



Princeton House
Behavioral Health
Princeton HealthCare System

today

MAY/JUNE 2006



Our Commitment to Quality

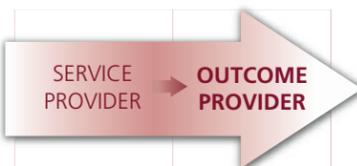
Training & Research
Special Edition

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Ahead of the Curve: Best Practices at PHBH

Nationally, there are currently two key trends in behavioral health focused on the importance of providing quality patient care and of monitoring the results of that care:

- ▶ **Federal attention is now centered on the importance of measuring patient outcomes through what is now termed, “evidence-based practices.” According to the American Psychological Association (APA), evidence-based practice is the integration of the best available research with clinical expertise in the context of patient characteristics, culture and preferences. This new policy direction impacts many areas within the behavioral health fields, including funding priorities.**
- ▶ **Patient outcomes are now considered as important as the provision of care in the field.**



Over the past few years, Princeton House Behavioral Health (PHBH) has been transitioning from a “service provider” model to a “provider of outcomes” model, which

represents an important culture shift for the organization. This approach corresponds nicely to the new policy developments in healthcare. “With a very strong, organization-wide focus on quality, supported by an increasing base of research and training, Princeton House actually stays ahead of the curve rather than just following national trends,” stated **Peter Thomas, PhD, Executive Director of Outpatient Services at PHBH.**

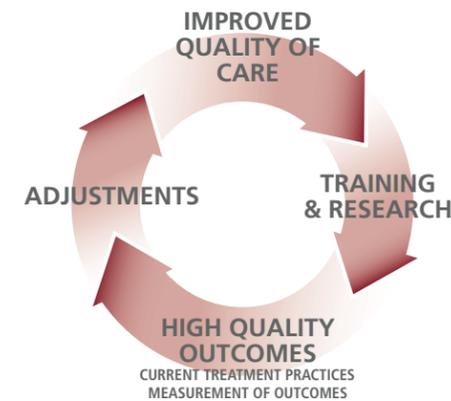


The outcomes emphasis at PHBH is driven by the commitment to quality patient care. “Our focus on training and research at Princeton House is set within the larger context of our on-going commitment to provide high-quality patient care,” noted Dr. Thomas. “When patients recommend Princeton House to their friends and family or return here for additional care, it’s always affirming to know that they liked their experience with us. However, we rely on objective, quantitative measures of the quality of care we provide so that we can identify patient outcomes and continually improve upon them.”

A challenge in accomplishing better outcomes is in bringing evidence-based practices into actual clinical treatment. “Unfortunately, many evidence-based practices just don’t make it into real-world clinical settings,” explained Jonathan Krejci, PhD, Director of Training and Research at PHBH. “We are doing things differently at Princeton House. We are introducing evidence-based practices to our clinical staff and supporting them with information and education as they adopt them.”

In implementing best practices, PHBH has not only started to produce outcome studies, but has also integrated evidence-based practices into training and clinical work in a number of ways:

- ▶ PHBH features evidence-based practices in its staff education, such as computerized training modules for therapists and in Grand Rounds.
- ▶ The Women’s Programs at PHBH, with **Judith Margolin, PsyD**, as Director, has been redefining itself based on this clinical approach. “We are ramping up these already strong and vital programs by formalizing the use of evidence-based practices,” stated Dr. Margolin. For example, the Women’s Trauma Program is integrating staff training on how to use emotion regulation skills training in their clinical work because the evidence shows that developing these skills is a critical precursor to dealing with a trauma. In support of this specialized training and other similar initiatives, the Princeton HealthCare System Foundation has provided an educational grant to develop staff training modules to implement evidence-based practices in the Women’s Programs.
- ▶ In late fall 2006, Princeton House will unveil its program for recovering professionals, The Retreat at Princeton, which will have a strong motivational interviewing component. **Arnold Washton, PhD**, a nationally-renowned, widely published addiction psychologist and Clinical Director of the new program, explains why motivational interviewing,



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an evidence-based practice, will be central to its success, “The program will be treating business and healthcare professionals who are highly functioning in their day-to-day lives, but have alcohol and drug problems. Our approach will be patient-centered and motivational rather than confrontational. Our aim is to engage these recovering professionals where they are – and through a respectful interaction, move them forward in a process of change. It’s a partnership.”

By conducting research to measure outcomes, PHBH takes informed steps to directly improve patient care. By providing professional education and training, Princeton House assures that the entire team stays current with “best practice” recommendations. By integrating evidence-based practices into clinical work, outcomes are enhanced.

Evidence-based and outcomes informed practice are not only “best practices”, but represent the cornerstone of the current philosophy and culture of clinical treatment at PHBH.

