

SUMMER 2016

Princeton House Behavioral Health

School's Out: Time to Focus on Behavioral Health Issues

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Princeton House
Behavioral Health
Princeton HealthCare System

School's Out for Summer: Making Time to Resolve Behavioral Health Issues

There is no better time than summer to relax with a good book, a beach day at the Jersey Shore, or a BBQ in the backyard.

Summer is also an ideal time for children and teens to work through behavioral health issues that occur year-round and can be especially troublesome as students prepare for going back to school.

Princeton House Behavioral Health's specialized child and adolescent treatment services don't pause for summer. Full-day customized partial hospital programs and half-day intensive outpatient programs offered at PHBH's outpatient centers in Hamilton, North Brunswick, and Moorestown help kids and teens stay on schedule, interact with their peers, and work through anxiety, mood disorders, substance abuse, and other issues as they develop healthy coping skills. A unique Teen Girls' Program, available at PHBH's Princeton site, provides a supportive and safe environment for girls ages 13 to 18 to explore developmental issues, build confidence, and develop positive coping skills as they transition into young adulthood.

Staying on Track

While there are many pleasant diversions that might create chaos with kids' regular routines throughout the summer, maintaining a child's or teen's schedule and activities within the family home, at caregivers' houses, or even at sleepaway camp is key to keeping kids on a healthy track all summer, notes child and adolescent psychiatrist Chirayu Parikh, DO.

"With permission from the child's or teen's psychiatrist or therapist, parents can make some adjustments so there is some downtime, but medications, sleep, meals, activities, and socialization should continue consistently as close to a regular routine as possible," says Dr. Parikh, Associate Medical Director of Child and Adolescent Programs at PHBH's North Brunswick outpatient center. "Parents, caregivers, and even camp counselors need to be mindful of a child's moods, stressors, and what might be symptoms of substance abuse or anxiety disorders as the summer progresses so we can treat these issues and prevent school refusal in September."



Treatment for Children and Teens

PHBH's individualized Children's, Adolescent, and Teen Girls' Programs provide:

- comprehensive evaluation by a board certified psychiatrist
- evidence-based treatment
- dialectical behavior therapy (DBT) skills training for adolescents
- group, individual, and family therapy
- medication management as needed
- psychoeducation groups
- expressive therapies (yoga, art, writing)
- urine drug screenings and relapse prevention for teens dealing with substance abuse

As School Approaches

By mid-August, PHBH's treatment teams begin to help children and teens prepare for going back to school, especially those who are transitioning into middle school or high school, when stress and anxiety disorders can increase in intensity.

"We help our patients practice coping skills and ask parents to get their children back into normal sleep cycles and the medication schedules they will have when the kids are back in school," says Dr. Parikh. "We all work together — therapists, parents, and schools — to ease the back-to-school process and help our patients look forward to a new school year."

For more information, visit princetonhouse.org. To make a referral, call 888.437.1610

PHBH Outreach Helps Parents and Students Confront Stress

Princeton House Behavioral Health's Hamilton outpatient center is providing outreach education and support to parents and students of the West Windsor-Plainsboro (WW-P) Regional School District in a collaborative effort to reduce stress and anxiety among the district's high school, middle school, and elementary school students.

Clinicians of PHBH-Hamilton took part in a Parent University forum at the WW-P high school to offer advice and education about balancing studying, socializing, and success. The collaboration will continue during the 2016-2017 school year.

Almost every adolescent experiences some degree of stress or anxiety, which can greatly impact a teen's academic, social, and family life. Stress is a feeling of high emotional tension that teenagers, and all children, experience when they encounter an event or situation that is perceived by them as a threat. Anxiety can be a normal reaction to something stressful or feeling nervous.

"Anxiety becomes troublesome when it is frequent, intense, and interferes with day-to-day functioning," says Nicole Orro, LPC, LCADC, Director of Outpatient Services for PHBH-Hamilton. "Common anxiety symptoms include sleep difficulties; decreased concentration; a change in functioning; avoidance, isolation, and school refusal; aggression; and suicidal thoughts."

The Parent University talk presented by Ms. Orro and PHBH-Hamilton's Medical Director, Madhurani Khare, MD, a child and adolescent psychiatrist, was one of many opportunities undertaken by the school district to provide social and emotional learning to parents. In part, parent workshops were developed in response to increasing numbers of WW-P students being referred for mental health assessments, along with student surveys that revealed 68 percent of WW-P high school students in



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— David M. Aderhold, EdD, Superintendent of Schools for the West Windsor-Plainsboro Regional School District.

honors and advanced placement classes stated they were stressed most or all of the time.

