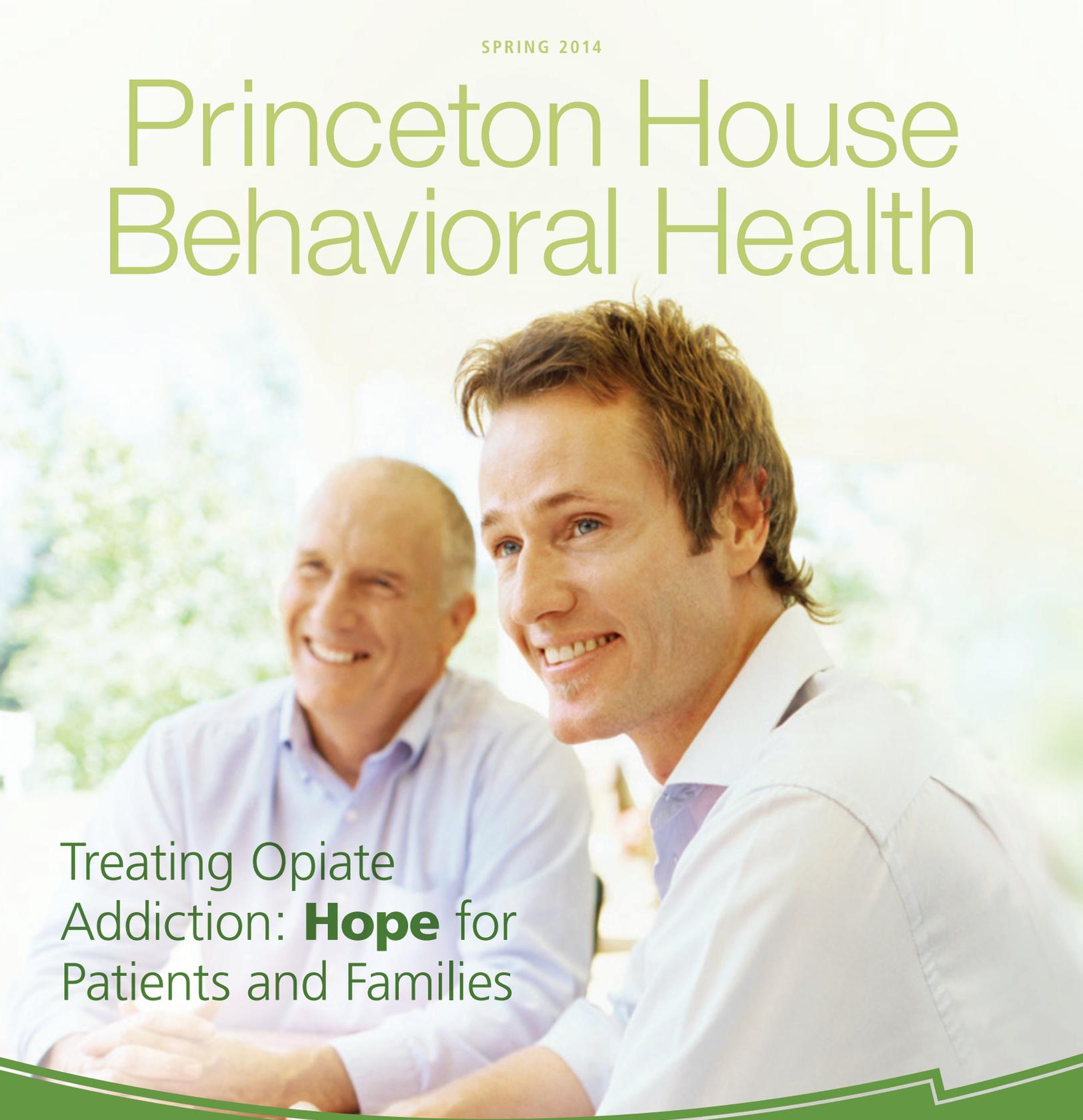


SPRING 2014

Princeton House Behavioral Health



Treating Opiate
Addiction: **Hope** for
Patients and Families

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Princeton House
Behavioral Health
Princeton HealthCare System

Treating Opiate Addiction: HO

The death in February of esteemed actor Philip Seymour Hoffman from a heroin overdose cast a spotlight on the rise of opiate drug abuse across the United States. In New Jersey, the abuse of heroin and chemically related opioid prescription pain relievers is considered by many in the medical and law enforcement communities as the state's number one public health problem.

