

FALL 2014

Princeton House Behavioral Health

Evidence-Based
Treatment Helps
Foster Lasting
Recovery

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Princeton House
Behavioral Health
Princeton HealthCare System

Promoting Lasting Recovery with Proven Outcomes

Utilizing evidence-based therapies to treat patients has been a best practice at Princeton House Behavioral Health (PHBH) for more than 10 years.

Beginning with PHBH's Women's Program and the Center for Eating Disorders Care at University Medical Center of Princeton at Plainsboro, evidence-based treatment is now being implemented within all inpatient and outpatient services across the PHBH continuum.

"Evidence-based treatment assists clinicians in providing the most effective treatment within a short-term treatment model," says Nathalie Edmond, PsyD, Associate Executive Director of Outpatient Services for PHBH. "We use evidence-based treatment to understand what therapies work best for each individual patient, how to reduce symptoms, and how to bring about lasting recovery."

Healing Through Relationships with Dialectical Behavior Therapy

Since 2005, the Women's Program has utilized pre- and post-treatment self-reporting BASIS-24® patient assessment surveys. Dr. Edmond reports, "This wealth of data enabled us to compare patient outcomes for emotionally dysregulated patients before and after the implementation of a comprehensive DBT program in 2009."

Compared to patients in the pre-DBT condition, patients in the post-DBT condition reported 10 to 15 percent greater improvement on the BASIS-24 subscales of Emotional Liability, Self-Harm, Interpersonal Functioning, Depression, and Overall Score, which reached statistical significance.

"The Women's Program demonstrates the importance of using evidence-based practices, particularly in the treatment of the most challenging patients," says Dr. Edmond.



DBT is a cognitive behavioral psychotherapy that was developed by University of Washington psychologist Marsha M. Linehan to treat people with borderline personality disorder. The therapy has since been proven effective in treating patients with various types of emotion dysregulation, eating disorders, trauma, and chemical dependency.

PHBH's Women's Program is widely regarded within the state for its use of DBT. This therapy modality emphasizes the psychosocial aspects of treatment based on the theory that some people are prone to react in a more intense manner toward certain emotional situations

that involve romantic, friend, and family relationships.

During DBT, patients are taught to view their therapist as an ally in a collaborative treatment process. Therapists often use examples from their own lives to encourage patients to utilize skills to cope with their emotions instead of responding with impulsive behaviors.

"DBT fosters lasting recovery by validating patients' experiences and teaching skills that help them live in the present, cope with sudden intense emotions, and express themselves in healthy, effective ways," says Dr. Edmond.

Within the Women's Program, DBT helps teenage girls in the Supporting Adolescent Girls Emotionally (SAGE) program reduce self-injurious behavior and increase their ability to manage their emotions. A DBT-informed approach is also being implemented into PHBH's outpatient programs, as well as for inpatients in treatment for eating disorders, adult psychiatric illness, and co-occurring disorders. An outpatient adolescent DBT program will open in Spring 2015.

To learn more, visit www.princetonhouse.org. To make a referral, call 800.242.2550 for inpatient admissions or 888.437.1620 for outpatient admissions.

Young Adults at the Epicenter of the Opiate Epidemic

Responding to a nationwide opiate abuse epidemic that is plaguing young men and women ages 18 through the mid-20s, Princeton House Behavioral Health (PHBH) expanded its Young Adult Program this past spring to include an intensive, short-term inpatient program. The inpatient program is designed for individuals who are chemically dependent and require treatment within a 24-hour setting.

Located on PHBH's main campus in Princeton, the inpatient program is one of only a handful in New Jersey to provide medical detoxification and inpatient addiction recovery services specifically for young adults.

“Young adults — who are at the epicenter of the national heroin epidemic — tend to have co-occurring mental health issues as well, including a history of trauma, mood disorders, alcohol addiction, and depression,” says Chairman of Psychiatry Neal B. Schofield, MD. “Our inpatient program provides intensive detox, individual and group counseling, recovery skills, grief counseling, and around-the-clock nursing care from addiction-certified physicians, nurse practitioners, and therapists.”

Physicians on staff at University Medical Center of Princeton at Plainsboro provide medical care and treatment for patients with chronic illnesses, hepatitis C, STDs, or other medical issues.

