

SUMMER 2015

Princeton House Behavioral Health

Helping Teens Cope and Heal

New DBT Treatment
Services for Adolescents



IN THIS ISSUE:

- DBT Added to Treatment for Teens
- Integrating Psychiatric and Medical Care
- Treating Anxiety in Children
- Summer Programs for Kids and Teens
- New Eatontown Center Opens



**Princeton House
Behavioral Health**
Princeton HealthCare System

New DBT Services Help Teens Cope and Heal

In the past, when 15-year-old Melissa* experienced a high-intensity stressful crisis at home, she would retreat into her room and cut herself.



Today, using dialectical behavior therapy (DBT) skills she learned in her outpatient partial hospital program at Princeton House Behavioral Health's Hamilton center, Melissa holds ice cubes as a method of distress tolerance to help her manage her emotions and prevent her from self-injury.

DBT is an evidence-based cognitive behavioral psychotherapy that was developed by University of Washington psychologist Marsha M. Linehan. Initially used to treat borderline personality disorder, DBT has since been proven effective in treating patients with emotion dysregulation, eating disorders, trauma, post-traumatic stress disorder, anxiety, and chemical dependency.

At Princeton House Behavioral Health (PHBH), DBT has been used successfully in the Women's Program for almost six years and in the Supporting Adolescent Girls Emotionally (SAGE) program for two years. DBT is currently being adapted to meet the needs of male and female teens ages 13 to 18 who attend partial hospital and intensive outpatient programs at PHBH's centers in Hamilton, North Brunswick, and Moorestown. Core teams of PHBH psychologists and therapists have undergone intensive training in DBT through Behavioral Tech, in collaboration with Dr. Linehan.

"Adolescents who have difficulty managing their emotions often make decisions that can be devastating, including self-harming, substance abuse, eating disorders, and suicidal thoughts," notes Amy Hiraldo, LCSW, Clinical Manager of Child and Adolescent Services at the Hamilton center. "For many teens, the core of what they want is not wrong, but they act out ineffectively and dangerously."

DBT skills incorporate mindfulness, distress tolerance, emotion regulation, interpersonal effectiveness, and collaboration with therapists. Adolescents in PHBH's programs learn DBT skills and then practice them in group therapy and at home. The adolescent DBT program includes the Middle Path, utilized in multi-family groups, which promotes validation among family members, reinforces positive behaviors, and enhances communication.

Teens in the program may also benefit from DBT coaching "in the milieu," brief one-to-one therapy that can be requested at a PHBH center or by using a special phone line for when they are facing a challenging situation at home or in school. This enables them to use the skills they are learning and apply them to life challenges in real time. If teens are also struggling with substance abuse, they are treated in co-occurring disorders programs.

"Research shows that DBT often is far superior to regular supportive treatments in stabilizing patients with complex mental health issues, even teens who experience sudden intense emotions," says PHBH child and adolescent psychiatrist Gregorio Castillo, MD, who treats teen-age girls in the SAGE program on the Princeton campus.

PHBH uses pre- and post-treatment self-reporting BASIS-24® patient assessment surveys to evaluate patient outcomes. Patients use diary cards to help them become more aware of their thoughts, feelings, and urges. Therapists utilize DBT consultation team meetings to coordinate care among team members.

PHBH staff collaborate closely with patients' referring providers and schools.

**pseudonym*

Princeton House Behavioral Health offers full-day partial hospital programs and half-day intensive outpatient programs for adolescents ages 13 to 18 at outpatient centers in Hamilton, North Brunswick, and Moorestown. To learn more, visit princetonhouse.org. To make a referral, call 888.437.1610.

Integrating Psychiatric and Medical Care Achieves Better Outcomes

As the delivery of healthcare continues to evolve, evidence is mounting that the integration of behavioral health care and medical care, particularly for chronic conditions, is the optimal way to care for patients.

