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Princeton House Behavioral Health



Meeting the
Challenges
of Treating
Co-Occurring
Disorders

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Princeton House
Behavioral Health
Princeton HealthCare System

Meeting the Challenges of Co-Occurring Disorders

The relationship between mental illness and substance abuse is complex and, consequently, it is also complicated to treat. The National Alliance on Mental Illness reports that co-occurring disorders are common, with more than one-third of alcoholics and one-half of drug abusers also battling mental illness.

Princeton House Behavioral Health's long and proud history of providing high-quality services to individuals with co-occurring disorders dates back almost three decades, when what was then known as dual diagnosis was recognized by the psychiatric community. In the early 1990s, PHBH opened a designated inpatient unit for patients with co-occurring disorders to better facilitate the simultaneous treatment of acute mental health problems and intensive short-term treatment for addiction.

As a pioneer of the treatment of co-occurring disorders, PHBH emphasized a "whole person" holistic, mind-body-spirit approach to helping patients achieve wellness and lasting recovery. Over the years as new evidence-based therapies emerged from research, PHBH's treatment teams incorporated these best practices into the curriculum for treating patients with co-occurring disorders. The majority of PHBH's inpatient provider panel possesses a speciality addictions credential.

According to Lorna M. Stanley, MD, Medical Director of the Mt. Lucas outpatient site in Princeton, PHBH meets the challenges of treating patients with co-occurring disorders in two important ways:

"First, the integration of our programming for both the psychiatric illness and the addiction means that patients can utilize their treatment, counseling, Dialectical Behavior Therapy skills, and psychoeducation for both disorders at the same time. You cannot separate the two. Education of the patient and family is vitally important because many of our patients have been self-medicating with drugs and alcohol without even knowing they have a psychiatric illness. Substance abuse can cause a person to experience the onset of symptoms for the first time or worsen an underlying mental illness.

Second, we have developed unique programs – like our Men's Program, First Responder Treatment Services, and Young Adult Program – that focus in on specific issues that are common to patients in each program, such as post-traumatic stress disorder for first responders or military veterans. Specialized treatment helps patients with similar issues to understand their illnesses, become aware of their symptoms, recognize their triggers, overcome past trauma, and eliminate substance abuse as a coping mechanism."

PHBH's continuum of outpatient programs allows for a seamless transition from inpatient care to either a partial hospital program (four to five full days per week) or an intensive outpatient program (three half-days per week). If addiction relapse occurs, patients can move up the continuum to return to inpatient care if needed.

For more information, visit www.princetonhouse.org, or to make a referral, call 800.242.2550.



Co-Occurring Disorders are Common

The U.S. Substance Abuse and Mental Health Services Administration estimates that 8.9 million Americans have co-occurring disorders. Simultaneous treatment for both the mental health illness(es) and addiction lowers costs and results in better outcomes:

- reduced substance abuse
- improvement in psychiatric symptoms and functioning
- decreased hospitalizations
- fewer arrests
- increased housing stability
- improved quality of life

Treating Tweens with a Personalized Approach



Tweens today face a barrage of challenges that are often amplified by their early use of social media and their vulnerability to bullying, peer conflict, self-esteem issues, and conformity in body imaging. Usually defined as 10 to 12 year-olds, tweens straddle childhood and adolescence.

“Tweens are usually too mature for toys yet too young to navigate issues such as intimate relationships,” explains Lisa M. Sanders, LCSW, Clinical Manager of the Child and Adolescent Programs at Princeton House Behavioral Health’s North Brunswick outpatient site. “This can be a very confusing time in a young person’s life, as they are transforming from seeing things concretely and egocentrically to seeing things more abstractly. And with today’s technology, social media opens up a vast amount of information that tweens may not be able to or ready to negotiate emotionally.”

PHBH’s therapeutic Advanced Solutions for Children program provides tweens with a full continuum of innovative treatments for behavioral issues such as anxiety, depression, social isolation and/or withdrawal, school refusal, body-image issues, fragile self-esteem, and difficulty making friends.

Treatment for tweens is not only based on age, but rather on their social, emotional, and behavioral experiences and is thus personalized, points out Ms. Sanders. Therefore, they are grouped with peers their age who are struggling with similar issues.

“An important treatment approach that is very successful with tweens is the ‘rap session,’ when tween patients share their own experiences, develop an appreciation for positive peer influences, and learn to use ‘I’ statements that draw them out to verbally express themselves,” says Ms. Sanders. “Tweens are beginning to use their environment to help define them, so family therapy and psychoeducation are also crucial treatment components.”