The Young Adult Program became successful almost overnight, and plans to expand inpatient capacity are in progress, notes Senior Primary Therapist Casey Castronova, LCSW, LCADC.

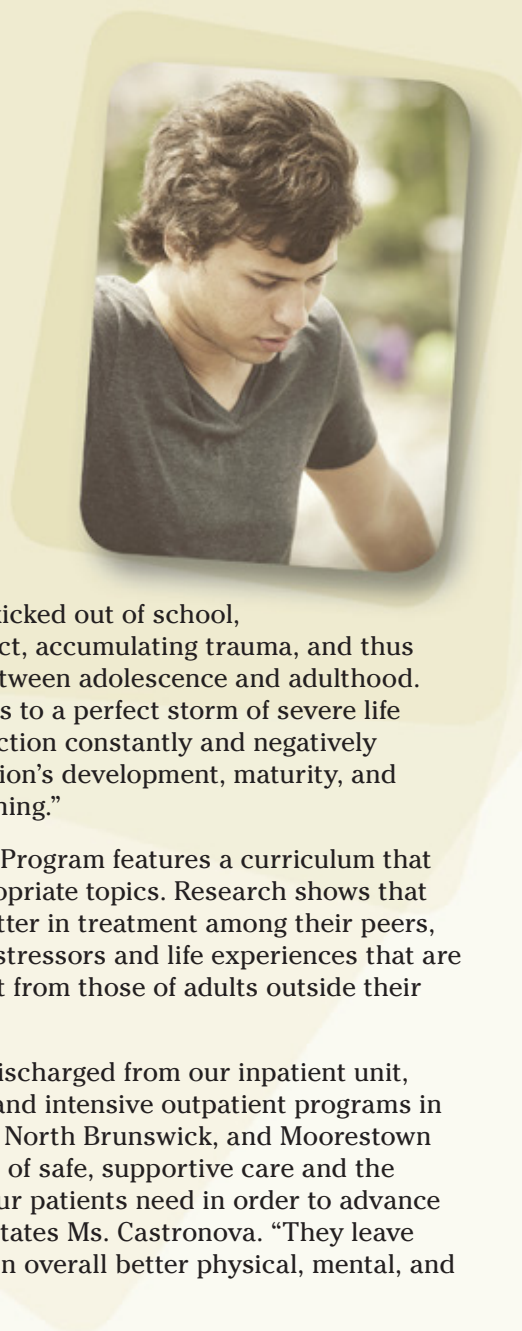
“Young adults are at the crossroads of their future, but many of them are incredibly vulnerable in society,” says

Ms. Castronova. “We are finding that this population has faced many of the consequences of their addiction at a young age, including termination of employment, being kicked out of school, chronic family conflict, accumulating trauma, and thus have become lost between adolescence and adulthood. All of this contributes to a perfect storm of severe life circumstances. Addiction constantly and negatively impacts this population's development, maturity, and independent functioning.”

PHBH's Young Adult Program features a curriculum that focuses on age-appropriate topics. Research shows that young adults fare better in treatment among their peers, who share common stressors and life experiences that are significantly different from those of adults outside their age group.

“Once patients are discharged from our inpatient unit, our partial hospital and intensive outpatient programs in Princeton, Hamilton, North Brunswick, and Moorestown provide a continuum of safe, supportive care and the ongoing education our patients need in order to advance in their treatment,” states Ms. Castronova. “They leave here nourished and in overall better physical, mental, and emotional health.”

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Press Ganey Scores Reflect Patient Satisfaction

Princeton House Behavioral Health's inpatient Press Ganey patient satisfaction scores for 2014 have been consistently high, with the overall facility score ranking as high as the 95th percentile as compared to 53 freestanding psychiatric hospitals nationally that participate with Press Ganey.

For the second quarter of 2014, PHBH ranked at the 96th percentile on the measure “likelihood of recommending.” This score places us in the top 4 percent among freestanding psychiatric hospitals in terms of patients' self-reported likelihood of recommending the facility to others. At PHBH, patient satisfaction is always a high priority. Staff are attentive to patient needs and continually strive to make each person's experience the very best it can be.

“The entire staff whom I was involved with at Princeton House literally saved my life. — sample of a positive comment from a patient's survey”

Transitioning Back to School

School is back in session, and by now most high school and college freshmen have begun to adapt to new routines, tackle tough classwork, and perhaps even settle into a dorm.

