

SEPTA Meeting  
4/12/18

Community Announcement: Heart Strides

Karen Myhre and Natalie Hanson described Heart Strides as a group dedicated to supporting moms who have special needs or critical illnesses  
Moms are given a new pair of running shoes  
It is completely run on donations  
Go online to nominate yourself or a friend

Officer Elections

There were no new candidates for the offices so the following will remain in their positions:

President – Kathryn Roberts  
Vice President - Beth Ivankovic  
Treasurer – Heather Cole  
Secretary – Karen Peikert

Presentation by Mosaic Counseling Group – Julie Benware and Eric Feia

Anxiety and depression often occur together  
Both biology and environment contribute  
Some people have a genetic predisposition  
Sometimes trauma triggers a biological response and lays the groundwork  
About 20% of the population has an anxiety disorder

Research is showing the Cognitive Behavioral Training is most effective  
CBT includes education for the parent and child  
They focus on relaxation and deep breathing, thinking about and identifying sources of anxiety, practicing problem solving and exposure therapy.  
Medication – often combined with CBT  
There are a lot of rewards used in CBT and they also focus on relapse prevention

DBT is kind of CBT plus mindfulness  
Mindfulness training – intentionally and nonjudgmentally focusing on the present