

**"PSYCHOLOGICAL  
& SPIRITUAL  
WELLNESS FOR  
ALL AGES"**

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**"Change will not come if we wait for some other person, or if we wait for some other time. We are the ones we've been waiting for. We are the change that we seek."**

**— Barack Obama**



**The Armstrong Center for Hope**  
*Psychological and Spiritual Wellness for All Ages*

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## **"Change:" Bad Word or Path to Destiny?**

"Everyone thinks of changing the world, but no one thinks of changing himself" (Author Leo Tolstoy). As long as we're living, change is inevitable. Some changes are welcome events in our lives: Partners meet, fall in love, and commit to each other, perhaps for a lifetime. Children and grandchildren are born and thrive; Individuals find their passions and create not just a living, but a lifestyle; Graduations, matriculations, and promotions mark significant achievements. On the other hand, there are changes that we seek to avoid, yet they come anyway: Unemployment or underemployment strikes our families; Important members of our "village" move away; illness threatens our viability or that of our loved ones; death rocks our worlds.



We all understand, at least intellectually, that the year ahead guarantees to bring its share of changes. The good news about resolutions is that we get to focus on the *positive* change we hope to bring to our lives. Just about everybody wants change at some point in some area(s) of their life, but few people are willing to work toward it. In the first few days of 2020, a pizza commercial sympathetically suggested that the audience was already perhaps struggling to keep their New Year's resolutions. The narrator quickly quipped, "There's always next year!" It sounds ridiculous, but it is true that even in early January, we can already be running away from the very change that we need the most. Whether we need transformation in our fitness routines, dietary habits, prayer life, financial strategies, mindfulness practices, relational skills, or the like, change is both easily spoken about and daunting.

For change to organically occur, we must first **understand the components of change**. Change requires intentionality, sustained focus, effort, and sacrifice. *Intentionality* reflects how serious we are about achieving that particular goal. In other words, we have to make up our minds that the goal is worth pursuing. Sustained focus may be the hardest characteristic of change to pursue, especially in this day and age of constant environmental stimulation. No matter what comes our way professionally or personally, our minds must be "stayed"

on the prize. Effort means that we have to overcome inertia in order to consistently act in ways that move us closer to our goals. Not lip service or willpower, but bodily engagement. Sacrifice points to the reality that in order to reach for better, we have to surrender what we're currently holding on to. Such surrender may cause psychic or even

physical pain, but is the only viable way to create long-lasting change.

Moreover, the positive change we desire is best captured when we **pursue change daily**. Whether it's a physical, psychological, spiritual, or financial goal, you (with the help of a trusted confidante) can figure out how to incorporate that goal into your daily routines. If your goal is to engage your fitness routine three days per week,

you might still monitor the number of steps you take on a daily basis or build in some regular stretches you can do at your desk or waiting for your ride. No, you don't need to enter your place of worship seven days a week to become more spiritual, but you will very likely benefit from daily prayer and/or meditation. Habits form most strongly when we repeat a behavior over and over again to the point that the behavior becomes automated, even without conscious motivation.

Finally, don't forget to **include your village** in your planning and in your pursuits. Many programs of positive change (think Weight Watchers or Alcoholics Anonymous) work best precisely because of their relational focus. You may be private type who would rather keep your goals to yourself. Either you can "wow" the world at what you've accomplished all by yourself, or if you fail, you can keep your goals so far off the radar that no one even knows that you were trying. At best, this approach is cute; at worst, completely ineffective. I implore you to lean in! Share your specific goals with a few trusted others. Accept help and be willing to give it generously. And when your baby steps yield the first glimmers of success, CELEBRATE!

**-Dr. Tonya Armstrong**  
**Founder & CEO**

## Welcoming Our New Clinicians!



“Some changes  
 look negative on  
 the surface but  
 you will soon  
 realize that space  
 is being created in  
 your life for  
 something new to  
 emerge.”

— Eckhart Tolle



### Sharon Roberts-Carter, MS, LCMHC

Sharon Roberts-Carter is a Licensed Professional Counselor (LPC) who is board-certified in North Carolina. She has over 20 years of experience in the treatment of mental health and substance use, providing individual therapy, family therapy, couples/marital therapy and some group therapy with all populations such as military, civilians, children, adolescents, and adults. Some of the various issues/disorders that Sharon treats in diverse populations include anxiety, anger management, Attention-Deficit/Hyperactivity Disorder (ADHD), depression, grief/ loss issues, parent guidance, PTSD, relationship problems, trauma and occupational issues. Her goal as a therapist is to create a supportive, empathetic, and nonjudgmental environment in which clients can explore their own emotional needs, discuss behavioral issues and overcome barriers that limit their full potential or limit their self-actualization.

Sharon is very client-centered and eclectic in her therapeutic process and very frequently utilizes strength-based approaches in her work with clients, as well as a combination of Cognitive-Behavioral Therapy (CBT), psycho-education, empathetic understanding, psychological insight, and reality-oriented practical problem solving to help individuals to achieve a strong internal capacity to manage their daily lives as effectively as possible. Sharon states, “I firmly believe that people basically know what they want out of life; however, sometimes they need a little guidance/direction to help them get to their destinations throughout this journey called life. If you are ready for change and ready for some assistance, then I look forward to working with you to achieve your goals.”



