



The Greatness Gazette

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Welcome to Destination Greatness, PLLC

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Destination Greatness, PLLC is a mental health and substance abuse psychotherapy agency dedicated to assisting individuals and families in maximizing their level of functioning on all life domains in pursuit of Greatness. Destination Greatness, PLLC provides individuals and families with the opportunity to live more fulfilling and meaningful lives. Destination Greatness, PLLC strives to enrich each individual and family through greater self-awareness, focus on strengths, and belief in a greater destiny.

Our Mission

The mission of Destination Greatness PLLC is to promote mental, spiritual, behavioral, and financial wellness for individuals and families. Utilizing a holistic, strengths-based approach, Destination Greatness PLLC strives to assist clients in transcending adversity and achieving greatness.

“When I look back over my life I sometimes wonder what I did or did not do to help mankind, I wish that I could have done more. When I read and listen to news reports it makes me wonder whether my community, my country and the world is getting better or worse.” -George M. Jefferson

Principles

Integrity
Respect
Service
Passion
Dedication

Thought of Greatness

Service: Destination Greatness in the Community

“Everyone has the power for greatness...because greatness is determined by service”. –Dr. Martin Luther King Jr.

Service is an integral component of Destination Greatness. On August 10, Destination Greatness will have its inaugural S.W.A.G. (Students Wanting and Achieving Greatness) Event. The S.W.A.G. event will promote overall wellness to students and families. To contribute, contact us at (919) 794-5284 or info@destinationgreatnesspllc.org.

News Feed

Destination Greatness, PLLC is NOW accepting NEW Clients

Are you feeling overwhelmed? Does your child exhibit behavioral problems? Do you struggle with your anger? Do you feel “stuck”? Are you depressed? Do you feel lonely? Are you interested in learning different ways to deal with problems in life? Are you ready to transcend adversity and achieve greatness?

If you answered yes to any of these questions, contact us today! At Destination Greatness, we will assess, explore, provide guidance, and utilize therapeutic interventions to assist you in your journey towards Greatness.

Please contact us today to schedule an appointment. We offer flexible hours including evenings and weekends. Call (919) 794-5284 to arrange an appointment.

Services Include:

Outpatient Therapy

Clinical Assessments

*Behavior Management
Training*

Life Skills Training

*Anger Management
Skills Training*

Coping with Depression

Keeping Up With Destination Greatness



May is Mental Health Month

The Theme for 2013 is Pathways to Wellness.

Your Pathways to Wellness may be:

Good health
Saving more money
Healthy relationships
Showing gratitude

What is your Pathway?

Meet the Executive Director

By Roderick Marshall

Shanna A. Jefferson, MSW, CFSW, LCSW is a firm believer that everyone can transcend adversity and achieve Greatness.

Ms. Jefferson is a Licensed Clinical Social Worker. She received her bachelors of Public Policy with a concentration in Social Welfare Policy and Minor in Social and Economic Justice from the University of North Carolina at Chapel Hill. She also earned a Masters of Social Work from the University of North Carolina at Chapel Hill. She has over 6 years of experience in the Mental Health/Substance Abuse field. Ms. Jefferson has acquired several certifications including Financial Social Work, Motivational Interviewing, and Model Approach to Partnerships in Parenting (MAPP). As a Licensed Clinical Social Worker, Ms. Jefferson utilizes a Strength-Based perspective addressing issues such as anger management, depression, and oppositional defiant behaviors.

Therapeutic services are provided to children, adolescents, and adults. Services entail a holistic approach focusing on multiple life domains including mental health, physical health, financial health, and spiritual health.

Ms. Jefferson is an active member of the National Association of Social Workers and the Financial Therapy Association. Her Interests include personal and professional development, Carolina Basketball, community service, reading, shopping, and spending time with loved ones.

Shanna A. Jefferson resides in Durham, North Carolina.



*Shanna A. Jefferson, MSW, LCSW
Destination Greatness, PLLC
Executive Director*

*Transcending Adversity.
Achieving Greatness.*

The Greatness Blog

Recent news events have propelled mental illness into the national spotlight. Elected officials, school administrators, and mental health professionals, among others, have reassessed the status quo and implemented new interventions. However, the stigma associated with mental illness remains. According to the National Alliance on Mental Illness, a “lack of knowledge, fear of disclosure, rejection of friends, and discrimination are a few reasons why people with mental illness don’t seek help”. The power is within us, individually and collectively, to combat the stigma. Strategies to utilize include educating self and others, seeking treatment, advocating, and remembering “people first”-put the person before the mental illness. Together, we can “transcend adversity and achieve greatness”.

-Shanna A. Jefferson, MSW, LCSW

Hidden Treasures Crossword Search

G G H J Y N T K M W Y E E N J
 F W R Y Y U Q G L A L O X O G
 X W K E C I V R E S E S U S Z
 N K S Y A B U D E W V R Q G M
 C Z Z D E T E R M I N E D G B
 L Y O M C D N S J E S W Q G V
 O A Q H P Q Y E Y I B E E B Z
 Z Q A F J O K W S E F L L G Y
 I U Z K D E Z L F S Q L R H D
 R N B Y C X J E L Y F N X O X
 L D M S X M H P I D U E G H T
 S A G E X M E U C C E S E P K
 H M G W T Q N I X W W S P J S
 Y L T Q Z A B Y U P I F O F A
 G B W S O G C Y N W E E H R X

DETERMINED
 DREAM
 GREATNESS
 HOPE
 JOURNEY
 SERVICE
 WELLNESS

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