

FALL 2015

# Princeton House Behavioral Health

**Partnership with  
NuView Academy  
Helps Students  
Achieve Academic  
Excellence**

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**Princeton House  
Behavioral Health**  
Princeton HealthCare System

# A NuView on Education



The desks are lined up; the books are ready.  
The classrooms are prepared to burst into life  
with the energy and sounds of students learning.

So starts another school year at the NuView Academy in Piscataway, a collaboration of the Middlesex Regional Educational Services Commission and Princeton House Behavioral Health (PHBH). For the past 15 years, PHBH and the NuView Academy have teamed up to provide behaviorally disabled students ages 5 to 21 with educational, emotional, and clinical support so they can achieve academic excellence.

This September brings a new chapter to this successful partnership with the opening of the NuView Academy Annex, also located in Piscataway. Both schools provide an alternative educational program for students who are diagnosed with depression, attention deficit hyperactivity disorder (ADHD), and conduct, thought, and anxiety disorders who function academically at or near their grade level but are unable to adapt to traditional school settings.

The NuView Academy and newly opened Annex provide the educational program, while PHBH administers the psychiatric and therapeutic components. Each school's interdisciplinary staff comprises state-certified teachers and PHBH clinical professionals, including psychiatrists, master's-level clinical therapists, mental health associates,

and nurses. About 70 students currently attend NuView Academy. The Annex – housed in a remodeled state-of-the-art facility – has the capacity to also accommodate 70 students for the 2015-2016 school year.

“The success of NuView Academy is directly linked to our partnership with Princeton House Behavioral Health.”

— Mark J. Finkelstein

“The success of NuView Academy is directly linked to our partnership with Princeton House Behavioral Health, whose clinical excellence, skilled staff, and reputation for high-quality behavioral health services have helped thousands of students from throughout New Jersey reach their highest academic potential,” says Mark J. Finkelstein, Superintendent of Schools for the Middlesex Regional Educational Services Commission.

Richard Wohl, President of Princeton House Behavioral Health, notes that “a 15-year working collaboration says a lot about our two organizations. The encouragement and support we have had for each other has resulted in an extremely satisfying relationship that has enabled these schools to blossom and flourish.”

The NuView Academy Annex's program mirrors the original school's program, but students who attend the Annex require a higher level of clinical services. Most Annex students take medication and benefit from ongoing care from a psychiatrist.

“The behavioral health needs of today's students have never been higher at the same time federal and state cutbacks have resulted in a lack of mental health services that support children in many school districts,” explains Mr. Finkelstein. “Princeton House has been receptive to our students' changing needs and to increased requests from school districts to assist more children and teens.”

If not for the NuView Academy and Annex, many of these students may have dropped out of high school and faced a difficult future. Instead, they have remained in school and graduated, says Iris Perlstein, LCADC, LPC, ATR-BC, Director of PHBH's Allied Clinical Therapies and PHBH liaison to the NuView Academy and Annex. Her responsibilities include ongoing joint oversight and supervision of the PHBH staff.

“It is a joy to see these amazing students receive their diplomas and awards surrounded by their dedicated teachers and behavioral health professionals who have made these days possible,” says Ms. Perlstein.