### Meagan R. MacLellan, M.Ed., LCMHC, NCC

Meagan R. MacLellan is a Licensed Professional Counselor Associate (LPCA) in North Carolina and a National Certified Counselor (NCC). She earned a Master of Education in Clinical Mental Health Counseling from North Carolina State University after earning her Bachelor of Arts in Psychology with departmental honors from Appalachian State University. As part of her graduate training, Meagan counseled undergraduate/graduate students through individual and group counseling in a university setting over the course of three semesters. Meagan has also worked with families in their homes, providing individual and family therapy through the Family Centered Treatment model. Furthermore, Meagan has experience volunteering at Grandfather Home for Children, a psychiatric residential treatment facility for children and adolescents who

have experienced abuse. Meagan also has experience providing school-based mental health counseling in Franklin and Granville County schools.

Meagan employs a compassionate, collaborative approach with clients grounded in a person-centered and Cognitive-Behavioral Therapy (CBT) framework. She draws from other therapeutic modalities as well, based on the individual's unique needs and preferences. Meagan is passionate about joining with clients to assist them in reaching their goals, improving their quality of life, creating meaningful changes, and rediscovering hope. She offers a supportive, nonjudgmental, safe space where clients can explore their concerns and find solutions/support. Some of her clinical interests include anxiety, depression, trauma, grief/loss, family of origin concerns, and relationship concerns. In her free time, Meagan enjoys yoga, jogging, spending time in nature, painting, and spending time with loved ones.

# About Our Organization...



Are you looking to create positive changes and transformation in your life?

Welcome to The Armstrong Center for Hope, an interdisciplinary mental health practice for children, adolescents, adults, couples, families, groups, and organizations. Our theoretical approaches include Cognitive-Behavioral, Family Systems, Psychodynamic, and Eclectic styles. Psychoeducational and personality testing are available resources at the ACFH as well.

We currently accept several insurance plans, including Aetna, BlueCross BlueShield, Cigna, Ma-

gellan, Medicaid, and Tricare. We also offer sliding scale rates to fit almost any budget. In addition to daytime appointments, some evening and weekend appointments are available. Our current office hours are:

**Monday-Thursday, 8 am to 8 pm**  
**Fridays, 8 am to 3 pm**  
**Saturdays by appointment only**

Call for an appointment today at (919) 418-1718 or e-mail us at [acfhinfo@armstrongcfh.com](mailto:acfhinfo@armstrongcfh.com).

**Please call to request Raleigh office hours.**

## Local Opportunities for Promoting Wellness



- **“Health Habits for Living, Moving beyond January”** Join to look beyond resolutions and create some healthy habits for life. **On Thurs. Jan. 30 from 7-8:30pm** @ Starbucks 3800 Lake Boone Trail, Raleigh.
- **“Coaching and the Helping Professions.” Dr. Tonya Armstrong, Panelist**, for the NC State University Business and Professional Coach Training Certification Program. Sat., Feb. 8th from 8:30 am to 12 pm @ the McKimmon Center, Raleigh.
- **“Maintaining Hope in the Midst of Family Challenges,” presented by Dr. Tonya Armstrong.** Sponsored by Jack and Jill, NAMI Durham, and Alliance Health on Sat., Feb. 29th from 9 am to 1 pm @ Jordan High School, Durham.



### Wednesday at the Well Topics:

- **“Spiritual Issues in Addictions Counseling.” Victoria Shields, M.Div., M.Ed., LCAS**, presenter on Jan. 22nd.
- **“Honoring the Spirituality of Children and Teens.” Tonya D. Armstrong, Ph.D., M.T.S.**, presenter on Feb. 26th.
- **“Reflections on Providing Church-Based Psychotherapy.” Ava Hinton, MA, MPA, LCMHC**, presenter on Mar. 25th.

*Wednesdays at the Well is a consultation group for therapists and trainees interested in integrating spirituality into mental health practice. The group meets from 12-1:30 pm in The ACFH Conference Room. RSVP at [tarmstrong@armstrongcfh.com](mailto:tarmstrong@armstrongcfh.com).*

- **FREE 5K Run Fri Every Saturday, 8am** @ Southern Boundaries Park, Durham.
- **FREE Yoga Class, on Mar. 8 from 9:00 am** @ Hilton Garden Inn, Durham/ Duke University Medical Center.
- **Faith Connections on Mental Illness: Hope & Healing Conference 2020 Mar. 13<sup>th</sup> from 8:30am -4:15 pm** @The

McKimmon Conference & Training Center, Raleigh, NC. \$45 if registered by Feb. 28th at [wakeahec.org](http://wakeahec.org).

- **Free Explore Dorothea Dix Park: Guided Walking Tour on Mar 22 from 1pm** @Dorothea Dix Park- Kirby Building, Raleigh.

