

NEWSLETTER

THE PILLAR REPORT

ISSUE 14 | FEBRUARY 2025



PILLARS PROGRAMS

INTENSIVE OUTPATIENT PROGRAM FOR SUBSTANCE USE -
A structured, non-residential treatment program

12 WEEK DBT PROGRAM -
Teaching people how to live in the moment, to develop healthy ways to cope with stress, to regulate their emotions, and to improve their relationships with others

SCHOOL BASED SERVICES -
Partnerships with local school systems to offer on-site and telehealth services

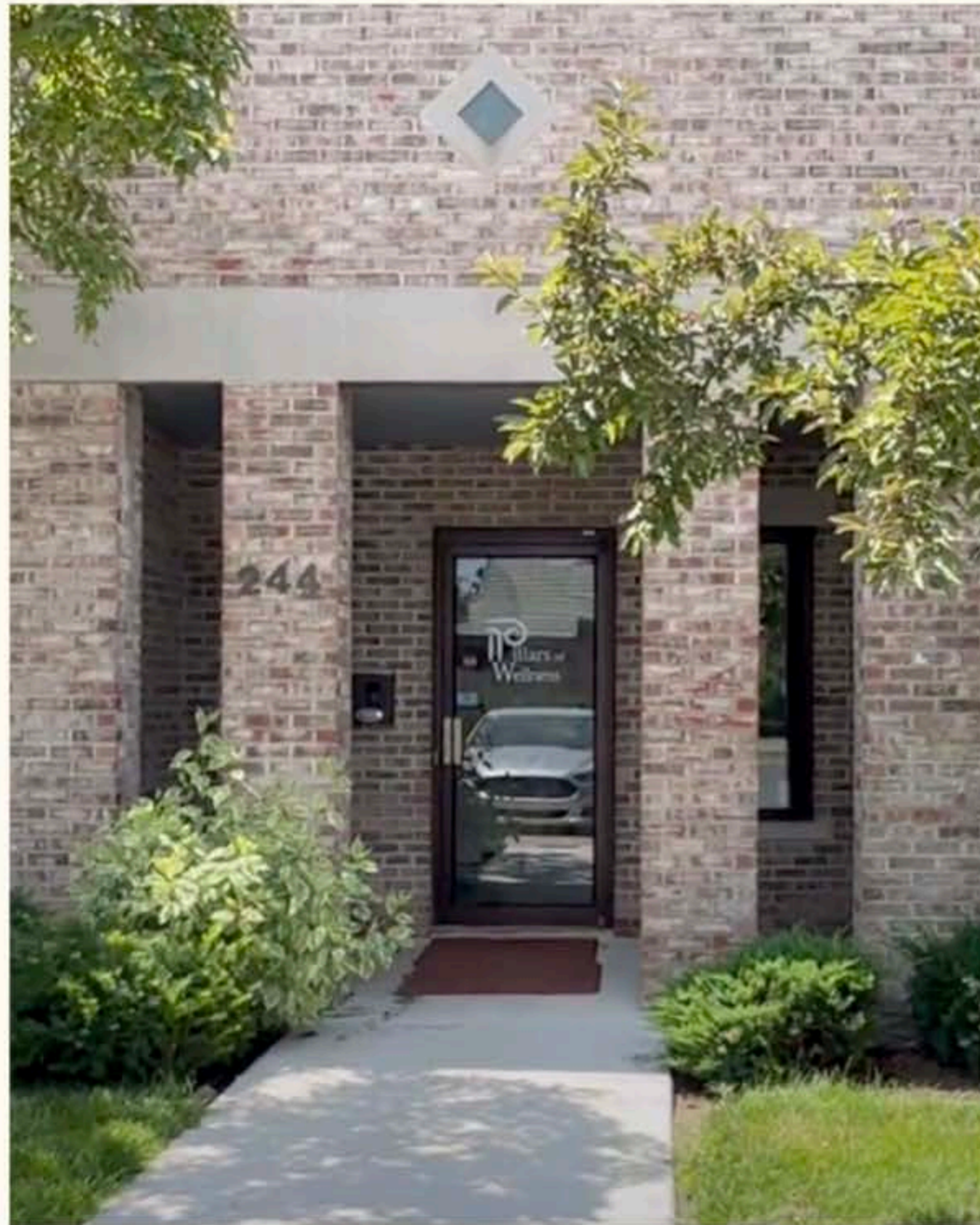
PILLARS PARENTS -
Group therapy aimed to help parents learn new parenting strategies and approaches

