

# COMMUNITY MENTAL HEALTH SERVICES

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by Patricia Dixon, BA



## OUR SERVICES

We offer a variety of treatments and strategies in the form of weekly psychotherapy sessions to address various mental health concerns including:

- Cognitive-Behavioral Therapy
- Interpersonal Psychotherapy
- Meditation/Mindfulness
- Psychodynamic Psychotherapy
- Relaxation Training

### Psychological Testing and School Admissions Testing:

- Cognitive Assessments for Independent School Admissions
- Learning Disability Evaluations
- Intelligence Testing
- Neurodevelopmental Disorder Evaluations (e.g., ADHD)
- Mood and Personality Assessments

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## WHO WE ARE

We are a training clinic for students in the Clinical Psychology Doctoral program. All services are provided by Doctoral Student Clinicians who are supervised by Licensed Clinical Psychologists. Our aim is to provide high quality low-cost services to individuals and families from the community.

## MENTAL HEALTH TOPIC

Practicing  
Self-Care

## COPING SKILL

Deep Breathing

## MENTAL HEALTH TOPIC: SELF CARE

'Self-care' has become a popular phrase, but what does it mean and what does it look like? The National Institute of Mental Health (NIMH) describes self-care as taking the time to do things that help you live well and improve both your physical health and mental health. Engaging in self-care can help manage your stress, lower your risk of illness, and increase your energy. Even small acts of self-care in your daily life can have a big impact!

Ways to practice self-care recommended by the NIMH: Get regular exercise, eat healthy, regular meals and stay hydrated, make sleep a priority, try a relaxing activity (e.g., meditation, journaling), set goals and priorities, practice gratitude, focus on positivity, and stay connected with others (e.g., friends and family) who may provide emotional support.



### COPING SKILL:

**Deep breathing** (also called diaphragmatic breathing or belly breathing) is a relaxation technique that enables more air flow into your diaphragm, calming the nervous system and reducing feelings of stress and anxiety. You can practice this technique anywhere and anytime!

To practice:

- Sit or lie down comfortably.
- Close your eyes. Place one hand on your chest and the other on your stomach.
- Breathe in deeply and slowly through your nose for a count of 4, feeling your stomach rise against your hand.
- Breathe out slowly through your mouth.
- Repeat this breathing cycle 4-5 times.

### IN HONOR OF BLACK HISTORY MONTH, WE HIGHLIGHT THREE BLACK AMERICANS' CONTRIBUTIONS TO THE FIELD OF PSYCHOLOGY:

**Bebe Moore Campbell** Advocated for and shed light on the mental health needs of the Black community and other underrepresented communities. In 2008, Congress passed a resolution that established the month of July as Bebe Moore Campbell National Minority Mental Health Awareness Month.

**Herman George Canady, Ph.D.** Credited with being the first psychologist to examine how the race of the test examiner can create bias in IQ testing.

**E. Kitch Childs, Ph.D.** Helped found the Association for Women in Psychology and was a founding member of Chicago's Gay Liberation Front. Also owned her own practice and provided therapy to LGBTQ+ folks, people living with HIV/AIDS, and other marginalized members of the community.

**COMMUNITY OUTREACH:** This month, CMHS student clinicians facilitated professional development trainings to directors and staff of Olivet Boys & Girls Club of Reading, PA, as well as provided mental health resources and coping tools to students at Peirce Middle School's Wellness Fair!

### REFERENCES:

<https://www.mhanational.org/black-pioneers-mental-health>

<https://www.nimh.nih.gov/health/topics/caring-for-your-mental-health>