Leaving the safety net of family, friends, and home to live at college is one of the most significant transitions a young adult faces, says Victor Grosu, MD, a child and adolescent psychiatrist at Princeton House Behavioral Health-Hamilton.

“There are many new areas of life to navigate: more difficult coursework, getting used to living with roommates, making financial decisions, and perhaps even living within a geographic area that is quite different from where they grew up,” he says. “Some level of stress and anxiety is normal, but without good coping skills, a student can feel trapped, become increasingly anxious, and possibly develop depression. If the student carries a familial risk of mental illness, the transitions may become even more difficult. He or she may try to self-medicate with alcohol and/or drugs or become influenced to take them in order to fit in with new friends. As a result, addiction can develop and cause a downward spiral.”

Princeton House Behavioral Health’s Young Adult Program provides comprehensive inpatient and outpatient services to assist young adults ages 18 to mid-20s who are struggling with substance abuse and co-occurring mental health problems (see p. 3).

New high school freshmen undergo similar challenges when faced with an increasing amount of learning, pressure from parents and teachers to start making college-related decisions, and added pressure to make new friends, notes Dr. Grosu.

“The pressure to get good grades, compete in sports, and be accepted into new social circles can isolate a high school student and result in the use of unhealthy coping skills,” he says. “If the student needs to also deal with a family dysfunction, the problems can be compounded.”

PHBH’s adolescent partial hospital and intensive outpatient programs in Hamilton, North Brunswick, and Moorestown provide treatment for teens with psychiatric, substance abuse, or co-occurring mental health problems. The Supporting Adolescent Girls Emotionally (SAGE) program in Princeton offers a supportive and safe environment for girls ages 13 to 18 to transition into young adulthood. The Center for Eating Disorders Care at University Medical Center in Princeton at Plainsboro treats teens struggling with anorexia, bulimia, and other eating disorders.

“We offer a lot of flexibility in our services, which allows for a smooth transition between inpatient and outpatient programs for teens and young adults,” says Dr. Grosu.

To learn more, visit www.princetonhouse.org.

To make a referral, call 800.242.2550 for inpatient admissions or 888.437.1620 for outpatient admissions.

Treating Eating Disorders in Young Children

The Center for Eating Disorders Care at University Medical Center of Princeton at Plainsboro provides effective and compassionate treatment for adults, adolescents, and children who are suffering from anorexia, bulimia, and other eating disorders.



The Center’s multidisciplinary staff treats children as young as 8, which presents a unique set of challenges related to recognition, assessment, and treatment, notes Program Director Melinda Parisi, PhD, in her paper “Challenges to Treatment of Eating Disorders in Children.” The article was published in the July e-newsletter of the Gürze-Salucore Eating Disorders Resource Catalogue.

“It is especially important to provide effective, age-appropriate care when one considers the substantial toll that eating disorders take on children’s physical, psychological, and social growth and development,” she writes.

One of the first complications to recognizing eating disorders in young children, Dr. Parisi notes, is a blurred boundary between what is normal and abnormal. Some children go through “picky eating” phases that are developmentally normal. They usually grow out of them over time and without intervention.

In the article, she points out a framework developed by Rachel Bryant-Waugh and Dasha Nicholls to assess whether problematic eating behavior is clinically significant.

An additional challenge in recognizing eating disorders in young children is that they often present quite differently from older patients, says Dr. Parisi: “Children have not fully developed their verbal and abstract reasoning skills, limiting their ability to understand and describe their thoughts, motivations, and behavior. ... Children often do not endorse fear of fat and cognitive distortions about weight/shape. ... Instead they may refuse food based on claims that they are not hungry, they feel bloated or nauseated, or they are afraid of vomiting or choking.”

Children with eating disorders may exercise excessively; exhibit persistent, compulsive activity; or even run in place while watching TV or doing homework.

“The urgency of full weight restoration and symptom interruption in children can’t be overstated,” says Dr. Parisi. “The brains and bodies of children are still growing so it is critical to return them to a normal developmental trajectory. That includes psychosocial development as well. It is important for them to get back to school and age-appropriate interactions with their family and friends.”