The media have focused on how opiate drug abuse has moved from urban centers into the suburbs, devastating users and their loved ones. Adults and teens who abuse prescription opiate medications, such as OxyContin and Vicodin, as well as the cheaper, often more potent heroin, represent all economic, social, and cultural backgrounds.

Treating patients with opiate addiction is challenging and should be undertaken by physicians and other professionals with experience and training in addiction medicine, notes Princeton House Behavioral Health's Medical Director of Inpatient Detox Services, Mark P. Schwartz, MD, FASAM.

"Addiction is a chronic relapsing disease that is driven by an abnormal response of the brain's reward system," he says. "Even though opiate addiction is not curable, it can be successfully treated. It must be managed with ongoing treatment just as you would treat any other chronic disease, such as diabetes or heart disease. Sustained recovery from addiction is possible with continued active participation in treatment."

Dr. Schwartz points out that patients can be in prolonged remission for many years and then be right back to where they left off if they resume the use of drugs or alcohol.

"Any euphoria-producing substance, including prescription medications or substances different from what a patient has abused in the past, can be a trigger for relapse," he says. "Treatment should involve not only the patient but also his or her family and/or loved ones as addiction is a family disease."

The Rise of Opiate Abuse

The significant increase in opiate dependency in adults can be traced back to the development of higher potency opioid medications (i.e. painkillers) in the mid-1990s and the increased use of these medications over the past two decades, remarks Dr. Schwartz.

"Over time, a patient who has taken these medications for pain relief from a back injury or arthritis, for example, can easily become physically dependent on them and then continue to take them despite negative consequences," he says. "If they can't get them, they may turn to 'doctor shopping,' or obtaining the pills on the street, or then turning to the much cheaper, more easily accessible heroin."

Opiate addiction in a teen differs in that it usually does not start with the teen's own prescription for a painkiller but instead pills that have been stolen from the medicine cabinet, handbag, or pillbox of a parent, grandparent, or other adult or bought from peers or adults.

"Teens tend to 'test' medications' with what they call 'pharming,' mixing them all up in a bowl and eating them like candy," says George F. Wilson, MD, Medical Director of PHBH's Women's Program. "They often make the switch back and forth between pills and heroin, which can be bought for a mere \$3 or \$5 per bag."

Dr. Wilson points out that 10 years ago less than 20 percent of teenagers undergoing inpatient treatment at PHBH were detoxing from opiate addiction.



Hope for Patients and Families



“In 2014, it is the predominant psychiatric problem we are treating in the ED at University Medical Center of Princeton and in our addiction recovery programs,” he says. “The teen brain is particularly susceptible to opiate addiction because it is still developing. In my opinion, no physician should be prescribing these powerful painkillers for a teen after more than 72 hours. If a teen requires pain relief from an injury or post-surgically, the pain management plan should be holistic and restorative, encompassing such non-medication modalities as physical rehab, exercise, and acupuncture.”

Comprehensive Treatment for Patients and Families

Treatment for opiate addiction at PHBH, says Dr. Schwartz, does not differentiate between prescription medications and heroin because the substances are chemically similar. Patients receive a comprehensive evaluation upon admission; an individualized plan is then developed.

Most patients are treated first within one of PHBH’s inpatient medical detox units so they can be monitored and their medications adjusted as needed. There are separate units for adults and teens. After completing detox, patients usually transition to an inpatient or outpatient continuing care program. Patients with a co-occurring disorder also receive appropriate psychiatric treatment.

Opioid maintenance therapy, with medications such as Suboxone® or methadone, is determined on an individual basis and may depend on whether the patient has a long history of opiate addiction with previous failed attempts at recovery, says Dr. Schwartz.

Dr. Wilson observes that his experience in treating adolescent girls and women with addictions to alcohol and/or opioids over the past several decades reveals that 75 percent of these patients also suffer from post-traumatic stress disorder (PTSD) caused by sexual abuse, neglect, or another trauma.

“They use these substances to self-medicate, to numb the brain’s hypersensitive ‘fight, flight, freeze, or faint’ response to a PTSD trigger,” notes Dr. Wilson. “When triggered, the girl’s or woman’s brain becomes overwhelmed with adrenaline and cortisol; she gets lost in a flashback and zones out. She knows that when she takes a pill or a drink or a fix of heroin, she feels better. This eventually compromises her brain’s natural pain and stress system and may cause her to abuse drugs or alcohol or both. Our treatment approach at PHBH includes teaching healthy coping skills to replace dangerous choices.”