ANGER MANAGEMENT -
10 week anger management group offering clients coping skills and tools to approach anger

8 WEEK MINDFULNESS PROGRAM -
Learn helpful skills and techniques to be more mindful

CHRISTIAN COUNSELING PROGRAM -
Work with counselors who are educated in the Christian faith or who are themselves Christians

WORKPLACE WELLNESS PROGRAM -
Individualized programming based on your company's needs



IN THIS ISSUE

- Important Information For Current Pillars Clients!
- New Programs Coming Soon!
 - Coping with Chronic Illness
 - Pillars Parents Program
- Car Conversations: Empathy
- Ask A Therapist: Healthy Habits to Begin Now to Prepare for an Active Summer

Current Clients

THINGS TO KNOW

- Most deductibles restarted in the new year. Please contact your insurance if you have any questions regarding your deductibles.
- Your client portal will have new forms to sign for the new year. Please be on the lookout and get the new forms signed as soon as possible.
- If your intake is more than a year old, your therapist may take a short time of your appointment to update your paperwork.
- To help keep our services running smoothly and offset rising processing costs, we will be implementing a small fee for certain payment methods. We understand that any additional fees can be a concern, so we've worked with our EMR system to offer payment options—such as ACH transfers—that do not incur additional charges. We encourage ACH (bank transfers) for its convenience and because it avoids additional charges. Our therapists do not accept payments, but you may pay statement balances by check, which can be mailed to our administrative office at 326 E US Hwy 30, Schererville, IN 46307. The following outlines our upcoming convenience fees:
 - Check or ACH (bank transfer): No processing fee
 - Debit Cards/FSA: 1% processing fee
 - Credit Cards: 3% processing fee
- To support your care, we will automatically send assessments like the PHQ-9, GAD-7, and PCL-5 to track progress and keep treatment aligned with your needs. These also help meet insurance requirements for medical necessity, which is key to ongoing coverage. You'll receive reminders to complete them, and treatment plans will continue to be reviewed in sessions. We know insurance requirements can feel excessive, but we aim to make this process smooth. Coverage varies, so we encourage you to check with your provider for details.


If you have any questions regarding these updates, please contact us at info@pillarstherapy.com or 219-323-3311.


COPING WITH CHRONIC ILLNESS

PROGRAMMING COMING SOON




Pillars of
Wellness

 219-323-3311

 pillarstherapy.com

PILLARS PRAISES



PRAISES OF THE MONTH



"Breanne Knopf is so amazing truly! she is the first therapist that I've felt comfortable with and feel safe enough to tell her everything that's happening. she is a great listener and helps me figure out which way I should go! I can not thank her enough..."

- MJ

"[Tori] is so great and has helped me in so many ways"



JOIN US IN CELEBRATING OUR RECENT SHOUT-OUTS!

SHOUT-OUT!



Did one of our team members go above and beyond this week?

Want to show your appreciation & give them a shout-out?

Click below for our feedback form!





Clinician Corner



MEET KARMYN BOLLER, MSW, LSW

Title & Location at Pillars:

"I am an Intake Specialist with Pillars and provide services via Telehealth."

Specialties or Areas of Interest:

"Anxiety, Depression, Seasons of Change, Boundary Setting, Autism, & Parenting."

Something I Enjoy Doing Outside of Work:

"I enjoy spending time with my family. In the warmer months, I love to be outside either at the beach or near a swimming pool. In the colder months, I literally count down the days until warmer weather."