"Parenting today is so complex that we must help both parents and children have access to mental health providers and education, such as that provided by Princeton House Behavioral Health, so we can work together to reduce the effects of stress on children, teens, and families," says David M. Aderhold, EdD, Superintendent of Schools for the WW-P Regional School District. "Pervasive feelings of stress contributing to negative attitudes toward learning are especially troublesome. Through our focus on the development of the whole child, we are striving to meet the cognitive and social-emotional needs of all our children."

Family involvement is key to helping children and teens reduce school-related anxiety and the risk of school refusal, notes Dr. Khare.

"We must educate parents early to recognize each child's strengths and capabilities and not push them beyond what they can tolerate," she says. "The goal is to keep a child in school within a structured environment."

PHBH's child and adolescent treatment services provide full-day partial hospital programs and half-day intensive outpatient programs all year long at centers in Hamilton, North Brunswick, and Moorestown. To learn more, visit princetonhouse.org. To make a referral, call 888.437.1610.

Treating Transgender Children and Teens

Within Princeton House Behavioral Health's outpatient programs for children and adolescents, members of the treatment team offer a welcoming, safe place where transgender children and adolescents can explore their gender identity.



“Our goal is to help all our youth maintain a healthy outlook by encouraging them to be open about themselves, and by providing a safe space where they can explore any psychosocial concerns that may arise in treatment,” says child and adolescent psychiatrist Shirley M. Rajan, MD, Associate Medical Director of Adolescent DBT for PHBH's North Brunswick outpatient center.

Transgender is an umbrella term for people who are gender non-conforming, gender-variant, or whose gender identity differs from what is typically associated with the sex they were assigned at birth. According to Alex Redcay, LSW, PhD, a primary therapist at the North Brunswick outpatient center, research indicates that approximately 1 percent of individuals identify as transgender. There is neurological and genetic evidence to show that gender identity is linked to the brain and hormone differences that occur when a child is still in the womb.

“Among today's young people, there is more gender fluidity, with a number of children and teens who identify on the transgender spectrum,” says Dr. Redcay. “When transgender kids are seen as normal and their gender identity is affirmed, they experience less negative consequences.”

However, if unsupported, transgender children and teens are at risk for a number of mental health complications, with a tragic one out of every two attempting suicide. Bullying, prejudice, and rejection from their peers and adults can also lead to depression, anxiety, and self-mutilation. Many use alcohol and/or drugs to cope with the stress of being rejected at home, school, and work.

“While transgender children will undoubtedly face unique challenges and hardships, with love, support, and acceptance from their families they will be better able to face those challenges as their authentic self. They will be significantly less likely to have mental health issues, attempt suicide, and abuse drugs and alcohol,” adds Dr. Redcay.

Transgender, gender-variant, and gender non-conforming children and teens and their families can receive support through Princeton House Behavioral Health's child and adolescent programs. Board certified psychiatrists and licensed mental health therapists treat child and adolescent patients at PHBH's outpatient centers in Hamilton, North Brunswick, and Moorestown. PHBH also helps parents to reduce negative consequences and increase the positive effect of being supportive to their transgender child or teen.

Outpatient treatment programs are available year-round. Options include:

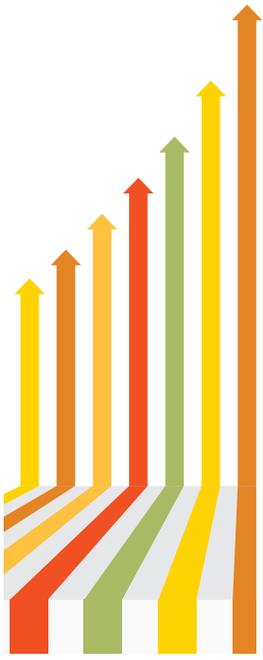
- **Specialized Children's Programs (ages 6-12)**
- **Adolescent Programs (ages 13-18), including an adolescent dialectical behavior therapy (DBT) program**

Partial hospital programs

are offered five days per week (including two hours of academic instruction by certified teachers during the school year). Afterschool intensive outpatient programs are offered three half-days per week (hours change during the summer). Lunch is provided for full-day programs; free transportation may be available.

For more information,

visit princetonhouse.org. To make a referral, call 888.437.1610.



Moorestown Center Meets Rising Demand for Services

Princeton House Behavioral Health’s Moorestown outpatient center has experienced a significant increase in the number of patients seeking services this year.

“The patient census has grown dramatically and surpassed our year-to-date projections since January,” says Donna M. Kiley,

MSW, LCSW, Director of Outpatient Services-Moorestown. “This is in large part to a demand for our specialty programs and our evidence-based treatment services. What sets our center apart is our inspiring staff, who continuously strengthen their focus on patient satisfaction and quality of care.”