### For the Kids!!!

- **Free Annual NC MLK and Black History Month Block Party and parade in Durham on Feb. 1 from 11am-4pm** @ Fayetteville St. Durham.
- **Free Family Fun Night - A Special Night for Special Needs at Marbles, on Wed. Feb 12 from 5:30pm-7:30pm** @ Marbles Kids Museum, Raleigh.
- **Free Concert by US Air Force Concert Band Feb. 14<sup>th</sup>, 7pm** @ Durham School of the Arts, 400 N. Duke St., Durham.
- **Celebrate Valentine’s Day with Frozen Elsa and Anna at Maple View Farm Ice Cream Feb. 14<sup>th</sup> from 4-7pm** @ Maple View Far Ice Cream 6900 Rocky Ridge Rd, Hillsborough.
- **Meet the Heroes- A free kid friendly, interactive Black History Event Feb. 22<sup>nd</sup> from 9am-2pm** @New Creation United Methodist Church, Durham.
- **Free The Children’s Market at Brunch Moore Market, Mar. 29 from 10am-4pm** @Moore Square, 226 East Market St., Raleigh.

“Change, like healing, takes time.”

— Veronica Roth



## The Armstrong Center for Hope

Psychological and Spiritual Wellness for All Ages

### Our Clinical Staff:

Tonya D. Armstrong, Ph.D., M.T.S., LP  
 Tierra Arnold, BA  
 Kristen V. Bell, Ph.D., LP  
 Psiyina Davis, MACC, MA, LMFT  
 Birshari Green Cox, MA, MS, LCMHCA, NCC  
 Sherry C. Eaton, Ph.D., LP  
 Clifton D. Garner, Sr., M.S.  
 Natalie R. Gidney-Cole, MSW, LCSW  
 Meghan MacLellan, M.Ed., LCMHCA  
 Kim Nichols, MA, LMFTA  
 Valeria Rivera-Smith, Psy.D., LP  
 Sharon Roberts-Carter, MS, LCMHC  
 Jesus A. Sanchez Ohep, MT, MA, LPA  
 Milicia Tedder, Ph.D., LPA

### BUSINESS ADDRESSES:

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### Our Clinical Interests include:

- Stress Management
- Wellness Consultations
- Depression
- Trauma, including EMDR
- Anxiety
- Grief and Loss
- Anger Management
- Attention-Deficit/Hyperactivity Disorder (ADHD)
- Behavior Disorders
- Learning Disabilities
- Parenting
- Marriage, Family, and Relationship Issues
- African-American Concerns
- Religious and Spiritual Concerns
- Women's Issues
- Conflict in the Workplace
- Mind/Body Connection

## A Word from our Founder and CEO



2020 marks the tenth year of The Armstrong Center for Hope opening its first office in Durham as a group private practice. Back in 2010, we modestly opened with two Licensed Psychologists, one Licensed Professional Counselor (now known as Licensed Clinical Mental Health Counselors), and one Office Manager who was extremely bright and dedicated, yet

did not have a background in mental health or practice administration. Over the years, we have offered individual, couple, and family psychotherapy to clients of all ages; developed therapy groups focused on social skills, highly sensitive persons, and essential life skills for young adolescents. We've provided psychological testing for concerned parents, distressed adults, pediatricians, primary care practitioners, K-12 settings, and local universities, particularly students who may be challenged with Attention-Deficit/Hyperactive Disorder (ADHD) or learning differences; presented hundreds of hours of continuing education on topics such as grief and loss, trauma, integrating spirituality into mental health care, and cultural humility; and assisted educational institutions in developing mental health initiatives and sustaining on-site mental health treatment.

**Dr. Tonya Armstrong**

**Founder & CEO**

By God's grace and lots of hard work, we've grown steadily. In our Business Office, we now feature our Practice Manager, Tyrell Baggett (pursuing his MBA with a specialty in Healthcare Administration); Assistant Office Manager Raven Brooks (completing her Master's degree in Clinical Psychology); Client Access Representative Marlen Mercado (fluent in Spanish), and Medical Records Representative Gina Dees (recently completed her undergraduate degree in psychology). As you can see from our list at the top of this page, we have grown to twelve clinicians who are richly trained across the disciplines of psychology, social work, marriage and family therapy, and clinical mental health counseling.

We are excited to announce that after bursting at the seams for longer than we care to admit, the ACFH has finally opened a second office in Raleigh! Located at 8450 Falls of Neuse Road in Raleigh, we are just 0.6 miles from Interstate 540 and directly across the street from Lifetime Fitness. Our Raleigh clinicians are a combination of providers working primarily from the Falls of Neuse location and a few Durham providers who spend one to two days per week in the Raleigh office. With few exceptions, the same insurances are accepted in both offices, and both therapy and testing are available in both offices. The same email and phone number (see above) may be used to reach us, with Extension 101 connecting to the Durham office and Extension 202 connecting to the Raleigh office. Help us spread the word!