

FALL 2016

Princeton House Behavioral Health

**Music Therapy
Helps Patients
Empower
and Express
Themselves**

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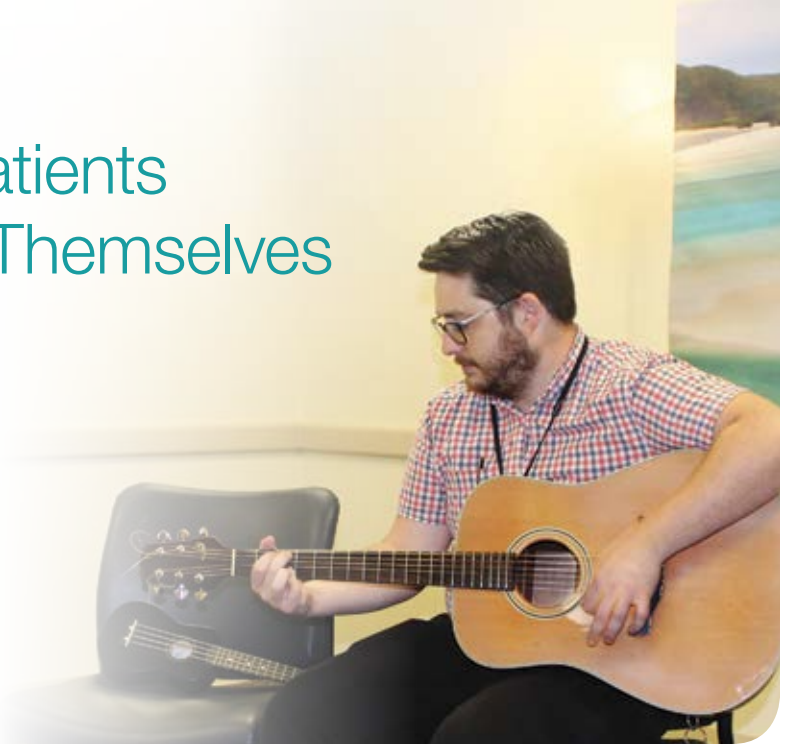


**Princeton House
Behavioral Health**
Princeton HealthCare System

Music Therapy Helps Patients Empower and Express Themselves

Whether patients play instruments, sing aloud, or simply listen to a sonata, engaging in music therapy can help them regulate mood, tolerate stress, control impulses, and cultivate positive relationships.

Music therapy — which can give a voice to patients who have trouble expressing themselves or empower others to work through trauma — is a powerful treatment modality used every day by master’s-level music therapist Andrew Freedman, MTBC, a full-time allied clinical therapist at Princeton House Behavioral Health’s Moorestown outpatient center.



Patients of all ages and with all types of behavioral health issues respond to music therapy, says Mr. Freedman, and he tailors each group’s unique needs to the activities of the day. Sessions start with an opening mindfulness-based activity. Next up is playing an instrument or analyzing lyrics, fine-tuned to each day’s pace or the age of the group, whether it’s patients of the Women’s Program, Adult Programs, Children’s Program, Adolescent Program, or Senior Link for patients over age 65.

“We have a piano, a xylophone, all types of percussion instruments, and I play guitar,” says Mr. Freedman. “We have patients who possess dazzling musicianship to those who never picked up an instrument. Our goal is to meet in the middle and connect with each other. At the end of each session, we circle back with a grounding exercise.”

Mr. Freedman uses the structure, simplicity, or complexity of music to help patients redefine themselves, to help them improve their self-esteem, or develop healthy mind-body connections.

“Everything in music is important, whether it’s the rhythm, the lyrics, or the tone,” explains Mr. Freedman. “I use this concept to help patients discover their place in life as they learn to effect positive changes.”

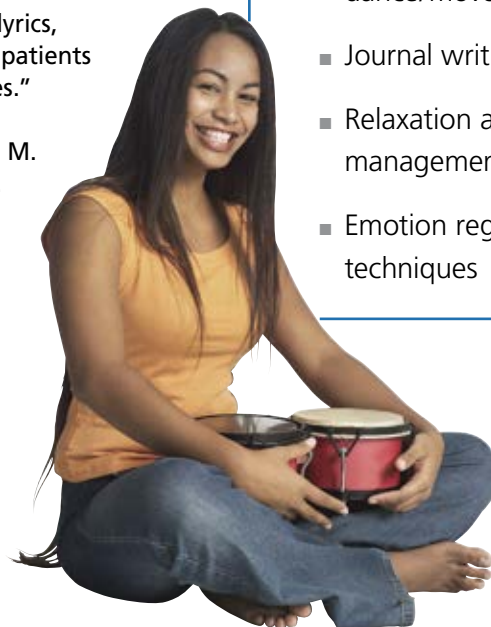
Music therapy also assists PHBH’s treatment teams, notes Donna M. Kiley, MSW, LCSW, Director of Outpatient Services-Moorestown. “When we practice self-care, we improve our ability to help our patients.”

