



# CONVENTIONS HEALTH

## CONVENTIONS QUARTERLY: FALL 2022



Conventions Psychiatry & Counseling has exciting news and has changed its name to Conventions Health to better reflect all of our services! We are excited to share our new logo and expansion efforts in this newsletter. At Conventions Health, you're sure to find the treatment, care, support, and research opportunities for all of your health needs.



Conventions TMS & NeuroStar deliver an advanced and unique form of TMS (transcranial magnetic stimulation), a non-invasive, medicine-free, FDA-approved therapy that uses targeted magnetic pulses to stimulate areas of

*Why would I participate in a clinical trial?*

Participating in a clinical trial is a way to play a more active role in you own healthcare or help researchers learn more about certain health problems. Whatever your motivation, when you choose to participate in a clinical trial, you become a partner in scientific discovery. Your contribution can help future generations lead healthier lives. Major medical breakthroughs could not happen without the generosity of clinical trial participants—children or adults.

No cost to participate. No insurance

the brain that are underactive in people suffering from depression and OCD (obsessive-compulsive disorder).

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

LEARN MORE



required. Compensation for time/travel.

PTSD  
Depression  
Bipolar 1-Depression  
Borderline Personality Disorder  
Treatment-resistant Depression  
ADHD- Child & Adolescent

Call 630.983.2000 or click below for more information.

LEARN MORE

## GROUP THERAPY



[Adolescent Anxiety Support Group](#)  
1st & 3rd Tuesday of every month  
6-7pm

[Adult Mental Illness LGBTQ Group](#)  
2nd & 4th Tuesday of every month  
6:30pm-8pm

[Adolescent LGBTQ Group](#)  
1st Saturday of every month; 10-11am

[LGBTQ Parent Support Group](#)  
2nd Saturday of every month; 10-11am

[DBT Skills Training Group](#)

Thursdays 6-7:30pm  
\$25/class; Virtual or in-person

[Self-Esteem Improvement Group](#)  
1st & 3rd Tuesday of every month  
6-7:30pm

[Depression/TMS Support Group](#)  
Every Wednesday; 6-7:30pm

[Grief Support Group](#)  
1st Monday of every month; 6-7:30pm

REGISTER HERE

Visit our [website](#) for details on all of our events. Call 630.416.8289 or [e-mail](#) for more information.



MEET CYNTHIA SALDANA,  
LCPC



MINDFUL MOMENT

Imagine you're learning to sail. As you

This quarter we are excited to spotlight Cynthia Saldana, LCPC! Cynthia offers a warm and creative environment and an eclectic style of therapy in her work with children and adolescents. She has expertise in individual and group therapy addressing concerns of anger management, trauma, grief, anxiety, relationships, transgender issues, executive functioning, stress management, and study skills. Cynthia is accepting new patients for individual sessions and will be offering groups in the near future. To learn more about Cynthia or to schedule an appointment for your child or adolescent, please call 630-416-8289 or click below.

[REQUEST APPOINTMENT](#)

get in the boat, you decide that you are going to focus on the present instead of worrying about what will happen at work tomorrow. You feel the warm sun and cool breeze on your cheeks. You look up and watch the sail catch the wind above you. Maybe you smell the salt water and hear the seagulls as they circle above. As the boat increases speed you enjoy the rush. All of your senses are alive and focused on the present moment. This is sailing in a mindful way. It is a stark contrast to thinking about the meeting you have on Monday or worrying about why your friend didn't call you back. You wouldn't notice the pleasant feeling of the sun on your face. You wouldn't appreciate the thrill of the wind. You may even get home and not remember very much about sailing or even feel like it was like a dream.

## COMMUNITY EVENTS



**Saturday, October 29**  
**10am-2pm**

DEA's National Prescription Drug Take Back Day encourages the public to remove unwanted/unused medications from their homes as a measure of preventing medication misuse. **Click** to find a location near you to dispose of medications and find support for those struggling with addiction.



**NAMI DuPage Octoberfest Sponsorship**

Conventions was honored to sponsor the event to help NAMI DuPage continue to improve the lives of those with mental illness and their families through its many support and education programs, and its advocacy at the state and national level.



**Fraidycat 5K Sponsorship**

Join Conventions Health on Sunday, October 30 to support the Fraidycat 5K! We will be on-site at the event with information about all of our services. Don't forget to stop by our booth and say hello! If you would like to be involved in volunteering for this, or any of our community events, contact Jill at the office, 630-416-8289.

## A LOOK INTO ANXIETY

Anxiety is a feeling of nervousness, worry, or unease. It is also present in various psychiatric disorders, including generalized anxiety disorder, panic disorder, and phobias. Although each of these disorders is different, they all feature distress and dysfunction related to anxiety and fear.

Anxiety disorders are the most common mental health concern in the United States. Over 40 million adults in the U.S. (19.1%) have an anxiety disorder. Meanwhile, approximately 7% of children aged 3-17 experience issues with anxiety each year. Most people develop symptoms before age 21 (NAMI, 2022).

Anxiety is a universal human experience. Anxiety comes out of specific trouble or problem, whereas anxiety disorder does not require a particular reason to show up. The causes of anxiety disorders are not fully known. Still, the following may be involved: genetic factors (including a family history of an anxiety disorder), environment (such as experiencing a traumatic event or stress), psychological makeup, or a physical condition. In addition to anxiety, people often have physical symptoms, including shortness of breath, dizziness, sweating, rapid heartbeat, and/or tremor. Anxiety disorders substantially change people's daily behavior, leading them to avoid certain things and situations. These disorders are diagnosed using specific established criteria. Medications, psychotherapy, mindfulness and support can substantially help. If you are under 18 or still in high school, please check out our new **Adolescent Anxiety Support Group**.

### 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 Health

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