

NEWSLETTER

# E L A T E D

## State of Mind

### EXTRA, EXTRA

As you continue to share your journey with us, we formally invite you to be a part of *our* journey as we continue to launch several new exciting things!



### WE WANT TO HEAR FROM YOU!

To inspire our readers and recognize your accomplishments, we would love to feature your story in one of our upcoming newsletters!

**Contact:**

office@elatedcounseling.com  
or call us at (318) 751- 9098.

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## BLOG SPOT



According to Ms. Jamie Dyche, PLPC, there are 3 major keys to wrapping up your summer and making light of the "back to school blues".

Beat the blues by:

- 1. setting realistic expectations for yourself**
- 2. focusing on the positive and new opportunities**
- 3. treating yourself to routine self-care**

Read more at [www.elatedcounseling.com](http://www.elatedcounseling.com)



We all know staying physically fit is extremely beneficial to our overall health, but we often forget to stay fit mentally. How does one stay mentally fit you ask? Our owner, CEO, and LPC, Mrs. Allison Borel breaks it down for us in 3 steps:

- 1. Start with writing out a list of goals.**  
*Writing out your self-expectations gives you a clear start and end point.*
- 2. Learn more about yourself.**  
*Knowing yourself is so important to your mental health and serves as your foundation for everything you do in life.*
- 3. Find things you enjoy that align with the previous 2 items.**

For the full story, check out our Blog section on our webpage.

## UPCOMING EVENTS

- **National Suicide Prevention Week:**  
September 9th - September 15th
- **National Women's Health Day**  
September 25, 2019
- **Building Healthy Relationships**  
September 28, 2019

## COUNSELING CORNER



### ASK A THERAPIST:

*How can a stranger help me with my problems?*

We asked our lovely clinician slash CEO, Mrs. Allison Borel, to answer this by stating, "As mental health therapist, we are trained heavily and highly educated. We often had to dig into our pain and history in order to be able to see others. This is truly a gift and one that allows us to ask the questions to get you to that best version of yourself.."

Check out our website to read the full story!



## **Elated Emotional Support Animals**

*Emotional support animals (ESA's) are one of Ms. Danielle's specialties since she has a huge heart for animals, including two sweet pups of her own!*

Our therapist, Ms. Danielle Goeckel, works with clients and their emotional support animals.

## **SUCCESS STORIES**

Meet Baylor, an emotional support animal that assists one of our clients that is a full time student.

Making Baylor an emotional support animal was ultimately necessary due to strict rules against having pets for on-campus housing.

Today, Baylor is loving her new home and continues helping her handler cope with anxiety, depression, and the stress of being in college.

## **ABOUT EMOTIONAL SUPPORT ANIMALS:**

- Emotional support animals require no formal training, but is recommended especially when there are others living in the home.
- ESA's are protected by federal laws under the Air Carrier Access Act to accompany their handler on flights.
- Federal laws also permit ESA's to stay with people in apartments that have "no pet" policies.
- ESA's generally provide support and assist just one person.



If you are interested in having your own emotional support animal, ask one of our office staff members how we can help at 318-751-9098 or [office@elatedcounseling.com](mailto:office@elatedcounseling.com).

# A CLEVER NEW TOOL IN CLIENT CARE



## WHAT IS TELEHEALTH?

*Telehealth involves the distribution of health-related services and information via electronic information and telecommunication technologies. It allows long distance patient/clinician contact and care, advice, reminders, education, intervention, monitoring and remote admissions.*

## WHY TELEHEALTH?

- A study of outcomes for 8,000 patients showed there were no differences in care quality between the in-person visit and the Telehealth visit.
- 74% of consumers say they are open to a virtual health visit.
- Patients diagnosed and treated earlier often have improved outcomes and less costly treatments.
- 50 million Americans would be willing to switch their regular office visits to have access to a video visit.
- Survey data proves Telehealth provides overall better patient care and satisfaction.

Telehealth allows our clinicians at Elated to provide a whole new experience in counseling, all from the privacy of your own home.

Scheduling conflicts, long distance commutes, and transportation are no longer a problem! After-hours appointments are also available per the clinician's schedule.

Give your busy life a break through using our online Telehealth services!



## IN SUMMARY:

Telehealth holds the promise to significantly impact some of the most challenging problems of our current healthcare system: access to care, cost effective delivery, and distribution of limited providers.

Telehealth can change the current trend of client care and allow for improved access and improved health outcomes in cost effective ways.

# AUGUST RECAP

## OUT ON THE TOWN



*Pictured above is Mrs. Allison Borel and Ms. Candice Webber at the Motivational Rally speaking engagement alongside NFL player, Morris Claiborne.*

## ELATED MERCH



*Pictured above is Madison, Meagan, and Ricky sporting their new Elated gear!  
#SQUADGOALS*

*Hellooo T-shirts and Elated merchandise! Have you ever wanted to represent the **best** counseling agency there is? Look no further! Contact our office to see how you can be entered to win some of your very own Elated merchandise.*



## STAY TUNED

*Our new video series, *Elated Office Talks*, is officially in production and will be posted across our social media platforms this month.*

**Be sure to stay tuned for these videos addressing topics that you do NOT want to miss!**