.

# EMDR (Eye Movement Desensitization and Reprocessing)

EMDR (Eye Movement Desensitization and Reprocessing) is a psychotherapy that enables people to heal from the symptoms and emotional distress that are the result of traumatic life experiences. EMDR uses directed bilateral stimulation; eye movements (having the client move their eyes left to right), tapping and/ or audio stimulation, while engaging the traumatic memory. Bilateral stimulation helps the brain reprocess the memories. Using EMDR, traumatic memories are “moved” and restored in the brain in a less emotionally charged form. EMDR is evidence based, with over 30 studies demonstrating its effectiveness. Some clients are amazed at how quickly EMDR works to alleviate their traumatic symptoms. In addition to trauma (Post Traumatic Stress Disorder), EMDR can also be effective for clients with generalized anxiety and phobias, depression, and chronic pain.



Kelly Jo Duprey, MA, LPC is trained in EMDR and offers this therapy to clients at Foundations Counseling Center. She is a supervisor and In-Home and Outpatient therapist at Foundations Counseling Center, Inc.

# MEET THE NEW FOUNDATIONS COUNSELING CENTER THERAPISTS!

Lucinda Briesemeister, MSW

****Lucinda is currently a MSW intern at Foundations but has been hired on to start full time as a therapist with Foundations in May. Lucinda obtained her Bachelor’s in Psychology at the University of Wisconsin-La Crosse and will complete her Master’s in Social Work at the University of Wisconsin-Madison in May of 2018. Lucinda has a background working with children and families in child welfare. Lucinda also has experience working with and licensing foster parents. Lucinda’s professional interests and training include Motivational Interviewing, Functional Family Case Management/Therapy, cultural inclusivity, and individuals who have experienced complex trauma. In her free time, Lucinda enjoys spending time with her husband and four children, exercise, dance, and travel.

[Joslynne Schneider, MS, MFT](mailto:jschneider@foundationscc.com" \t "_blank)

Joslynne earned her Bachelor’s degree in Psychology with a Clinical Counseling concentration from Edgewood College in 2015. She holds a Master’s degree in Marriage and Family Therapy from Edgewood College. Joslynne completed her internship at The Family Center in Madison, where she worked with children, adolescents, adults, couples and families. Some of her areas of interest would be working with young children and their families, in addition to children and adolescents individually. In her spare time, Joslynne enjoys spending time with her family and friends, being outdoors, doing art/crafts, and watching the Green Bay Packers and Wisconsin Badgers!

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[​Caitlin Roberts, LMFT-IT​](mailto:croberts@foundationscc.com)

Caitlin is a Marriage and Family Therapist who obtained her Master's degree from Edgewood college in 2016, and Bachelor's degree in Clinical Psychology from Edgewood in 2012. Her volunteer experience includes work at Outreach, Madison's LGBTQ+ center, and The Canopy Center working with children and parents. Prior to working at Foundations, Caitlin worked at The Family Center for 2 years as both an intern and a resident therapist working with individuals, couples, and families. Her areas of professional interest and experience include working with the LGBTQ+ community, gender and sexuality issues, alternative relationship structures, depression, anxiety, suicidality, trauma, chronic illness, disabilities, and art therapy. In her free time, Caitlin enjoys art, baking and spending time with her dog.

# ThE Referral Process at Foundations Counseling Center, Inc.

“Barriers and hesitancies for services may exist for several reasons and are not limited to the stigma of mental health and care, cultural beliefs, economic or basic needs, physical health, transportation challenges, or concerns on paying for services. Coordination between the client, referral agent and Foundations will ensure any of these barriers or hesitancies are addressed so individuals and families will have the best opportunity for success within our programs”

-Stephani Storkson, MS,LMFT

We thank all our referral sources for continuing to send us individuals and families who need support as they work through some of life’s biggest challenges. If you are interested in making a referral to Foundations Counseling Center or just want to better understand the referral process, you’ll find that information here.

*Currently, we are accepting referrals in* **Columbia, Dane, Dodge, Green, Iowa, Jefferson, Rock, and Sauk** Counties. Please contact us regarding referrals in *Fond Du Lac, Grant, Green Lake, Lafayette, Marquette, and Walworth Counties* as we are occasionally able to serve clients in these areas, but it will depend on where in the county they are located.