Each tween’s treatment team includes a board certified child/adolescent psychiatrist, licensed master’s-level clinicians, registered nurses, and an arts therapist. Treatment options include partial hospital programs (PHPs) and intensive outpatient programs (IOPs) at PHBH’s sites in Hamilton, North Brunswick, and Moorestown. PHP patients receive two hours of school instruction by certified teachers. IOP tweens go to their schools in the morning and attend their programs in the afternoon.

PHBH staff work closely with school districts to help tweens transition back to their original schools and with community providers to coordinate each tween’s continuing outpatient care.

For more information about Advanced Solutions for Children, visit www.princetonhouse.org. To make a referral, call 888.437.1610. Transportation may be available.

Prevention for Parents

Parents can help their tweens to transition safely to adolescence by:

- watching for excessive sadness, anxiety, peer conflict, isolation
- monitoring access to social media and adult video games
- creating an environment for open communication
- filtering “adult world” information at home, such as money issues

Individualized Treatment

Typical treatment at PHBH for tweens includes:

- comprehensive psychiatric evaluation
- individual, group, and family therapy
- psychoeducation and health information
- medical management and monitoring, if needed
- art therapy
- on-site school instruction by certified teachers

Allied Clinical Therapies Promote Progress through Creativity



Music is a universal connector, an expression of individuality that can bring people together to share their feelings. Artwork can help someone “draw from within” to verbalize feelings that have no words. Dance and movement assist in the development of self-awareness. Recreational activities and exercise facilitate physical and mental wellness, as well as promote relaxation and stress management.

A robust curriculum of these expressive therapies are used by Princeton House Behavioral Health’s Allied Clinical Therapies Department to promote therapeutic stabilization and progress in patients through creativity and self-expression. Core processes utilized by the department’s 11 master’s-level therapists involve creative arts therapy, individual counseling, group therapy, psychoeducation, and recreation within a variety of specializations. These include art, music, and dance/movement therapies; journal writing; relaxation and stress management from both Eastern and Western traditions; emotion regulation techniques; alternative coping skills; and relapse prevention education.

“In the past decade, there has been emerging evidence based on research findings that trauma and unresolved attachment issues affect normal human development and healthy functioning,” notes PHBH’s Director of Allied Clinical Therapies, Iris Perlstein, LCADC, LPC, ATR-BC. “We now have a greater understanding of the impact of trauma and recognize that creative art therapies have the ability to address both mind and body reactions to emotional pain. Here at Princeton House, our allied clinical therapies programming is proven to help patients increase their ability to function in the world, discover joy, and learn new tools to help them live a meaningful healthy life.”

Since 1985, allied clinical therapies have been integrated within all of PHBH’s inpatient and outpatient programs. For more information, visit www.princetonhouse.org.

Superior Scores from Patients

Patient satisfaction scores for PHBH’s Allied Clinical Therapies Department reached the top 1 percent in the nation in 2014, as compared to 53 freestanding psychiatric hospitals across the United States that participate with Press Ganey surveys.

“From our our patient satisfaction surveys, patients tell us:

“I will remember and look to some of the activities as a source of strength after leaving here.”

“The structure of activities kept us busy, which helped us to get the treatment we needed.”

“All the staff does an excellent job. They help us with every need.”

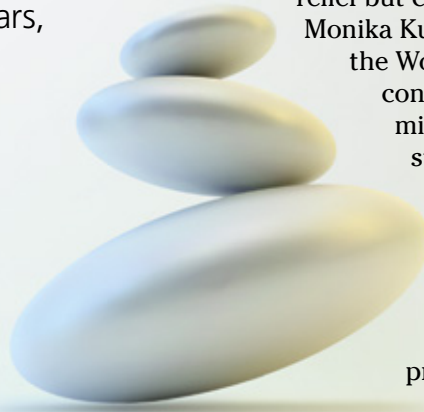
Women's Program Draws on Mindfulness

Mindfulness has been practiced around the world for more than 2,000 years, adapted from Zen Buddhists into its current use in therapeutic and contemplative applications.

Mindfulness is an open and receptive awareness of what is occurring at the present moment within a person's body, feelings, mind, and environment. It involves sitting quietly, observing one's breath, and noticing sensations. The practice is often used to reduce stress, strengthen resolve, and promote well-being.

Princeton House Behavioral Health's innovative Women's Program was the first in New Jersey to incorporate mindfulness as a component of dialectical behavior therapy (DBT) within its partial hospital and intensive outpatient programs. As a therapeutic modality, mindfulness is used to help women better manage their emotions, reduce self-harming and life-threatening behaviors, and work through acute crises, including addiction, trauma, eating disorders, psychiatric illness, emotion dysregulation, and/or co-occurring disorders.

