

FOR IMMEDIATE RELEASE

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## **Wright Institute Launches Economic Crisis Program (ECP) to Assist Angelenos Negatively Affected by Economic Downturn**

*Low-cost program serves individuals overwhelmed by emotional and mental distress resulting from layoffs, home foreclosures, mounting debt, and other financial difficulties.*

LOS ANGELES, CA– The Wright Institute Los Angeles (WILA) announces the debut of the Economic Crisis Program (ECP), an innovative and affordable program to assist those who have been negatively affected by the economic downturn. Funded by a grant from the Robert Ellis Simon Foundation, the ECP offers counseling and educational services to help people deal with stress caused by financial troubles.

The ECP is a low-fee, fifteen-week program delivered by skilled and compassionate mental health professionals. ECP Director Jennifer Kromberg, Psy.D., describes the program as encompassing “a spectrum of services including individual therapy, group therapy and specialized workshops.”

Individual and group therapy will help participants cope with day-to-day difficulties that may arise, connect and receive support from others in similar circumstances, and better manage anxiety and depression. Workshops will teach participants methods of improving mental and physical health, taking active and measurable steps toward regaining financial control, and accessing available community resources.

The unemployed are especially hard-hit by financial crises because they believe they cannot afford necessary services once their health insurance lapses. Yet, this is not the only population the ECP can assist. Even for those employed and with insurance, the economy both causes anxiety and makes help less affordable. A recent AP-Yahoo News poll demonstrates how financial worries have permeated all corners of society, revealing that one-third of those surveyed are concerned about losing their jobs, one-half worry that they will fall behind on mortgage and credit card payments, and seven in 10 are anxious that their stocks and retirement investments are losing value.

An American Psychological Association poll reported that 80 percent of those surveyed reported the economy’s causing significant stress, up from 66 percent April 2008. The U.S. Department of Health and Human Services has implored community-based organizations to provide increased levels of mental health treatment and support to those who are severely affected by the economy. The ECP strives to answer this appeal by delivering inexpensive, high-quality services to area residents who qualify for assistance.

Space is still available in the ECP’s September cohort. Interested individuals may obtain more information by calling 310.277.2609 or visiting [www.wila.org](http://www.wila.org).

### About WILA:

Founded in 1974, WILA is a private non-profit training and educational center for mental health professionals. WILA also serves the Los Angeles community through its psychotherapy clinic. Allen M. Yasser, Ph.D. serves as the center’s director; Myra Pomerantz, Ph.D. is the Clinical Director.

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