The Moorestown center’s services include treatment programs for adults (adult psychiatric, co-occurring disorders, Senior Link), the Women’s Program, the Men’s Program, the Young Adult Program, and specialized treatment services for children and adolescents. Dialectical behavior therapy (DBT) skills training for patients of the Women’s Program, Men’s Program, and Adolescent Program are provided.

“We are welcoming to all and serve clients at all stages of the life cycle,” notes Susanne Steinberg, MD, Medical Director of the Moorestown center. “Patients are treated by a primary therapist and psychiatrist, as well as through many groups, including compassion, grief and loss, art, yoga, and paths to recovery. We emphasize self-care, family involvement, and striving for a life worth living to ensure successful reintegration into the community.”

For more information, visit princetonhouse.org. To make a referral, call 888.437.1610.

Centralized Transportation System Helps Streamline Patient Care

A new centralized transportation system enables Princeton House Behavioral Health to accommodate more patients who need rides to PHBH’s outpatient centers in Princeton, Hamilton, North Brunswick, Moorestown, and Eatontown.

“Providing transportation for patients who need it facilitates the seamless delivery of care and may eliminate a treatment barrier, from the time a person reaches out for services through to treatment,” says Jodi Pultorak, LCSW, Executive Director of Outpatient Services.

A key element of PHBH’s new centralized transportation system is a cloud-based software application called MediRoutes, which coordinates real-time scheduling and dispatching to van drivers’ smartphones. MediRoutes incorporates appointment times, each vehicle’s GPS location and capacity, and drive times for patient

drop-offs and pick-ups. Real-time updates are sent to drivers so dispatchers can maximize drivers’ routes.

“Our number one goal is to get our patients here for treatment, both efficiently and safely,” says Scott J. Iannuzzo, PHBH’s new Transportation Fleet Manager, who joined PHBH after retiring from a 33-year career with the Piscataway Police Department, where he was a lieutenant and supervisor of traffic safety. “Our new protocol will be for all our drivers to participate in a defensive driving course and to be certified in CPR.”

PHBH’s vans are being equipped with all safety measures, including fire extinguishers, first aid kits, step-stools, and other assistive items. Mr. Iannuzzo adds that use of the MediRoutes technology may open up opportunities to add to PHBH’s fleet of 25 vans and to expand services, such as subcontracting with Medicaid’s transportation provider, LogistiCare.



PEOPLE NEWS



Dafna Fuchs, PhD, has joined PHBH as Director of Inpatient Clinical Services. Her responsibilities include planning, organization, and oversight of inpatient clinical services excluding nursing services and provider practice. In her role as Director, Dr. Fuchs is responsible for the development of a psychology internship and externship program within Inpatient Services. She is trained in psychodynamic psychotherapy, cognitive behavior therapy (CBT), dialectical behavior therapy (DBT), and the assessment and treatment of psychiatric issues, addictions, and co-occurring disorders.



David Cornell has joined PHBH as Director of Facilities Operations. He oversees the day-to-day maintenance and engineering activities at the Princeton inpatient campus and the Mt. Lucas outpatient site. He also provides expanded support to other PHBH outpatient centers, including playing a role in the construction, renovation, and space planning of programs; managing and coordinating the actions of contractors, vendors, consultants, architects, engineers, and governmental authorities; and planning and estimating operational capital and construction projects. Mr. Cornell comes to PHBH with more than 30 years of experience in facilities and project management.

Media Spotlight

Jonathan Krejci, PhD, Director of Clinical Programs, Training, and Research, was a guest editor of the May 2016 issue of the *Journal of Groups in Addiction & Recovery*. Dr. Krejci's article, "A Hundred Flowers," discussed the importance of exploring multiple pathways to addiction recovery.

Art with Heart

PHBH-Hamilton's annual Art Exhibition showcased paintings, sculpture, quilts, and other artwork created by clients in art therapy. The exhibit highlighted how crafting original artwork translates to increased mental health, stability, and wellness. The artists are empowered to try something new.



FREE LECTURE FOR PROFESSIONALS

Integrating DBT in the Treatment of Emotional Eating in Teen Girls and Women

Speakers: Leslie Azaroff, MA, RDN; Sarah Ellis, LCSW; Monisha Motiwala, PsyD; Katie Robbins, LCSW; and Kate Teixeira, LCSW

September 21, 2016

3:30 – 4 p.m. Registration and Networking; 4 – 5 p.m. Lecture

Women's Program at PHBH – Princeton

1000 Herrontown Road, Middle Brick Building

RSVP and register by September 19

lvventura@princetonhcs.org, 609.613.4322

This course is geared to the learning needs of psychotherapists, psychologists, counselors, beginning to advanced level social workers, and related fields of practice. Upon completion of this conference, participants shall be able to: summarize eating disorder diagnoses; describe how eating disorders are treated using the DBT model, the biosocial theory, and the emotion dysregulation model of eating; and discuss the treatment of emotional eating in a partial hospitalization setting. Social workers will receive 1 CEU; all others will receive a certificate of completion.