Many children do well in outpatient treatment programs, but there are times when hospitalization at the Center is necessary, notes Dr. Parisi.

“Inpatient treatment allows for medical stabilization, prompt weight restoration, symptom interruption, and intensive psychosocial interventions for both patients and families,” she says. “A child has the best chance for a good outcome when the eating disorder is identified early, and intervention is applied rapidly and aggressively.”

Many inpatients transition to the Center’s structured partial hospital program, attending full-day sessions Monday through Friday. The staff also maintains strong professional relationships with local providers in patients’ communities so that patients can easily access after-care appointments as they transition to outpatient care.

For a brochure or to refer a patient, call 609.853.7575 or toll-free at 877.932.8935. For more information, visit www.princetonhcs.org/eatingdisorders.

PEOPLE NEWS



Gregorio Castillo, MD, has joined the Princeton House Provider Group in the Department of Psychiatry. He is a Child and Adolescent Psychiatrist in the SAGE program at 1000 Herrontown Road in Princeton.



Judith Margolin, PsyD, was appointed Director of the Women's Program. She will provide clinical supervision and program development across five outpatient locations.



Rebecca Meinke, MD, has joined the Center for Eating Disorders Care at University Medical Center of Princeton at Plainsboro as a full-time Staff Psychiatrist. Dr. Meinke provides psychiatric evaluation, medical monitoring, supportive psychotherapy, and medication education for patients, while providing leadership to other team members. She was previously a Staff Psychiatrist at PHBH-Moorestown.

Jean Joslin, MA, EdS, MFT; Jessica Drass, MA; and Sarah Manley, MAAT, art therapists from the Women's Program, presented "How to Incorporate DBT into the Art Therapy Program at PHBH" at the American Art Therapy Association's 4th annual conference, "Art Therapy: Trailblazing the Future."



Anatoliy Vasilov, MD, has joined the Princeton House Provider Group in the Department of Psychiatry. He is a Staff Psychiatrist in the inpatient department at 905 Herrontown Road in Princeton. Dr. Vasilov completed his residency at Bergen Regional Medical Center and his addictions fellowship at Albert Einstein College of Medicine.

MEDIA SPOTLIGHT

Following the death of actor/comedian Robin Williams in August, two Princeton House Behavioral Health psychiatrists provided their expertise and insight through two media outlets to help the public recognize the warning signs and symptoms of depression.

David Cordon, MD, Medical Director of Outpatient Services, authored "Depression and Suicide: More Common Than You May Think," which appeared in the August 22 issue of the Princeton Packet.



viewed at www.ustream.tv/recorded/51533838.

George F. Wilson, MD, Medical Director of the Women's Program, hosted a web chat, "Depression and Suicide Prevention: What You Need to Know," which aired live on Princeton HealthCare System's Ustream channel. Dr. Wilson's discussion can be

2014 UPCOMING CONFERENCES

Heroin and Prescription Drug Abuse: The Real Jersey Devil
Arshad U. Siddiqui, MD
Thursday, October 23
8:30-9:30 a.m.
PHBH-Hamilton
Free, to register:
nzorochin@princetonhcs.org
609.712.0737
(One in a series of 2014/2015 conferences)

Preventing and Treating the Three D's – Depression, Dementia, and Drug Abuse – in Older Adults
Co-Sponsors: Princeton House Behavioral Health, Carrier Clinic, NCADD of Middlesex County
Friday, November 14
8:30 a.m.-2:30 p.m.
Middlesex County Fire Academy
1001 Fire Academy Drive, Sayreville, NJ 08872
4.25 CEU credits for nurses, addiction counselors, LPCs, and social workers
\$35 per person, includes breakfast, lunch, and credits
Register by November 7: hsteel@carrierclinic.com

Treating Emotion Dysregulation: Mindfulness-Based Interventions
Nathalie Edmond, PsyD
Wednesday, November 19
8:30-9:30 a.m.
PHBH-Moorestown
Free, to register:
mredford@princetonhsc.org
856.779.2333
(One in a series of 2014/2015 conferences)

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Welcome Back Dr. Vazquez

Former Chair of the Department of Psychiatry and President of the Medical Staff of Princeton HealthCare System Jose S. Vazquez, MD, has rejoined Princeton HealthCare System as Medical Director of Psychiatric Services at University Medical Center of Princeton at Plainsboro (UMCPP).

