

AMAZING LOVE

Straight from the Heart



ALHS

HEALTH SERVICES

Because we care

n e w s l e t t e r

Vol.2 • 4/25/2016

Because
We care

Just Amazing
the Services We have



WITH AMAZING LOVE HEALTH SERVICES
Serving you is our Priority

INSIDE

Best Washington Award PAGE 5

Whole-Person Wellness PAGE 6

Individual Counseling PAGE 7

Group Therapy PAGE 7

Grief Counseling (DDS) PAGE 7



GEORGES' CORNER

By **Georges W. Ntemi**

President/CEO



In our first newsletter, we focused on the achievements of Amazing Love Health Services, LLC (ALHS). We have continued to fulfill our mission by providing quality health services to the residents of Washington, DC and the Ward 6 community.

This quarter, we begin to highlight our spectrum of services, and those that lead the charge in delivering those specific services. I believe it is important for you to know the commitment that our staff upholds and its continued effort to strive for excellence. Our staff is very knowledgeable and is backed up by years of professional experience within the mental health and wellness field.

Our consumers' quality of life is most important to us. Therefore, our staff is committed to ensuring everyone has the right and the dignity in choice, to obtain and gain access to all services and opportunities provided to the community and for the community.

Your health and wellness is a priority to Amazing Love Health Services, LLC Family and myself!

As mentioned in the January 2016 newsletter, I encourage you to submit your recommendations and concerns. It is very important to me, as your concerns are my concerns.

I thank you for your continued support and confidence in Amazing Love Health Services, LLC and look forward to maintaining partnerships and building relationships within this community.

Best Wishes!

Clinical Services Program



Pictured: FranklinFode-Kallay, Denise Williams, Gregory Pretlow, and Dr. Charles Tita

Amazing Love Health Services, LLC (ALHS) is the sole Free Standing Mental Health Clinic offering comprehensive services to adults in Ward 6 and the at-large community.

Services offered to adults include Intake and Assessment services by experienced, licensed psychiatrists, skilled nursing staff and licensed and certified clinicians/therapists. Adults get their issues and therapy needs met via individual one-on-one therapy and in a variety of groups with a broad spectrum of topics to assist and help them learn and implement new skills through the modalities of Family, Parenting and/or Couples Therapy.

Through the family therapy modality, issues such as infidelity, trauma-Life events, birth dilemmas, alcohol/substance abuse are addressed. In the parenting skills group discussion and teaching, the focus is on divorce/separation-becoming single, strategies and techniques to address behavior disorder and providing support and guidance while a person struggles with being a single parent. Moreover, couples therapy can help couples who seek to enhance their relationship do so by addressing issues such as jealousy, job stress, depression due to relation-

ship problems, depression independent of relationship problems, and intimate partner violence (also known as intimate terrorism). We also help our consumers of all genders transition back into the community from incarceration and/or other involvement with the penal system as they seek to make a smooth return to their respective neighborhoods while completing their obligations with probation, parole and/or other correction system stipulations.

ALHS, LLC works on integrating the services of the Intellectual and Developmental Disabilities Division approved by the DC Department on Disability Services (DDS). In addition, the Workforce Development/Educational Division offers our consumers a wide range of services with emphasis on Education/Training, Skills Enhancement, and Job preparation as well as placement. Lastly, ALHS, LLC offers Clinical Laboratory services which are certified by the DC Department of Health and Human Services.

By ALHS Team

> Building Success



"I am now on the path not only to recovery but also to regaining the custody of my children, and demonstrating the parental skills and love that are overdue"

AmazingLove Health Services, LLC (ALHS) likes to highlight the diversity of its consumers' successes. In most cases, success stories end with employment. ALHS believes a person's success should be evaluated on the goal and objectives of the consumer, upon his/her entry into the program. Ms. Lee's referral to ALHS occurred on December 17, 2015.

Prior to connecting

with ALHS, Ms. Lee was homeless, alcohol addictive, and involved not only with Child and Family Services, but also with the Department of Justice. Ms. Lee described her pain as so intense that she was not able to discern where to start her life over. Employment was last on the list of her priorities. Her primary focus was avoiding incarceration, adhering to multiple court orders, addressing undercurrent emotional challenges, and lastly securing stable housing.

If attendance report cards were issued and graded, Ms. Lee would receive an "A" for her participatory role in the on-going success of her wellness/recovery. Ms. Lee always said she is here to consistently demonstrate sincerity, and an earnest desire

to overcome the current barriers she faces.

Today, Ms. Lee did avoid incarceration with probation. She continues to participate in the evening individual and group therapy sessions Monday through Thursday of each week. Moreover, Ms. Lee has evolved into a transition facility pending placement into independent housing. This will be done through the assistance of the District of Columbia Housing Administration (DCHA). In her own words, Ms. Lee describes her current situation as follows: "I am now on the path not only to recovery but also to regaining the custody of my children, and demonstrating the parental skills and love that are overdue".

