



WEEKLY NEWSLETTER

SAY NO TO BULLYING



BEING A BULLY IS NOT OKAY

Bullying among teens is epidemic. Many teens are harassed daily by mean text messages (cyber bullying), teasing (verbal), hitting or punching (physical) and most are guilty of harassing others without realizing the impact of their actions. Teens need to understand that bullying can have serious long-term consequences on mental health and antisocial behaviors. Research suggests that children and youth who are bullied over time are more likely than those not bullied to experience depression, anxiety, and low self-esteem.

With kids just heading back to school, now is a good time to have a conversation about bullying. Talk to your child about the importance of empathy and awareness, and how to treat others who may be different from them. Also, stay alert for any signs that your child might be a victim of bullying and encourage them to advocate for themselves and/or seek out help from an adult.

Bullying creates an adverse childhood experience therefore communities must stand together on behalf of children everywhere by standing up against bullying and letting children, as well as adults know that it is not okay. Finally, parents should educate themselves on the law, their rights, and what actions can be taken to best protect their children. All children deserve to be healthy, happy, and whole and together we can make difference! To obtain additional information, visit <https://www.stopbullying.gov/r...> and/or <https://law.duke.edu/childedla...> to learn more about anti-bullying and what you can do to help.

Denise Wright

MFT Graduate Intern

Contact us for more information on GROUP THERAPY:

- We are currently offering numerous Groups for children, teens, and adults, including:
- Anxiety & Depression Group for tweens (11-13)
- Anxiety & Depression Group (14-15)
- Anxiety & Depression Group (16-18)
- Teen Empowerment & Growth Group
- Teen Social Club
- Parenting Teens Support Group
- INTENSIVE OUTPATIENT GROUP (11-18)

How To Get Started

What does the program include?

- 3 hours of group therapy 3-5 days a week
- Psychiatric medication education
- Individual & family counseling

Call us today at:
1 (855) NCPSYCH
(627-7924)



CONTACT US
Krippa Family Psychological & Wellness Services
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Phone: (866) 237-7258
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website: www.psychologyid.com/renovocoutpatient



Our Services

WHAT IS AN IOP?
An intensive outpatient program is a therapeutic treatment program for teens requiring additional support.

WHO IS THE PROGRAM FOR?
Intensively treated patients need to be socially isolated and group therapy can provide a healthy outlet for their emotions. This is why we offer a structured 3-hour inpatient or outpatient program for our teens. Our teens consistently struggle with social interaction, self-harm, anxiety, depression, low mood, irritability, and other mental health challenges.

WHAT TO EXPECT
Teens are provided multiple groups to offer focused in-outpatient services and a structured group therapy will be held each 30-minute, 30-45 minute, and 60-minute sessions.

Our Mission:
Helping teens develop a life worth living.

BENEFITS
Groups provide support, sharing from others with similar issues. Help you learn how they are not alone in dealing with the concerns they face. When you learn there are a lot of other teens joining the group in IOP because they are struggling, that they are the only one experiencing these intense emotions and struggles.

Our Mission:
Helping teens develop a life worth living.



Hours offered & timeline
M-F 3:30-6:30
M, W, F 10am-1pm

Timeline Varies
3-5 days week
8-12 weeks on average
Will vary in line with their needs, will be assessed by lead clinician

IS IOP RIGHT FOR MY TEEN

- Is your teen skipping school?
- Is your teen stepping down from a partial hospitalization or residential treatment program?
- Does your teen need more support than weekly outpatient therapy?
- Is your teen withdrawing from the family and activities they used to love?
- Is your teen engaging in risky behaviors?
- Does your teen struggle with self-harm?
- Is your teen having a hard time regulating their emotions?

To learn more about any of our Groups and to enroll please call us at 919-893-8444 or email us at info@ncpsychologist.com. Visit us at www.ncpsychologist.com and our Facebook and Instagram pages: Krippa Family Psychological & Wellness Services.

Website

Krippa Family Psychological & Wellness Services

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