Car Conversations

TOPIC: EMPATHY

Looking to develop open communication and conversations with your friends and family? Look no further! Our car conversation section provides you with a monthly topic that allows you to build skills needed for open and effective conversations.

This Month's Questions:

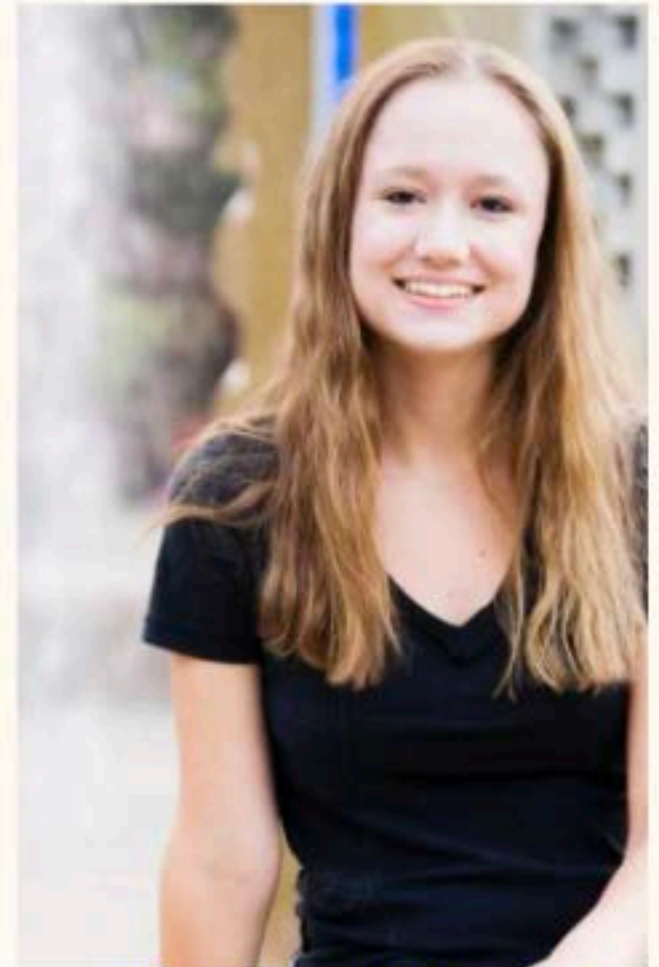
- What does it mean to have empathy?
- How can you practice empathy?
- Who in your life would you consider to demonstrate empathy well?



Ask A Therapist

Question: What would you suggest to prepare our family to be more active in the summertime? What heart healthy things should we start now, to be healthier as the weather is still cold?

Great question! Living in a place where it is cold for a significant chunk of the year can make it difficult to maintain routines with activity and exercise. I know it's tempting to want to lay around on the couch with a blanket and the TV through the winter months (hey, nothing wrong with that, that's what we all need sometimes), but getting even just a few minutes of activity a day can help us beat the winter blues both physically and mentally. It can improve our energy levels, mood, motivation, focus, and set us up well with routines that can last throughout the year! Here are 5 tips that can get you started!



**By: MS. KELSEY BREWER,
MA, LMHC, NCC**

1. Move indoors!

There are a lot of ways to get exercise indoors. YouTube has tons of guided videos for all sorts of ways to exercise, many of which don't require any equipment! There is also the Nike Training Club app, which has a lot of guided workout videos, some even geared towards kids! Another way to increase activity is to incorporate movement into daily tasks, such as getting up and doing 5 squats with every 5 pieces of laundry you fold, or getting up and jogging in place or stretching each time there is an ad break on a video you are watching or show you're streaming.