Opiate addiction treatment at PHBH always includes a family component, including group and family therapy, psychoeducation, and family support groups. Other modalities of the patient’s treatment plan might include dialectical behavior therapy (DBT), expressive therapies, mindfulness-based approaches, nutrition counseling, 12-step programs, and movement therapy/exercise.

For more information, visit www.princetonhouse.org. To make a referral for inpatient opiate addiction treatment, call 800.242.2550.

Outpatient Addiction Treatment

PHBH provides adult intensive outpatient treatment for opiate addiction in the evening (three evenings a week) at all four outpatient sites, in Princeton, Hamilton, North Brunswick, and Moorestown.

Our Princeton location offers both a day and evening option for the addiction intensive outpatient program. In addition, PHBH provides an afterschool addictions intensive outpatient program for teenagers (13-18) three days a week at three of our locations: Hamilton, North Brunswick, and Moorestown. Treatment for co-occurring disorders is also available for adults and adolescents.

For more information, visit www.princetonhouse.org. To make a referral for outpatient treatment, call 888.437.1610.

Employee Assistance Program Makes **Good Business Sense**

When employees feel valued by their companies – especially during an illness or personal crisis — they are more likely to remain productive, effective, and loyal to their employers. By providing services that contribute to employees’ physical and emotional health, an organization can work toward continued growth and a strong bottom line.

For more than 20 years, Princeton HealthCare System’s full-service Employee Assistance Program (EAP) has provided a wide range of EAP services, wellness programs, and behavioral health care management services that benefit both employees and businesses throughout New Jersey and the tri-state area. Our EAP clients include employees of PHCS and those of a national foundation, pharmaceutical companies, law enforcement and fire companies, labor unions, and many others. Employees have received assistance with:

- alcohol and/or substance abuse
- mental health and emotional concerns
- legal issues
- relationship problems
- stress management

“Smart companies recognize that life happens; we don’t have control over everything that occurs,” says Terri Dawe, LCSW, CEAP, manager of the PHCS EAP. “When a business invests in its employees’ health and well-being, it is, in turn, investing in its own success.”

Ms. Dawe says most employees are motivated to tackle a problem and appreciate a short-term solution offered by an EAP. Employers benefit with increased employee productivity, controlled health care costs, reduced lost time, and assistance to managers and supervisors in dealing with employee issues.

For more information, call 800.527.0035 or visit www.princetonhcs.org/eap.

Timely, Professional Assistance

The Princeton HealthCare System EAP offers:

- counseling and therapy
- 24/7/365 crisis/emergency services
- Legal Assist™
- training and workshops
- critical incident stress management
- smoking cessation
- Substance Abuse Professional (SAP) services
- work-life services
- customized workplace wellness programs, health fairs, and screenings

Men’s Program Expands into Moorestown

Princenton House Behavioral Health’s Men’s Program, one of the first in the U.S., will be expanding its availability and will be offered at Princeton House’s outpatient center at 351 New Albany Road in Moorestown in June 2014.

Also offered at Princeton House’s Mt. Lucas Road outpatient site in Princeton, the Men’s Program specializes in evaluating and treating men who have experienced recent or past trauma. The program helps men regain a sense of well-being and full functioning, avoid alcohol and substance abuse, build self-esteem, and learn healthy coping skills. Options include a partial hospital program (five full days per



week) and an intensive outpatient program (three half-days per week).

“The additional space that our Moorestown center offers has enabled us to expand our highly successful Child, Adolescent, and Women’s Programs as well as focus on our specialty tracks, such as the Young Adult Program, Men’s Program, and Senior Link,” says Donna Kiley, MSW, LCSW, Director of Outpatient Services at Moorestown. “We have also added evening family support groups, multi-family groups, music therapy, and movement therapy to enhance the therapy for all tracks of programming.”

To make a referral, call 888.437.1610.
To learn more, visit www.princetonhouse.org.

Evening Addiction Recovery Program Allows Clients to Meet Daytime Responsibilities

For a man or woman in recovery from an addiction, the ability to work, attend school, or care for children during the day and then receive treatment at night means the person may continue to move forward in life and to heal.



“Our clients are very comfortable here and freely discuss problems, learn coping and problem-solving skills, and attend AA or NA meetings offered right here,” remarks Judy Gamache, CADAC, primary therapist at the North Brunswick evening Adult Addiction Recovery Program. “Princeton House’s continuum of services enables our clients to engage other services if they need them, such as treatment for a co-occurring disorder.”