Dr. Vazquez was an active member of the provider panel at Princeton House Behavioral Health from 1985 to 2010. From 2010 to 2014, he was on the faculty of Rutgers Robert Wood Johnson Medical School.

Dr. Vazquez’s responsibilities include oversight of the psychiatric and affiliated provider panel at the medical center in Plainsboro, covering the psychiatric Emergency Department, conducting psychiatric consultations on the medical floors of the medical center, seeing patients in the clinic and in the Center for Eating Disorders Care, and evaluating the needs of all UMCPP programs to ensure that appropriate psychiatric services are in place.

“We welcome Dr. Vazquez back as the medical center’s clinical leader in psychiatry,” says Chairman of Psychiatry Neal B. Schofield, MD. “His experience in psychiatric disorders and extensive clinical knowledge of addiction medicine will serve our patients wisely.”

“It is a privilege to once again collaborate with my colleagues at Princeton House Behavioral Health as we work together to help our patients move forward in their lives,” says Dr. Vazquez.

Dr. Vazquez received his medical degree from the Universidad Autonoma de Guadalajara. He completed his residency in psychiatry at Robert Wood Johnson Medical School.



‘Art & Soul’ Showcases Expressions of Healing

“Art & Soul” — an exhibition showcasing the power and healing effect of artwork, creative writing, and poetry — graced the PHBH-Mt. Lucas outpatient center over the summer.

“Art & Soul” featured exquisite expressions of healing created in arts therapy by clients in several PHBH programs. The artists were encouraged to “draw from within” and use their imagination to produce drawings, paintings, pastels, reliefs, collages, group artwork, murals, sculptures, ceramics, crafts, creative writing, and poetry.

Art promotes creative expression, release of emotions, and a better understanding of one’s inner and outer worlds. Art therapy helps clients reduce stress, increase self-awareness, gain a better perspective on problems and concerns, develop talents and acknowledge strengths, expend energy in a healthy way, and be valued as part of a community that fosters non-judgment and acceptance. Clients often experience catharsis when they are focused and involved in artwork.

“Art & Soul” was coordinated by Senior Allied Clinical Therapist Tracylynn Navarro, CPC, ATR, BC, and Senior Primary Therapist Susan Buchalter, LPC, ATR, BC, CGP.

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www.princetonhouse.org

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Hope Lives at New Tinton Falls Site

The address of Princeton House Behavioral Health's new outpatient center in Tinton Falls reflects its destiny – 615 Hope Road.

Less than one mile off the Garden State Parkway's exit 105 and easily accessible from routes 18 and 35, the new Tinton Falls facility will meet PHBH's ever-growing need to expand its continuum of outpatient services to clients living in Monmouth and Ocean counties.

"Fourteen percent of our current patient population who are in treatment in our inpatient programs in Princeton live in the coastal and inland communities of Monmouth and Ocean counties and would benefit from our high-quality partial hospital and intensive outpatient programs offered closer to their homes," says Peter Thomas, PhD, Executive Director of Outpatient Services for PHBH.

When it opens in early 2015, the Tinton Falls center will initially offer PHBH's award-winning Women's Program. Recognized throughout the state for its innovative specialized services for women and teenaged girls, the Women's Program at Tinton Falls will offer four treatment programs: trauma, trauma and addiction, dialectical behavior therapy (DBT), and emotion regulation.

"We anticipate expanding services to eventually include the Women's Program's emotional eating program as well as our Supporting Adolescent Girls Emotionally (SAGE) program," notes Associate Executive Director of Outpatient Services Nathalie Edmond, PsyD.



Specialized Care for Women

PHBH's comprehensive Women's Program is the premier service of its kind in New Jersey. We utilize evidence-based practices to help women heal through relationships. Treatment options include:

- Partial Hospital Program (four to five full days per week)
- Intensive Outpatient Program (three half-days per week)

In advance of its opening, the 7,000-square-foot 615 Hope Road is currently undergoing a complete renovation designed to make the facility comfortable and soothing to patients and staff alike. The site will include physician and staff offices, group therapy rooms, a dining room, and space for individual therapy. The building is handicapped-accessible and offers on-site parking. Transportation may be available for partial hospital programs.