

SPRING 2016

# Princeton House Behavioral Health

## Young Adults at the Center of the Storm

Treating Opiate Addiction  
within a Continuum of Care

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**Princeton House  
Behavioral Health**  
Princeton HealthCare System

# Treating Opiate Addiction within a Continuum of Care

**Stemming the rising tide of heroin and opiate addiction and overdoses requires a comprehensive treatment and educational approach that Princeton House Behavioral Health provides across a continuum of inpatient and outpatient services.**

Dependence on heroin and prescription opioid medications rose nearly 150 percent from 2007 to 2013 across the United States.\* Although addiction rates for these drugs are still highest among men, populations that historically had lower rates of use, such as women and non-Hispanic whites, are now perilously narrowing the gap.

The Centers for Disease Control and Prevention reports that more persons died from drug overdoses in the United States in 2014 than during any previous year on record. In New Jersey, the abuse of heroin and chemically related opioids is widely recognized by the medical and law enforcement communities as the state's number one public health issue.

"This epidemic goes way beyond the borders of our state's urban centers and reaches into the suburbs, afflicting persons, and particularly young adults, from all socioeconomic and cultural backgrounds," notes Princeton HealthCare System's Chairman of Psychiatry Neal B. Schofield, MD. "Our challenge is to provide strong evidence-based treatment services that provide our patients with recovery skills and self-help exercises they can use every day at home and in 12-step programs, so they have a fighting chance to remain in remission."

## **PHBH's inpatient opiate addiction treatment for adults at the Princeton campus includes:**

- **Medical Detoxification Program** for chemically addicted patients with medical comorbidities, co-occurring mental health disorders, or additional addiction to alcohol or other substances
- **Intensive Short-Term Addiction Recovery Program** for patients who no longer require medical detoxification
- **First Responder Treatment Services**, which addresses the unique needs of police and corrections officers, military personnel, firefighters, paramedics, and EMTs by providing confidential inpatient addiction and mental health services

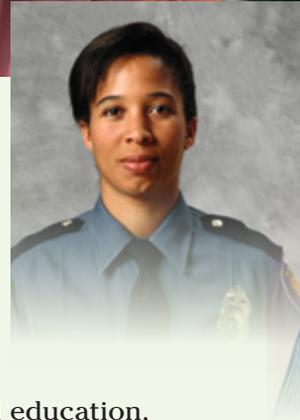
"Each hospital inpatient benefits from a highly structured therapeutic environment that emphasizes coping skills, relapse prevention, medication management, psychoeducation, DBT skills training, 12-step education, spiritual counseling, nutrition advice, family support and education, and allied clinical therapies, including art therapy, dance movement, and recreational therapy," says Barbara Rexer, LCSW, LCADC, Director of Addictions and Co-Occurring Disorders at PHBH's Princeton inpatient campus. "Patients see a board certified psychiatrist every day, and our nursing staff is on duty around the clock. Internists and medical specialists are here every day for patients who are diagnosed with comorbid medical disorders."

Most patients are discharged into a partial hospital program or intensive outpatient program at one of PHBH's outpatient sites in Princeton, Hamilton, North Brunswick, Moorestown, or Eatontown. An outpatient Women's Program, outpatient Men's Program, and outpatient Young Adult Program offer specialized services for patients who may be self-medicating with heroin or prescription painkillers because of a history of trauma, brain injury, emotion dysregulation, or undiagnosed depression, anxiety, or other mood disorder.

## **At the Center of the Storm**

Young adults ages 18 to 25 experienced the largest increase in heroin use (108.6%) between 2002 and 2013.\*

PHBH's Young Adult Program has responded to this crisis with an intensive short-term inpatient program and outpatient services for patients ages 18 to mid-20s. The Young Adult Program addresses age-appropriate issues and life experiences faced by this age group that differ significantly from older adults.



**“The still-developing brains of young adults are very susceptible to chemical addiction.”**

— Neal B. Schofield, MD,  
Chairman of Psychiatry,  
Princeton HealthCare  
System



“The still-developing brains of young adults are very susceptible to chemical addiction. It often starts from stealing prescription painkillers from the medicine cabinet and then escalates into using heroin because heroin is easier and cheaper to buy,” says Dr. Schofield. “Treating

Generation Y requires a specific approach because 12-step programs are typically not geared for this age group. Young adults tend to think they are invincible, and they do not have a good sense of self yet.”

