

New Innovative Programs at PHBH

Keeping Patients from Falling Through the Cracks:
Personalized Care for Young Adults and Men p. 2

Helping Patients Wage the Battle Against Addiction p. 5

People News p. 4

Happenings p. 6

Sites and Services p. 7

New Outpatient Admissions
Phone Number p. 8



KEEPING PATIENTS FROM FALLING THROUGH THE CRACKS: PERSONALIZED CARE FOR YOUNG ADULTS AND MEN



Both the Young Adult and Men's Outpatient Programs – two new initiatives at Princeton House Behavioral Health (PHBH) – are helping to address the needs of two very specific populations. These innovative programs offer targeted treatment to young adults and men who often face difficulties finding mental health services specifically tailored to their needs.

At Princeton House Behavioral Health, patients have easy access to high-quality programming that addresses their personal needs in terms of diagnosis, gender, and life stage.

The recently launched Young Adult Outpatient Program, designed for men and women ages 18 to mid-20s, is available on a Partial Hospital or Intensive Outpatient basis at the PHBH

North Brunswick Outpatient Site. The program – the first of its kind in New Jersey – caters to young adults with psychiatric diagnoses, substance abuse issues or both.

Princeton House Behavioral Health's Outpatient site on Mount Lucas Road in Princeton, New Jersey, also recently opened a young adult program. This now gives the community two different locations in which to refer young adults in need of services that specifically target this population.

The specialized Men's Program at the Mount Lucas location in Princeton just celebrated its one-year anniversary in January. The program offers partial hospital and intensive outpatient services to men who have experienced traumatic events that are currently affecting their sense of well-being and overall functioning.

YOUNG ADULT PROGRAM

Young adulthood marks a critical point in a person's development. During this time, adolescents transition into their adult roles. They take on new responsibilities, including college, full-time employment, long-term relationships and often parenthood.

This shift from child to adult roles is challenging and can often exacerbate underlying mental health problems, leading some to turn to alcohol and drugs for relief.

Young adults have higher rates of alcohol and illicit drug use compared with other age groups. According to the 2010 National Survey on Drug Use and Health, 21.5 percent of young adults aged 18 to 25 used drugs illicitly. Moreover, according to the National Alliance on Mental Illness, nearly three million young adults are diagnosed with serious mental illness.

I WASN'T JUDGED BY ANYONE. MY THERAPIST WAS ALWAYS HONEST AND HELPFUL. I LEARNED A LOT ABOUT MYSELF, EVEN IF IT WAS TOUGH AT TIMES. IT ALSO HELPED TO BE WITH PEOPLE OF THE SAME AGE AND SIMILAR SITUATIONS."

for young adults to relate to older patients because they have such different experiences and life stressors." PHBH addresses the multiple mental health needs of young adults through a comprehensive and specialized program that addresses their unique experiences.

"The curriculum focuses on a variety of age-appropriate topics and specialized concerns" said Nicole Tango, LAC, Primary Therapist for the Young Adult Program.

Since its debut this past summer, the Young Adult Program has quickly gained a full compliment of patients, further reaffirming the need for this unique program.

"The Young Adult Program is a necessary program and the first of its kind in New Jersey" said Tanya Kero, LCSW, Site Director of the North Brunswick Outpatient Site. "This program targets the crucial time in the patient's life to do early intervention before they get further into adulthood. This is the key moment to make change happen."

MEN'S PROGRAM

Men who have experienced trauma now have access to a treatment program designed exclusively for them. The Men's Program at PHBH is one of the first programs of its kind in the region.

Participants are provided an opportunity to undergo treatment in a supportive setting where they are more comfortable discussing their past trauma and its impact on their relationships, self-esteem and ability to manage stress.

"Post traumatic stress disorder affects both women and men, but too often men try to shoulder the burden alone, unsure of where to turn," said Lorna Stanley, MD, Medical Director of the Princeton House Behavioral Health Mount Lucas site. "It is very rewarding to see men in the program gaining confidence and gaining a sense of trust in themselves and the community around them."

Unfortunately, young adults are likely to resist or forgo mental health services. Even when they do seek help, young adults may often be referred to group-oriented therapies that are inappropriate for them because they include mainly older adults who do not share their age-specific issues.

"Traditionally, this population tends to be resistant to treatment," said David Cordon, MD, Medical Director of Outpatient Services. "In group settings, it's difficult

SIGNS AND SYMPTOMS OF POST TRAUMATIC STRESS DISORDER

About 60 percent of men will experience some sort of traumatic event in their lifetime, according to the National Center for Post Traumatic Stress Disorder. These events can range from childhood abuse to military combat to serious accidents.