Princeton HealthCare System's emphasis on treating the whole person brings together psychiatrists and an advanced practice nurse of Princeton House Behavioral Health's Department of Psychiatry with physicians in the Department of Medicine who treat patients at University Medical Center of Princeton (UMCP).

The psychiatry team also provides behavioral health care for patients who seek treatment at UMCP's Center for Emergency Care and for patients who are admitted to UMCP's inpatient units. The team provides consultation services, conducts educational programs for UMCP's staff, and coordinates the smooth transfer of patients to PHBH's inpatient units, as needed.

"Research studies show that on any given day, in any hospital in the United States, including University Medical Center of Princeton, 25 percent of patients have a psychiatric diagnosis, addiction problem, or both, in addition to presenting medical issues," says Richard Wohl, President of Princeton House Behavioral Health. "Substance abuse and other mental health issues so often interfere with the medical treatment of chronic medical conditions. How we treat these patients initially will influence the success of their recovery and improvement of their health status over their lifetimes."

Behavioral health issues not only cost Americans in lost earnings and quality of life, but the National Alliance on Mental Illness reports that individuals living with serious mental illnesses face an increased risk of having chronic medical conditions. They die on average 25 years earlier than other Americans, largely due to treatable medical conditions.

"Our ED often becomes the gateway for patients with psychiatric and medical co-morbidities, so it is crucial that our psychiatry team work closely with other physicians to make sure patients continue to take their psychotropic medications and, if needed, undergo substance abuse treatment in conjunction with medical treatments once their health becomes stabilized," notes Jose S. Vazquez, MD, Medical Director of Psychiatric Services at UMCP. "Our patient-centered approach strives to make sure that patients' mental health and medical needs are met, so they can avoid repeat ED visits and hospital readmissions."

Working closely with Dr. Vazquez at UMCP is Phillippe Khouri, MD, Medical Director of Psychiatry Consultation Services; Melinda Parisi, PhD, Director, Hospital Psychiatry, and Program Director of UMCP's Center for Eating



BERT IS READY

UMCP nurses on specific inpatient units have received BERT (Behavioral Emergency Response Team) training.

"Rapid intervention from the BERT team can de-escalate a patient so equilibrium can be restored and treatment can continue," says Lynnette K. Peoples, MSN, APN-BC.

Disorders Care; and Lynnette K. Peoples, MSN, APN-BC, Division of Patient Care Services and Department of Consultation Liaison Psychiatry.

"Our goal is to ensure that the delivery of care extended to our patients considers the person as a whole by integrating treatment of medical and psychiatric co-morbidities, collaborations with other disciplines, and the education of patients, their families, and care providers," says Ms. Peoples. "We must be mindful of patients' intentions, their need for ongoing care, and their cultural perspectives. This collaborative approach endeavors to provide the best care to our patients and enables them to be active participants in their care. It also brings light to the mental health needs of our patients throughout Princeton HealthCare System."

Treating Anxiety Year-Round

Summer's less structured days and the absence of school routines often result in decreased anxiety for children and adolescents who experience the disorder throughout the rest of the year.

Princeton House Behavioral Health child and adolescent psychiatrist Madhurani Khare, MD, cautions that even though children with anxiety may experience much less distress in the summer, there are situations that can potentially cause anxiety to worsen.

"Going to sleepaway camp for the first time, the arrival of a new summer caregiver, or even a vacation away from the parents with friends or grandparents can cause children to experience separation anxiety or stressful social situations such as making new friends at camp," says Dr. Khare, Medical Director of PHBH's Hamilton outpatient center.

Although most children and teens experience anxiety as a normal reaction to stress, the National Institute of Mental Health estimates that 20 percent of all children and adolescents experience an anxiety disorder that interferes with normal day-to-day functioning. Anxiety disorders include generalized anxiety, obsessive-compulsive disorder, post-traumatic stress disorder, social anxiety, separation anxiety, and phobias.

