

REX MONTHLY

REALISTIC EXPECTATIONS, PLLC COMPANY NEWSLETTER



988 - Should I Call?

By Jenna Turchiarelli, LMSW

While many may never need to call a suicide prevention hotline, having a resource to access support in the midst of intense emotional distress that is available 24/7 and free of charge to all people is an essential life saving service. 988 is the nationally recognized dialing code to access the Suicide and Crisis Lifeline (previously the National Suicide Prevention Lifeline) where callers can be connected with a staff member trained in crisis intervention, active listening, supportive counseling, and making appropriate community referrals if this is something that may help you. If you or someone you know is seriously considering harming or killing themselves, someone else, or experiencing hallucinations or delusions for the first time, it is strongly

encouraged that you call 988 immediately to speak with a crisis counselor about what you are experiencing. They can assist you in easing the intensity of what you are feeling and help you make a plan to find support that works for you. With that being said, there are some things each person should know before calling 988 for themselves or for a family member. The 988 Suicide and Crisis Hotline is a service that redirects callers to their local mental health and crisis resources. What this means is that the experience of each caller is heavily dependent on the availability, resources, and culture of their local community's crisis hotline. Limited resources may result in potentially longer wait times, shorter call times, and utilization of law enforcement for welfare checks. If you find that your community's culture does not address your needs, consider reaching out to a hotline that specializes in meeting the needs and experiences of your racial identity, sexual orientation, gender identity, or veteran status. Regardless of identity, location, or level of mental wellness, everyone deserves access to support and necessary resources to preserve life and promote wellness.

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Supervision Corner: Suicide Prevention

By Tamera Wright, LMSW

Suicide has been a growing problem and a leading cause of death in the United States. Suicide does not discriminate. Feelings of loneliness, stress, anxiety, and depression can affect people of all ages and can be risk factors for mental health disorders and even suicide. The act of suicide is a complex problem among individuals and higher among vulnerable populations. While suicide has long been viewed as an affliction of middle age, among people of color, those 30 and under are at greatest risk. Warning signs of suicide risk may show up differently in younger populations and across racial and ethnic groups. A desire to end one's life is caused by a plethora of life events such as mental health conditions. Recognizing contributing risk and protective factors in correlation to suicide and suicide attempts can assist those who notice to provide resources and support to their loved ones. Depression, bipolar disorder, anxiety disorders, schizophrenia, substance abuse disorders and/or struggles with sexual orientation are associated with an increased risk of suicidal behavior. In the month of September, awareness to prevent suicide is a time to share resources, stories and support in an effort to shed light on this highly taboo and stigmatized topic. National Suicide Prevention Awareness Month is a time where we can all benefit from genuine and transparent conversations about mental health and suicide. One conversation can implement change and save a life.

Monthly CEU: BDSM and Sense of Self

By Elizabeth Newsom, LCSW-S & Caroline Broughton, MSW-Intern

This month's CEU presentation focuses on the importance of secure self-attachment and maintaining a strong sense of self while participating in BDSM activities and relationship dynamics. BDSM stands for Bondage-Discipline Sado-Masochism, but the subculture encompasses much more than sexual activities and play parties. In fact, relationships can structure themselves through a BDSM lens with contracts and explicit consent agreements. While these BDSM relationships are unique, clinicians can still utilize an attachment theory approach. This presentation aims to inform clinicians about the importance of secure self-attachment in relationships, particularly as it pertains to maintaining an authentic sense of self while in a very exciting and nontraditional relationship dynamic.

Clinician Availability

Accepting New Clients

Limited Availability

Full



Elizabeth Newsom,
LCSW-S



Barry Whetstone,
LMSW



Chris Avila, LCSW-S



Tamera Wright,
LMSW



De'An Olson Roper,
LCSW-S



Jenna Turchiarelli,
LMSW



Shannon Floyd, LCSW



Caroline Broughton,
MSW-Intern



Staff Spotlight: Allison Goukler (She/Her), MSW

Hello! My name is Allison (Alli) Goukler and I am an administrative assistant and future clinician with Realistic Expectations, PLLC. After having completed my Masters in Social Work with the University of Texas at Arlington, I look forward to working with different folks seeking help with addressing mental wellness and exploring their identities, finding peace, and seeking change in their lives. I am honored to work within the queer community as a queer individual myself in order to continue to bring an affirming and friendly space to individuals that need it. We are not meant to walk through life physically, mentally, or emotionally isolated and without the help of others. I hope to assist folks in facing the challenges and reaching the goals that they set for themselves knowing that everyone is different and not all people must follow the same life path at the same pace.

Whether you are struggling with depression, anxiety, stress, shame, or something else, I look forward to speaking with you so that we can work together on finding the next steps forward. I have a background in the recovery and substance misuse field with specialty knowledge in opioids. I have also codeveloped the Realistic Expectations, PLLC's ASIDE (Asexuality-Spectrum Identity Development and Education) group along with other asexuality and ace specific educational materials and presentations. I hope to continue learning in the future and expand my understanding and awareness of the experiences of individuals of different races and ethnicities, polyamory and CNM, Kink and BDSM, fat empowerment, neurodiversity, chronic health conditions, expressive therapies, and gender diversity. Thank you!



EVENTS ON OUR RADAR

Beyond Vanilla

September 23-25th, 2022

Panel: Black and Kinky hosted by
Tamera Wright, LMSW

Presentation: Maintaining a Sense of
Self While Kinky by Elizabeth
Newsom, LCSW-S and Caroline
Broughton, BSc

Upcoming Group Programs

Neurodivergent Life Skills Therapy Group

Start: Rolling

Contact: Chris Avila, LCSW-S

Chris@realisticexpectations.net or (469) 928-6757

A-SIDE: An Asexuality-Spectrum Identity

Identity Development and Education Group

Start: Fall

Contact: Allison Goukler, BA

Admin@realisticexpectations.net or (469) 294-3779

Raising Queer Youth: Education and Exploration for Parents of LGBTQ Adolescents

Start: Fall

Contact: Jenna Turchiarelli, LMSW

Jenna@realisticexpectations.net or (469) 297-6153

Lessons in Self Love: A Self-Esteem Support Group for Young Adults

Start: Fall

Contact: Tamera Wright, LMSW

Tamera@realisticexpectations.net or (214) 233-5547

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