# PHBH and PHCS Collaborate with Rutgers on **Hepatitis C Research**

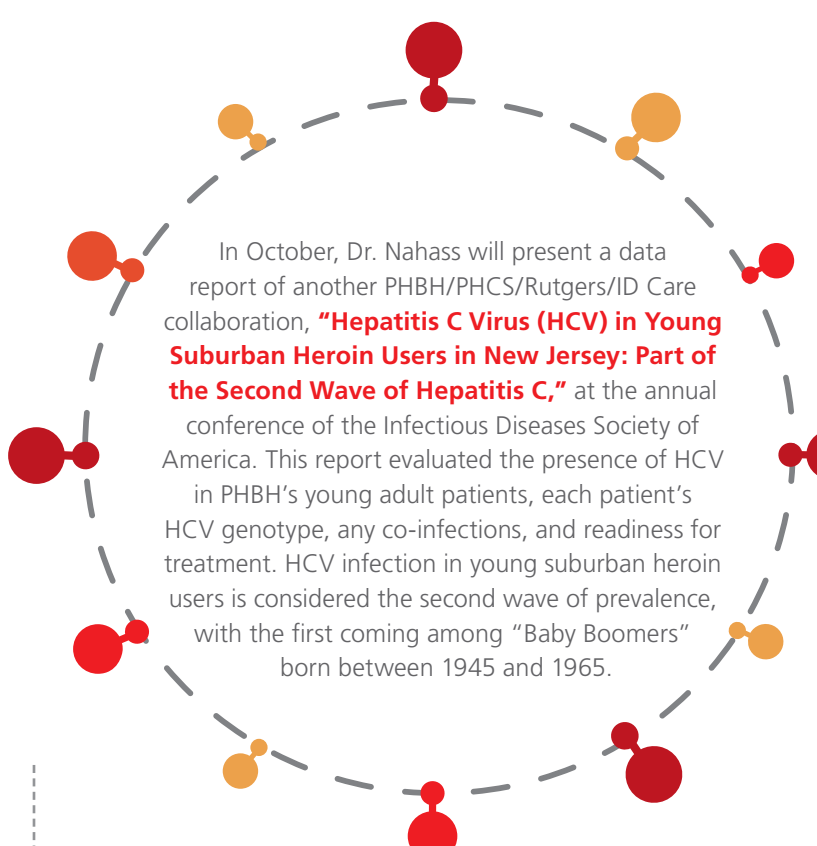
Physicians from Princeton House Behavioral Health (PHBH) and Princeton HealthCare System (PHCS) are collaborating with Rutgers Robert Wood Johnson Medical School, Rutgers Center for Advanced Biotechnology and Medicine, and private practice ID Care to learn more about the immunology of hepatitis C virus (HCV) among young adult heroin users and why 20 to 30 percent of patients clear the virus spontaneously. A primary method of HCV transmission is through dirty needles shared among IV drug users.

The study, "Clinical, Laboratory, and Molecular Characterization of a Presumed HCV Network in Young Suburban NJ Heroin Users," will evaluate blood samples of consenting PHBH patients ages 18 to 30 who are receiving treatment for heroin addiction and are diagnosed with HCV. Each study participant's blood will be assessed for its immunologic response to fighting HCV. This information may provide clues to understanding what is important to clearing the virus and why some patients clear it spontaneously. This research may help scientists advance the development of an HCV vaccine.

"Our young Princeton House patients may have early HCV that can be treated successfully before it becomes chronic and potentially life-threatening," says principal investigator and infectious diseases specialist Ronald G. Nahass, MD, a senior attending at PHBH/PHCS, a professor of medicine at Rutgers, and member of ID Care. "We are also seeking to learn whether there is an HCV transmission network among young suburban heroin users in New Jersey."

PHBH's Chairman of Psychiatry Neal B. Schofield, MD, and Medical Director of the Inpatient Medical Detoxification Program Mark P. Schwartz, MD, are assisting in identifying potential study participants among PHBH's young adult patients.

"Screening and early detection of HCV gives us the ability to educate patients while they are here with us and to encourage them to begin treatment, which is very often curative with new medications," says Dr. Schwartz.



In October, Dr. Nahass will present a data report of another PHBH/PHCS/Rutgers/ID Care collaboration, **"Hepatitis C Virus (HCV) in Young Suburban Heroin Users in New Jersey: Part of the Second Wave of Hepatitis C,"** at the annual conference of the Infectious Diseases Society of America. This report evaluated the presence of HCV in PHBH's young adult patients, each patient's HCV genotype, any co-infections, and readiness for treatment. HCV infection in young suburban heroin users is considered the second wave of prevalence, with the first coming among "Baby Boomers" born between 1945 and 1965.

PHBH patients who participate in the study will benefit in several ways:

- They will learn if they have early HCV;
- They can begin HCV treatment;
- This information may motivate them to continue to abstain from using heroin; and
- They can encourage other users to quit using heroin and/or prevent HCV transmission through better needle habits.

For more information about this study, call ID Care at 908.281.0221.

**GRAND  
ROUNDS**

[princetonhouse.org](http://princetonhouse.org)

Visit our website or contact Jonathan Krejci, PhD,  
at [jkrejci@princetonhcs.org](mailto:jkrejci@princetonhcs.org).