For more information, visit princetonhouse.org. Music therapy and other allied clinical therapies are integrated within all of PHBH’s inpatient and outpatient programs.

Expressive Therapies

At PHBH’s inpatient facility and six outpatient centers, allied clinical therapies promote therapeutic stabilization and progress in patients through creativity and self-expression. Modalities include:

- Art, music, dance/movement therapies
- Journal writing
- Relaxation and stress management
- Emotion regulation techniques



Women's Program Starts by Fostering Awareness

For women who have lived a lifetime of bad decisions, unpredictable reactions, and emotional swings that cause disruption to their lives, Princeton House Behavioral Health's Women's Program provides tools that make a difference.



"Our patients suffer from instability in mood and difficulties in regulating their emotions effectively," says Judith Margolin, PsyD, Clinical Director of the Women's Program. "This often results in turning to other ways to help cope, which might include substance abuse, disordered eating, or high risk behaviors, such as self-harm or suicide. Many of the women in our program have also experienced trauma. These issues and ways of coping often create problems in their everyday life and in their relationships."

The Women's Program teaches patients emotion regulation skills, provides education about the effects of trauma and substance abuse, and helps patients increase their awareness of the present moment through mindfulness training. Treatment options include a full-day partial hospital program (five days each week) or a half-day intensive outpatient program (three days per week). A woman may enter treatment at any level, moving up or down the continuum as needed, while remaining with her clinical team and individual therapist.

"The Women's Program follows a comprehensive model of dialectical behavior therapy [DBT], and includes skills training, phone and milieu coaching, individual treatment, and structuring the environment," says Dr. Margolin.

Individualized Treatment Programs

Trauma – to understand the impact of trauma or early experiences in their lives

Trauma and Addiction – to recognize the relationship between trauma and substance abuse, and work on abstinence through random drug screens and relapse prevention plans

Emotion Regulation – to use mindfulness-based compassion and DBT-based principles to increase coping and regain a life worth living

Emotional Eating – to understand the connection between emotional dysregulation and eating behaviors, while offering alternative coping strategies and healthier life skills

To make a referral, call
888-437-1610.

The Center for Eating Disorders Care at University Medical Center of Princeton offers inpatient and partial hospital care. To make a referral, call 609.853.7575.



Patients Rate Their Care Outstanding

Princeton House Behavioral Health's overall patient satisfaction score ranked in the top 8% as compared to 67 freestanding psychiatric hospitals in the United States that participate in the Press Ganey database. The Young Adult Addiction Program ranked in the top 1%, as compared to the freestanding peer group. In addition, patients especially recognized the Addiction Recovery and Short-Term Care Facility programs.

OUR PATIENTS TELL US:

"Thank you to all your staff for treating each one of us with respect, care, kindness, and a thorough plan for our individual needs and medications."

"Princeton House provides the best facility imaginable. Your constant and caring staff coverage made this an enriching experience."

"As soon as I was admitted, I was reassured that I was in a safe place."

"I noticed that when I asked that certain information be kept confidential, it was. I appreciate that."



PHBH Marks 45 Years of Progress and Patient Care Excellence

From a single 70-bed inpatient hospital in Princeton that opened in 1971, Princeton House Behavioral Health (PHBH) has grown to comprise six outpatient facilities throughout central and southern New Jersey that record 90,000 outpatient visits per year, and a 110-bed inpatient hospital that cares for 4,000 patients annually.

Throughout its 45-year history, PHBH has been at the forefront of behavioral healthcare — establishing evidence-based practices, expanding the medical and therapeutic staff, introducing new therapeutic modalities, investing in new facilities, and integrating patients' medical and behavioral healthcare to provide a holistic approach to treatment and recovery. Innovative programs — such as First Responder Treatment Services, the Women's Program, the Young Adult Program, and the Men's Program — have earned national recognition for their innovative approaches to treating patients with specific needs. As a member of Princeton HealthCare System, PHBH offers patients a full spectrum of medical and support services, including those provided by University Medical Center of Princeton (UMCP) and PHCS' prestigious partners and affiliates, including the Children's Hospital of Philadelphia.

Steady Five-Year Growth in Programs and Facilities

Challenged with facing a complex, ever-changing healthcare landscape, PHBH responds with intelligent planning and strategic growth. "Our mission is to provide a patient-centered approach to treatment, which is supported with services for spouses and families," says Richard Wohl, MSW, MBA, PHBH's President and a Senior Vice President for Princeton HealthCare System. "A solid allegiance between administration and our physicians, advanced practice nurses, and other healthcare providers has resulted in a dedicated team that participates in decision-making and holds ownership of our programs."

