Please Join Us For The 2nd
Child Guidance Resource Centers
Building Stronger Families Speaker Series
in collaboration with Minding Your Mind

50% of individuals diagnosed with a mental disorder show signs by age 14.
4 out of 5 youth who need mental health services do not receive them.

The mental health world can be confusing.
Once a child/teenager needs help, there can be an overwhelming amount of steps to get care. And how do you know what treatment is appropriate? What is Medical Assistance and how does it work? What do you need to know about accessing services? What does an “intake” initial appointment involve? You may know about outpatient therapy, but what are family based services, wrap-around services, and how do you know when a child/teen needs day-hospitalization or inpatient treatment? How can you make sure you’re getting the most beneficial model of care for a child/teenager?

These are only a few of the questions we hear regularly.

Let us help you find answers.

Join us to learn:
- An overview of navigating the Medical Assistance system.
- The different types of therapy available for children and teenagers.
- What to know and expect from initial mental health assessments
- Age-appropriate therapy options for children/teenagers struggling with depression, anxiety, OCD, family issues, school, and a variety of behavioral and emotional challenges
- How to advocate for yourself to get the most appropriate & effective care
- And more!

Please join us on November 13th for a free 1-hour program:
How Access the Mental Health Services:
What You Need to Know

To register, please email Education@cgrc.org

Dr. Catherine Gardner, Psy D., JD is a Clinical Psychologist with more than 15 years experience in the area of behavioral health. Dr. Gardner has provided assessment & treatment services for Child Guidance. She has provided forensic psychosexual evaluations for JPI and dependency and delinquency evaluations in the Philadelphia Courts. Dr. Gardner has a strong commitment to supporting families with accessing appropriate and effective treatment for their children.

Sheila Gillin, LCSW, is a Clinical Social Worker with a specialization in child and adolescent therapy. She is the Program Director for a Girls Leadership Program offered in 6 area middle schools, focusing on the developmental issues of 7th and 8th graders including peer pressure, self-esteem, body image & bullying. Sheila is the Senior Assistant Director of Admissions for Graduate and Undergraduate degrees at Bryn Mawr College.

Joyce Samango, B.S, has been working at Child Guidance for 13 years. She has helped hundreds of families work through the Medical Assistance process to receive coverage for their behavioral health needs. She is Child Guidance’s MA expert. She currently works as a Case Manager at Child Guidance.

When: November 13, 2013
5:30-6:30pm
Where: Child Guidance Resource Centers
2000 Old West Chester Pike
Havertown, PA 19083

Act 48 Credits will be available for all presentations.

www.CGRC.org 2000 Old West Chester Pike, Havertown 484-454-8744