By Thomas Waters

UPCOMING EVENTS



Susan G. Komen Race for the Cure

We're taking over the National Mall and turning D.C. pink! Join the biggest, most exciting Race for the Cure in the heart of the nation's Capital (**Saturday May 7, 2016**). Walk or Run our unique 5k route that takes you on a private tour through the heart of D.C.'s most impressive monuments. It all culminates in a fantastic, fun festival on the National Mall to celebrate your impact on the fight to end breast cancer.



Our nation's more than 600,000 social workers have amazing tenacity and talent.

They confront some of the most challenging issues facing individuals, families, communities and society and forge solutions that help people reach their full potential and make our nation a better place to live.

WE CELEBRATE THE CONTRIBUTIONS OF SOCIAL WORKERS DURING NATIONAL SOCIAL WORK MONTH IN MARCH.

> Uplifting Success



Mr. Mark White is a very energetic and serious person, who has been working aggressively on his wellness and recovery in addition to actively searching for employment in the culinary field.

Educationally, Mr. White attended and graduated from primary and secondary schools in the District of Columbia. He successfully completed culinary school, which has been his dream. In



his words “Man! I enjoy cooking.” Professionally, Mr. White has a culinary experience dating back to 2007. He worked for the following employers: Sunrise Café, Courtyard Marriott Hotel, Chipotle Mexican Grill, and Hart Temporary Services.

Mr. White would tell you that he does not brag about his past life because he realizes now that living a life of crime associated with drugs

can only result in one or two things: jail or death. He will also say that he has tried many programs seeking help to transform his life and to find a new start. Prior to connecting with Amazing Love Health Services, LLC (ALHS), all efforts have been

in vain. However, Mr. White said he did find the fortitude and faith to stay clean, and when he felt weak, depressed and vulnerable, he attended Narcotics Anonymous (NA) meetings. What he identified missing in his life was substantial employment. Although he continued to seek employment and get interviews, none were successful. Opportunities were just not offered

and he knew deep inside that he could not give up.

Mr. White was referred through “word of mouth” to Amazing Love Health Services, LLC on July 16, 2015. He said he was willing to take any given chance, provided it would benefit him. He participated in individual/group therapy and employment assistance services offered by ALHS, LLC.

The professional connection between Mr. White and his therapist turned out to be great. In the end, he formed a very trusting relationship with the Workforce Division staff as well. Each time Mr. White would come in for services, he would always ask the staff “what do you have for me?” Finally, in February 2016, Mr. White was referred for employment interviews to Peaches Café and Greensborough Nursing Home. Both positions were in culinary Field. He was excited and anxious. He promised that he would interview successfully, and he did. On February 17, 2016, Mr. White started working for Greensborough Nursing Home, as a culinary professional, earning \$14.10 an hour. Amazing Love Health Services, LLC helped him with transportation for his first week of work.

By Thomas Waters

In the Community for the Community

Because we care. Amazing Love Health Services, LLC (ALHS) continues to reach out to be an integral part of the community. As part of our outreach effort we have done or plan to do the following :

On February 6-7, 2016, ALHS hosted the Training Program for the National Alliance on Mental Illness, NAMI. NAMI is a grassroots, education, and public awareness needed roadmap to build better lives for persons with mental illness.

On March 15, 2016, ALHS joined in supporting Ward 6 ANC A6A07 at a community meeting to discuss the future development plans by the Valor Development Company that affect Trinidad Baptist Church.

On April 16, 2016, ALHS will be one of the vendors at Mental Health Awareness event at Providence Hospital.

On April 22, 2016, ALHS will be one of the community based organizations participating in the Career Fair at Arena Stage.

*Monday March 21, 2016
Amazing Love Health
Services has been
awarded for the second
consecutive year the
2016 Best of Washington
Award for Health and
Allied Services, and
herewith qualifies for
the Washington
Business Hall of Fame.*

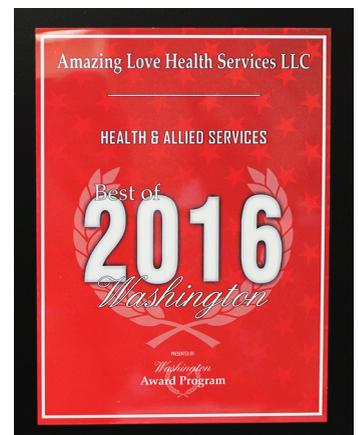
Amazing Love Health Services receives the 2016 BEST OF WASHINGTON AWARD

Amazing Love Health Services, LLC has achieved exceptional marketing success in its local community and business category. This company makes the Washington area a great place to live, work and play.

The Washington Award Program is an annual awards program honoring the achieve-

ments and accomplishments of local businesses throughout the Washington area. The Washington Award Program was established to recognize the best of local businesses in our community. Its mission is to recognize the small business community's contributions to the US economy.