2. Make exercise fun and aligned with your interests and set goals!

Exercise does not have to be running, stair climbing, or lifting heavy weights all the time. There are plenty of creative ways to exercise, so explore what is enjoyable for you, such as dance, kickboxing, yoga, Pilates, walking, and more! While exercising, listen to your favorite podcast, audiobook, or music to make it more enjoyable! You can also set goals with your family and/or friends, such as step challenges. Many apps as well as Apple watches and other fitness trackers have ways to set goals with others where you can see your progress and theirs and motivate each other! You could also make a goal to check out a new area to explore when it is warmer out, such as a new hiking trail.

3. Focus on what you can add to your meals!

Promoting heart health through meals by focusing on what you can add to your meals or swap out, not what you can take away. Is there a way you could add a veggie to a dish, a new fruit to a smoothie, or swap out sour cream for Greek yogurt? Focusing on fiber, protein, and whole grains can support heart health.

4. Reduce screen time as a family!

I know this is hard in today's world! But spending even one night playing a board game or reading instead of watching TV or being on phones, tablets, or computers can get your family thinking about other options for downtime rather than electronics, which can include being outside when the weather is nicer!

5. Prioritize sleep and stress management!

Wintertime can drain energy, so focusing on good sleep hygiene habits, relaxation techniques, and stress management is important. These can include mindfulness (there are plenty of apps to guide you with this, including Insight Timer, Headspace, Calm, etc.), stretching, journaling, and grounding techniques.

Incorporating these tips now can help set you up well for a fun, active summer!



Ask A Therapist!



**WHAT QUESTION SURROUNDING
MENTAL HEALTH WOULD YOU LIKE
TO HAVE ANSWERED BY A
LICENSED THERAPIST?**

We would love to hear what you're thinking!
Please consider clicking the link below to submit
your question and to possibly be featured in an
upcoming submission of The Pillars Report.

HONORING BLACK HISTORY MONTH

A CELEBRATION OF



RESILIENCE
AND MENTAL WELL-BEING

BY: ELISHIA JENNINGS, LSW

AFRICAN AMERICAN SCIENTIST



AND INVENTOR DAY

BY: DR. CHRISTOPHER DABBS

BREAKING FREE

HOW TO CULTIVATE



HEALTHY RELATIONSHIPS

ON BREAK UP DAY

BY: ERIN CANADA, LSW



We are HIRING

We are currently seeking **passionate** and **dedicated** therapists to join our team. Our most urgent needs include:

- Clinical Supervisor - Merrillville office
- Counselors with evening/weekend availability
- Counselors who work with children
- Marriage and Family Therapists
- School-Based Counselors

We offer a generous **referral bonus of up to \$500!**
For more details on these and other open positions,
check out our website (link attached below)!



STARTING
APRIL 7TH

PILLARS PARENTING GROUP

PROVIDING SUPPORT AND EDUCATION FOR PARENTS

Parenthood can be both incredibly rewarding and challenging. At Pillars Parents, we understand the complexities of this journey, and we are here to support you every step of the way. Whether you're a new parent, navigating the toddler years, or seeking advice for your teens, our team of trained clinicians is ready to help you. Group content will include understanding transitions, mindfulness, and healthy engagement while exploring structure and routines.



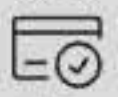
VIRTUAL OPEN GROUP SESSIONS



BI-WEEKLY, MONDAYS AT 6PM-7PM CST



WE ACCEPT MOST INSURANCE



SELF-PAY, PLEASE CALL (219) 323-3311



FOR MORE INFORMATION, PLEASE CONTACT US BY EMAIL AT INFO@PILLARSTHERAPY.COM OR BY PHONE AT (219) 323-3311

Join Us!

Group Virtual Sessions

AGES 14 – 17
WEDNESDAYS
4PM CST
VIRTUAL

AGES 18+
FRIDAYS
5PM CST
VIRTUAL

Each group therapy session will consist of diary card check-ins, supplemental skills training, and group processing.

Each individual therapy session will ideally consist of 30 minutes of client centered therapy and processing, and the other half of the session will focus on building skills in mindfulness, emotion regulation, distress tolerance and interpersonal effectiveness.