Most trauma survivors recover over time, but some will develop post traumatic stress disorder that if left untreated, can cause serious emotional distress and interfere with home and work life.

Post traumatic stress disorder is typically diagnosed if symptoms last for at least one month and cause significant disruption to everyday life. In many cases, symptoms of post traumatic stress disorder may not emerge until months or years after the traumatic event. Symptoms may include:

- Sudden feelings of anxiety or panic
- Distressing memories or thoughts
- Flashbacks or reliving traumatic experiences in your head
- Difficulty sleeping and nightmares related to the trauma
- Irritability, anger and rage
- Trouble maintaining relationships
- Low self esteem
- Hyper-vigilance or feeling the need to be constantly "on guard"

In addition, patients with post traumatic stress disorder may also be diagnosed with other conditions including depression, anxiety and/or substance abuse.

Unfortunately, men generally wait to talk about their symptoms, believing they will work themselves out on their own or that if they ignore them they will go away. Typically, that is not the case. Without treatment, these symptoms can impact marriages, families and careers.



INDIVIDUALIZED RECOVERY PLAN

The Men's Program at Princeton House Behavioral Health offers men an opportunity to undergo treatment in a supportive setting designed specifically for them. The need for the program became apparent as PHBH continued to treat men who exhibited symptoms of post traumatic stress disorder.

"Our patients tell us that that this program has made a significant difference in their treatment" said Kameron Casella, L.C.S.W., Clinical Coordinator at PHBH's Outpatient Site on Mount Lucas Road in Princeton. "Patients report feeling safer and more comfortable discussing their past trauma, its impact on their relationships, self-esteem and ability to manage stress."

Everyone entering the program undergoes a comprehensive psychiatric evaluation that is used to develop an individualized recovery plan. Each patient receives group and individual therapy, coping and life skills training as well as education on maintaining his physical and emotional health.

Group sessions are especially helpful in enabling men to open up and communicate freely with other trauma survivors who can relate to their experiences. Treatment also includes dialectical behavioral therapy (DBT), which helps patients regulate their emotions and behavior and exert greater control over their actions. Through DBT, men:

- Learn how to develop a sense of mindfulness that helps them live in the present – not the past or the future.
- Begin to understand their emotions and their reactions to emotional stressors so they can better handle emotional situations.
- Develop interpersonal skills that enable them to communicate better in personal and professional relationships.
- Learn techniques for handling stressful situations. These techniques may include physical activity, breathing exercises, meditation, prayer, listening to soothing music or just taking a time out.

I HAVE CONSISTANTLY FELT MORE 'SERENE' SINCE ENTERING THE MEN'S PROGRAM. HERE, I CAN TALK THE TRUTH ABOUT WHAT'S GOING ON WITH ME, AND OTHER GUYS DO THE SAME. WE'RE ON THE SAME LEVEL. THAT MAKES ME FEEL GOOD, LIKE WANTING TO TALK MORE."

"We really try to individualize our treatment of patients here," said Casella. "We give them the skills they need to manage emotions and symptoms to give them a sense of safety and control."

The Men's Program at PHBH is offered as either a partial hospitalization program — five hours a day, five days a week — or as an intensive outpatient program offering services three-hours a day, three times per week.

A TRADITION OF QUALITY AND PERSONALIZED CARE

The Young Adult and Men's Programs are the latest specialized offerings from Princeton House Behavioral Health. PHBH also offers programs tailored to older adults, women, adolescents and children. The newest programs reflect PHBH's continued dedication to making mental health services accessible to the special needs of under treated populations.

PHBH accepts referrals from other professionals and from patients themselves. **For more information or to schedule an appointment, call 888.437.1610.**

people news



Victor G. Grosu, MD has joined PHBH as a Staff Psychiatrist at the Hamilton Outpatient site. He most recently served as a Child and Adolescent Fellow at Zucker Hillside Hospital in Glen Oaks, NY.



Linda J. Lang, MD, a board certified psychiatrist is the Medical Director of Hospital Psychiatric Services at University Medical Center of Princeton at Plainsboro. This is a newly created position. Dr. Lang most recently served as staff psychiatrist, President of the Medical staff and interim Medical Director at Carrier Clinic. She completed her internship and Psychiatric Residency at New York Medical College.



