

# NEWSLETTER

## THE PILLAR REPORT

ISSUE 13 | JANUARY 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

**UNIVERSITY COUNSELING -**  
Specialized counselors and mental health content specific to college students

**FAMILY & COUPLES -**  
Self-study videos and content made for families and couples

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

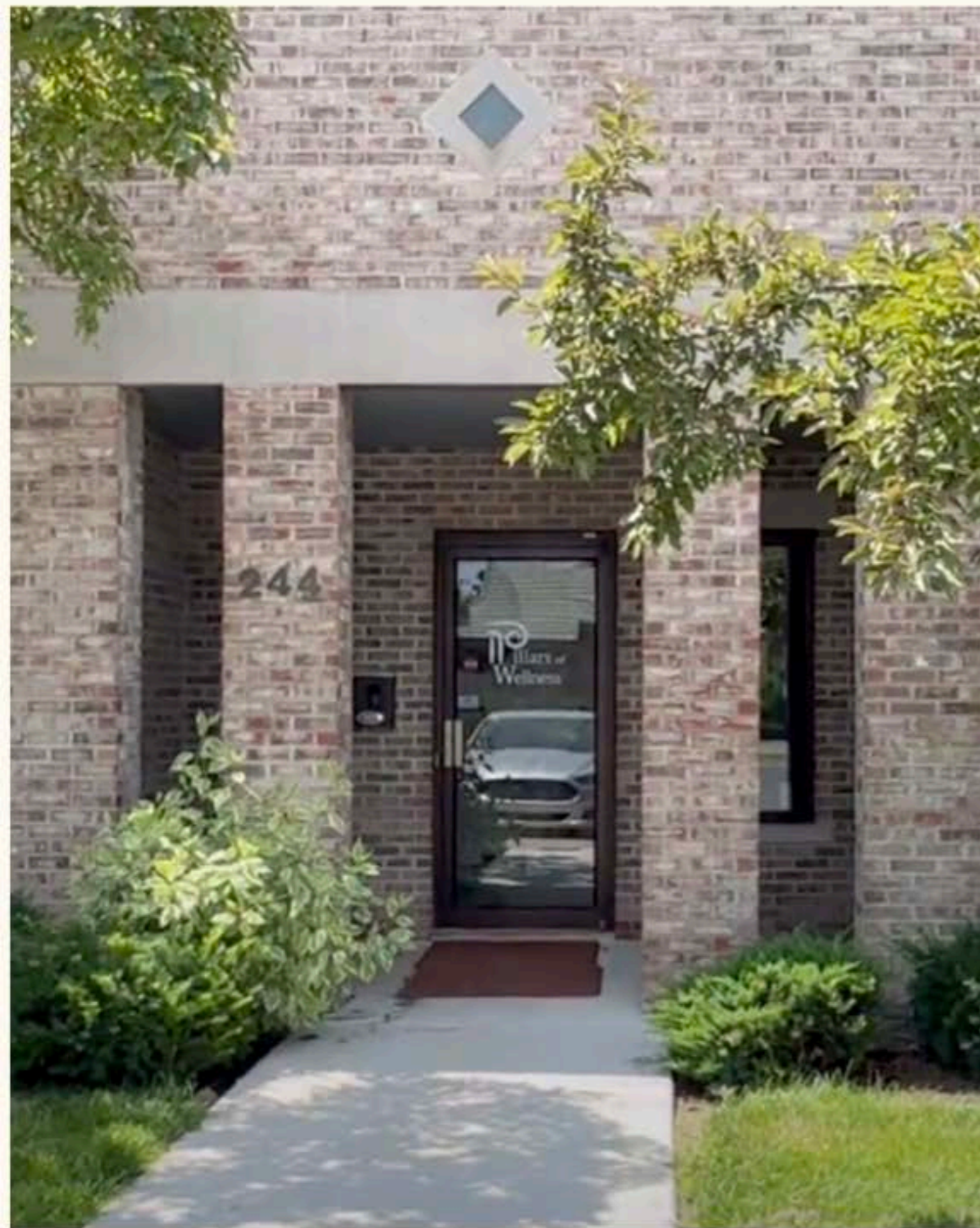
**CHRISTIAN COUNSELING PROGRAM -**  
Work with counselors who are educated in the Christian faith or who are themselves Christians

