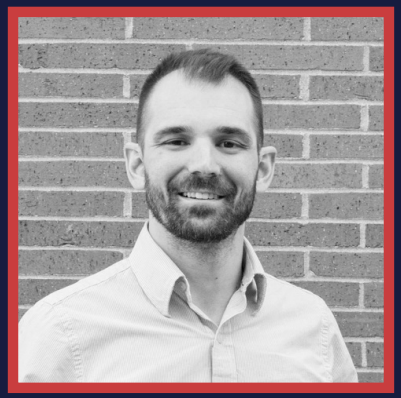
Who We **Are**



Drew **Dilisio**

Director of Counseling Services

Drew Dilisio holds a Master of Science in Clinical Mental Health Counseling from a CACREP accredited institution, is a Nationally Certified Counselor (NCC) and a Provisionally Licensed Professional Counselor (PLPC) in the state of Missouri. With experience in motivational interviewing and mental health first aid, Drew specializes in Family Systems Therapy with an emphasis on couples and fathers.

Good Dads is a 501(c)(3) nonprofit that aims to encourage fathers to become the best parents they can be by providing inspiration, supplying resources and hosting events. Good Dads Counseling provides services to men, women, adolescents and their families.

You Deserve **Mental Health!**

Learn more:



The Men and Mental Health blog is a free, online resource for your questions about stress, relationships, grief, anger, sex and many more mental health topics.

GOOD® DADS

counseling

GOOD DADS

"Helping Kids One Dad at a Time"

205 West Walnut Street, Suite 10
Springfield, MO 65806
417.501.8867

Make an Appointment:

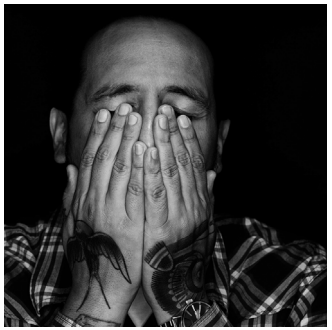
417-501-8867 Ext. 3

Drew@gooddads.com

Gooddads.com/counseling

The **Problem**

Many men, even those who don't struggle with anxiety or depression, are impacted by the onslaught of daily life. A buildup of stressors through work, family, finances, illness and other factors can become overwhelming. Perhaps these factors contribute to negative coping mechanisms as men account for around three quarters of substance use disorder cases.









As mental health becomes more common to discuss, it's apparent that men and men's issues need to be a larger focus of the conversation. We know from statistical data that men are suffering, but finding a solution isn't always easy. Social barriers to access, paired with a hesitancy to ask for help, may explain why men die of suicide nearly four times the rate of women.

Quick **Facts**

1. **1 in 5 adults have some mental health issue each year.**
2. **Poor mental health raises the risk for other illness like heart disease, diabetes, stroke and cancer.**
3. **Nearly 1 in 10 men experience some form of depression or anxiety. Less than half seek help.**
4. **Suicide rates have risen since 2000 and are now the seventh leading cause of death among men.**
5. **Men and younger adults are more likely than other groups to experience intense, poorly controlled anger.**
6. **Men age 50 and up are more likely than any other group to experience loneliness and isolation.**
7. **Approximately 19 million American adults between 18-54 have anxiety issues.**
8. **About 75% of people who attend therapy/counseling show some benefit from it.**

Mental illness is not a result of personal weakness or a lack of willpower. Many factors out of one's control might cause mental illness, such as genes, environment, trauma, money problems or chronic physical illness.

The **Solution**

Good Dads Counseling has a special emphasis on issues related to men, their mental health and their relationships. We provide individual, couple and family therapy. Our goal is to help our clients gain the information, skills and tools needed to address their concerns. At Good Dads Counseling, you can expect the following:



- **First meeting: 60-minute intake session**
- **Each following session: 50 minutes**
- **Family Systems Theory**
- **Cognitive behavioral techniques**
- **Practical, evidence-based theories**
- **Calm, welcoming space**
- **Freely discuss thoughts and feelings**
- **Alleviate stress**
- **Develop tools to regulate emotions**
- **Learn communication skills**
- **Address generational cycles**