Bushra F. Mirza, MD Joined PHBH as a staff psychiatrist on the Dual Diagnosis unit. She most recently served as chief resident at Bergen Regional Medical Center in Paramus, NJ. Dr. Mirza is a member of the American Psychiatric Association and the American Medical Association.



Naomi Nunez Has joined Princeton House provider group (PHPG) and the Dept. of Psychiatry as the Medical Staff Secretary and Credentialing Coordinator. Naomi most recently served as a Client Services Manager at Bayada Nurses in Perth Amboy, NJ and as a Behavioral Assistant at Caring Family Community Services in Manalapan, NJ. She completed her Bachelors Degree in Psychology and Economics at Rutgers University in New Brunswick.



Vilayannur Rao, MD is the Medical Director of the Short Term Care Facility (STCF) at PHBH. He completed his residency and chief residency programs in Psychiatry at Brookdale University Hospital and Medical Center in Brooklyn. He is board certified in psychiatry and is a member of the American Psychiatric Association and Brooklyn Psychiatric Society.



David Resnik, MD has joined the Dept of Psychiatry as an Adult Staff Psychiatrist at our Hamilton Outpatient site. He recently worked at CPC Behavioral Health in Freehold, NJ, and worked at the Stress Care Center in Old Bridge, NJ. He completed his psychiatric residency in Syracuse, NY.

Helping Patients Wage the Battle Against Addiction



The Addiction Recovery Program at Princeton House helps chemically dependent adults on their road to recovery. This medically monitored, short-term, intensive inpatient program provides treatment for patients with substance abuse as well as co-occurring psychiatric and medical conditions.

“The patients we see in the Addiction Recovery Program present with a variety of problems, including medical issues that preclude them from receiving treatment at freestanding residential facilities,” said Neal B. Schofield, MD, Chairman of the Department of Psychiatry. “Because we are connected to a service continuum centered around the University Medical Center at Princeton, we provide a higher level of coordinated, sophisticated care.”

Addiction and Mental Health

According to the National Survey on Drug Use and Health, more than 22 million Americans struggle with addiction each year. Six out of ten people with substance abuse disorder also suffer from mental illness, according to the National Institute on Drug Abuse.

Compared with the general population, patients with mood or anxiety disorders are about twice as likely to also suffer from a substance abuse disorder. In addition, patients with substance abuse disorders are roughly twice as likely to be diagnosed with mood or anxiety disorders.

Recognizing the high rate of co-morbid substance abuse and mental illness, the Addiction Recovery Program at PHBH provides an integrated and comprehensive treatment program that addresses the patient as a whole.

“If you go after only one piece, you’re not really going after the whole issue,” Schofield said. “The most effective way to treat the problem is to treat *all* of the problems.”

Road to Recovery

Patients receive individual counseling and work in a small group setting to wage the battle so they can:

- Acquire a realistic perspective on the nature and extent of their substance use and related problems
- Increase their motivation and readiness for change

- Learn basic relapse prevention skills
- Formulate a comprehensive aftercare plan

“At Princeton House, we believe that a support system is a critical part of ongoing recovery and stability,” said Chris Losch, LCSW, LCADC, Director of Addiction Services for PHBH Inpatient Services. “We help patients learn how to build and rely on such a system and to develop a variety of coping skills to help prevent relapse.”

Treatment Backed by Research

Princeton House Behavioral Health integrates the best available research with clinical expertise to ensure the most effective approach for treatment.

Patients receive treatment supported by research. By employing evidence-based practices (EBP) in its behavioral health services, Princeton House’s quality care is backed by research, highly trained clinicians and a history of successful patient outcomes.

Customized to individual needs, the Addiction Recovery Program at Princeton House helps individuals overcome multiple problems by providing them with the self-management skills and professional support that will get them through the challenges of maintaining sobriety for the long term.

In addition, PHBH offers addiction services on an intensive outpatient basis throughout New Jersey, including Princeton, Hamilton, Cherry Hill and North Brunswick.

To make a referral or seek admission to the Inpatient Addiction Recovery Program please call the Inpatient admissions office at 800.242.2550.

Princeton Mt. Lucas Outpatient Site Opens Two New Programs

A Daytime Adult Addictions IOP

has been implemented as another option to the existing Evening Addictions Intensive Outpatient (IOP). The service will be available to adults 18 years of age and older every weekday from 9:30 a.m. – 12:30 p.m. Patients attend 3 of 5 days which can be determined upon evaluation. The program includes psychotherapy groups, psycho-educational groups and weekly individual therapy. Transportation is available depending on need and location. The program utilizes a motivational interviewing approach to recovery and relapse prevention while encouraging 12 step and other sober supports in the community. Patients learn Cognitive Behavioral Therapy (CBT) and Dialectical Behavioral Therapy (DBT) skills in order to promote ongoing health and well being.



