



**LAUNCH: A YOUNG ADULTS GROUP
FOR ANXIETY AND DEPRESSION**

UW HEALTH-PSYCHIATRY
2275 DEMING WAY, SUITE 180
MIDDLETON, WI 53562

Group Leader:

Anne Toterò, MS, LMFT

Group Day/Time:

Mondays, 4:00-6:00pm (Suite 180)



Providers: *To refer a teen to this group – please send a Re: Patient message via Epic*

Group Description:

LAUNCH is a group that is dedicated to post-high school individuals that are in the launching phase after high school, college, or in early professionalism and are coping with managing their own lives with depression and anxiety. This includes processing situations, socialization, learning new skills with CBT concepts, information on finances, job-related endeavors, daily living, self-care, and independence. You get a “cohort-based” model where you can connect, get to know one another, and feel more comfortable. The focus is long-term mental health recovery and understanding how to manage symptoms within a life time rather than within a crisis. If you are wondering if you, family member, or client is a good fit? Just call!

Inclusion Criteria:

- No less than 4 people, no more than 12 people to a group
- Ages 18-30
- Diagnosi/es: Generalized Anxiety Disorder (GAD); Social Phobia; Panic Disorder; Anxiety Disorder, not otherwise specified; Depressive Disorder; Depression, unspecified type; Dysthymic Disorder; Other Specified Depressive Disorder
- Client can commit to an 12-week course

Exclusion Criteria:

- Not a good fit for more intensive clientele with high-risk suicidal ideation or homicidal ideation
- Not a good fit for someone with an IQ below 70

Instructor



Anne Toter, MS, LMFT

Anne works with individuals, couples, and families in her therapy practice. Anne's experience and specialties are working with teens and young adults ages 13-30. She utilizes human experience, humor, self-esteem, relationships, development, neuroscience, attachment, art, and play directives in session. Anne is a LGBTQ-friendly provider. Anne has been a member of the Association for Marriage and Family Therapy since 2010.