In what Dr. Schofield describes as “recovery parenting,” he and PHBH staff offer young adults “recovery etiquette tips” to help them navigate the perils of staying sober and to learn how to make good life choices. These tips might include seeking out a same-sex sponsor, attending an all-women or all-men 12-step program, carefully deciding what to disclose in meetings, and learning how to accept and heal from one’s own comorbidities.

“Our continuum of services enables us to sequentially assess and monitor each patient’s early recovery using a sobriety inventory that lets us know where they are in their recovery, what they are doing, if they have a sponsor, and if they are at risk for relapse,” he says. “When a person is actively participating in treatment, the likelihood of long-term sobriety increases.”

For more information, visit [princetonhouse.org](http://princetonhouse.org). To make a referral, call 800.242.2550 for inpatient services; 888.437.1610 for outpatient services.

\*2013 National Survey on Drug Use and Health conducted for the U.S. Substance Abuse and Mental Health Services Administration.

## FREE LECTURE FOR PROFESSIONALS

### PTSD: Differential Diagnosis and Comorbidities



Lorna Stanley, MD  
Medical Director  
PHBH-Princeton Adult Services

**Wednesday, April 27, 2016**

3:45 – 4 p.m. Registration, Networking, Tours  
4 – 5 p.m. Lecture

PHBH-Princeton  
741 Mount Lucas Road

**RSVP and register by April 20:**

[lventura@princetonhcs.org](mailto:lventura@princetonhcs.org), 609.613.4322

This course is geared to the learning needs of psychotherapists, psychologists, counselors, intermediate to advanced level social workers, and related fields of practice. Upon completion of this conference, participants shall be able to: differentiate PTSD from anxiety disorders and OCD, differentiate PTSD from mood disorders, and identify common comorbidities in PTSD. Social workers will receive 1 CEU; all others will receive a certificate of completion.

## Take a Virtual Tour

An engaging two-minute video promoting Princeton HealthCare System’s **Center for Eating Disorders Care** as a choice destination for quality care was completed in January. We invite you to view our virtual tour of the Center on PHCS’s web site at: [princetonhcs.org/eatingdisorders](http://princetonhcs.org/eatingdisorders).



# Navigating College Stress



A challenging combination of life transitions, difficult coursework, and the temptations of alcohol and drugs often impacts college students during their freshman year.

College freshmen must learn to adjust to making independent decisions about schedules and self-care, handling money and menus, and meeting new friends and professors. The stresses of a new dorm, a desire to perform well in college, and separation from family and hometown friends can trigger depression, anxiety disorders, or bipolar disorder, observes Lorna Stanley, MD, Medical Director of Princeton House Behavioral Health's Princeton outpatient center.

“College stress can bring on symptoms of a behavioral health issue or lead to substance abuse,” says Dr. Stanley. “For some students, the symptoms are new. They attribute their symptoms to a normal stress response and ignore them until they have trouble functioning. Other students have experienced mild symptoms in the past but because they didn’t interfere with their high school studies or relationships, they were never diagnosed.”

Every year of college brings its own challenges, says psychologist Calvin R. Chin, PhD, Director of Counseling and Psychological Services at Princeton University. PHBH and Princeton’s University Health Services have collaborated for more than two decades in treating students with behavioral health issues, substance abuse, and eating disorders.

“Transitions are the biggest stressors for freshmen, but sophomores become stressed about choosing their majors, juniors with pursuing internships and careers, and seniors with the impending challenges of leaving the university, becoming independent, and finding a fulfilling job,” says Dr. Chin. “Our productive collaboration with Princeton House benefits our students through a continuum of care, ongoing communication among health care providers, and individualized treatment.”

## Accessing Treatment at PHBH

PHBH’s Young Adult Program provides a continuum of inpatient and outpatient services to meet the unique needs of young men and women between the ages of 18 and mid-20s. The Young Adult Program is one of only a few in New Jersey to provide inpatient medical detoxification and addiction recovery services specifically for young adults.