Young Adult Program is now available in Princeton as well as North Brunswick. The program offers Partial Hospital and Intensive Outpatient services to young adults ages 18 to mid-20's who have experienced psychiatric and/or co-occurring substance abuse issues, which have had a negative impact on their sense of well-being and overall functioning. The program is geared toward working

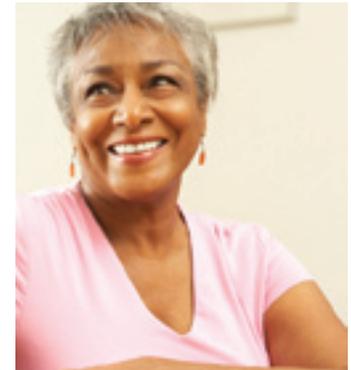
with patients on issues relevant and unique to this age group, combining Cognitive Behavioral Therapy (CBT) and Dialectical Behavioral Therapy (DBT) approaches to mental health and substance use disorders.

To make a referral to our new Addictions IOP or Young Adult Programs, please contact our Centralized Outpatient Admissions at 888.437.1610.

Expansion of Women's Program

We are pleased to announce that all three sites — North Brunswick, Hamilton and Princeton — now offer the same daytime programming: Trauma, Trauma and Addiction, Dialectical Behavioral Therapy (DBT) skills and Emotion Regulation across all three women's sites.

Women's Emotion Regulation is now offered during the daytime and as a partial hospital program. This track will address the needs of women experiencing life transition and emotion dysregulation issues who want a mixture of process group and DBT skills in their treatment. Cherry Hill Women's program remains unchanged at this time, but has plans to expand Women's programming in the Fall of 2012.



GRAND ROUNDS

For more information, please visit our website www.princetonhouse.org or contact Jonathan Krejci, PhD, at Jkrejci@princetonhcs.org.



JOIN OUR ELECTRONIC MAILING LIST!
Just send your email address
to vstoble@princetonhcs.org

INPATIENT PROGRAMS

800.242.2550 Fax: 609.688.3779

	PRINCETON		Comments
	Adult	Adolescent	
General Psychiatric/Voluntary	■		
Dual Diagnosis	■		
Medical Detox	■	■	
Addiction Recovery	■	■	
Short Term Care Facility (STCF/Involuntary)	■		Access via designated Screening Centers for Hunterdon, Middlesex, and Somerset counties.
Electroconvulsive Therapy (ECT)	■		Available as an IP or OP service.

OUTPATIENT

PHP/IOP PROGRAMS

888.437.1610 Fax: 609.683.6840



	PRINCETON	HAMILTON	NORTH BRUNSWICK	CHERRY HILL
DAY PROGRAMS				
Child – Psychiatric		●	●	●
Adolescent – Psych/Dual/Substance Abuse		●	●	●
Young Adult	●		●	
Adult – Psychiatric/Dual	●	●	●	●
Adult – Substance Abuse	●			
Older Adult	●		●	●
Men's Program				
Trauma	●			
Women's Program				
Dialectical Behavioral Therapy (DBT)	●	●	●	
Trauma	●	●	●	●
Trauma & Addiction	●	●	●	
Emotion Regulation	●	●	●	
Afterschool IOP				
Adolescent – Psych/Dual/Substance Abuse		●	●	●
EVENING PROGRAMS				
Evening IOP				
Adult Psychiatric	●			
Adult Dual Diagnosis	●			
Adult Substance Abuse	●	●	●	●

Most insurance plans accepted, Medicaid and Medicare accepted for most programs. Transportation may be available for Partial Hospital Programs and some After School Adolescent IOP Programs, please check with individual sites regarding pick-up coverage and availability.

888.437.1610

PRINCETON HOUSE BEHAVIORAL HEALTH ANNOUNCES

New Outpatient Admissions Phone Number

To provide easier access for patients and the referral community, Princeton House Behavioral Health (PHBH) has established one admissions number — **888.437.1610** — **to access partial hospital and intensive outpatient services at all five outpatient locations.**

PHBH's talented team includes admissions clinicians who specialize in child, adolescent, adult and women's populations. The outpatient admissions team will be available to process referrals business days from 8:30 a.m. – 5 p.m. A new fax number — 609.683.6840 — has also been established.



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