Genetic factors combined with environmental influences most likely cause anxiety to develop, but clinical research continues to bring light to triggers or situations that can make anxiety worse. Symptoms of anxiety include headaches, stomach aches, irritability, crying, frequent trips to the school nurse, temper tantrums, diarrhea, and sleep disturbances.

Keeping Kids on Schedule

It is essential that children who undergo therapy or take medication for anxiety continue to do so as close to their normal schedules as possible in the summer, advises Dr. Khare. Medications might include non-addictive selective serotonin reuptake inhibitors (SSRIs), such as Lexapro or Zoloft, or the antihistamine Vistaril.

Adolescents face different challenges during the summer, notes Dr. Khare, when many of them are home alone while parents work. Too much free time, isolation from friends, or a new job can cause teenagers with anxiety disorder or other mental health issues to self-medicate or experiment with alcohol or drugs, withdraw into their rooms, self-harm, or experience suicidal thoughts.



Princeton House Behavioral Health's Advanced Solutions for Children and our specialized adolescent programs provide full-day partial hospital and half-day intensive outpatient programs all year long at PHBH's centers in Hamilton, North Brunswick, and Moorestown. The Supporting Adolescent Girls Emotionally (SAGE) program for girls ages 13 to 18 is offered on the Princeton campus. Treatment modalities include individual and group therapy; art, music, and play therapy; relaxation; psychoeducation; and a weekly family program. Two hours of academic instruction by certified teachers keeps patients in the partial hospital program on track during the school year.

PHBH is currently introducing dialectical behavior therapy (DBT) into all adolescent outpatient programs (please see p. 2). DBT is a therapeutic modality that has been used successfully in the Women's Program and SAGE for many years. Treatment for substance abuse and co-occurring disorders is also available for adolescents.

Getting Ready for School

As fall and school approach, anxiety often escalates, particularly in children and adolescents who are transitioning to middle school or high school.

"With increasing independence comes the stresses of lockers, changing classes, more difficult school work, and balancing homework and afterschool activities," says Dr. Khare. "We help children and teens practice coping skills, such as using a 'safe space' when in need of a breather, both at home and in school."

PHBH's psychiatrists and therapists begin preparing children and adolescents for the start of school several weeks in advance to avoid deeper anxiety and school refusal. They work in collaboration with schools and community treatment providers to facilitate a smooth back-to-school transition.

To learn more, visit princetonhouse.org.
To make a referral, call 888.437.1610.



Keeping Kids on Track During the Summer

There is no slowing down for summer at Princeton House Behavioral Health, where full-day partial hospital programs and half-day intensive outpatient programs are open for children and adolescents.

PHBH's outpatient centers in Hamilton, North Brunswick, and Moorestown offer specialized summer programs to help kids and teens maintain a structured day, continue their treatment, and prepare for going back to school.

"Changes in medication schedules, new sleep cycles, and vacations during the summer can disrupt a child's normal treatment pattern," says Chirayu Parikh, DO, Associate Medical Director of Child and Adolescent Programs at PHBH's North Brunswick center. "We help our patients work on issues all summer to decrease back-to-school anxiety and reduce the risk of school refusal."

To learn more, visit princetonhouse.org.
To make a referral, call 888.437.1610.

Family-Centered Program for Eating Disorders Added

The Center for Eating Disorders Care (CEDC) at University Medical Center of Princeton introduces an Intensive Family-Centered Care Program, designed for children and adolescents undergoing inpatient care at the center.

This unique program intensifies the CEDC's focus on families to further support patients in their recovery.

The program features:

- family therapy by clinical staff members trained in family-based therapy
- active inclusion of parents as members of the team, from admission to discharge
- weekly family meals facilitated by nutrition and therapy staff
- an expanded weekend family program focusing on skills-building, nutrition, education, and medical issues



To learn more, visit princetonhcs.org/eatingdisorders.
To make a referral, call 877.932.8935.