Inpatient services are provided at PHBH’s Princeton campus. Outpatient partial hospital programs (five full days per week) and intensive outpatient programs (three half-days per week) are offered at PHBH’s outpatient centers in Princeton, Hamilton, North Brunswick, and Moorestown. Young adults who have a history of trauma or are struggling with PTSD may also be referred to PHBH’s Women’s Program or Men’s Program.

“Because our programs are so specialized, we can be very specific in tailoring each young adult’s individualized treatment,” remarks Dr. Stanley.

Young adults who are in crisis due to a mental illness, eating disorder, or addiction can receive stabilization within the behavioral health treatment area of the Emergency Department of Princeton HealthCare System’s University Medical Center of Princeton. Patients may then be transferred to PHBH’s inpatient unit, the medical center’s Center for Eating Disorders Care, or to PHBH’s outpatient services for the correct type of programming indicated.

For more information about the Young Adult Program, visit [princetonhouse.org](http://princetonhouse.org). To make a referral for inpatient services, call 800.242.2550; for outpatient services, call 888.437.1610.

**Our productive collaboration with Princeton House benefits our students through a continuum of care, ongoing communication among health care providers, and individualized treatment.”**  
— Calvin R. Chin, PhD, Director of Counseling and Psychological Services, Princeton University

# Senior Link's Treatment Services Help Older Adults **Redefine Themselves**

Spring brings renewal and a reawakening of daily joys and the pursuit of outdoor activities that may have been postponed during the winter.

Seniors who struggle with depression, anxiety, or other mood disorders may find it difficult to enjoy the pleasures that spring promises. Princeton House Behavioral Health's Senior Link program can help, with a structured and supportive outpatient treatment program for men and women over age 60 whose behavioral health issues prevent them from functioning productively.

"Older adults experience a great deal of loss, whether it's through bereavement, retirement, isolation, medical ailments, decreasing mobility, or giving up driving privileges," explains Jamie Winters, LCSW, Senior Primary Therapist for the Senior Link program at PHBH's North Brunswick outpatient center. "Some seniors have suffered from mood disorders their whole lives but were distracted by working, taking care of their families, and other daily tasks. Others experience symptoms that develop from the stressors of aging. Their primary care doctors or other medical specialists may recognize these symptoms and refer them to us after bouts of gastrointestinal illnesses, sleep disorders, pain, or other physical issues. Often, a family member will suggest an evaluation."

Senior Link is offered at PHBH's outpatient centers in Princeton, Hamilton, North Brunswick, and Moorestown. Treatment options generally include a full-day partial hospital program offered five days each week.

Every Senior Link patient is seen weekly by a board certified psychiatrist or advanced practice nurse (APN). The treatment team also includes full-time licensed psychologists, licensed clinical social workers, licensed certified addiction counselors, registered nurses,



## Personalized Treatment

- A comprehensive evaluation by a board certified psychiatrist and licensed therapists
- Evidence-based treatment
- Group, individual, and family therapy and education
- Medication management
- Art, yoga, and other expressive therapies
- Lunch for full-day programs
- Transportation may be available

dietitians, and allied clinical therapists. Patients who would benefit from inpatient care or medical detoxification are seamlessly transferred to PHBH's adult psychiatric unit at the Princeton campus. PHBH's outpatient centers also provide Co-Occurring Disorders Programs for seniors also struggling with substance abuse.

"New Jersey has become a retirement haven so there is an increased need here for behavioral health treatment for older adults, who are often vulnerable and sometimes cognitively impaired," says David J. Cordon, MD, Vice Chairman of Princeton HealthCare System's Department of Psychiatry and Medical Director of PHBH's Outpatient Services. "Senior Link offers older adults and their families a higher level of care than is available within traditional outpatient services in the community."

Board certified in adult and geriatric psychiatry, Dr. Cordon treats patients at the North Brunswick outpatient center and consults with the Senior Link teams at the Princeton, Hamilton, and Moorestown centers. He says he enjoys helping seniors "work with their strengths as they learn from us. We, in turn, have much to learn from them."

Ms. Winters points out that a major goal of Senior Link is to help patients redefine themselves by reconnecting to their loved ones and to their community and by developing new interests, such as crafts, enrichment or college courses, volunteering, book clubs, and senior center activities. "We want their golden years to be truly golden," she says.

