

Another specialty program Legacy offers is Apex, a state funded program dedicated to providing school based mental health services to youth and their families. Staff work closely with school staff to identify the needs of students and conduct therapy sessions within the student's school. Apex is currently offered in all Valdosta City Schools, Echols County Schools, Cook County Schools, six Lowndes County Schools, and Tift High School.

Previously, Legacy BHS had an opportunity to conduct the Strengthening Families Program which was a great success. The families, despite being reluctant to participate at first, grew as a cohort, developed helpful skills, and gained insight on how to repair broken bonds within the family. Staff witnessed families utilizing new communication skills, displaying love and support for one another, and applying appropriate limit setters, consequences, and social praise to encourage wanted behaviors. This specific program is one of our success stories, how well planned program can facilitate engagement, healing, and hope. Specifically, this program was designed to reduce/eliminate future legal issues, help families gain a sense of togetherness, and create lasting change, which reflect our core mission, vision, and values.

### **Proposed Facilitators**

#### ***Mallory Sims, Licensed Marriage and Family Therapist, Lowndes Outpatient Assistant Director (SFP Program Coordinator)***

Mallory holds a Bachelor's in psychology with a minor in Sociology from Georgia Southwestern State University along with a Master of Science in Marriage and Family Therapy from Valdosta State University. Mallory has dedicated the last 11 years to youth, families, and adults served through the public behavioral health system. She began her career as an intern at LBHS in 2011 in the Child and Adolescent Unit. In 2012, Mallory accepted a full-time therapist position in the Adult Unit at LBHS and later transferred back to the Child and Adolescent Unit. In 2018, Mallory was offered the Child and Adolescent manager position and later became the county manager for Adult and Substance Use Disorder outpatient clinics, along with the role of Child and Adolescent Manager which included the management of the school-based mental health program (Apex) and System of Care program. Mallory strives to educate and support the current mental health providers within her agency along with community partners while also delivering evidence-based, superior mental health and substance use disorder services to those in Lowndes and surrounding counties in South Georgia. Mallory is trained in CPR First Aid, CPI, CALM, QPR, AMSR, EMDR, ART (Aggression Replacement Training), Strengthening Families Program, Mental Health First Aid for Youth and The Seven Challenges Program. Mallory also had the honor of successfully completing the Ellen Kagen System of Care Fellowship Leadership Program in 2022.

#### ***Leslie Sealey, Master of Science, Apex therapist***

Leslie Sealey is an Apex therapist working with the child and adolescent population in the school setting. Leslie holds a Master of Science degree in social work with a Bachelor of Science degree in psychology. Leslie previously worked as a case manager for a local child placement agency, overseeing and serving children in foster care and foster families. Prior to Leslie's educational endeavors, she served as a volunteer coach for several years within the recreation department in her community, using sports such as baseball, softball, and basketball to help children learn qualities of discipline, teamwork, and goal-setting that come along with playing team sports. Leslie enjoys working with children and their families in identifying areas of need within the family structure while also building on the strengths of families that are already in place. Leslie is also trained in CPR First Aid, CPI, CANS/ANSA, QPR, CALM and AMSR.

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Legacy Behavioral Health Services is accredited by CARF for the following programs:  
Adult and C&A Outpatient – Intensive Outpatient – Community Housing – Community Integration  
Supported Living – Crisis Stabilization – Assertive Community Treatment