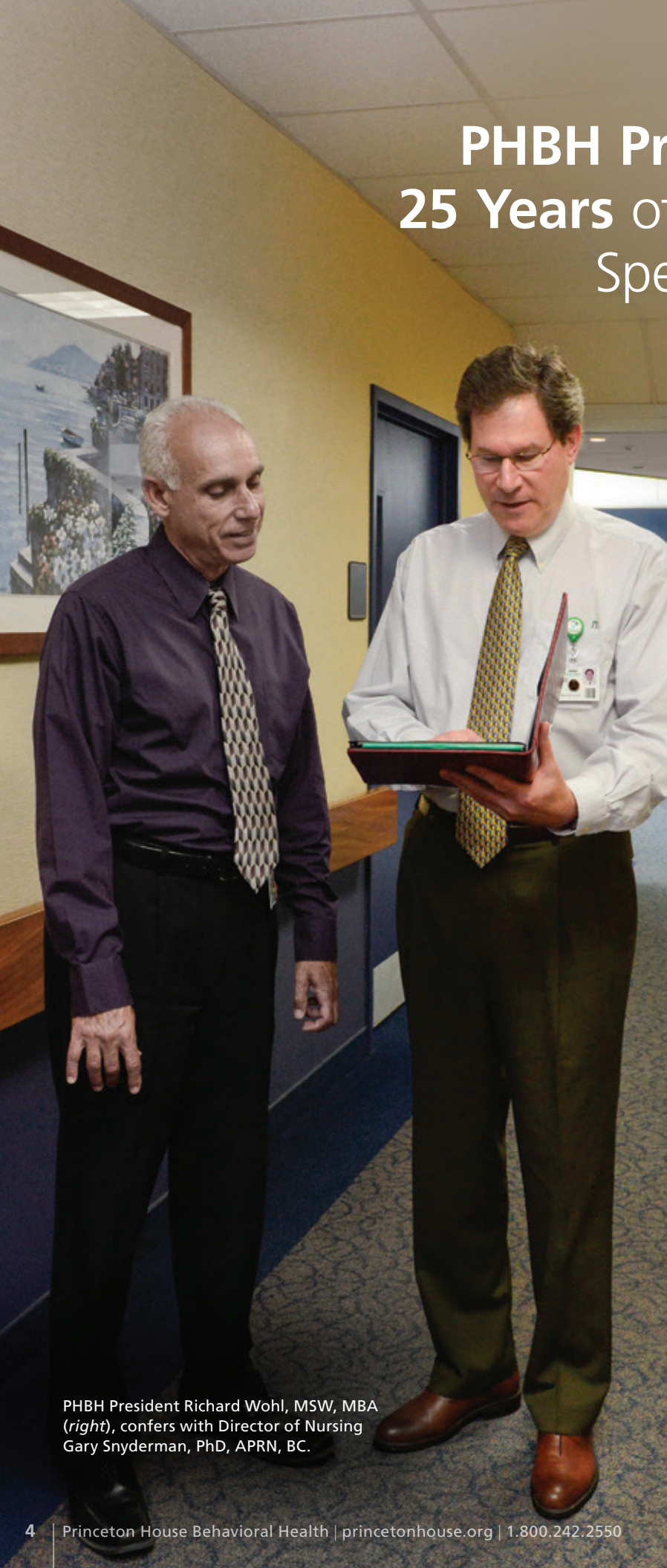
# PHBH President Celebrates 25 Years of Growth in Services, Specialty Programs, and Patient Satisfaction

When Richard Wohl joined Princeton House Behavioral Health in 1990, he envisioned a continuum of care extending outward from the psychiatric hospital's single inpatient facility and reaching into the community with partial hospital and intensive outpatient programs.

This fall, as Princeton House Behavioral Health celebrates Mr. Wohl's 25 years as its steward and first President, PHBH encompasses seven locations throughout central and southern New Jersey. With a combined operating budget of \$65 million and multidisciplinary staff of 700, PHBH contains 110 beds, admits 3,800 inpatients and 5,000 outpatients annually, and records 90,000 outpatient visits each year.

Mr. Wohl has led a remarkable expansion and diversification of services over the past quarter century. During his tenure, PHBH completed a \$13 million building and renovation project, added a \$3 million kitchen and dining facility, and experienced unprecedented growth from its main campus in Princeton -- which now houses the inpatient hospital, two outpatient facilities, and a modern ECT suite -- to its significant outpatient centers in Hamilton, North Brunswick, Moorestown, and Eatontown.