By Gwendolyn Hemphill



“ALL OF ME”

Whole-Person Wellness

SERIES PART 2 OF 4

Emotional Wellness is more than just handling stress. It also involves being attentive to your thoughts, feelings, and behaviors, whether positive or negative. Emotional Wellness implies the ability to be aware of and accept our feelings, rather than deny them, have an optimistic approach to life, and enjoy life despite its occasional disappointments and frustrations.

- If you are a person engaged in the process of emotional wellness, you are willing and able to:
 - Arrive at personal choices and decisions based upon the synthesis of feelings, thoughts, philosophies, and behavior.
 - Live and work independently while realizing the importance of seeking and appreciating the support and assistance of others.
 - Form interdependent relationships with others based upon a foundation of mutual commitment, trust and respect.
 - Take on challenges, take risks, and recognize conflict as being potentially healthy.
 - Manage your life in personally rewarding ways, and taking responsibility for your actions.

The Path to Emotional Wellness

- The path to emotional wellness may involve:
 - Awareness of thoughts and feelings
 - Using a positive attitude
 - Seeking support and expressing emotions in a suitable manner

- Setting priorities
- Accepting mistakes and learning from them
- The path may also involve seeking out support from a mental health professional when needed and gathering information in order to make informed value decisions.

Are you engaged in the process of emotional wellness?

Evaluate your own emotional wellness with this brief quiz.

1. Am I able to maintain a balance of work, family, friends, and other obligations?
2. Do I have ways to reduce stress in my life?
3. Am I able to make decisions with a minimum of stress and worry?
4. Am I able to set priorities?

If you answered “No” to any of the questions, it may indicate an area where you need to improve the state of your emotional wellness.

Intellectual Wellness

is engaging the individual in creative and stimulating mental activities to expand their knowledge and skills and help them discover the potential for sharing their gifts with others.

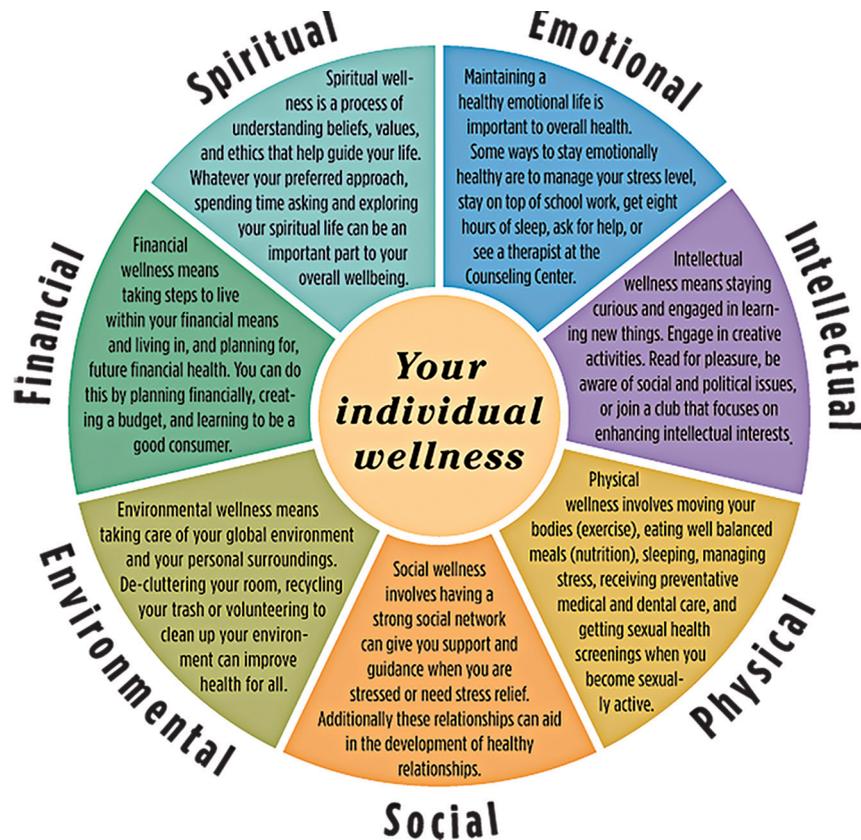
An intellectually well person :

- Cherishes mental growth and stimulation
- Is involved in intellectual and cultural activities
- Is engaged in the exploration of new ideas and understandings
- Intellectually well people are also curious and interested in the communities as well as the world around them.

Are you engaged in the process of intellectual wellness?

- Am I open to new ideas?
- Do I seek personal growth by learning new skills?
- Do I search for lifelong learning opportunities and stimulating mental activities?
- Do I look for ways to use creativity?

If you answered “No” to any of the questions, it may indicate an area where you need to improve the state of your intellectual wellness.



HIGHLIGHTED CLINICAL SERVICES



INDIVIDUAL COUNSELING



GRIEF COUNSELING (DDS)



GROUP THERAPY

When someone dies of there is a huge loss in one's life, it is normal to feel devastated, physically, emotionally and spirituality. Participants in the group will be exposed to components that lead to the grieving healing process.



A L H S

AMAZING LOVE HEALTH SERVICES

Because We Care!



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