



AMERICAN GROUP
PSYCHOTHERAPY ASSOCIATION
GROUP FOUNDATION
FOR ADVANCING MENTAL HEALTH
INTERNATIONAL BOARD FOR
CERTIFICATION OF GROUP
PSYCHOTHERAPISTS

25 East 21st Street
Sixth Floor
New York
New York 10010
877.668.AGPA (2472)
www.agpa.org

Media Contact:

Diane C. Feirman, CAE

877-668-AGPA (2472)

dfeirman@agpa.org

FOR IMMEDIATE RELEASE

AMERICAN GROUP PSYCHOTHERAPY ASSOCIATION PROVIDES A “TOGETHER WE CAN WEATHER THE STORMS AND FIND THE SUNSHINE” CAMP GALAXY DAY FOR CHILDREN OF AIR NATIONAL GUARD

NEW YORK, September 7, 2018 – Members of the American Group Psychotherapy Association (AGPA) once again provided a Camp Galaxy Resiliency Day “Together We Can Weather the Storms and Find the Sunshine” on August 7, 2018 for the children of parents serving with the 106th Air National Guard Wing at Gabreski Air Force base in Westhampton Beach N.Y., as well as children with military parents in any of the services in the New York area.

This multiple-award winning program, which has received the Social Responsibility Award through the New York Society of Association Executives and was recognized by the American Society of Association Executive’s Associations Advance America program, was adapted from the GOALS (Going On After Loss) support program used with families after 9/11, to a Going On During War one-day program for military children.

The goal of “Together We Can Weather the Storms and Find the Sunshine” AGPA Camp Galaxy Day was to use weather as a metaphor of challenge and resilience given the 106th Rescue Wing’s response to every natural disaster from Hurricane Harvey and Hurricane Maria to mud slides on the West Coast as well as ongoing deployments to Iraq and Afghanistan.

The AGPA team, integral to the success of the program, was led by Dr. Suzanne Phillips, Co-Chair of Community Outreach for AGPA, who was joined by four psychology doctoral students and four teachers. The team was also shadowed and supported by guardsmen (male and female) who helped with the set up.

As part of the day, the children were assigned to a group where they learned about weather, teamwork and problem solving. They started by creating a team pole and banner (representing a lightning rod), learned about hurricanes, blizzards and the use and meaning of a lightning rod. They also built a storm house, created a weather report, took part in a rescue team mission and several other team-building activities before making connection bracelets. The Commander of the 106th Rescue Wing also appeared in the midst of the day to welcome the campers.

“The AGPA Camp Galaxy Day is an outreach mission meant to use our understanding of the power of group to give something back to the children of military families who have given so much to all of us by their service,” said Dr. Suzanne Phillips, Co-Chair of AGPA’s Community Outreach Task Force and leader of the team that

coordinated the day's activities. "The connection of AGPA volunteer counselors, children, junior counselors and active military was very moving and very effective."

This program was supported in part by the Group Foundation for Advancing Mental Health, thanks to a generous grant from the Heartfelt Wings Foundation. The goal is to continue the valuable community outreach work being carried out by AGPA members nationally and internationally to a variety of communities in need. To support this work and to find out more about AGPA programs and services, please visit our website at www.agpa.org or contact Diane Feirman at the association office at 877-668-AGPA (2472).

About AGPA

The American Group Psychotherapy Association is the foremost professional association dedicated to the field of group psychotherapy, operating through a tri-partite structure: AGPA, a professional and educational organization; the Group Foundation for Advancing Mental Health, its philanthropic arm; and the International Board for Certification of Group Psychotherapists, a standard setting and certifying body. This multidisciplinary association has approximately 2,000 members, including psychiatrists, psychologists, social workers, nurses, clinical mental health counselors, marriage and family therapists, pastoral counselors and creative arts therapists, many of whom have been recognized as specialists through the Certified Group Psychotherapist credential. The association has 21 local and regional societies located across the country. Its members are experienced mental health professionals who lead psychotherapy groups and various non-clinical groups. Many are organizational specialists who work with businesses, not-for-profit organizations, communities and other "natural" groups to help them improve their functioning.

About the Group Foundation for Advancing Mental Health

The Group Foundation for Advancing Mental Health is a philanthropic organization dedicated to changing lives through therapeutic group work by advancing the most effective and innovative approaches to group therapy education, training, research and community outreach. Among the Foundation's most vital roles is the recognition of excellence, promise, and vision by honoring those individuals and groups who have demonstrated these qualities with grants, awards and scholarships.

#