**Why do you like working at Princeton House?**

“I love working at Princeton House! I believe in what we do and appreciate the support I receive from the administration. It is wonderful to work with talented people who are creative and constantly thinking of new approaches to meet the changing needs of our community.”

Nancy Zorochin, LPN, Community Relations Supervisor, began working at PHBH 30 years ago.

“I like working at Princeton House because the staff is helpful and friendly, and the programs are excellent. My team is very good and I have the opportunity to hone in and develop my skills.”

Perry Knuckles, Environmental Services Foreman, has worked at PHBH for over 15 years, and supervises a staff of 11 individuals.

“I have the privilege to work closely with many wonderful colleagues and patients. I have been given an opportunity to be a part of a team of professionals who are focused on alleviating suffering. That’s what makes me want to keep doing what I do at Princeton House.”

Iris Perlstein, MPS, LCADC, LPC, ATR-BC, Director of Inpatient Clinical Programming, returned to PHBH in 2001 after serving as an intern in 1980.

“It’s been my good fortune to work beside highly qualified, compassionate professionals, who continually strive to treat patients using innovative, evidenced-based programming. I have a deep sense of satisfaction in what I do and I know Princeton House is where I should be.”

Margaret “Maggie” Rusciano, RN, Outpatient Nursing Coordinator, has worked with Princeton HealthCare System for 24 years, the past 22 at PHBH.

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1971
Princeton House is acquired by the Medical Center at Princeton, Board of Trustees

1980
Princeton House offers two major programs, Psychiatry and Addiction Recovery

1991
Dual Diagnosis program opens
Senior Link—NJ’s first private older adult partial psychiatric program opens

1992
Intern program begins with UMDNJ residency training
Adult Day, Dual Diagnosis and Women’s Trauma Partial hospital programs open
As Princeton House Behavioral Health (PHBH) celebrates its 40th anniversary, it remains strongly committed to its mission of delivering the highest quality care in order to optimize treatment outcomes.

With programs rooted in evidence-based practices and a drive toward continuous improvement and innovation, the organization is a leader in behavioral healthcare throughout the region.

Additionally, the affiliation of PHBH with Princeton HealthCare System (PHCS) sets it apart from other mental health providers and ensures a continuum of care that is often key to a patient’s recovery.

“Being part of Princeton HealthCare System is part of who we are,” said Richard Wohl, senior vice president, who joined Princeton House Behavioral Health in 1990. “Psychiatric illness is not disconnected from medical illness, and we have a tremendous advantage in being affiliated with a full-service medical center.”

Originally built in 1969 by a group of New York investors, Princeton House was first planned as a nursing home and convalescent center, primarily for theater people. A year later, the license was changed to a psychiatric hospital and alcohol treatment center.

Recognizing an opportunity, the Board of Trustees at University Medical Center at Princeton acquired the failing 84-bed facility through bankruptcy and set out to build a psychiatric care program and an addiction recovery program.

Today – 40 years later – PHBH occupies six locations from North Brunswick to Cherry Hill. Six distinct services are offered at the inpatient campus in Princeton while a total of forty four programs are offered through our outpatient service which currently operates at five distinct sites throughout New Jersey.

“We’ve developed high quality clinical programming to address patients’ specific needs in terms of diagnosis, gender and stage of life,” said Peter Thomas, PhD, Executive Director of Outpatient Services. “We find that patients report higher satisfaction and achieve better outcomes when they feel the programs truly meet their needs.”

The Power of “Yes”

PHBH has long demonstrated a history of creating new or refining existing programs to meet the needs of the community it serves. Indeed, one of the milestones in this history was the establishment in 1991 of a dual
diagnosis program to treat the growing number of patients with both a psychiatric and addiction disorder. Additionally, that same year, Princeton House opened one of the first hospital-based partial hospitalization programs in New Jersey for older adults.

Over time, Princeton House continued to expand its partial hospitalization offerings to accommodate not just seniors but also other adults suffering from psychiatric disorders and women suffering from trauma.

Princeton House also began an inpatient medical detoxification program, an adolescent inpatient substance abuse unit and helped start a program focused on eating disorders in the (then) Medical Center at Princeton.

“We listened to the community and we listened to our patients,” said Wohl, who enjoyed the support of Jay Kuris, MD, board chairman from 1994 to 1998. “Dr. Kuris knew we could accomplish great things. He demonstrated to us the power of ‘yes.’”

In 2007, the organization completed a multi-million dollar building and renovation project that created 25,000 square-feet of new inpatient facility space. In conjunction with the conclusion of the remaining 75,000 square foot total renovation, PHBH became a secured (locked) facility for its 110-bed inpatient service.

PHBH also continued to expand its outpatient services and relocate to newer offices in response to increasing patient demand.

**Serving a Region**

While inpatient services at Princeton House grew, attention remained focused on providing quality outpatient care as an integral part of the continuum of care. Indeed, outpatient services transformed from a traditional treatment program delivered at a single site to a model with multiple sites focused on providing partial hospital and intensive outpatient services. Currently, these specialized services are delivered at five sites throughout central and southern New Jersey.

