

LaGrange Outpatient

2155 N STATE ROAD 9 LAGRANGE, IN 46761

WWW.NECMH.ORG T: 260-463-7144 F: 260-463-7146

Oh, how I love a September day. A new season has arrived. A time of change and reflection. As the leaves begin to change and the heat of summer fades into the crispness of fall, it's an opportunity to take some time to reflect on your year so far; where you've been and where you're still wanting to go. Try getting out and enjoying the end of summer bounty with fresh apples or sweet corn, or enjoy a beautiful sunset at the end of a nature walk.

Upcoming Events

TUESDAY, SEPTEMBER 1

Juvenile MRT group begins

FRIDAY SEPTEMBER 4

Adolescent DBT group begins

MONDAY SEPTEMBER 7

Office closed for Labor Day

We are here for you

We provide a person-centered plan of services to help meet your needs for persons of all ages and circumstances.

We are currently accepting new clients.

**2177 N State Road 9
Lagrange, IN 46761
260-463-7144**

Walk-In Intakes

Monday 8:00 am - 5:00 pm
Thursday 8:00 am - 2:30 pm

Office Hours

Monday & Tuesday
8:00am – 7:00pm
Wednesday, Thursday, Friday
8:00 am – 5:00 pm

We also offer our Emergency Services Hotline 24/7
1-800-790-0118

STAFF Spotlight



Lesley
Richardson

~ I have worked at NEC for three years working as both an Administrative Assistant, and a Case Facilitator. I hold an Associate's Degree in Business Management with additional education and experience in Early Childhood Education, and Autism Studies. I'm a Certified 1-2-3 Magic Parenting: Family Trainer. My education and training helps me in relating to clients and finding new and improved ways to help meet their needs. I self-care through my enjoyment of reading, cooking, baking, biking, kayaking, and traveling.

Calm-Down Corner

Sometimes, when things in life gets difficult, it is best to just go back and review the basics. Here are the simple and basic A, B, C's of coping skills to use when feeling a little bit overwhelmed or just dealing with everyday life stressors. Start at the beginning and see where you get. Review and practice them often. Remember: Practice makes permanent, not perfect. Nobody is perfect, and we shouldn't try to be. But we can practice and practice again, to help ourselves create a permanent plan of action that is ready to help us in our deepest times of need.

A = ASK FOR HELP

B = BREATHE DEEPLY & SLOWLY

C = COUNT

D = DRINK WATER

E = EXERCISE

F = FIND A HAPPY PLACE

G = GO OUTSIDE

H = HUG SOMEONE

I = IGNORE IRRITANTS

J = JOKES

K = KINDNESS

L = LISTEN TO MUSIC

M = MEDITATE

N = NAME YOUR EMOTION

O = OBSERVE SURROUNDINGS

P = PAINT SOMETHING

Q = QUESTION YOUR FEELING

R = RUN FAST AS YOU CAN

S = SEPARATE YOURSELF

T = THINK HAPPY THOUGHTS

U = USE YOUR SAFE PLACE

V = VOICE YOUR CONCERNS

W = WRITE YOUR THOUGHTS

X = EXHALE YOUR FEELINGS

Y = YELL INTO A PILLOW

Z = ZONE OUT & RELAX

There's a New Group For That

The Northeastern Center strives to meet the needs of all clients. While one-on-one or individual sessions are valuable, there are often times where a group setting may be more fitting. We are constantly monitoring the needs of our clients and communities, and assessing what additional groups are necessary to help address those needs. Listed below are a brief description of our newest groups and meeting times at the LaGrange Outpatient office. If you are interested in more information about our offered groups, please contact our office at 260-463-7144.

New Groups

Adolescent MRT

~Addresses issues related to, but not limited to, substance abuse, decision making, probation, school concerns, goal setting, self-concept, moral reasoning, frustration tolerance, and current relationships

Adolescent DBT

~Developing Interpersonal skills, emotion regulation, distress, tolerance, and core mindfulness skills

Additional Groups and Meeting Times

Substance Use Disorder – Foundations (Age 18 and over)

Monday 6:00-7:00p

Substance Use Disorder – Psycho Education (Age 16 -18)

Tuesday 4:00-5:00p

Dialectical Behavior Therapy

Tuesday 10:30a-12:00p

Anger Management

Wednesday 4:00-5:00p

Perception Awareness

Friday 10:30a-12:00p

By all these 
lovely tokens
September
days are here,
with summer's best
of weather
and autumn's
best of cheer.

Helen Hunt Jackson