As Senior Vice President for Princeton HealthCare System, Mr. Wohl also oversees all behavioral health care at University Medical Center of Princeton, including the 22-bed Center for Eating Disorders Care, a six-room psychiatric emergency center, and consultation/liaison and telepsychiatry services. He has been instrumental in improving integrated behavioral care with the medical services offered within PHBH's inpatient unit and at University Medical Center of Princeton.

A photograph of two men in a hallway. On the left, an older man with white hair, wearing a dark purple shirt and a patterned tie, stands looking towards the other man. On the right, a younger man with glasses, wearing a light blue shirt and a patterned tie, holds a tablet and looks down at it. He has a name tag on his chest. The background shows a hallway with a blue carpet and a framed picture on the wall.

PHBH President Richard Wohl, MSW, MBA  
(right), confers with Director of Nursing  
Gary Snyderman, PhD, APRN, BC.

## Responding with Innovation

Patients come to PHBH from all over the region for the treatment of psychiatric disorders, addiction, and co-occurring disorders. Responding to a steady demand, PHBH has established specialty programs over the past decade for women, children, young adults, first responders, adolescent girls, seniors, and men experiencing past trauma.

“We have always listened to what our patients tell us they want, and we have defined what efforts are needed to treat patients holistically with evidence-based therapies,” notes Mr. Wohl, who completed his MSW and MBA degrees at Temple University. “Patient satisfaction with our services is now woven within our culture.”

This year, PHBH’s patient satisfaction scores achieved a 25-year high mark, with a top 1% ranking for inpatient care, inpatient detoxification, physician services, and nutrition services, as compared to 64 freestanding psychiatric hospitals in the United States that participate with Press Ganey.

PHBH is also committed to extensive professional development and education for all staff. PHBH is one of only nine behavioral health organizations in New Jersey to offer a one-year doctoral psychology internship program that is accredited by the American Psychological Association. Biweekly Grand Rounds on a variety of clinical topics have been presented by local and national experts for the last 18 years.

## Destigmatizing Treatment

As Mr. Wohl begins his 26th year at PHBH, behavioral health care faces increasing challenges resulting from a complex health care industry, insurance and regulatory issues, and the current epidemic of opiate addictions. In response to the latter, PHBH expanded its Young Adult Program in 2014 with an inpatient program for men and women ages 18 through mid-20s – those at the epicenter of the epidemic. PHBH staff regularly reach out into the community, providing free lectures and live web chats focusing on behavioral health care topics, including opiate abuse.

There is also much progress to acknowledge, as recent clinical research has yielded new discoveries about the brain and the long-held stigma of discussing or seeking behavioral health care continues to steadily diminish.

“We can parallel this social awakening with what happened with cancer awareness in the 1960s, when people did not openly discuss their diagnosis,” notes Mr. Wohl. “Today, almost everyone knows someone who struggles with behavioral health issues so I anticipate an inevitable drift toward seeking treatment and discussing it without negative overtones.”

Mr. Wohl sees each day as a new opportunity to help someone: “I’m a social worker at heart. Although I don’t see patients individually any more, the successes of Princeton House Behavioral Health with our many patients, as fulfilled by an extraordinary and committed staff, are beyond anything I could have ever accomplished myself. We are in an excellent position to stay strong in today’s complex health care environment and to continue to treat those who seek our help.”

## A New Beginning in Eatontown

**Richard Wohl, MSW, MBA (right), President of Princeton House Behavioral Health and Senior Vice President of Princeton HealthCare System, and Eatontown Borough Council President Mark W. Regan (center) were on hand to cut the ribbon on PHBH’s new outpatient center in Eatontown.** The 7,000-square-foot center, located at 615 Hope Road, offers PHBH’s well-regarded Women’s Program, which features specialized services within four areas: trauma, trauma and addiction, dialectical behavior therapy (DBT), and emotion regulation. ***Pictured left to right are:*** Judith Margolin, PsyD, Clinical Director of PHBH’s Women’s Program; Jodi Pultorak, MSW, LCSW, Executive Director, PHBH’s Outpatient Services; Suni Antony, LCSW, Director of PHBH’s Outpatient Services—Women’s Program in Princeton; Peter Thomas, PhD, Vice President of PHBH’s Outpatient Services; Mr. Regan; David Cordon, MD, Medical Director, PHBH’s Outpatient Services; Nicole Orro, LPC, LCADC, Director of PHBH’s Outpatient Services, Hamilton; and Mr. Wohl.