*We currently accept the following forms of insurance and funding sources:* Care Wisconsin, Inclusa, CCS (Comprehensive Community Services, CCF/RISE in Dane, we have some direct contracts with counties (contracts requirements vary by program and county) and the following forms of Medicaid: MA SSI, Dean MA, Title19, MA for Foster Care.  If you do not see your insurance or funding source listed here, please contact your mental health benefits administrator to see which services your plan covers, and to determine if we are an in-network provider. This is typically the phone number on the back of your insurance card. Some commercial carriers will allow for single case agreements, but this would need to be secured at the time of referral submission. We currently do not participate in any commercial carrier’s networks (such as BCBS, Cigna, Aetna, etc.). However, if you have Medicaid and a commercial insurance as a primary, we will file with the commercial first and then file Medicaid second. Please contact us directly if you would like to discuss your specific insurance questions or concerns.

When an individual or family has been referred, our Referral Coordinator will connect with the referring agent and ensure that we obtain the pertinent and necessary information to begin services. Each funding source has different program requirements, and this may include coordinating care with current and previous providers. Clients may remain on the waitlist while we work to obtain this information. With some funding sources the rules are strict, and we are unable to waive any of the requirements; for those, all documentation must be in order prior to services beginning. Medicaid program requirements can be found on our referral form.

Once all documentation is in order, a Foundations Counseling Center therapist with a schedule opening will be assigned and they will reach out to the referring agent first, and then call to schedule an intake with the individual or family. Referring agents are welcome and encouraged to join us at our intake meeting, if schedules allow. Each of our therapists sets their own schedules to best meet the needs of the individuals and families they are currently working with and are generally available from 8am-6pm for appointments. Each therapist has a limited number of after school and evening slots each week and we try best save these to accommodate those families whose schedules do not allow for flexibility during the day.

Following an intake and assessment, our therapists will discuss their recommendations with individuals, family members and when appropriate team members. The goals of individual, group, couples or family therapy will be jointly established, and treatment will generally last 6-12 months depending on needs and intensity of treatment provided. Our therapists use a client-centered and trauma-sensitive orientation.

Clients are expected to maintain their scheduled appointments. It is clinic policy that therapists must be informed of cancellations 24 hours in advance of a scheduled appointment. If clients are struggling with consistently maintaining appointments our therapists will discuss with the client and team the commitment to the therapy process and determine if it is the correct time for services. Foundations is an agency that values collaboration and facilitating a referral for mental health services involves helping individuals and families understand the value of engaging in these services as well as the commitment to the therapeutic process. Barriers and hesitancies for services may exist for several reasons and are not limited to the stigma of mental health and care, cultural beliefs, economic or basic needs, physical health, transportation challenges, or concerns on paying for services. Coordination between the client, referral agent and Foundations will ensure any of these barriers or hesitancies are addressed so individuals and families will have the best opportunity for success within our programs.

Please call our **Referral Coordinator** **Stephani Storkson, MS, LMFT at 608-445-2656** for further information on making a referral to Foundations Counseling Center. Our referral forms may be located on our website [foundationscc.com](http://foundationscc.com/) under the ***Contact*** page. Referrals should be **faxed to 608-424-9099** or can also be made electronically by sending an email to [**referralcoordinator@foundationscc.com**](mailto:referralcoordinator@foundationscc.com)**.**

Did you Know?

Foundations Counseling Center has a branch office in Lodi and is currently accepting outpatient clients.

Coming in June 2018:

Foundations will have a branch office opening in Beaver Dam. Stay tuned for more details and follow us on Facebook!

g events.

# Foundations Celebrates 14 years of service to children, adults and families

This month, Foundations Counseling Center celebrates 14 years of providing mental health services to children adults and families. I would like to take this opportunity to thank all of our referral sources and the clients we work with for trusting Foundations to provide these effective mental health services. Looking ahead in 2018 we will be working to expand our group therapy options, therapeutic mentoring, and branch office locations. Our goal for our state certified branch offices is to give clients and staff additional, accessible, and confidential spaces within the counties we serve, and to provide treatment in conjunction to therapy provided in the client’s home. We continue to be committed to providing evidenced based treatment models like TF-CBT, CPP, and EMDR mentioned in the above articles. In the Fall, we will also have three clinicians trained in Infant Mental Health, furthering our commitment to serving all ages and populations.

In addition, we have been working on updating all our treatment forms to be more trauma and culturally sensitive. Our therapists are incorporating the ACE (Adverse Childhood Experience Questionnaire) and the PHQ-9 (Patient Health Questionnaire) screening tools into our assessments with adults along with the Columbia-Suicide severity rating scale (C-SSRS) for all clients who score high for suicidal ideation. For children, we are utilizing the TSSCA (The University of Minnesota’s Traumatic Stress Screen for Children and Adolescents). We hope these assessment tools will further our trauma informed practices and provide the best mental health services to our clients.



Alisa Kelly-Martina, MSSW, LCSW

Director/Foundations Counseling Center, Inc.