"Mindfulness counteracts the activities of the emotional centers of the brain, which can hijack the pre-frontal cortex and cause patients to engage in self-injurious



or addictive behaviors that offer immediate short-term relief but cause long-term consequences," explains Monika Kushwaha, PsyD, Supervising Psychologist for the Women's Program. "Research in brain imaging conducted before and after patients practice mindfulness shows that the practice effectively strengthens connections between the brain's pre-frontal cortex and limbic system, which supports the functions of behavior, emotion, motivation, and long-term memory."

In addition to teaching patients how to engage in mindfulness, PHBH staff also practice the discipline every day.

"Mindfulness can be done anywhere, at any time, when you want to bring your mind back from distraction," notes Dr. Kushwaha. "Within group therapy, we tend to use it as a grounding exercise to begin and end the day and help our patients re-focus on the concrete, present moment. Mindfulness is empowering and healing."

The Women's Program is currently offered at PHBH's outpatient centers in Princeton, Hamilton, North Brunswick, and Moorestown; it will be available this spring at PHBH's new center in Tinton Falls. For more information about the Women's Program, visit www.princetonhouse.org. To make a referral, call 888.437.1610.

Mark your calendar for **February 2, 2015, at noon**, when Dr. Kushwaha will discuss mindfulness during a live online web chat. See back cover for more details.

Spring Renewal in Tinton Falls



The welcoming doors of PHBH's new Tinton Falls outpatient center are set to open this spring, expanding a continuum of services to clients living in Monmouth and Ocean counties. Conveniently located just one mile off exit 105 of the Garden State Parkway, the **new Tinton Falls center at 615 Hope Road** will initially offer PHBH's award-winning Women's Program. PHBH expects to offer additional programs at this site in the future. The building has been completely renovated, is handicapped-accessible, and offers on-site parking.

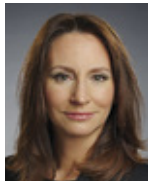
New Titles for Executives

Congratulations to **Peter Thomas, PhD, and Marguerite Pedley, PhD**, who were recently named vice presidents in recognition of their skilled leadership and exemplary performance in PHBH's continued growth, development, and visibility in the field of mental illness and addictions.



Dr. Thomas, Vice President of Outpatient Services, joined PHBH 15 years ago. During his tenure, outpatient services have grown from an average of 100 patients per day to topping 400 patients per day at times during 2014.

"Continued development of the staff, technical support, and many new programs for men, women, and children have been the hallmark of Dr. Thomas's tenure here," states PHBH President Richard Wohl.



Dr. Pedley, Vice President of Inpatient Services, joined PHBH six years ago. Mr. Wohl cites her "ability to recruit and retain staff, elevate patient satisfaction, begin new inpatient programs, and increase census, with 2014 as the strongest year."

Congratulations to **Kapila Marambage, MD**, for attaining added qualification certification in addiction from the American Board of Psychiatry and Neurology; and to **Ajanta Vinekar, MD**, for recognition by the American Psychiatry Association as a life fellow.

David J. Cordon, MD, Medical Director of Outpatient Services, PHBH, and Vice Chair of Psychiatry Services, Princeton HealthCare System, and **Jamie Winters, MSW, LCSW**, Senior Primary Therapist at PHBH's North Brunswick site, participated in "Preventing and Treating the Three D's – Depression, Dementia, and Drug Abuse – in Older Adults," a conference co-sponsored by PHBH, Carrier Clinic, and NCADD of Middlesex County. Dr. Cordon was a keynote speaker, and Ms. Winters took part in a panel discussion.

Three New Medical Directors

Three new physicians have joined Princeton House Provider Group in the Department of Psychiatry and have been named medical directors.



Gregory Fernandez, MD, will be the Medical Director for the Tinton Falls site in Monmouth when it opens in 2015. He is currently providing outpatient care elsewhere in the continuum and will transition to the Women's Program at Tinton Falls. Dr. Fernandez's previous positions include attending psychiatrist at Kaiser Permanente in California and the mobile crisis team of New York Medical College; and course director of the Westchester Medical Center psychiatry residency.



Robert Dragert, DO, is the Medical Director of Dual Diagnosis Services, Inpatient Department, in Princeton. Dr. Dragert's previous positions include dual diagnosis specific positions in inpatient and outpatient services. Board certified in addiction medicine and psychiatry, he was Director of Psychiatry at High Focus's Cranford site prior to joining PHBH.



Patrick Stumpo, DO, is the Medical Director for the Moorestown site in Burlington County. Dr. Stumpo's previous positions include Medical Director, Quality of Care and Utilization for Aetna; consultant psychiatrist for the Catholic Diocese of Camden; and faculty appointments at Hahnemann University and University Behavioral Health Care-UMDNJ.