PHBH Outcomes Study: Preliminary Results Show Patients Improve From the Outset

In June 2005, Princeton House Behavioral Health initiated an outcomes study at all five outpatient sites. More than 200 patients have participated to date. The study design includes the following components:

- ▶ **Patients are enrolled and complete a baseline questionnaire at the start of their treatment at PHBH.**
- ▶ **The questionnaire asks them about their general functioning, mood, drug and alcohol use and symptoms.**
- ▶ **At the one-week mark, patients complete the questionnaire again, noting changes in their symptoms and function.**
- ▶ **At the end of their treatment, patients complete a final questionnaire.**

With the data from the study, PHBH is examining changes in patients’ symptoms and function before and after care, differences in outcomes across the programs and patient predictors that are associated with progressing well or experiencing a poor outcome.

“Ultimately, we intend to feed the results back to our clinicians so they have a clear picture of where we are really doing well and where improvements need to be made,” said Jonathan Krejci, PhD, Director of Training and Research at PHBH.

Preliminary results indicate that patients show signs of improvement in overall function and symptoms even within the first seven days of treatment. These improvements continue throughout the course of treatment.

“These results are exciting because the first week of treatment is so critical,” said Peter Thomas, PhD “When progress is made early on, patients have hope that they can and will get better.”



Professional Education and Training at PHBH: A Strong Foundation with New Directions

In May 2005, Jonathan Krejci, PhD, joined PHBH as Director of Training and Research, a newly created position within the organization.

“Dr. Krejci’s presence in our organization is a testament to our commitment to providing topnotch training and professional development to our staff,” said Peter Thomas, PhD, Executive Director of Outpatient Services at PHBH.

Dr. Krejci brings more than 12 years of experience. Most recently, he was an assistant professor in the Department of Psychiatry, Division of Addiction Psychiatry, at the University of Medicine and Dentistry of New Jersey (UMDNJ) – Robert Wood Johnson Medical School. While at UMDNJ, Dr. Krejci was co-investigator on several federally-funded grants that developed and tested psychosocial therapies for mental health and substance abuse problems.

Over the past year, Dr. Krejci has helped Princeton House establish several new staff training initiatives:

- ▶ **Educational presentations and training on motivational interviewing are available to staff and community practitioners:** Motivational interviewing, which is designed to produce rapid, internally-motivated change, embraces a respectful, compassionate, client-centered attitude, combined with a mixture of open-ended questioning and empathic listening. It has considerable empirical support in the treatment of substance abuse. Dr. Krejci is trained as a trainer for motivational interviewing, and is currently training key Princeton House clinicians to be trainers as well.
- ▶ **A Predoctoral Psychology Internship:** The program is open to qualified individuals from clinical and counseling doctoral programs nationwide. Currently, two interns are enrolled in this full-time, full-year program, which began in September 2005. Next year, four students are expected to enroll in the Princeton House Internship.



- ▶ **General staff continuing education programs:** Over the past year, Princeton House provided a series of on-site trainings for staff on a variety of topics, often making available continuing education units to social work and licensed professional counselors who attend the seminars.
- ▶ **A multidisciplinary Grand Rounds program:** In 2005, Dr. Krejci added a new, additional Grand Rounds program, which not only responds to the educational learning needs of psychiatrists, but also invites a broader multidisciplinary audience. (See the schedule of upcoming 2006 Grand Round programs on page 5.) Programs are open to the outside professional community. Princeton House Behavioral Health has long maintained a successful, well-attended Grand Rounds Program geared specifically to the needs of psychiatrists. This program continues to be headed and organized by David Nathan, MD, Staff Psychiatrist and CME Coordinator.

Individual departments also offer their own educational opportunities for staff. In addition to the established Grand Rounds program offered by the Department of Psychiatry and mentioned above, there are a number of additional established departmental training initiatives, such as:

- ▶ Social work offers weekly clinical training groups, as well as providing support to its members who are seeking continuing education, including tuition reimbursement for certifications and master’s level work.

(continues on page 5)



While the Department of Training and Research provides training and professional development programs across the continuum, individual departments also offer their own educational opportunities for staff.

- ▶ Steve Vandegrift, EdM, CTRS, Coordinator of Allied Clinical Therapies, encourages staff in this department to continue in their professional educational pursuits through established programs and support of outside learning. “Our staff routinely goes well beyond what is expected of them by Princeton House and their particular discipline with their continuing education pursuits,” said Vandegrift.
- ▶ Nursing at Princeton House offers a range of educational opportunities and programs to staff, requiring the efforts of Jacqueline Zaremba, RN, APN, Nurse Educator. A flexible and tailored employee orientation provides a good start. After orientation, our nurses also regularly attend Grand Rounds and stay up-to-date in their competencies. PHBH further supports their participation in outside educational programs and encourages their professional development as they stay with the organization.