Princeton House Behavioral Health’s evening Adult Addiction Recovery Program – offered in Princeton, Hamilton, North Brunswick, and Moorestown – offers an intensive outpatient program (IOP) for adults over age 18 who are in recovery from addictions to alcohol, drugs, gambling, sex, work, the Internet, and others.

“Patients can stabilize and manage their daily lives as they participate in rigorous three-hour treatment three evenings per week,” says Edward Steinberg, MD, Associate Medical Director of PHBH’s North Brunswick site.

Patients may be referred following inpatient detoxification or rehabilitation or by their psychiatrists/therapists within the community.

Services include:

- evaluation and medication management by a board certified psychiatrist
- anti-craving medications, if indicated
- group and individual counseling
- evidence-based techniques, education, 12-step approach
- family therapy and education
- urine drug screens

To learn more, visit www.princetonhouse.org.
To make a referral, call 888.437.1610.

MEDIA SPOTLIGHT



Mark P. Schwartz, MD, FASAM, Medical Director of Inpatient Detox Services, and **George F. Wilson, MD**, Medical Director of the Women’s Program, were featured in a recently released documentary called “Kids are Dying,” which was produced by the non-profit Steered Straight Program. “Kids are Dying” focuses on New Jersey’s growing drug overdose epidemic, mostly from heroin, and the devastating effects it is having on both urban and suburban communities.



Princeton HealthCare System (PHCS) was honored in *PR Daily’s* first-ever Social Media Awards, winning “Best Live Chat” for a timely online session about mental illness that was held less than one week after the December 2012 school shooting in Newtown, CT. The web chat was hosted by **Madhurani Khare, MD**, Medical Director of PHBH’s Hamilton outpatient site, and it aired live on PHCS’ UStream channel. PHCS has been hosting two live chats per month on UStream as a public service since 2010.



The Art of Healing

PHBH-Moorestown’s annual Art Exhibition showcased the exquisite creations of our clients, as above, as they connected with their emotions and empowered themselves to take risks and try something new. Crafting artwork translates to increased mental health, wellness, and stability.

Save the Date

**“Helping You Stay Motivated with Your Wellness Goals”
Mental and Physical Health Awareness Day**

Wednesday, May 21, 9 a.m. to Noon
PHBH’s Hamilton Outpatient Site

- Health fair
- Information from PHBH and community providers
- Free health screenings
- Local support groups
- Take-home materials

For more information, call Billie-Jo Stuto, LCSW, LCADC, Clinical Manager at Hamilton, at 609.688.2770.

PEOPLE NEWS



Kameron Cassella, LCSW, was promoted to Director of PHBH's North Brunswick outpatient site. Ms. Cassella joined PHBH in 2000 and was previously Clinical Manager of Adult Programs.



Nathalie Edmond, PsyD, Director of the Women's Program and Associate Executive Director of Outpatient Services, and

Linda McDonald, LCSW, Senior

Primary Therapist in the Women's Program, will present a workshop on "DBT Integrated with Interpersonal Neurobiological Approaches to Treatment of Trauma" at the 122nd annual convention of the American Psychological Association, to be held in August 2014 in Washington, D.C. More than 100 proposals were submitted; those chosen were accepted for "the timeliness of the topic, the interests of the Trauma Psychology Division, and the balance of the program."



Jonathan Krejci, PhD, Director of Clinical Programs, Training, and Research, co-authored a manuscript "Motivational Interviewing in Groups: Group Process Considerations," which was selected for publication in the *Journal of Groups in Addiction & Recovery*.



Jose S. Vazquez, MD, was appointed Medical Director of Psychiatric Services at University Medical Center of Princeton (UMCP). His responsibilities include covering the psychiatric Emergency Department, conducting psychiatric consultations on the medical floors of the medical center, and evaluating the needs of all UMCP programs to ensure that appropriate psychiatric services are in place.



Anatoliy Yanovskiy, MD, was appointed Medical Director of Inpatient Services. Dr. Yanovskiy began his work in inpatient psychiatry and ECT at PHBH in early 2009 and is also Medical Director of ECT Services.



Mark P. Schwartz, MD, FASAM, Medical Director of Inpatient Detox Services, addresses an audience of more than 100 mental health professionals during "Current Trends in Opiate Addiction Treatment," a conference held at PHBH. Dr. Schwartz's topic was "The Role of Methadone in Treatment." Other PHBH speakers were **Neal B. Schofield, MD**, Chairman of the Department of Psychiatry, and **George F. Wilson, MD**, Medical Director of the Women's Program.

