



A FREE GUIDE

# Holiday Well-Being Guide

FAITHFUL FOUNDATIONS THERAPY  
[WWW.FAITHFULFOUNDATIONS.COM](http://WWW.FAITHFULFOUNDATIONS.COM)







# WELCOME

At Faithful Foundations Therapy, we understand the critical role you play and the unique pressures you endure. This guide is designed to provide you with helpful well-being tips and practical resources to manage your own stress, as well as clear options for referring clients who may be struggling during this time. By prioritizing your own mental health, you are better equipped to serve your clients effectively.

*Phillie Hillman*



# INTRODUCTION

The holiday season, spanning from Thanksgiving through the New Year, can be a particularly challenging time for both clients and the dedicated professionals who support them. Probation officers often face increased stress and a higher demand for resources as they navigate the complexities of their clients' lives during this period. For individuals on probation, the holidays can trigger feelings of isolation, financial strain, family conflict, and heightened emotional vulnerability, all of which can increase the risk of relapse or non-compliance.



We are committed to supporting the justice-involved community through compassionate and evidence-based therapeutic services. For more information about our mission and services, please visit our website: [Faithful Foundations Therapy.](#)





# Holiday Well-Being: Challenges and Solutions

The holiday season often brings unique professional and personal challenges for probation officers. Recognizing these issues and having immediate, practical solutions is key to maintaining your well-being.

## Common Challenges and Targeted Solutions

The table below outlines common problems probation officers face during the holidays and how Faithful Foundations Therapy services can serve as an effective solution for your clients.






# Common Challenges and Our Targeted Solutions

## Client-Focused Challenges and Faithful Foundations Solutions

During the holidays, your clients may face specific challenges that our therapeutic services are designed to address.

CLIENT CHALLENGE	Faithful Foundations Service/Intervention 
SUBSTANCE USE RELAPSE RISK	Intensive Outpatient Programs (IOP) and Group Therapy focusing on holiday triggers, relapse prevention planning, and sober social support.
FAMILY/MARITAL CONFLICT	Family and Couples Counseling to mediate conflict, improve communication, and establish healthy expectations for holiday interactions.
ISOLATION AND DEPRESSION	Individual Cognitive Behavioral Therapy (CBT) and Dialectical Behavior Therapy (DBT) to manage negative thoughts, develop coping skills, and build a positive support network.
RE-ENTRY DIFFICULTIES	Support Groups and resources for navigating the financial and social pressures of re-integration into the community during a high-stress time.



# Continued Well-Being and Client Referral Options

## Sustaining Well-Being Beyond the Holidays

Maintaining long-term well-being requires consistent effort and access to resources. Consider integrating these practices into your regular routine:

- **Mindfulness and Movement:** Even 15 minutes of quiet time or light stretching can significantly lower cortisol levels.
- **Utilize Your EAP:** If your employer provides an Employee Assistance Program, use it for confidential, professional support.
- **Scheduled Breaks:** Ensure you take a true, uninterrupted lunch break and step away from your desk.





# Client Referral Information

We are ready to partner with you to provide the highest level of care for your clients. Faithful Foundations Therapy offers flexible scheduling and a range of programs designed to meet the specific needs of individuals involved in the justice system.

## Our Core Services

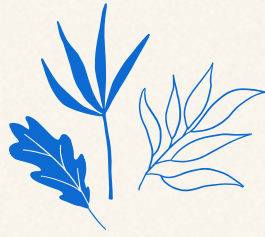
- Individual, Group, and Family Therapy
- Substance Use Treatment (IOP/OP)
- Anger Management and Domestic Violence Counseling
- Trauma and Grief Counseling



## How to Refer a Client

Probation officers can refer clients using our secure digital form: File. We require the client's name, contact information, and a brief statement on the reason for the referral. Click here to refer a client: [Referral link](#)





# GET IN TOUCH

For immediate questions regarding a referral, please use the contact information below.

**Email:** [contact@fftherapy.online](mailto:contact@fftherapy.online)

**Phone:** 276-708-7386

**Website:** [www.faithfulfoundationstherapy.com/](http://www.faithfulfoundationstherapy.com/)





# HAPPY HOLIDAYS

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THERAPY

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