

Sigma Health Services

January– August
2014

From an Intern's Perspective

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Interning at Sigma Health Services has been the highlight of my undergraduate academic career. The staff have been more than welcoming and enthusiastic about teaching me the ropes of the mental health field. As a psychology major, looking forward to graduate school and a career as a clinician, Sigma has provided me ample opportunities to not only learn through observations but to learn through working hands on with the clients. I am thankful to the Sigma staff for providing me with an outstanding internship experience and look forward to applying the skills I've learned to the next step in my professional life.



Alyssa M. Drugan
William Peace
University
Class of 2015



Visit Our Wake Forest Location



Cognitive Behavioral Therapy: Are YOU in the Know?

Cognitive Behavior Therapy (CBT) is a form of psychotherapy in which patients learn how to cope with dysfunctional emotions, maladaptive behaviors and cognitive processes in a healthy way. CBT is based on a cognitive model that supports the idea that the way people perceive situations influence how they feel emotionally.

CBT has proven to be an effective form of therapy in the treatment of mood, anxiety, personality, eating, substance abuse, tic and psychotic disorders.



Sigma's Clinical Director Spencer Vann, MSW, LCAS, LCSW recommends the following books on CBT

- *CBT Toolbox, a Workbook for Clients and Clinicians* by Jeff Rigenbach
- *CBT Skills Workbook* by Dr. Barry M Gregory
- *Feeling Good: The New Mood Therapy* by David D. Burns, M.D.

Get the STATS!

Statistics on Substance Abuse

- Research suggests that nearly 50% of individuals with an eating disorder are also abusing drugs and/or alcohol, a rate 5 times greater than what is seen in the general population
- U.S. alcohol statistics reveal that approximately 50,000 cases of alcohol overdose are reported each year



- Every day in the US, 2,500 youth (12-17) abuse a prescription pain reliever for the first time.
- More than 90% of people with addiction began smoking, drinking or using other drugs before age 18.

Sigma Health Services is opening a Wake Forest Location primarily to focus on the LGBT community. However, other programs such as Outpatient Therapy, Anger Management, Driving While Impaired, and ACE; groups will be held here as well.

Our Staff are prepared to handle crisis situations as well and welcome consumers of any gender, race, religion, etc.

Med management will be offered by Dr. Harrell by appointments only.



Contact Us!

Main Office
8368 Six Forks Road Suite 102
Raleigh N.C. 27615

Wake Forest Office
10520 Ligon Mill Road Suite 100D
Wake Forest, N.C. 27587

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Call an Intake Specialist today!

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We accept: Medicaid, Medicare, Health Choice, Blue Cross & Blue Shield, Cash, Checks, VISA, Mastercard

Our Mission

Sigma Health Services is committed to elicit positive change by providing clinically sound, person-centered substance abuse and mental health services to individuals and families

Our Vision

Sigma Health Services takes a holistic approach to foster breakthrough in the lives of the people we serve to help them achieve a brighter tomorrow

What We Offer

Driving While Intoxicated (DWI) Program

Substance Abuse Intensive Outpatient Therapy

Outpatient Therapy

A New Way of Living, Substance Abuse Program for Adolescents

WCPSS Second Chance Online Resource for Education



WE ARE ON THE WEB!

WWW.SIGMAHEALTHSERVICES.COM

Celebrate Substance Abuse and Mental Health Awareness!



February 23– March 1

National Eating Disorders Awareness Week

March 10-16

National Brain Awareness week

March 30

World Bipolar Day

April 1-30

Alcohol Awareness Month



April 10

National Alcohol Screening Day

May 1-31

Mental Health Month

May 4-10

National Anxiety and Depression Awareness Week

May 4-10

National Children's Mental Health Week

May 8

National Children's Mental Health Awareness Day

May 15-21

Older American's Mental Health Week

May 18-24

National Prevention Week

May 19-26

Schizophrenia Awareness Week

June 1-30

PTSD Awareness Month

June 27

National PTSD Awareness Day

July 1-31

National Minority Mental Health Month

September 1-30

Recovery Month

September 7-13

National Suicide Prevention Week

September 10

World Suicide Prevention Day

October 5-11

Mental Illness Awareness Week

October 7

National Day of Prayer for Mental Illness Recovery and Understanding



October 10

National Bipolar Awareness Day

October 10

National Depression Screening Day

October 10

Worldwide Mental Health Day

October 9-15

OCD Awareness Week

October 1-30

ADHD Awareness Month

November 9-15

Mental Health Wellness Week

November 15

International Survivors of Suicide Day



Newsletter created and written by:

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