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



## PILLARS EVENTS

**STRESS LESS WORKSHOP: FEBRUARY 8TH**  
(see flyer below)



## IN THIS ISSUE

- New Programs Coming Soon!
  - Coping with Chronic Illness
  - Pillars Parents Program
- Pillars is Hiring!
- Car Conversations: New Year Thoughts
- Blog Post: The Unbreakable Bond of Pets
- And So much more!

# Join us for a Stress Less Workshop: Winter Blues Edition!

## Is your child feeling the “winter blues?”

Though the winter can be fun, it can also bring additional stressors or make us sad. Especially after the holidays end and with days being less sunny, some people feel more down than usual, more nervous, overwhelmed, or avoid situations they find difficult. If your child is feeling this way, they may be feeling the “winter blues.”

**Youth between the ages of 6 and 12** are invited to attend a single-day workshop where they will learn skills to better manage stress and sadness all the time, but especially during the winter months.

*\*Parents are welcome to stay or drop your child off.*

Join us for hot cocoa, cookies, and a fun craft where children can make their own light to brighten up the dark months!



### **Location: Pillars of Wellness, Inc.**

2501 Valley Drive  
Valparaiso, IN 46383

**Date:** 2/8/2025

**Time:** 10:00a – 12:00pm


*(Optional) Parents are invited to return at 11:30am for an informational session with project staff, to hear more about what your child(ren) learned and other resources for families.*



**To reserve your spot for this workshop or for future workshops, scan the QR code!**



# PILLARS PRAISES



## PRAISES OF THE MONTH



JOIN US IN CELEBRATING OUR  
RECENT SHOUT-OUTS!

“Kayla K. has been a literal lifesaver for me. In the last year and a half of working with her, my self confidence and ability to nurture and care for myself have grown exponentially. She flawlessly moves from one topic to another to work in my current worries with our overarching theme from the previous sessions. In working with her, I have discovered more about myself and learned to put myself first.”

- Morgan

**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

JENNA ZUBIK M.A., LMHC-A, NCC

**Title & Location at Pillars:** Telehealth clinician & team lead for the DBT program.

**Specialties or Areas of Interest:** “I like working with anxiety, depression, self-esteem, self-harm, suicidal thoughts, body image, identity concerns, emotion regulation, and interpersonal relationships concerns, and family conflict.”

**Something I Enjoy Doing Outside of Work:** “Outside of work, I love spending time with my family and exploring new places. My favorite is trying new foods! My weekends are filled with gatherings and laughter. I adore playing with my niece and nephew!”



# Car Conversations

TOPIC: NEW YEAR THOUGHTS

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:**

- When you reflect on the previous year, what's one memory that makes you smile?
- What's one thing you've never done that you would like to try this year?
- If you could choose one word to focus on this year —like kindness, courage, or fun—what would it be?"

# 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.

**THE UNBREAKABLE BOND**

**WHY PETS STEAL OUR  
HEARTS FOREVER**





# 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)!

# PILLARS PARENTS PROGRAM



## Coming Soon!

Launching Early 2025

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What's included: Educational parenting content, groups, and resources

Learn new parenting skills, approaches, and much more from trained professionals!

Call (219)323-3311 to learn more!

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](mailto:info@pillarstherapy.com)

[www.pillarstherapy.com](http://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](http://www.pillarstherapy.com)

✉ [info@pillarstherapy.com](mailto: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](http://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](http://www.pillarstherapy.com)**

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



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

219-323-3311

[www.PillarsTherapy.com](http://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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