

THE GREATNESS GAZETTE

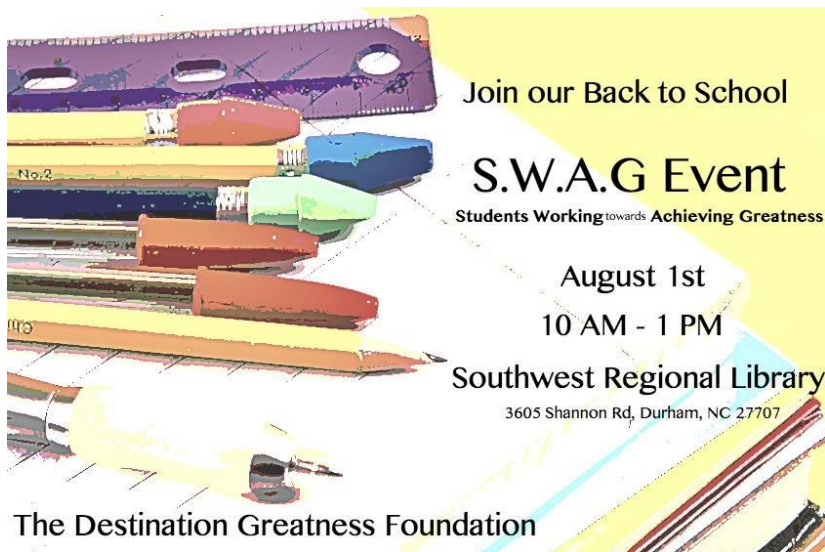
“Faith is taking the first step even when you don’t see the whole staircase.” ~Rev. Dr. Martin Luther King Jr.

With Faith and the support of our Destination Greatness Ambassadors, including each of you reading this newsletter, Destination Greatness continues to climb the staircase of Greatness. Your continued support is vital as we “Transcend Adversity and Achieve Greatness”.

Love & Blessings,
Shanna A. Jefferson
Shanna A. Jefferson, MSW, LCSW
CEO & Owner

Get Your Back-to-School S.W.A.G. On!

Students Working towards Achieving Greatness



Join our Back to School
S.W.A.G Event
Students Working towards Achieving Greatness

August 1st
10 AM - 1 PM

Southwest Regional Library
3605 Shannon Rd, Durham, NC 27707

The Destination Greatness Foundation

The Back-to-School Swag Event

Education is one of the most powerful resources obtainable to our children. Nearly all parents want their children to get a good one. They desire to equip their children with everything they need to be successful and great. Your support of our Back-To-School Drive allows us to offer this valuable exchange to our local families. Your support ensures that every

parent leaves with more than just a backpack – they will leave with a pride knowing that they were able to provide for their child’s *Destination to Greatness*.

ISSUE 7, JULY 2015



Join our Back-To-School S.W.A.G. event in Durham, NC.

1



Greatness Spotlight: Juan Nelson.

2



Destination Greatness is now at a new and expanded location! Join us at our Destination Greatness Official Open House!

2



TIME Article: Your phone knows if you’re depressed.

3



Community Partner Spotlight: Operation Purpose

3



Destination Greatness is accepting new clients!

4

“Change your thoughts and you change your world.”

~Norman Vincent Peale

Greatness Spotlight: Juan Nelson

By: Rosemary Yin

Juan Nelson is an Advisory Board member and Life Coach at Destination Greatness. He has had extensive training and holds many certifications in the fields of mental health, as well as substance abuse. Mr. Nelson has professionally helped many individuals from difficult backgrounds. This includes veterans suffering from PTSD and patients who were in the foster care and criminal justice systems. Juan Nelson has been with Destination Greatness since inception.

Interview:

Are there any things you do differently from other life coaches?

A lot of the times, people know what they want in the inside, they know what they want to do. They just don't know how to pull it out, and follow through. So I think the one thing that is different about me is: I have the ability to get folks to do 2 things ... unlock what is on the inside of them, and then apply the information and the knowledge they already have to their own life. They already have everything they need to be successful. As a life coach, I don't want to tell them how to do it, but to get them to unlock the ability to do that which they already know.

What experience have you had with Destination Greatness this far?

Unlike some other non profits ... Destination Greatness is geared to holistically help ... the vision there is not to just patch holes in people lives, but to holistically help them completely recover and completely do better in every part of there lives.