Senior Link accepts Medicare, Medicaid, and most insurance plans. For more information, visit [princetonhcs.org](http://princetonhcs.org). To make a referral, call 888.437.1610.

# PEOPLE NEWS

## PHBH Welcomes New Psychiatry Providers

Princeton HealthCare System's Department of Psychiatry welcomes five new members, who are providing behavioral health care to patients at PHBH, University Medical Center of Princeton, and the Center for Eating Disorders Care.



**Swapna Dhillon, MD**, is a full-time Staff Psychiatrist at the Center for Eating Disorders Care, and she covers consults at the University Medical Center of Princeton's Emergency Department. Dr. Dhillon is board certified in adult psychiatry and comes to PHBH from Creedmoor Psychiatric Center in Queens Village, NY. Her experience includes treating pediatric and adult patients in acute and chronic inpatient psychiatric facilities.



**Shirley M. Rajan, MD**, is the Associate Medical Director, Adolescent DBT for the North Brunswick outpatient center. She holds dual board certification in adult psychiatry and child and adolescent psychiatry. Dr. Rajan joins PHBH from UMASS Memorial Medical School in Worcester, MA, where she served as Chief of Research Development. She has worked in a variety of outpatient psychiatry settings, evaluating and providing continuity of care for clients with various psychiatric conditions.



**Susanne Steinberg, MD**, is the Medical Director of PHBH's Moorestown outpatient center. Dr. Steinberg's career has included positions in the U.S. Department of Veterans Affairs, The Children's Hospital of Philadelphia, and Temple, Yale, and McGill universities. She comes to PHBH from Crozer-Chester Medical Center in Pennsylvania, where she conducted research and treated geriatric psychiatry patients.



**Tamer Wassef, MD**, joins the Center for Eating Disorders Care team with a specialty in addiction medicine. Dr. Wassef was previously Medical Director at CarePoint Health-Christ Hospital in Jersey City, where he developed the hospital's medical detoxification services.



**Jacqueline Zaremba, RN, DNP, APN-C**, has rejoined the Department of Psychiatry and is covering behavioral health/Emergency Department consultations at University Medical Center of Princeton and the Center for Eating Disorders Care. She most recently worked with Princeton Medicine.

## IN THE NEWS

**Neal B. Schofield MD, Princeton HealthCare System's Chairman of Psychiatry, was interviewed on WHY-FM**, the flagship National Public Radio station of Philadelphia and the Delaware Valley, about hepatitis C virus (HCV) research being conducted at PHBH. The research study, which Dr. Schofield co-authors with **Mark P. Schwartz, MD**, Medical Director of PHBH's Inpatient Medical Detoxification Program, and **Ronald G. Nahass, MD**, senior attending, PHBH/Princeton HealthCare System, indicates a growing incidence of HCV among young adult heroin users in New Jersey. Over a 10-month period, 44 percent of the 850 suburban heroin users who were admitted to PHBH's inpatient facility tested positive for HCV. Almost two-thirds were younger than 35.



**Amy Hiraldo, LCSW**, was promoted to Director of Outpatient Services-Eatontown, where she provides administrative oversight for all programs. Ms. Hiraldo has worked at PHBH in a variety of outpatient settings during the past eight years and was previously Clinical Manager of Child and Adolescent Services at the Hamilton outpatient center. She received her master of social work degree from Columbia University and was previously on staff at St. Luke's Roosevelt Child and Family Institute in New York City.

# GRAND ROUNDS

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

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

# PHBH Provides Linkage to Care in Ongoing Hepatitis C Research



As the “second wave of hepatitis C” continues to rise in incidence among young adult suburban heroin users in New Jersey, physicians and clinicians of Princeton HealthCare System (PHCS) and Princeton House Behavioral Health (PHBH) are continuing a research collaboration with infectious diseases experts and scientists to screen, identify, and ultimately treat young adult PHBH patients who are diagnosed with hepatitis C virus (HCV).

Partners in the research include the private practice ID Care, Rutgers Robert Wood Johnson Medical School, and Rutgers Center for Advanced Biotechnology and Medicine.

