



SUPPORT GROUPS

Children and families with education, mental health and family support needs are searching for a better quality of life. Wesley Spectrum Services helps them to become independent, responsible and caring members of the community by providing an array of high quality special education, mental health and family services. These services give children and families the strength to learn, to live and to love, resulting in stronger families and stronger communities.

Philosophy and Purpose

Children, adolescents and adults who have deep-seated emotional issues may need counseling before they can return to building stronger families. People utilizing Wesley Spectrum services can often benefit from group therapy and support sessions that focus on a particular issue.

Eligibility

Children, adolescents and adults who are involved in Wesley Spectrum's family or mental health services, who live in Allegheny, Washington or Westmoreland counties, may be referred by their counselor to a support group. Some groups are restricted to children or teens to focus on their needs.

Availability

Support groups are offered in Allegheny, Washington and Westmoreland counties on a rotating basis, so not all groups may be conducted at any given time. A group is formed when a sufficient number of clients require this service. All eligible people are treated equitably without favoritism.

Referral

Referrals come from therapists, teachers and counselors within Wesley Spectrum's other programs. Participants in the Facts of Life group must be adjudicated juveniles, between the ages of 12 to 18. This is ordered as a requirement of probation. Participation is not always voluntary.

Intake

Clients recommended to support groups are reviewed by the group supervisor. If we decide that group sessions would benefit the client, we assign them to the next available opening for a group in their area.

Funding

Services are paid for by the client or through private insurance. Some clients receive services that are paid for by Children, Youth and Families, other child welfare agencies, or Juvenile Court.

Accreditation

Wesley Spectrum is accredited through the Council on Accreditation. Most of our therapists are credentialed with master's or bachelor's degrees, and all supervisors are master's level. Our culturally diverse, highly experienced staff receives continuous training and supervision in order to insure that they deliver services in a manner that is respectful and sensitive to cultural differences.

Treatment Approach

We believe all people have strengths, and teach them to draw on their strengths to get hope and make a change. We believe every person has value and see the possibilities for good in every client, getting at the underlying factors to treat the total problem. Through support groups, we guide patients to reconnect spiritually, with their family and their community to build a sense of purpose and wholeness.

Services

Through support groups, we guide patients to reconnect spiritually, with their family and their community to build a sense of purpose and wholeness. Some group sessions meet for a set number of weeks, while others are ongoing.

In Allegheny County, an Anger Management support group helps children and adolescents who have deep-seated emotional issues. Over six weeks, experienced counselors teach teenagers and children how to control their anger and use appropriate behavior with peers and adults. After therapy, these young people are more likely to function better in the community.

In Westmoreland County, Facts of Life is an educational program designed by Dr. Douglas R. Ramm and implemented by Wesley Spectrum. Adjudicated youth ages 12 to 18 are mandated to attend as a condition of probation. This 8-week support group helps them gain a better sense of self and make smarter decisions, guiding them to pursue positive activities, and give back to their community.

In Washington County, group sessions provide mental health clients with support in anger management, grieving, or recovering from sexual abuse, as well as for substance abusers in recovery and children of recovering parents. During these sessions clients



Strength to learn, to live, to love

process their experiences, come to terms with emotions and learn appropriate ways to express their feelings. These sessions help restore or develop a positive, meaningful sense of identity. They will convene on an as-needed basis and meet once a week or several times a week.

Some clients who have completed Drug and Alcohol or Co-Occurring Disorder treatment may gather once a week with other "alumni" for support group meetings.

Outcomes

Group sessions are part of a client's individual treatment plan, which is reviewed and updated periodically during the course of treatment. We measure each client's progress towards his or her individual goals, updating goals when necessary. If progress is not occurring, we can then restructure the patient's program of services. This also provides data to measure and improve the quality of our services.

Discharge

A client has successfully completed treatment when he or she has met treatment goals, has improved family functioning, handles stress in a healthy manner, and demonstrates competence at school, work or in other daily life tasks. Former patients may participate in continuing care groups or support group meetings to maintain the strength they need to cope with daily problems.

Follow Up

We revisit patients 30 days after discharge to be sure they are accessing needed community services, and determine if they need additional services from Wesley Spectrum.

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