



MBI Health Services, LLC.

Day Treatment Program's Groups and Current Facilitators
as of December 2015

Numbered List	Name of Therapy Group	Name of Group's Facilitator
1	The Four Nutritional Food Groups	Ms. Vanessa Robinson
2	Food Preparation Skill Building for the Home	Ms. Vanessa Robinson
3	Situational Judgement	Mr. Richard Mullen-El, Mr. Troy Strothers, Mr. Gordon, & Mr. Joseph Gethers
4	Life Skills & Effective Communications	Dr. Kilolo Ajanaku
5	Coping Skills / Anger Management	Dr. Kilolo Ajanaku
6	Conflict Resolution	Dr. Kilolo Ajanaku
7	Relationship Skills	Dr. Kilolo Ajanaku
8	Psycho Drama	Mr. Atieno Bird
9	Strength Based Skill Building	Ms. Tamara Winfree
10	Emotional Wellness	Ms. Tamara Winfree
11	Being Mindful	Ms. Tamara Winfree
12	Health Living Skills	Ms. Tamara Winfree
13	Health & Wellness	Mr. Steve Hall
14	Inner Healing	Dr. Gordon
15	Relapse Prevention	Mr. Joseph Gethers
16	Situational Judgement	Ms. Barbara Wilkerson
17	Mental Health Care While Being Employed	Ms. Barbara Wilkerson
18	Substance Education	Mr. Robert Hardin
19	Housing Support	Ms. Ayesha Martin
20	Peer Support Skill Building	Mr. Richard Mullen-El
21	Independent Living Skills	Mr. Richard Mullen-El
22	Interpersonal Skills	Mr. Troy Strothers
23	Psychosocial Skill Building	Mr. Troy Strothers



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24	Self-Awareness / Self-Identity	Mr. Troy Strothers
25	Leadership Encouragement	Mr. Troy Strothers
26	Logic & Reasoning	Mr. Troy Strothers
27	Fatherhood (All Male Group)	Mr. Troy Strothers
28	Resource System Development / Management	Mr. Walter George
29	Smoking Cessation	Ms. Jalowski
30	Relaxation & Stress Management	Ms. Kimberly Robinson
31	Art Expression	Ms. Deonta Head
32	Coping With Homelessness	Ms. Bernice Flood