



Leading New Haven Behavioral Health Provider Celebrates 10th Anniversary As A Successful Minority And Woman Owned Business

*Integrated Wellness Group celebrates Honorees, Staff, Veterans, and Community!
All gala proceeds will be donated to Veterans Empowering Teens Through Support (V.E.T.T.S.)*

New Haven, CT – October 3, 2018 — In acknowledgment of Mental Health Awareness week this month, on Friday, October 12th, 2018 **Integrated Wellness Group** (IWG) www.integratedwellnessgroup.org, a provider of interventions developed for those struggling with mental health, will celebrate its 10th year anniversary by hosting a fundraising gala at the New Haven Lawn Club located at 193 Whitney Ave. from 7 PM - 10 PM.

The theme for this year's gala is, "Healing Together." Proceeds from the gala will go towards Veterans Empowering Teens Through Support (V.E.T.T.S.) Program <http://integratedwellnessgroup.org/v.e.t.t.s.html>. V.E.T.T.S. provides effective mentoring that support youth and their emerging identities. The restorative justice framework used by V.E.T.T.S. advocates and promotes reconciliation, restoration, and rehabilitation, providing youth with the tools and confidence to make better life decisions.

"We are excited to celebrate our 10 years of commitment to mental wellness for the communities we serve and hope our gala event will inspire more members of our community to rejoice in our past accomplishments and our future vision," said Maysa Akbar, PhD, ABPP Founder and CEO of Integrated Wellness Group. "We are taking the time to recognize those who have genuinely made an impact on mental health in urban communities. We will also celebrate our diversity of clinicians and see ourselves as agents of change – allowing us to connect with people on a very personal level in order to help them through their healing process."

Tickets can be purchased to attend the IWG 10th Anniversary Gala by clicking the following link: <https://tinyurl.com/y9hycyzh>. IWG's psychotherapy practice is dedicated to supporting approximately 180-200 families per week in the New Haven area. They hope to raise more than

\$25,000 at the 10th Anniversary event to support our intensive and therapeutic mentoring work in the New Haven community.

The IWG gala fundraiser is a catalyst event that highlights the organization's sustainability, financial health, and positive impact it continues to have in the community. The gala fundraiser will also feature the innovative approach IWG takes toward mental and emotional wellness.

"What makes us different is we're focused on understanding a client's crisis immediately," said Dr. Akbar. "We pay close attention to our patients as an individual and we customize our treatments, so we deliver a tailor-made plan of treatment vs. a cookie cutter approach. We work very hard to understand our patient's personal situation and by understanding that, we are able to collaborate and build a treatment plan that is in line with what our patients imagine success looks like for them."

In addition to IWG celebrating its decade long service during the gala, the organization is also proud to celebrate the 30-year legacy of Barbara Tinney, outgoing Executive Director of the New Haven Family Alliance, Inc. (NHFA), by recognizing her with the Community Legacy Award. Tinney has been a pillar for the black community in New Haven, focusing on advocacy for racial justice and juvenile justice reform and for creating alternative programs that are pro social and strength-based to help inner city youth achieve their best potential. Other honorees include, Dr. Kendell Jasper, social media psychologist (Doc N Da Dude); Tryell Zimmerman, ex NFL pro-athlete and children's book author, and Tahirah Amatul-Wadud, attorney and Massachusetts US House Rep candidate for congress.

About Integrated Wellness Group

Integrated Wellness Group (IWG) seeks to promote individual and community well-being by providing the most advanced interventions developed for those affected by mental illness, emotional dysregulation, and delays in developmental. Its staff seeks to assist and support children, adolescents, and adults exhibiting an array of mental health vulnerabilities. Its goal is to empower individuals and families to live self-directed and productive lives and achieve their fullest potential as valued and contributing members of their communities. Each and every person treated at the IWG practice will be provided with individualized care. Visit IWG at: www.integratedwellnessgroup.org

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