



# CONVENTIONS

## PSYCHIATRY & COUNSELING

### CONVENTIONS QUARTERLY: SUMMER 2022



Conventions Psychiatry & Counseling continues to listen to the needs of our patients and community. We've recently formed a partnership with NAMI Dupage, which allows us to host and offer even more services for you! Check out our [website](#) for updates on our first combined effort, bringing a [support group](#) for the LGBTQA community who suffer from mental illness. We are looking forward to many new collaborations with them!

### SUFFERING FROM DEPRESSION?

If you're like so many who suffer from depression, you have tried multiple medications or therapies searching for relief. It can be an exhausting cycle of trial and error that feels never ending. There's a new possibility for the treatment of depression that is medicine-free, FDA-approved, non-invasive, and covered by insurance!

Ask your provider, click, or call Rhonda at 630.642.1801 for more information.

LEARN MORE



### GROUP THERAPY

#### DBT Skills Training

Every Thursday 6-7:30pm

\$25/class

#### Self-Esteem Improvement

1st & 3rd Tuesday of every month

6-7:30pm

Free; Walk-ins welcome



## PROVIDER SPOTLIGHT

This quarter we are excited to spotlight Kerrie Blume, LCSW. Kerrie has been connected to Conventions Psychiatry & Counseling for many years, collaborating with our psychiatrists as an intake clinician at a local hospital. We are excited to finally have her bring her clinical expertise to Conventions! Kerrie provides outpatient therapy to adults struggling with an array of mental health concerns and is currently accepting new patients. To learn more about Kerri or to schedule an appointment, click below or call 630.416.8289.

REQUEST APPOINTMENT

### Depression/TMS Support Group

Every Wednesday 6-7:30p  
Free; Walk-ins welcome

### Grief Support Group

1st Monday of every month 6-7:30pm  
Free; Walk-ins welcome

REGISTER HERE

### COMING SOON!

Divorce, Anxiety, PTSD, and LGBTQ Support Groups

Visit our **website** for details on all of our events. Call 630.416.8289 or **e-mail** for more information.



## MINDFUL MOMENT

Summer is a time of joy for many. Frequent sunny and warm days give us more chances to soak up vitamin D and



## CLINICAL RESEARCH

With clinical trials, you can become a crucial part of the future of medicine and scientific advancements. There is no cost to participate and no insurance required! Studies may be compensated for time/travel.

AMR Conventions Research is seeking

enjoy outdoor activities. During this time, notice the vibrancy of color with green grass and blooming flowers. Notice the different aromas in the air, like the scent of fragrant blossoms in a garden. Listen and watch for baby birds leaving their nests. Look for shapes in the clouds on warm days or splash in the cool water at the local pool or lake. Visit somewhere new or revisit your favorite spot. Stay present and breathe in the warm summer air. Be mindful of the beauty surrounding you. And remember to stay hydrated and wear sunscreen!

volunteers for the following studies:

[ADHD- Child & Adolescent](#)  
[PTSD- Adult](#)  
[Bipolar 1-Depression](#)  
[Adult Depression](#)  
[Adult Treatment Resistant Depression](#)

Call 630.983.2000 or click for more information.

[LEARN MORE](#)

## A LOOK INTO ADHD

Attention Deficit Hyperactivity Disorder (ADHD) is a common condition that is often diagnosed during childhood however, it is estimated that 4.4% of adults struggle with this condition as well (NAMI, 2022). Someone who has ADHD is likely to experience symptoms such as becoming easily distracted, fidgeting, and impatience. While this is not a comprehensive list, and may seem somewhat “normal”, these symptoms are different in their frequency and duration of more than 6 months for those with possible ADHD (NAMI, 2022). Causes of ADHD are often attributed to genetics and certain environmental factors such as smoking and alcohol use during pregnancy, and exposure to lead (NAMI, 2022). Diagnosis is often made in childhood but can be made in adulthood as well. It is important to have a medical professional rule out any other causes that may express themselves in a similar manner. Medication is often used in the treatment of ADHD but behavioral therapy and accommodations at work or school may be used in conjunction or separate from medication.

### PATIENT SATISFACTION SURVEY



Your constructive feedback on our Patient Satisfaction has been invaluable! We've implemented some important changes and look forward to hearing more suggestions from you.

[SURVEY](#)

### ACCEPTING NEW PATIENTS

Are you concerned about someone's mental health? Have a low threshold for seeking mental health treatment. Guide them to Conventions Psychiatry & Counseling for mental healthcare of the highest quality.

Call 630.416.8289 or visit our **website** to learn more or schedule an evaluation or new service today!

### LEAVE A REVIEW



Did you have a positive experience with Conventions Psychiatry & Counseling or your provider?

[REVIEW](#)

Leave us a 5-star review on **Google & Yelp!**



Conventions Psychiatry & Counseling

Phone: 630.416.8289 • Fax: 630.416.8306 • [contact@conventionspc.com](mailto:contact@conventionspc.com)

[www.ConventionsPC.com](http://www.ConventionsPC.com)

"LIKE" & FOLLOW US



Conventions Psychiatry & Counseling | 4300 Weaver Parkway, Suite 100-A, Warrenville, IL 60555

[Unsubscribe contact@conventionspc.com](mailto:contact@conventionspc.com)

[Update Profile](#) | [Constant Contact Data Notice](#)

Sent by [contact@conventionspc.com](mailto:contact@conventionspc.com) powered by



Try email marketing for free today!