For More Information:

219-323-3311

info@pillarstherapy.com

www.pillarstherapy.com

PILLARS OF WELLNESS

12-WEEK DBT PROGRAM

This program will consist of one individual therapy session per week and one group therapy session per week for 12 weeks.

Topics covered include:

- 2 weeks of mindfulness
- 3 weeks of distress tolerance
- 3 weeks of emotion regulation
- 3 weeks of interpersonal effectiveness
- 1 week of review

Who May Benefit?

- Probation ✓
- Borderline Personality Traits ✓
- Bipolar Disorder ✓
- Difficulty Managing Emotions ✓
- Suicidality ✓
- Trauma ✓
- Anger ✓
- Substance Use ✓
- Eating Disorders ✓
- Feeling "Overly Sensitive" ✓

Most Insurances Accepted

10 Week Anger Management Group Therapy Program

“Holding on to anger is like grasping a hot coal with the intent of throwing it at someone else; you are the one who gets burned.” – Buddha.

Struggling with anger? We're here to help!



Program Details

- Duration: 10 weeks (1 virtual group session per week)
- Session Length: 1 hour
- Start Date: 12.5.24 @ 7p
- Closed group
- Location: Virtual
- Cost: Can use insurance or pay a cash rate of \$15 per session (\$150 for full 10 weeks)

Program Highlights

- Small, supportive group setting
- Guided by mental health professionals
- Confidential, non-judgmental environment
- Evidence-based strategies and interactive exercises

What You'll Learn:

- **Understanding the root causes of anger**
- **Effective communication skills**
- **Relaxation and coping tools**
- **Conflict resolution skills**
- **Better ways of handling stress and frustration**
- **How to have a healthier mindset**
- **Practical steps to develop empathy and patience**

Who Should Attend?

This program is ideal for anyone who:

- Wants to gain more control over anger
- Wants to learn positive anger management skills
- Is struggling with anger in personal or professional relationships
- Is ready to improve emotional regulation and self-awareness

Sign Up Today!

Limited spots are available. Contact us to register or for more information.

+219-323-3311
www.pillarstherapy.com
info@pillarstherapy.com





PILLARS OF WELLNESS

IS EXCITED TO ANNOUNCE OUR

CHRISTIAN COUNSELING *Program*



**COMPASSIONATE COUNSELING,
GROUNDED IN FAITH**

A place where we believe psychological approaches and Biblical values go hand in hand.

Call today to learn more!

(219)323-3311

Pillarstherapy.com





Intensive Outpatient

ABOUT OUR IOP PROGRAM

- For ages 18 and older
- Virtual Monday, Tuesday and Thursdays from 5 - 8 PM for 8 weeks!
- 24 group sessions
- Rolling admission, you can join anytime!
- Structured to work with your work, school and family commitments.
- Individualized care and treatment planning.
- Development and practice of applicable recovery skills for sobriety outcomes.
- Continuum of care recommendations and planning provided.

THE FIVE PILLARS OF IOP

Cognitive Behavior Therapy

Dialectical Behavior Therapy

Motivational Enhancement

Mindfulness

12 Steps

If you or a loved one would like more information about our Intensive Out Patient program, please call **219-323-3311** or visit **www.pillarstherapy.com**

**We have a spot
saved for you!**



**CALL OR SIGN UP
ONLINE TO GET
STARTED!**

219-323-3311

www.PillarsTherapy.com

Insurances We Accept:

- Aetna
- All Savers
- Allied
- Ambetter
- Anthem BCBS
- Anthem Medicaid
- CareSource
Marketplace
- CareSource Medicaid
- Cigna
- Indiana University
Health Plan
- MDWise Indiana
- Indiana Medicaid
- Meritain Health
- MHS HIP
- Optium
- UMR
- United Healthcare

**We also offer
self-pay/cash
pay options!**



**PILLARS OF
WELLNESS HOBART**

1265 S LAKE PARK AVE
HOBART, IN 46342

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