



OCTOBER 2016

Ascension Counseling Center

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DOMESTIC VIOLENCE AWARENESS MONTH

In America, one woman is fatally shot by a spouse, ex-spouse, or dating partner every 14 hours. There have been 477 domestic violence gun-related fatalities since January 1, 2016. The National Coalition Against Domestic Violence (ncadv.org) has a lot of helpful information. If you are in an abusive relationship you can create a personalized safety plan.

Ask Yourself the Following Questions:

1. When I have to talk to the abuser, I can _____.
2. When I talk on the phone with the abuser, I can _____.
3. I can make up a "code word" for my family, co-workers, friends and counselor so they know when to call for help for me. My code word is _____.
4. When I feel a fight coming on, I will try to move to a place that is lowest risk for getting hurt, such as _____ (at work), _____ (at home) or _____ (in public).
5. I can tell my family, co-workers, boss, counselor or a friend about my situation. I feel safe telling _____.
6. I can screen my calls, texts, emails, and visitors. I have the right to not receive harassing phone calls, texts or emails. I can ask friends, family members or co-workers to help me screen my contacts. I can ask these people for help: _____.
7. I can call any of the following people for assistance or support if necessary and ask them to call the police if they see the abuser harassing me.
Friend: _____ Relative: _____ Co-worker: _____
Counselor: _____ Shelter: _____ Other: _____
8. When leaving work, I can _____.
9. When walking, riding, or driving home, if problems occur, I can _____.
10. I can attend a victim's/survivor's support group with the Domestic Violence program, like _____.

Contact Information I Need To Have:

Police Department: _____

Domestic Violence Program: _____

Sexual Assault Program: _____

Attorney: _____

It's not what you look at that matters; it's what you see.

~ Anonymous

Counselor: _____

Spiritual Support/Clergy: _____

Probation Officer: _____

Other: _____

TAKE BACK THE NIGHT OBSERVANCE

October is Domestic Violence Awareness Month. Each year residents of Ascension Parish take part in the Take Back the Night Observance where we focus on the issue of Domestic Violence and encourage attendees to take a stand against violence. The TBTN observance in Ascension Parish is Monday, October 24th, in Jambalaya Park in Gonzales. It begins with a candelight vigil at 6 pm. The program will be hosted again this year by Jenny Heromann-Koenig. Many local dignitaries will also be there. There will be free jambalaya for everyone who attends. The TBTN observance is promoted by Iris Domestic Violence Center, whose message is that “it’s time to stop the violence.”

FREE DEPRESSION CLASS

Suzanne Hamilton, LPC-S will be conducting a free class entitled “Am I Blue? Depression in a Nutshell” in the Sr. Vernola classroom at St. Elizabeth Hospital on Monday, October 17th, from 6–7 pm. We’ll review the symptoms, take a brief depression screening, and discuss how medications can help with severe depression. The class is presented by the Continuing Education Department of St. Elizabeth Hospital.

PERSON-CENTERED STATEMENT

At Ascension Counseling Center you are at the center of your own care. Our goal is to treat you with dignity and respect. If you are not satisfied with the services that you are receiving, please let the receptionist know that you would like to speak to Lisa Weber-Curry, Clinical Manager (225/450-1172) or Suzanne Hamilton, Director (225/450-1160).

NEWS, TRAINING & OUTREACH

Cultural Competency Training

All clinical staff completed cultural competency training.

Prison Re-Entry Initiative Training

Suzanne attended the Prison Re-entry training in preparation for joining the Capital Area Re-Entry Coalition with other

Depression Class @ St. Elizabeth Hospital

Monday, October 17 @ 6 pm in the Sr. Vernola classroom at St. Elizabeth Hospital.

Take Back the Night

Monday, October 24 @ 6 pm at Jambalaya Park, Gonzales.

ASSESSMENT: BIPOLAR 1 DISORDER

This information cannot take the place of a professional evaluation.

- A distinct period of abnormally and persistently elevated, expansive, or irritable mood and increased goal-directed activity or energy, lasting 1 week and present most of the day, nearly every day.
- During the period of mood disturbance and increased energy or activity, three (or more) of the following symptoms (four if the mood is only irritable) are present to a significant degree and represent a noticeable change from usual behavior.
 - ◇ Inflated self-esteem or grandiosity
 - ◇ Decreased need for sleep (feels rested after only 3 hours of sleep)
 - ◇ More talkative than usual or pressure to keep talking.
 - ◇ Flight of ideas or subjective experience that thoughts are racing.
 - ◇ Distractibility (attention too easily drawn to unimportant or irrelevant external stimuli), as reported or observed.
 - ◇ Increase in goal-driven activity (either socially, at work or school, or sexually) or psychomotor agitation (purposeless non-goal-directed activity).
 - ◇ Excessive involvement in activities that have a high potential for painful consequences (engaging in unrestrained buying sprees, sexual indiscretions, or foolish business investments).
- The mood disturbance is sufficiently severe to cause marked impairment in social or occupational functioning or to necessitate hospitalization to prevent harm to self or others, or there are psychotic features.

www.AscensionParish.Net/MH

**ASCENSION COUNSELING
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**HELPING INDIVIDUALS AND
FAMILIES CHANGE BEHAVIORS AND
CHANGE LIVES.**

The mission of Ascension Counseling Center is to provide individuals, couples, and families who reside in Ascension Parish with counseling services to improve their cognitive, emotional, and behavioral functioning to improve their lives.

HOURS

Business Hours

Mon - Thur: 8 am - 5:30 pm; Fri: 8 am - noon

Counseling Hours

Mon - Thur: 7 am - 8 pm; Fri: 8 am - noon

Psychiatrist Hours

Monday and Tuesday: 8 am - 6 pm

GROUPS / EVENTS

Mondays:

- ***Adult Substance Abuse Treatment group***, 6 - 8 pm, Gonzales.
- ***Adolescent Substance Abuse Treatment group***, 4 - 6 pm, Gonzales.

Tuesdays:

- ***KKAY 1590 Radio 10 AM***: 10/4=Charla Johnson, St. Elizabeth Hospital Community Education, 10/11=Families Helping Families, 10/18=Capital Area Human Services District, 10/25=St. Elizabeth Senior Fest.
- ***Adult Substance Abuse Treatment group***, 6 - 8 pm, Gonzales.

Thursdays:

- ***Adult Substance Abuse Treatment group***: 6 - 8 pm, Gonzales.
- ***Adolescent Substance Abuse Treatment group***, 4 - 6 pm, Gonzales.



SERVICES WE OFFER

COUNSELING

We offer outpatient mental health counseling for children, adolescents, adults, couples, and families in a comfortable setting with licensed professional counselors. Individuals come to us with a variety of issues of daily living, including academic failure, academic conduct problems, difficulty completing homework, difficulty falling or staying asleep, depression, anxiety, failure to perform up to potential at work, substance use, divorce, relationship conflict, poor communication skills, and more. To see if we can help you or someone you love, contact Dawn at 450-1158.