"...People know what they want in the inside, they know what they want to do. They just don't know how to pull it out, and follow through..."
~Juan Nelson

Destination Greatness' Open House!



"Transcending Adversity. Achieving Greatness."

Destination Greatness is excited to officially present our new and expanded Corporate Office. Our Open House welcomes all. Door prizes and refreshments will be available.

The Destination Greatness Open House will occur as follows:

**August 10, 2015
4PM - 7PM**

**3622 Lyckan Parkway
Suite 6004
Durham, NC 27707**

TIME: Your Phone Knows If You're Depressed



Just recently, studies have shown that smartphones are able to give us up to an 87% accurate prediction about whether or not someone has exhibited depressive symptoms.

Northwestern researchers recruited 28 people ages 19-58 from Craigslist and souped up their smartphones with location-and-usage monitoring software. At the start of the study, they took a standardized questionnaire that measures depressive symptoms; half of the subjects had symptoms of depression, and half did not. For two weeks, the phones tracked GPS location information every five minutes and pinged the users with questions about their mood several times a day.

What they hoped to find was a connection between the objective markers of behavior – such as where the people were and how often they changed locations – and their depression test results. That way, the data derived from

phones could become a useful way to track depression without the user having to report how they were feeling, which is often a barrier to depression treatment, says Mohr, who has studied depression for about 20 years. "One of the things that we find over and over again is that people don't answer questions," he says. "In apps, they'll respond to questions for a few days and then get tired of it."

Results? "People who tend to spend more time in just one or two places – like people who stay at home or go to work and go back home – are more likely to have higher depression scores," says Mohr. When a person moved around was important, too; people who stuck to a regular pattern of movement tended to be less depressed, they found. "This fits into a larger body of clinical research showing that people with mental health problems in general, their circadian rhythms get thrown off," Mohr says.

Depressed people, too, spent an average of 68 minutes using their phones each day, while people without depression only spent about 17 minutes on their phones.

Article by: Mandy Oaklander

Read more:

<http://time.com/3958128/smartphone-depression/>

Community Partner Spotlight!

Destination Greatness is proud to partner with Operation Purpose. Operation Purpose is a mentoring program designed to give children a promising future. Operation Purpose is made up of strong believers of education. Currently, they implement resources for school supplies needed for productive and successful students. The mission of Operation Purpose is "To help individuals and families identify their purpose". Through the use of Therapy Counseling, they endeavor to empower and

equip individuals and families lives in a positive and great way.

Destination Greatness and Operation Purpose currently serve clients in Greenville, SC.



*"You do not have to be a product of your environment."
~D.A. Hawkins*

Begin the Journey to Greatness!

Destination Greatness is accepting new clients. Our staff of Licensed Clinical Social Workers and Licensed Professional Counselors offer flexible appointments including evenings and weekends. Are you ready to "Transcend Adversity and Achieve Greatness"?

Services include: Comprehensive Clinical Assessments, Individual and Family Therapy, Anger Management Skills Training, Coping with Depression, Behavioral Skills Training, Community Outreach, Life Coaching, and more...

Payment options: Blue Cross/Blue Shield, Medicaid, Medicare, Tricare, Cigna, Aetna, and cash payment options are also available.

Contact us today!

Columbia, SC: (803) 743-2757
Greenville, SC: (864) 354-9985
Durham, NC: (919) 794-5284



Like us on Facebook!
facebook.com/destinationgreatnesspllc



Follow us on Instagram!
[DestinationGreatnessPLLC](https://www.instagram.com/DestinationGreatnessPLLC)

Durham, NC
 3622 Lyckan Parkway
 Suite 6004
 Durham, NC 27707
 (919) 794-5284

Columbia, SC
 1612 Marion Street
 Columbia, SC 29201
 (803) 743-2757

Greenville, SC
 1 Chick Springs Road
 Suite 101 E
 Greenville, SC 29609
 (864) 354-9985

Upcoming Events:

July 1 - 31: Purposeful Parenting Month
 National Minority Mental Health
 Awareness Month
 August 1: Back-to-School S.W.A.G. Drive
 August 10: Destination Greatness Open
 House

info@destinationgreatnesspllc.org
www.destinationgreatnesspllc.org
www.destinationgreatnessfoundation.org