This was made possible in large part by the purchase of two major outpatient practices in Cherry Hill and North Brunswick, from Progressions, Inc. With this acquisition, PHBH created a true regional presence for outpatient services.

“There was a sense of vision,” said George Wilson, MD who served as chairman from 1997 to 2004, “a recognition that there is a synergy between inpatient and outpatient care.”

As the clinical program expansion continued, PHBH also began a Fellowship Program for UMDNJ residents and sharpened its focus on professional development with the establishment of a Grand Rounds program that features regional and national speakers on a broad range of topics germane to the provision of psychiatric and addictions treatment.

Additionally, PHBH began a pre-doctoral psychology internship program, which is fully accredited by the American Psychological Association and attracts nearly 130 applicants from across the country for four full time training slots.

**Addressing Individual Needs**

From an adolescent battling substance abuse, a woman coping with trauma, a man struggling with depression or a senior dealing with anxiety, Princeton House Behavioral Health is uniquely positioned to address individual needs.

“We offer a tremendous array of programs,” said Neal Schofield, MD, current chairman. “We are dedicated to ensuring patients throughout the region have access to innovative, evidence-based care designed to address specific mental health issues.”

To that end, PHBH has expanded its reach in recent years. For example:

- The Women’s Program is now offered at four outpatient locations in New Jersey: Princeton, North Brunswick, Hamilton and Cherry Hill.
A Men’s Program for individuals recovering from trauma is available in the Princeton outpatient site.

Partial hospitalization services for children and adolescents are available at the Cherry Hill, Hamilton and North Brunswick locations.

Telepsychiatry services are available to hospitals and facilities across the region, offering them an opportunity to provide more timely treatment to people with psychiatric issues.

Electroconvulsive therapy (ECT) is now offered on an outpatient as well as on an inpatient basis at a dedicated location adjacent to the inpatient facility.

“We are recognized more in the community than when I first started here ten years ago,” said Madhurani Khare, MD, medical director of the Hamilton site. “Referrals come from as far away as Ocean County.”

Dr. Khare noted that the partial hospitalization and intensive outpatient programs offered by PHBH serve an important need in ensuring that patients don’t fall through the cracks after an inpatient stay.

“They are the step down from traditional inpatient,” Dr. Khare said. “They give patients a chance to get back into life after they get out of the hospital.”

She also noted that new evidence-based programs such as Dialectical Behavior Therapy (DBT) for women are providing patients with proven treatment approaches. A recently completed study showed 10-15% greater improvement at discharge for patients treated in the DBT program compared to non-DBT conditions.

Julia Perch, MD, staff psychiatrist with the Women’s Program in North Brunswick, said women’s unique mental health needs are often overlooked and that the DBT program is one way to address those needs.

“There are few places in this part of New Jersey that have a similar approach,” said Dr. Perch. “We fill a niche by inviting women to come and get the treatment they need.”

Wohl also noted that he has always felt support for program development and innovations at PHBH from the Princeton HealthCare System Board and administration.

“Our System has always been supportive of us and encouraged us to do this,” Wohl said. “It’s really been of tremendous assistance to our mission over many years.”

The growth in quality, personalized care at PHBH is expected to continue, especially as new health care laws make mental health services more accessible to a broader population.

“Right now, we’re faced with unprecedented changes in the field,” said Wohl. “Patients will increasingly have access to a level of treatment they might not have been eligible for before.”

“At Princeton House Behavioral Health, we are going to continue to develop and grow our programs to meet specific needs,” Wohl continued. “We will keep rounding out our services to be as all inclusive as possible.”

“I honestly feel this program saved my life and changed me in ways I never thought possible. Now, I know that life doesn’t always have to be stressful and I can work towards happiness. It was one of the most positive and helpful experiences of my life.”—Actual Patient
Dr. Madhurani Khare was selected as one of NJ’s “favorite kids docs” for 2010, from *NJ Family Magazine*.

Dr. Khare is the Medical Director at Princeton House Behavioral Health (PHBH) in Hamilton, treating primarily children and adolescents in an acute partial and intensive outpatient setting. She works with families in understanding and coping with mental illness and substance abuse issues. She has developed a multidisciplinary team approach which includes medication management, family, group and art therapy with trained licensed social workers. Dr Khare is board certified in adult, child and adolescent psychiatry and has been with PHBH for 11 years. Congratulations Dr. Khare for this recognition!

**Women’s Program team concludes intensive training in Dialectical Behavioral Therapy.**

Princeton House Behavioral Health (PHBH) Women’s Programs, located in Princeton, North Brunswick and Hamilton, now has a treatment team that is intensively trained in Dialectical Behavior Therapy (DBT). DBT is an evidenced-based practice proven effective with individuals with multiple problems related to emotion dysregulation.