# Helping Men Overcome Trauma

Men who have experienced a traumatic event often keep emotions and feelings to themselves, which can become problematic.

The National Center for Posttraumatic Stress Disorder (PTSD) estimates that 60 percent of all men will experience at least one traumatic event, and about 8 percent will suffer from PTSD at some point in their lives. Trauma can be childhood physical or sexual abuse, combat exposure, natural disasters, assault, gang violence, and terrorist attack.

The Men's Program at Princeton House Behavioral Health (PHBH) offers treatment in a supportive setting designed specifically for men.

"In general, society sends the message that men need to be tough and should be able to deal with their problems without any help," says Lorna M. Stanley, MD, Medical Director of PHBH's Mt. Lucas Road site in Princeton. "In reality, this seldom works."

Signs of PTSD may include intrusion symptoms, avoidance of stimuli associated with the trauma, negative alterations in cognitions and mood, and hyperarousal.

Other problems associated with PTSD include feelings of hopelessness and shame, emotional numbness, depression or anxiety, substance abuse, and chronic pain.

The Men's Program offers a partial hospital program (five full days per week) or an intensive outpatient program (three half-days per week) at PHBH's Mt. Lucas Road site in Princeton and at its outpatient center in Moorestown. The Men's Program will be expanding into the North Brunswick outpatient center later this fall.

Men entering the program undergo a comprehensive psychiatric evaluation that is used to develop an individualized recovery plan. Treatment includes group and individual therapy, coping and life skills training and education on maintaining one's physical and emotional health, and medication management. The program uses evidence-based cognitive behavior therapy (CBT) for PTSD and dialectical behavior therapy (DBT). For information, visit [princetonhouse.org](http://princetonhouse.org). To make a referral, call 888.437.1610.



**Robert Bennett, DO**, has rejoined the Princeton House Provider Group in the Department of Psychiatry and is treating patients at the Moorestown outpatient center. Dr. Bennett returns to PHBH from Trinitas Medical Center, where he was

Medical Director of the Child and Adolescent Inpatient Unit. He also was an Assistant Professor of Psychiatry at UMDNJ. Dr. Bennett was previously Medical Director of the Adolescent Addictions Program at PHBH.



**Jonathan Krejci, PhD**, Director of Clinical Programs, Training, and Research, presented a workshop entitled "Engaging the Parent in Recovery: Motivational Interviewing to Support Readiness to Change" at "Kinship Care and Family Connections," the 2015

Biennial Conference of the New Jersey Department of Children and Families/NJ Task Force on Child Abuse and Neglect, which was held in New Brunswick.

## Our New Website is Live



PHBH's newly renovated website at [princetonhouse.org](http://princetonhouse.org) features reorganized and streamlined navigation, updated content, easily accessible pages on our

services, and valuable new information. Our attractive new design, engaging photos, and rotating home page slider functionality offer our referrals sources, patients, and families a greatly improved overall experience.

## NEWS

At Princeton House Behavioral Health, patient satisfaction is always a high priority. In July 2015, we achieved an overall score in the top 2%, as compared to 64 freestanding psychiatric hospitals in the United States that participate with Press Ganey.

### Our patients tell us:

*"This place is a very special place. I will recommend PHBH to anyone who needs it."*

*"Thank you all for saving my life and my family."*

*"My stay was very productive and quite pleasant as well."*

*"Everybody — from the doctors, nurses, kitchen staff, and maintenance people — was wonderful."*

## Patient Satisfaction Corner

# Scratch Cooking Pleases Patients

Journalist and social activist Dorothy Day wrote,  
“Food for the body is not enough. There must be food for the soul.”

At Princeton House Behavioral Health, nutritious food that has been purchased and prepared using sustainability guidelines is an important component of each patient's recovery, says Suzanne McNulty, RD, MS, Site Director of PHBH's Food and Nutrition Department.

“Eating fresh locally sourced food filled with vitamins, minerals, and other nutrients helps our patients focus on a new healthy lifestyle, away from addiction and other illnesses,” says Ms. McNulty. “Studies show that healthy meals help decrease nighttime cravings for drugs and alcohol, reduce the risk of medication interactions, and help patients sleep at night. We also demonstrate healthy cooking methods to patients and families in order to support a foundation of healing.”