There are a number of physician training programs under the direction of **Jose Vazquez, MD, Chairman of the Department of Psychiatry**. “The goal of the physician programs at Princeton House is twofold,” said Dr. Vazquez. “We strive to educate physicians so that they can provide the best possible patient care and simultaneously ensure the safety of both patients and providers. These physician training programs include:



- ▶ An educational program on patient interviewing for second-year medical students and a clinical rotation for third-year students of UMDNJ – Robert Wood Johnson Medical School in New Brunswick
- ▶ Fellowship programs in three subspecialties:
 - ▶ Addiction services
 - ▶ Geropsychiatry
 - ▶ Child and adolescent psychiatry.

“A commitment to professional training is a long-standing part of the Princeton House tradition,” said Dr. Krejci. “I feel honored to work, as part of a team, with our professional clinicians and staff toward advancing and developing what is already working well here, and together with the team, taking it to a whole new level.”

For more information on PHBH educational programs, contact Jonathan Krejci, PhD, at 609.497.2646.



Listen, Lunch and Learn*: PHBH Grand Rounds. You're invited!

Mark your calendars for our FREE upcoming Grand Rounds. These are held at the following address: Princeton House Behavioral Health Main Campus, Former Front Lobby area, 905 Herrontown Road, Princeton, NJ 08540. Directions are available online at www.princetonhcs.org/princetonhouse.

RSVP Nancy at 609.497.3327.

Monday, May 22, 2006, 12:30 p.m.

Family Therapy with Substance Abusing Patients
Barbara McCrady, PhD

Monday, June 12, 2006, 12:30 p.m.

Treatment Resistant Illness in the Office Setting
Dr. Alex Vuckovic, Medical Director, Pavilion at McLean Hospital

Monday, June 26, 2006, 12:30 p.m.

The Nature and Treatment of Complex PTSD
Marylene Cloitre, PhD

Princeton HealthCare System designates the continuing medical education activity for a maximum of 1 Category 1 credit toward the AMA or MSNJ Physicians' Recognition Award. Each physician should claim only those credits that he/she actually spent in the activity. Application has also been made for New Jersey social work credit hours with the Board of Social Work Examiners. Other professionals who attend will also receive a certificate of completion, which you may submit for consideration to your certification board.

*Princeton HealthCare System is accredited by the Medical Society of New Jersey to provide continuing medical education for physicians.



OUR CONVENIENT LOCATIONS

inpatient site

PRINCETON

Specialized in Adolescent, Adult, Older Adult & Women's Services
905 Herrontown Rd.
Phone: 609.497.3355
Fax: 609.688.3779

outpatient sites

PRINCETON

Specialized in Women's Services
905 Herrontown Rd.
Phone: 609.688.3707
Fax: 609.497.3322

Specialized in Adult & Older Adult Services

741 Mt. Lucas Rd.
Phone: 609.497.3343
Fax: 609.688.3771

NORTH BRUNSWICK

Specialized in Child, Adolescent, Adult & Older Adult Services
1460 Livingston Ave.
Phone: 732.729.3636
Fax: 732.435.0222

CHERRY HILL

Specialized in Child, Adolescent, Adult, Older Adult & Women's Services
375 North Kings Hwy.
Phone: 856.779.8455
Fax: 866.779.2988

HAMILTON

Specialized in Adolescent & Adult Services
1670 Whitehorse-Hamilton Sq. Rd.
Phone: 609.586.4788
Fax: 609.689.2938



Princeton House Behavioral Health
Princeton HealthCare System

Redefining Care.

University Medical Center at Princeton

Princeton House Behavioral Health

Princeton Rehabilitation Services

Merwick Care Center

Princeton HomeCare Services

University Medical Center at Princeton Surgical Center

Princeton Fitness & Wellness Center

Princeton HealthCare System Foundation

Princeton House Behavioral Health Today is published bimonthly by Princeton House Behavioral Health. If you have a suggestion for an article for the next issue, please contact Network Development at 609.688.3793.

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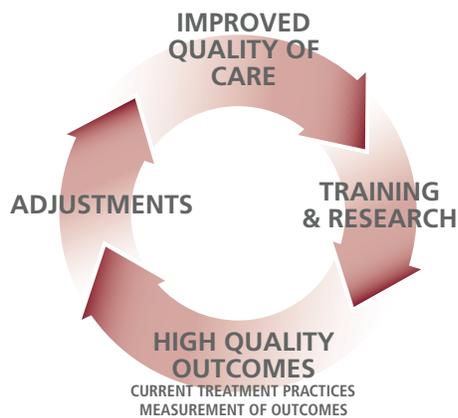
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