The process of becoming intensively trained involved attending a 10-day training over 5 months, while offering all the components of comprehensive DBT at our sites. PHBH Women’s Programs offer comprehensive DBT treatment involving: daily 2-hour skills training group to help patients acquire skills; weekly individual therapy to enhance motivation and target specific behaviors; evening telephone coaching to help patients generalize skills to their environment; and weekly consultation team meetings to review cases and ensure adherence to the DBT treatment model.

**Late Life Mood Disorders**

FREE lecture with David Cordon, MD, Medical Director

September 22, 2011
12:30 p.m. – 1:30 p.m.
PHBH – North Brunswick
1460 Livingston Ave., North Brunswick, NJ

1 CEU offered. RSVP to shughes@princetonhcs.org. Complimentary lunch included.

**Treating Emotion Dysregulation: Trauma Informed Treatment Conference**

October 6, 2011
8:30 – 4:30 p.m.
Mercer County Community College Conference Center
1200 Old Trenton Rd., West Windsor, NJ

Credits will be offered. Additional details will be available at www.princetonhouse.org in early July.

If you would like to receive email notifications about this and other PHBH events, please join our mailing list by sending your email address to vstoble@princetonhcs.org.
Inpatient Programs

PRINCETON
Adult and Adolescent Services
905 Herrontown Road
Princeton, NJ 08540
Ph: 609.497.3355  Fax: 609.688.3779

Outpatient Programs

PRINCETON
Older Adult, Adult and Men Services
741 Mt. Lucas Road
Princeton, NJ 08540
Ph: 609.497.3343  Fax: 609.688.3771

PARTIAL HOSPITAL
Senior Link
Adult Psychiatric
Adult Dual Diagnosis
Adult Gateway & Adult MICA
Men’s Program  NEW

INTENSIVE OUTPATIENT
Senior Link
Adult Psychiatric (day & evening)
Adult Dual Diagnosis (day & evening)
Adult Gateway & Adult MICA
Men’s Program  NEW
Adult Addiction Recovery (evening)

PARTIAL HOSPITAL
Senior Link
Adult Psychiatric
Adult Dual Diagnosis
Adult Gateway & Adult MICA
Adolescent Psychiatric
Adolescent Dual Diagnosis
Child Psychiatric

INTENSIVE OUTPATIENT
Senior Link
Adult Psychiatric
Adult Dual Diagnosis
Adult Addiction Recovery (evening)
Adult Gateway & Adult MICA
Adolescent Psychiatric (after school)
Adolescent Addictions/Dual Diagnosis (after school)
Child Psychiatric

PARTIAL HOSPITAL
Adult Psychiatric
Adult Dual Diagnosis
Adolescent Psychiatric
Adolescent Dual Diagnosis
Child Psychiatric

INTENSIVE OUTPATIENT
Adult Psychiatric
Adult Dual Diagnosis
Adult Addiction Recovery (evening)
Adult Gateway & Adult MICA
Adolescent Psychiatric (after school)
Adolescent Addictions/Dual Diagnosis (after school)
Child Psychiatric

PARTIAL HOSPITAL
Women’s Trauma
Women’s Wellness
Women’s Dialectical Behavior Therapy Skills

INTENSIVE OUTPATIENT
Women’s Trauma
Women’s Wellness
Women’s Dialectical Behavior Therapy Skills
Women’s Emotion Regulation (evening)

PARTIAL HOSPITAL
Women’s Trauma
Women’s Trauma & Addiction
Women’s Wellness
Women’s Dialectical Behavior Therapy Skills

INTENSIVE OUTPATIENT
Women’s Trauma
Women’s Trauma & Addiction
Women’s Wellness
Women’s Dialectical Behavior Therapy Skills

PARTIAL HOSPITAL
Women’s Trauma

INTENSIVE OUTPATIENT
Women’s Trauma

Most insurance plans accepted including Medicaid and Medicare. Transportation available for all Partial Hospital Programs and some After School Adolescent IOP Programs, please check with individual sites regarding pick-up coverage and areas.

* Access via designated screening centers for Hunterdon, Middlesex and Somerset counties.
Grand Rounds
Listen, Lunch and Learn
Visit our website for upcoming dates and topics: www.princetonhouse.org

Mark your calendars for our upcoming Grand Rounds, which are led by national and local experts and offered free of charge to all professionals.

A full range of professional credits is offered (details on our website). Recent topics have included Late Life Mood Disorders, Psychopharmacology, Eating Disorders, Treating Schizophrenia, Neuroimaging, and Treating Tobacco Dependence.

Grand Rounds are held the second and fourth Monday of every month from 12:30 – 1:30 p.m. at:

Princeton House Behavioral Health
Main Campus Conference Center
905 Herrontown Road, Princeton, NJ 08540
(Complimentary lunch included)

For more information, contact Jonathan Krejci, PhD, at jkrejci@princetonhcs.org, or visit the Training and Education section of our website www.princetonhouse.org.

PHBH is pleased to announce the opening of the Men’s Outpatient Program at at our Princeton Mt. Lucas Outpatient site.

The Men’s 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.

For more information about this unique program or to make a referral, please contact our admissions office at 609.497.3343 or visit us at our website www.princetonhouse.org.