Beth Frenkel, PhD, supervising psychologist of the Center for Eating Disorders Care, was honored for her support of the Project HEAL New Jersey Chapter. Project HEAL raises funds to provide treatment scholarships for people with eating disorders.



Forty PHBH staff members, friends, and family members represented Princeton HealthCare System in the **CGI Perfect 10 Miler** at Mercer County Park, an annual race that strives to promote a positive self-image for women of all ages.



The **Friends of Princeton team**, comprising Princeton HealthCare System employees, former patients, and families, raised nearly \$1,000 to benefit the National Eating Disorders Association by participating in the group's NYC walk.

Three Questions for Judith Margolin, PsyD

In 2014, Dr. Margolin was appointed Clinical Director of the Women's Program at Princeton House Behavioral Health (PHBH). She has been a supervising psychologist with Princeton HealthCare System since 2005.

Q Dr. Margolin, you have been a member of the PHBH staff for the past 10 years and you led the Women's Program from 2005 to 2007, when it was only offered in Princeton. How does your new title reflect the growth of the Women's Program over the past decade?

A It is very exciting that in 2015 our prestigious, evidence-based Women's Program will expand from its current four outpatient sites into our fifth outpatient site, at our new facility in Tinton Falls. We are also studying an expansion of our Emotional Eating program and SAGE program for adolescent girls, which are both now offered only at the Princeton outpatient site. The growth of the Women's Program has created the need for oversight of the clinical direction and consistency of the program across all sites. My responsibilities as Clinical Director include strategic program planning and curriculum development, overseeing the supervision and training of our clinical staff, working closely with the medical leadership, and participating on the Internship Advisory Committee of our Psychology Internship Training Program.

Q What are some common behavioral health issues that women face?

A Women in our program are dealing with issues of depression, anxiety, bipolar disorder, addiction, and post-traumatic stress disorder, as well as interpersonal and relational violence. This may include domestic violence and sexual, physical, and emotional abuse. These women are vulnerable to emotion dysregulation, problems with self-esteem and body image, eating disorders, and self-harming behaviors.

Q What are the latest treatment modalities used in the Women's Program?

A Our Women's Program is providing evidence-based care, using state-of-the-art models of treatment. Our treatment team is intensively trained to teach our patients Dialectical Behavior Therapy skills of mindfulness, distress tolerance, emotion regulation, and interpersonal effectiveness. These skills help them to be more effective. Patients are provided with treatment specific to issues of trauma and addiction, following models for Stage I stabilization treatment of these issues. These approaches include psychoeducation, expressive therapies, skills training, and other modes of therapy. Treatment success is evaluated using multiple outcome measures, including BASIS-24® patient assessment surveys.



Meet Dr. Margolin

Education:

MA with honors, Hebrew University, Jerusalem, 1992

PsyD, Rutgers University Graduate School of Applied and Professional Psychology, 1994

Post-graduate training:

Sex therapy, UMDNJ, Piscataway

Certification in clinical hypnosis, American Society of Clinical Hypnosis

Certified advanced schema therapist and supervisor of schema therapy, Schema Therapy Institute of NJ, Springfield

Previous faculty:

Rutgers University Graduate School of Applied and Professional Psychology, 1995 to 2014

GRAND ROUNDS

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Princeton House Specialists to Present **Online Web Chats**

Join us for two enlightening live online seminars/web chats presented by Princeton House Behavioral Health specialists. To participate, visit Princeton HealthCare System's UStream Channel at www.ustream.tv/princetonhealth on your computer, tablet, or smartphone. To ask a question during the web chat, you may create an account or log in using an existing Facebook or UStream account. You may also e-mail questions in advance to PrincetonHealth@gmail.com.



An Introduction to Mindfulness

Monday, February 2
Noon to 12:30 p.m.

Monika Kushwaha, PsyD
Supervising Psychologist
Women's Program

Mindfulness is the practice of being fully aware, internally and externally, of the here and now. It involves training our minds and our attention to focus on the present moment even when our minds wander. Join Dr. Kushwaha to learn more about mindfulness, and what you can do to keep yourself on track during the day.



Helping Those Who Keep Us Safe

Monday, March 30
Noon to 12:30 p.m.

Michael Bizzarro, PhD, LCSW, BCD
Director, Clinical Services for First Responders

When trouble comes, first responders are the first ones in the door. Unfortunately, they tend to be the last ones to seek help. First responders — police and corrections officers, firefighters and EMTs, and military personnel — often face danger or witness human tragedy on a daily basis. The toll it takes is evidenced by high rates of substance abuse, depression, and suicide. Join Dr. Bizzarro for a discussion on how to recognize the warning signs, where to call for help, and how to clear the barriers that often prevent first responders from getting the help they need.