A significant achievement over the past five years, notes Mr. Wohl, is the addition of more than 25 psychiatrists, psychologists, and advanced practice nurses into the Princeton House Provider Group in Princeton HealthCare System's Department of Psychiatry. "We have made outstanding progress in recruitment and retention of the best during an acknowledged shortage nationwide," he says.

Looking ahead to PHBH's gold anniversary in 2021, Mr. Wohl reiterates that the patient always comes first: "We are participating in population health management, which integrates our behavioral health knowledge and the treatment of patients at UMCP. We will also continue to maintain a regional and statewide presence regarding our commitment to treating addictions. As the epidemic of heroin and opiate addictions broadens, the majority of our physicians who provide inpatient care have additional qualifications and/or board certification in addiction medicine. As always, we continue to foster a patient-centric environment as we introduce exciting new evidence-based practices."

For more information, visit princetonhouse.org.

"Our mission is to provide a patient-centered approach to treatment, supported with services for spouses and families," says Richard Wohl, MSW, MBA, PHBH's President and a Senior Vice President for Princeton HealthCare System.



PRINCETON HOUSE BEHAVIORAL HEALTH'S RECENT ADVANCES IN CLINICAL CARE, FACILITIES, AND RESEARCH

2011-2016

Opened a new 30,000-square-foot outpatient center in MOORESTOWN and a 7,000-square-foot outpatient center in EATONTOWN

2011 & 2015

Expanded our **OUTPATIENT FACILITY IN PRINCETON** by 10,000 square feet. Combined with an adjacent outpatient center and freestanding ECT suite in Princeton, these facilities provide a full suite of services

2014

Achieved the **HIGHEST OVERALL PATIENT SATISFACTION** scores in PHBH's history, ranking in the top decile in a number of categories compared to 67 freestanding psychiatric hospitals in the U.S. that participate in the Press Ganey database

2015

Introduced **FIRST RESPONDER TREATMENT SERVICES**, which in three years has treated more than 600 first responders, military veterans, and their families in both in- and outpatient services

2013

Opened a **YOUNG ADULT SUBSTANCE ABUSE PROGRAM**, one of only a handful of programs in New Jersey that addresses the unique needs of young adults ages 18 to mid-20s by offering age-specific inpatient addiction treatment

2014

Expanded the **CENTER FOR EATING DISORDERS CARE**, located at the new and relocated University Medical Center of Princeton, from 14 beds to 22 beds

2012

Opened a **SIX-ROOM EMERGENCY BEHAVIORAL HEALTH SUITE** within University Medical Center of Princeton, staffed by full-time psychiatrists and crisis clinicians, with consultation and telepsychiatry services available

2012

Partnered on the **INPATIENT SERVICE WITH RUTGERS UNIVERSITY AND COMMUNITY PROVIDER ID CARE** to offer screenings, treatment, and follow-up care for 18-35 year-olds living with hepatitis C

2015

Established a **CENTRALIZED ADMISSION PROCESS** for all PHBH outpatients and Center for Eating Disorders Care patients, as well as a centralized transportation system

2011

Integrated **BEHAVIORAL HEALTHCARE WITH MEDICAL SERVICES** for inpatients at both University Medical Center of Princeton and Princeton House Behavioral Health

2012



"WE LOOK FORWARD to continuing to serve the community with high-quality inpatient treatment programs and expanding access to care through the use of new technologies and systems. PHBH's Inpatient Services will also continue

to maintain an emphasis on patient satisfaction by working collaboratively with patients, families, and providers to offer effective evidence-based treatment to persons struggling with acute mental health issues and substance use." — Marguerite Pedley, PhD, Vice President of Inpatient Services



"WE CONTINUE to seek opportunities to improve treatment outcomes and customer experience through the use of evidence-based treatments and technologies. For example, we are piloting the use of animal-assisted therapy with therapy dogs in the Children's Program, and we are using mobile technologies for patients to log

their experience and progress in therapy to help our clinicians know in real time whether they are on target for recovery or need changes to their treatment plan." — Peter Thomas, PhD, Vice President of Outpatient Services

PEOPLE NEWS



Andrew Dean, LCSW, has joined Princeton House Behavioral Health's clinical outreach team and will be a liaison in Monmouth, Middlesex, Union, Essex, and Hudson counties. Mr. Dean provided clinical therapy for adults and adolescents at PHBH-Hamilton prior to moving into this new role.



Judith Margolin, PsyD, Clinical Director of the Women's Program, presented at the International Society of Schema Therapy's conference in Vienna, Austria. She discussed the "Integration of Schema Therapy into the Treatment of Dissociative Identity Disorder."