“PHBH is leading the state in identifying these high-risk patients and linking them to treatment,” says principal investigator and infectious diseases specialist Ronald G. Nahass, MD, a senior attending at PHBH/PHCS, a professor of medicine at Rutgers, and a member of ID Care. “Our collaboration seeks to impact the hepatitis C virus disease burden in New Jersey by improving linkages to care and the treatment of this high-risk population using strategies that increase the success of the cascade of care for HCV.”

The cascade of care for HCV, the steps necessary to provide a continuum of care, progresses from screening and diagnosis to referral to a physician for care, RNA testing and liver biopsy, and then continuing on to treatment and cure. With today’s new medications, HCV can be 97 percent curable.

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

One of the most difficult components of the cascade of care is linking the patient to an infectious diseases specialist, a responsibility undertaken by PHBH social worker and linkage to care coordinator Ruth A. Homer, MSW, LCSW, who counsels patients who test positive.

“We start by taking an inventory of each patient’s issues — including heroin and other drug use, lack of support, housing issues, financial troubles, insurance issues, psychiatric comorbidities, and transportation issues — and then see what support we can put into place,” says Ms. Homer. “Our goal is to get them to a physician for testing and treatment once they leave Princeton House.

## OPEN HOUSE

### Hope is Not Just Our Address, It is Our Promise

Join us for an **OPEN HOUSE** to celebrate the one-year anniversary of Princeton House Behavioral Health’s outpatient site on Hope Road in Eatontown.

**Friday, May 13, 11 a.m. to 2 p.m.**  
615 Hope Road, Victoria Plaza, Building 1B  
Eatontown, NJ 07724

Meet our staff, tour our Center, and enjoy a delicious lunch from Brennan’s Deli in Oakhurst.

Please **RSVP** by May 8 to Jamie Knol: [jk nol@princetonhcs.org](mailto:jk nol@princetonhcs.org) or 848.208.2570.

Our Eatontown site features our specialized Women’s Program, which provides a level of intensive evidence-based treatment that is unique to Monmouth and Ocean counties. Our compassionate services are sensitive to the special needs of women facing acute behavioral health crises. We offer programs in trauma, trauma and addiction, dialectical behavior therapy (DBT), and emotion regulation.



Join Our Email List!

**princetonhouse.org**

Princeton | Hamilton | North Brunswick | Moorestown | Eatontown

## Specialized Programs at Hamilton Site for Children, Teens, and Adults

Princeton House Behavioral Health's Hamilton outpatient center specializes in creating a welcoming culture for patients of all ages who come for intensive evidence-based treatment services for mental health issues, co-occurring disorders, and addiction recovery.



Four board certified psychiatrists and a certified psychiatric advanced practice nurse lead a team of registered psychiatric nurses, licensed mental health professionals, mental health associates, allied clinical therapists, and master's level interns to provide a continuum of services.

"We are unique in the region for our ability to treat patients with differing socioeconomic backgrounds, complex histories, and treatment needs," says Arshad Siddiqui, MD, Associate Medical Director of PHBH-Hamilton, who is certified in adult psychiatric treatment. "Patients benefit from individualized treatment and from sharing their life perspectives to help each other heal."

The Hamilton center offers all-day partial hospital programs (PHPs), half-day intensive outpatient programs (IOPs), a Women's Program, and afterschool programs for children and teens. Every treatment plan incorporates

- **Adult Psychiatry, Co-Occurring Disorders, and Addiction programs**
- **Young Adult Program (ages 18 to mid-20s)**
- **Senior Link (older adults)**
- **Evening Adult Addiction IOP**
- **Women's Program**
- **Advanced Solutions for Children (ages 6-12)**
- **Adolescent Psychiatry, Co-Occurring Disorders, and DBT programs**

dialectical behavior therapy (DBT) and cognitive behavior therapy (CBT) skills training.

"Our holistic child and adolescent programs are a strength," says Nicole Orro, LPC, LCADC, Director of Outpatient Services-Hamilton. "Case management unites our team with parents, teachers, and primary care providers to ease each patient's transition back to school and to community outpatient services."

Education and outreach are priorities for the Hamilton team, who regularly present professional workshops, parent talks, and student forums.

"It is essential that we collaborate with our neighbors in building a healthier community," notes Ms. Orro.

For more information, visit [princetonhouse.org](http://princetonhouse.org). To make a referral, call 888.437.1610.