Doctoral Psychology Internship Program Achieves APA Re-accreditation

The American Psychological Association (APA) has re-accredited Princeton House Behavioral Health's one-year doctoral psychology internship program for seven more years, the maximum time allowable for re-accreditations. PHBH is one of only a handful of behavioral health organizations in New Jersey whose doctoral psychology internship program is APA-accredited.

PHBH's re-accreditation follows the submission of a lengthy self-study document and a two-day visit by APA. APA accreditation signifies that PHBH's program meets and continuously seeks ways in which to enhance the quality of education and training provided, and it is committed to self-study and external review by its peers.

GRAND ROUNDS

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

Eatontown Center Celebrates First Anniversary with Growth in Patients, Staff, and Outreach

Vital connections between Princeton House Behavioral Health's Eatontown center and outpatient providers and hospitals in Monmouth and Ocean counties have been instrumental in attracting patients and increasing the number of staff over the past year. The Eatontown center's Women's Program provides intensive evidence-based treatment and support, including dialectical behavior therapy (DBT) skills training, for women struggling with mood disorders, substance abuse, eating disorders, emotion dysregulation, trauma, and other mental health issues.

"Relationships that we have developed have resulted in a consistent number of outpatient providers within our community who trust us with their patients in crisis and are comfortable referring them to us," says Medical Director Gregory Fernandez, MD. "The feedback we have received is excellent."

Since opening in May 2015, the Eatontown center has:

- received more than 500 referrals;
- added four primary therapists, an art therapist, a movement therapist, and a registered dietitian;
- provided DBT training courses for professionals;
- enhanced aesthetics for a nurturing environment; and
- participated in community outreach events, including the 6th Annual Sexual Assault Awareness Month 5K Run in Asbury Park.

"Our center is a compassionate place where women experiencing trauma can receive treatment and support in their journey toward healing," says Amy Hiraldo, LCSW, Director of Outpatient Services-Eatontown. "PHBH's new centralized transportation system will enable us to accommodate even more patients seeking treatment."



Pictured: Amy Hiraldo, LCSW, Director of Outpatient Services – Eatontown, gets ready to cut the center's first anniversary cake.

The Women's Program offers two treatment options: a full-day partial hospital program (five days each week) and a half-day intensive outpatient program (three days per week). For more information, visit princetonhouse.org. To make a referral, call 888.437.1610.

PHBH Patient Satisfaction Scores Reach New Heights



As Princeton House Behavioral Health (PHBH) approaches the 45th anniversary of its founding in 1971, we are pleased to report we have achieved our highest overall patient satisfaction scores since PHBH began using Press Ganey to measure patient satisfaction in 1999. In March 2016, PHBH's patient satisfaction scores were in the top 1% or 2% across most inpatient categories compared to 67 freestanding psychiatric hospitals in the United States that participate in the Press Ganey database.

"These scores attest to our successful efforts to continuously improve the patient experience for consumers and their families," says Marguerite Pedley, PhD, Vice President of Inpatient Services. "Patients routinely comment on the high-quality patient care provided by our excellent treatment teams as well as the dedication of our staff, who strive to make every patient encounter a positive one."

Some of the positive comments provided by patients include:

- “Princeton House is a great place to go to get your life back together.”
- “The best experience that I have had so far in the mental health system.”
- “You have a great staff, beautiful facility, and great food. Thanks for the help.”
- “Princeton House is definitely a godsend. I cannot say enough to express my gratitude to the staff.”



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Leading Advocate for Mental Health Parity Visits Princeton House Behavioral Health



Former U.S. Congressman Patrick J. Kennedy (*center*), one of the nation's leading political voices on mental illness, addiction, and other brain diseases, is welcomed to Princeton House Behavioral Health (PHBH) by Chairman of Psychiatry Neal B. Schofield, MD (*left*), and Richard Wohl, MSW, MBA, President, PHBH, and Senior Vice President, Princeton HealthCare System (*right*).

Rep. Kennedy—whose signature achievement during 16 years in the House of Representatives is the Mental Health Parity and Addiction Equity Act passed in 2008—recently addressed 65 members of PHBH's Department of Psychiatry. He shared his perspectives on mental health and addiction and his work with the Kennedy Forum, which serves as a vehicle to unite the mental health community. Rep. Kennedy urged those present to continue to help the public overcome the perception that mental illnesses are not treatable.

Emphasizing his belief that the mental health field is now in a “golden age,” he added that continuing research would lead to a “revolution that takes people with mental illness and addiction out of the shadows.”