Melinda Parisi Cummings, PhD, Administrative Director of Hospital Psychiatry and Program Director of the Center for Eating Disorders Care, presented at the National Eating Disorders Association's annual conference, held in Chicago, on "Treating Boys with Anorexia: Clinical Issues and Supporting Family Caregivers." Her talk included how clinicians can address gender-specific issues that parent caregivers of boys bring to the treatment experience.

"Integrating DBT in the Treatment of Emotional Eating in Teen Girls and Women" was presented by staff of the Women's Program at PHBH-Princeton in September. The Emotional Eating Program is offered at PHBH's Princeton site. For more information about the Emotional Eating Program or dialectical behavior therapy, contact Robyn Marks at 609.902.3006 or visit princetonhouse.org/emotionaleating.



Sites & Services at-a-glance

princetonhouse.org/sites-services

Celebrating the Center for Eating Disorders Care's 20th Anniversary

Esteemed Professor of Psychiatry and Behavioral Neuroscience at the University of Chicago **Daniel Le Grange, PhD**, shared his insights into treating patients with eating disorders during a lecture and networking reception to mark the 20th anniversary of the Center for Eating Disorders Care. Dr. Le Grange, also the Benioff UCSF Professor in Children's Health, and Eating Disorders Director, Department of Psychiatry, University of California, San Francisco, queried: "What Have We Learned in the 30 Years Since the First Randomized Clinical Trial in Adolescent Eating Disorders?"



Center for Eating Disorders Care Program Director Melinda Parisi Cummings, PsyD, with Dr. Le Grange

GRAND ROUNDS

princetonhouse.org

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

PHBH's Princeton Outpatient Center Reaffirms Commitment to Changing Lives

As Princeton House Behavioral Health commemorates the 15-year anniversary of its Princeton outpatient center at 741 Mt. Lucas Road, the occasion presents a renewed commitment to helping patients change their lives with specialized behavioral health and substance abuse programs for adults, young adults, older adults, and men.

"Over the past 15 years, we have built upon Princeton House's excellent foundation for high-quality behavioral health care and substance abuse treatment to provide a welcoming environment for all our patients," says Maggie Rusciano, RN, Director of Outpatient Services-Princeton. "By utilizing evidence-based practices, such as DBT skills training, our team promotes innovative treatment approaches that result in positive outcomes for our patients."

The Princeton outpatient center has responded to emerging treatment needs with specialized programs, including the Young Adult Program to assist those ages 18 through the mid-20s who are at the epicenter of the nation's current opiate addiction crisis, and the Men's Program for men who have experienced traumatic events that impact their well-being and overall functioning.

The PHBH-Princeton outpatient center at Mt. Lucas Road offers:

- Adult Psychiatric, Co-Occurring Disorders, and Addiction Recovery Programs
- Young Adult Program (ages 18 to mid-20s)
- Senior Link (older adults)
- Men's Program

The center's team of board certified psychiatrists, advanced practice nurses, registered nurses, licensed mental health professionals and associates, and allied clinical therapists provide a continuum of personalized services for patients. The center offers all-day partial hospital programs (PHPs) and half-day intensive outpatient programs (IOPs). Its close proximity to PHBH's inpatient facility at 905 Herrontown Road can provide a smooth transition for patients who are moving from inpatient care to outpatient services.

"As members of Princeton HealthCare System, our treatment teams also collaborate with the medical and behavioral health teams at University Medical Center of Princeton for patients who may need

acute care or integrated care for medical issues," remarks Ms. Rusciano.

PHBH's Princeton campus expanded in 2013 to include a modern facility at 1000 Herrontown Road, which houses the specialized Women's Program and Teen Girls' Program.

For more information about PHBH's outpatient services in Princeton, visit princetonhouse.org. To make a referral, call 888.437.1610.

Men's Program Honored with National Award

Prininceton House Behavioral Health's Men's Program was named the Association for Ambulatory Behavioral Healthcare's 2016 Program of the Year. Accepting the award at the AABH's national conference was Nicole Orro, LPC, LCADC, Director of Outpatient Services for PHBH-Hamilton.

The Men's Program, one of the first in the U.S., specializes in treating men who have experienced recent or past trauma. The program is offered at PHBH's Princeton, North Brunswick, and Moorestown outpatient centers. To make a referral, call 888.437.1610. To learn more, visit princetonhouse.org.

Pictured: On behalf of PHBH's Men's Program, Nicole Orro, LPC, LCADC, Director of Outpatient Services for PHBH-Hamilton, accepts the Association for Ambulatory Behavioral Healthcare's 2016 Program of the Year Award from Thomas Miller, President, during a ceremony held at the Mills House Wyndham Grand Hotel in Charleston, S.C.





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At this gentle season,
May you find time to enjoy
Life's simple blessings and
the beauty of each quiet moment.

With gratitude,
Princeton House Behavioral Health