PHBH Walkers 'Sock it to Stigma'

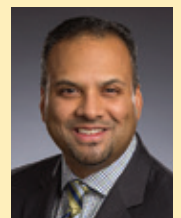
More than 40 PHBH employees, families, and friends participated in the 13th annual NAMIWalks "Sock it to Stigma" 5K walk-a-thon of the National Alliance on Mental Illness. "This year's Princeton House group was our largest, and the fourth highest-raising team in the Mercer County walk," says PHBH Team Captain Cristina Cianfrani, LCSW, Senior Primary Therapist at PHBH's Moorestown center. The PHBH group raised more than \$3,700 and completed the Mercer County NAMIWalks on the grounds of the Educational Testing Service in Princeton. PHBH regularly partners with several NAMI chapters in New Jersey in support of mental health outreach and education.



Live Web Chat:
"Opiates: The Epidemic Continues"
Opiate addiction no longer lives in the back alleys.

Monday, August 3, Noon to 12:30 p.m.
ustream.tv/princetonhealth

Join **Arshad Siddiqui, MD**, Associate Medical Director of PHBH's Hamilton center, to understand the effects of opiates on the human body, symptoms and signs of addiction, and treatment options. E-mail questions in advance to princetonhealth@gmail.com.



Our New Psychiatrists

Two new psychiatrists have joined Princeton House Provider Group in the Department of Psychiatry and are treating patients at the Moorestown outpatient center.



Carolyn Bernacki, DO, holds dual board certification in adult psychiatry and child and adolescent psychiatry. Dr. Bernacki joins PHBH from Legacy Treatment Services in Mount Holly. For the past 10 years, she has been Volunteer Director of Camp No Worries, an overnight camp in Tabernacle for children with cancer.



Lynne Stein, MD, is board certified in adult and child psychiatry. She comes to PHBH from an extensive career as a clinical assistant professor and faculty practice provider in the former UMDNJ system. She also provided outpatient and inpatient care at Twin Oaks' Yates Center, Family Learning Center, and Foster Home Program.



Kathy DeMaio, MSW, LCSW, LCADC, was promoted to Director of Outpatient Admissions. Ms. DeMaio, who joined PHBH in 2007 as a senior primary therapist in the Hamilton center, was previously Outpatient Director of the Eatontown center and Clinical Manager of Outpatient Admissions. Since joining Outpatient Admissions in 2011, she has been integral to the success of the department and its high performance.



Jodi Pultorak, LCSW, was named Executive Director of Outpatient Services. She provides administrative oversight of PHBH's outpatient centers, including the launch of the newest center in Eatontown. Ms. Pultorak joined PHBH in 2009 as a senior primary therapist and utilization reviewer before being named Director of Outpatient Admissions.



Barbara Rexer, LCSW, LCADC, was named Director of Addictions and Co-Occurring Disorders for PHBH's inpatient campus in Princeton. Since receiving her master's degree in 2008, Ms. Rexer has been treating patients with substance abuse and co-occurring disorders in the tri-state area. She joins PHBH from High Focus Centers' Freehold site.



PHBH Physician Rappels to Fight Stigma of Addiction

Mark P. Schwartz, MD, FASAM, Medical Director of the Inpatient Medical Detoxification Program, rappelled 22 stories down the face of the Hilton Austin Hotel during the American Society of Addiction Medicine's Shatterproof Challenge. The event, held during ASAM's 46th annual conference, sought to end the stigma of addiction and to raise funds for prevention, treatment, and recovery. Dr. Schwartz, a member of ASAM's Board of Directors, was among 50 daring participants who raised a total of \$50,000 to benefit Shatterproof, a national organization committed to protecting children from addiction and to ending the stigma and suffering of those affected by the disease.



GRAND ROUNDS

princetonhouse.org

Visit our website or contact Jonathan Krejci, PhD, at Jkrejci@princetonhcs.org.

Princeton House Behavioral Health is published by Princeton House Behavioral Health. If you have a suggestion for an article for the next issue, please contact the PHBH Marketing Department at 609.497.2625. The views and opinions expressed in this publication are those of the subjects and do not necessarily reflect the views and opinions of Princeton House Behavioral Health or Princeton HealthCare System. Entire Publication ©2015 Princeton HealthCare System. All Rights Reserved.