Patients' nutrition needs are assessed during their initial evaluation. Special diets are always accommodated, including meals for patients with diabetes, celiac disease, high cholesterol, and other medical conditions.

## The Cherry on Top

PHBH's delicious food is a major reason behind patient satisfaction scores that achieved a 99th percentile ranking for meals in July 2015 as compared to 64 freestanding psychiatric hospitals in the United States that participate with Press Ganey.

### WHAT'S ON THE MENU?

PHBH's seasonal menus support local farmers and safeguard the environment by featuring:

- Jersey produce
- ocean-sustaining wild and farmed seafood recommended by Seafood Watch
- cage-free eggs
- antibiotic-free meats and poultry
- whole and ancient grains
- sugar-free beverages, vitamin waters, and 100-percent natural fruit juices
- salad and yogurt bars with toppings

Each day, PHBH Executive Chef Raymond Handy and his staff of 28 prepare three “scratch-cooked” meals, home-made soups, and scrumptious desserts in PHBH's ultra-modern 5,600-square-foot kitchen and dining facility at the main Princeton campus for about 90 inpatients and 30 employees. At least two meatless entrees are cooked each day for the 20 percent of patients who are vegetarian. Several varieties of pizza are baked each day in the kitchen's TurboChef oven. The staff also prepares food for the Women's Program's outpatient facility on Herrontown Road and the outpatient Mt. Lucas Road site in Princeton. They also cater PHBH meetings and special events.

Patients are encouraged to eat together in the dining room. Weekly barbecues and holiday parties are celebrated on the outside patio in

the summer. A snack cart visits each inpatient unit every day so each patient can choose three 100-calorie snacks that range from fruit to granola bars, fig bars, healthy chips, and 20 other items.

Every night Raymond rounds on the units to engage with patients about food requests.

“Every patient has a unique life experience, and I learn from them more than I could ever teach them,” says Raymond, a 1995 graduate of the Culinary Arts Academy at Cape May County College.

## Blooming with Community Spirit

**Members of Hamilton's Boy Scout Troop 38** recently presented three flower/herb planters that were constructed as an Eagle Scout community service project to Executive Chef Raymond Handy on the patio of the dining facility at PHBH's Princeton campus. The Scouts collaborated with Suzanne McNulty, RD, MS, Site Director of PHBH's Food and Nutrition Department, in planning the planters and fundraising for building materials. The flowers and herbs are tended by PHBH patients as part of their Allied Clinical Therapies Program.





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# Upcoming Events

## at Princeton House Behavioral Health



### FREE LECTURE FOR PROFESSIONALS:

The Effects of Media Violence on Child and Adolescent Mental Health



Chirayu Parikh, DO  
Associate Medical Director  
Child and Adolescent Programs  
PHBH – North Brunswick

**Thursday, October 1, 2015**

11:45 a.m. – 12:30 p.m.	Registration, Networking, Lunch
12:30 – 1:30 p.m.	Lecture
1:30 – 2 p.m.	Tours available

PHBH – North Brunswick  
1460 Livingston Avenue, Building 100

**Register by September 25:** [mgiovanni@princetonhcs.org](mailto:mgiovanni@princetonhcs.org), 609.712.0732

This course is geared to the learning needs of psychotherapists, psychologists, counselors, beginners to advanced level social workers, and related fields of practice. Agenda: outcomes for desensitization, imitation, and development of PTSD, anxiety, and depression; results of National Television Violence Study; directives for health care professionals and parents. Social workers will receive 1 CEU credit; all others will receive a certificate of completion.



### LIVE WEB CHAT:

Behavior Issues in Children



Madhurani Khare, MD  
Medical Director  
PHBH – Hamilton

**Monday  
November 2, 2015  
Noon to 12:30 p.m.**

**Ustream.tv/princetonhealth**

Is it just a phase or a serious problem? Help your child cope with life's ups and downs. Find out how to understand your child's behavior, whether it's toddler tantrums or teenage depression. Join us as Dr. Khare, board certified in psychiatry and child/adolescent psychiatry, provides an overview of behavioral issues and the signs and symptoms of depression, bipolar disorder, anxiety, ADHD, and substance abuse. E-mail questions in advance to [princetonhealth@gmail.com](mailto:princetonhealth@gmail.com).