Four highly regarded predoctoral candidates in psychology were matched with PHBH for one-year internships, during which they will support Outpatient Services and the Center for Eating Disorders Care at University Medical Center of Princeton. The students – from doctoral programs at Yeshiva University, The New School, Fordham University, and Marywood University – will join PHBH on September 1.

GRAND ROUNDS

www.princetonhouse.org

Visit our website or contact Jonathan Krejci, PhD, at Jkrejci@princetonhcs.org.



Join Our Email List!

Just visit our website at princetonhouse.org.

SERVICES & ADMISSIONS

Princeton House Behavioral Health

MAY 2014

INPATIENT

800.242.2550 Fax: 609.688.3779

	PRINCETON		Comments
	Adult	Adolescent	
General Psychiatric/Voluntary	■		
Co-Occurring Disorders	■		
Medical Detox	■	■	
Addiction Recovery	■	■	
 First Responder Treatment Services	■		Accepts patients in all programs.
Electroconvulsive Therapy (ECT)	■		Available as an IP or OP service.

OUTPATIENT PHP/IOP

888.437.1610 Fax: 609.683.6840

	PRINCETON	HAMILTON	NORTH BRUNSWICK	MOORESTOWN
DAY PROGRAMS				
Child – Psychiatric		●	●	●
Adolescent – Psych/Co-Occurring/Substance Abuse		●	●	●
Young Adult	●	●	●	● 
Adult – Psychiatric/Co-Occurring*	●	●	●	●
Adult – Substance Abuse	●			
Older Adult	●	●	●	●
Men's Program				
Trauma	●			JUNE 2014
Women's Programs				
Dialectical Behavior Therapy (DBT)	●	●	●	●
Trauma	●	●	●	●
Trauma & Addiction	●	●	●	●
Emotion Regulation	●	●	●	●
 Emotional Eating	●			
 Supporting Adolescent Girls Emotionally (SAGE) 13-18	●			
Afterschool IOP				
Adolescent – Psych/Co-Occurring/Substance Abuse		●	●	●
EVENING PROGRAMS				
Evening IOP				
Adult Psychiatric	●			
Adult Co-Occurring Disorders	●			
Adult Substance Abuse	●	●	●	●

www.princetonhouse.org

Princeton | Hamilton | North Brunswick | Moorestown



Community Conference *to* Address Opiate Abuse



Let's Talk: *A Prescription for Families* — a free educational program for teens, parents, guardians, and family members — will be presented by Princeton HealthCare System and Princeton House Behavioral Health (PHBH) in collaboration with the Prevention Coalition of Mercer County and the Middlesex County Coalition for Healthy Communities on May 15 at 6:30 p.m. at University Medical Center of Princeton (UMCP).

“Let’s Talk” aims to provide teens and adults with the framework for learning about, discussing, and preventing opiate abuse in their families. The program will take place in UMCP’s Education Center, located at One Plainsboro Road in Plainsboro.

Attendees can enter for a chance to win prizes, including iPads and prescription lockboxes. Teens can sign up for community-wide service projects. Participants may bring unused or expired prescription medications for proper disposal courtesy of the Plainsboro Police Department.

“Our goal is to offer a family-friendly forum to help parents and other caregivers become aware of the enormity of the current epidemic of opiate abuse and addiction and the local resources that are available to teens and adults,” notes Neal B. Schofield, MD, Chairman of the Department of Psychiatry at PHBH, who will speak at the May 15 program. “Teens and young adults today are much too sophisticated to ‘Just Say No.’ They are bombarded by a drug-friendly society and can become easily addicted

to powerful opiate prescription medications and heroin because their brain chemistry is still in development. They are inherently more at risk for impulsive behaviors.”

Topics for the May 15 discussion will include:

- Drug epidemic in Mercer and Middlesex counties
- Warning signs
- How to communicate as a family
- Resources in your community
- Personal experiences shared by two local teens

“Let’s Talk” is supported by a generous grant from the American Medical Association. In addition to Dr. Schofield, speakers will include:

- Richard Wohl, MSW, MBA, President, PHBH
- Craig A. Gronczewski, MD, Chairman, Department of Emergency Medicine, UMCP
- Barbara Sprechman, BA, CPS, Coordinator, Prevention Coalition of Mercer County
- Linda Surks, BS, CPS, Coordinator, Middlesex County Coalition for Healthy Communities
- Roswell Perez, MPA, MA, SAC, East Windsor Regional School District

Registration is preferred.

Please visit www.princetonhcs.org/calendar or call 1.888.897.8979. Registrants will be entered for a chance to win a \$100 gift card.