SERVICES & ADMISSIONS

Princeton House Behavioral Health

INPATIENT

800.242.2550 Fax: 609.688.3779

	PRINCETON		
	Adult	Young Adult	Comments
General Psychiatric/Voluntary	■		
Co-Occurring Disorders	■		
Medical Detox	■	NEW ■	
Addiction Recovery	■	■	
First Responder Treatment Services	■		Accepts patients in all programs.
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

888.437.1610 Fax: 609.683.6840

	PRINCETON	HAMILTON	NORTH BRUNSWICK	MOORESTOWN	NEW LOCATION EATONTOWN
DAY PROGRAMS					
Child – Psychiatric		●	●	●	
Adolescent – Psych/Co-Occurring/Substance Abuse		●	●	●	
Young Adult	●	●	●	●	
Adult – Psychiatric/Co-Occurring*	●	●	●	●	
Adult – Substance Abuse	●			●	
Older Adult	●	●	●	●	
Men's Program				NEW ●	
Trauma	●				
Women's Programs					
Dialectical Behavior Therapy (DBT)	●	●	●	●	●
Trauma	●	●	●	●	●
Trauma & Addiction	●	●	●	●	●
Emotion Regulation	●	●	●	●	●
Emotional Eating	●				
Supporting Adolescent Girls Emotionally (SAGE) 13-18	●				
Afterschool IOP					
Adolescent – Psych/Co-Occurring/Substance Abuse		●	●	●	
EVENING PROGRAMS					
Evening IOP					
Adult Psychiatric	●				
Adult Co-Occurring Disorders	●				
Adult Substance Abuse	●	●	●		



**Princeton House
Behavioral Health**
Princeton HealthCare System

www.princetonhouse.org

A wide variety of insurance plans are accepted. Medicaid and Medicare are also 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. *Tracks available for patients with chronic issues.



**Princeton House
Behavioral Health**
Princeton HealthCare System

905 HERRONTOWN RD. | PRINCETON, NJ 08540

NON-PROFIT
ORG.
U.S. POSTAGE
PAID
PRINCETON, NJ
PERMIT NO. 262



Join Our Email List!

princetonhouse.org

Princeton | Hamilton | North Brunswick | Moorestown | Eatontown

Eatontown Center Opens with Women's Program

Princeton House Behavioral Health (PHBH) celebrated the opening of a new outpatient center in Eatontown on May 4, welcoming clients of the Women's Program to their new treatment site.

The center, located at 615 Hope Road on the border of Eatontown and Tinton Falls, expands PHBH's continuum of outpatient services to clients living in Monmouth and Ocean counties. The center's current Women's Program offers four treatment programs: trauma, trauma and addiction, dialectical behavior therapy (DBT), and emotion regulation. Programs to be added in the future include PHBH's emotional eating program for women and the Supporting Adolescent Girls Emotionally (SAGE) program.

"We are excited to bring Princeton House's unique programs to an expanded area of New Jersey where the need for these outpatient services was previously unmet," says Judith Margolin, PsyD, Clinical Director of the Women's Program. "Our treatment team at Eatontown has been intensively trained in DBT skills and has much expertise in treating clients in the Women's Program at our other centers. We look forward to welcoming our new clients to this completely renovated center, where they can recover and heal within a soothing, patient-focused environment."

The new Eatontown center includes 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.



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
(five full days per week)

Intensive Outpatient Program
(three half-days per week)

For more information, visit princetonhouse.org. To make a referral, call 888.437.1610.

OPEN HOUSE: Friday, June 12, 12 – 2 p.m.

RSVP to Jamie Knol 848.208.2570 or jknol@princetonhcs.org.

Take a tour of our
7,000-square-foot facility

Meet our Women's
Program staff

Enjoy delicious
refreshments

