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# THE C.P.C TIMES

A newsletter courtesy of **Community Psychiatric Centers**.  
A partnership of Dr. Robert A. Lowenstein, M.D. PC and Dr.  
John Carosso, Psy.D. PC.

**Community Psychiatric Centers (C.P.C.)** offers mental health services to children, teens, and their parents. C.P.C.'s mission is to provide the highest level of service with compassion, professionalism, and care.

**February 2007**

## WHAT'S NEW AT C.P.C.?

### Staff Updates

In East Liberty, we are very pleased to welcome Jeff Ludovici as Clinical Supervisor. Jeff comes to us with seven years experience as Director of Operations and Clinical Director/Supervisor of the Family Counseling & Children's Services of the Sharon-Meadville-Erie area. Welcome also to new TSS staff: Darlene Brown, Carol Cherry, Daniel Collier, Thaddeus Hardaway, Clara Johnson, Leanne Lambert, and Starr Stucky. Welcome to new BSC/MT staff: Kate Flynn, Kim Thornton, Katie Stewart, and Giselle Fernandez

In Monroeville, welcome to: Heather Douglas (TSS), Reuben Obiekezie (TSS), and Amanda Pizutto (BSC). Welcome back to Rachel Hayes (TSS) who came back to CPC after student teaching in London. Congrats to Rachel Young (TSS) getting accepted to grad school.

In Greensburg, newly added members to the Strength-Based Team (SBT) are Julie Hillwig, Tina DeLawrence-Kinney, Phil Gsell, and Carolyn Joslin. Also the SBT pilot program has been approved for expansion from the County from 12 clients to 20 clients, which reflects the

ongoing hard work and competence of Andrea VanEstenberg, who oversees the program. Thanks again to Andrea and all the clinicians. Tina DeLawrence-Kinney recently got married in November, Congratulations!

We want to welcome new clinicians to the Greensburg office: Drew Ecklund (Outpatient therapist); Nicole Semoni (TSS); Debbie Midock (MT); Brooke Magill (BSC/MT/OP); Julia Waugaman (TSS); Tierney Cranford (TSS); Renae Sever (MT); and Steven Stroster (TSS); Ann Tokar (TSS), Julie Waugaman (TSS), and Nicole Semoni (TSS).

At Carmichaels and Monessen, welcome to Jessica Marshall (TSS), Jeffery Ramsey (TSS), and Robert Fagen (MT/TSS), and Dawn Zinn (BSC/OP/MT and Evaluator). Welcome back to Robert Valencia (TSS). Congratulations to Debbie Roberts, though we are sad to see her go - she currently has her own classroom to teach through the IU#1. Thanks for a great job and good luck. Congrats and praise goes to Bernadette Alexander (BSC) for expanding her horizons and teaching Wellness in Relaxation for Highmark. Sharon Zentkovich, Clinical Supervisor at Carmichaels, finished her first teaching experience at Cal U, Child Psychology - kudos to her. Jessica Anderson is currently pregnant and doing well.

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The staff at Carmichaels and Monessen is encouraging all to come and join in the second annual Autism Walk at Nemacolin Woodlands on Sat. May 19th. A great get-together, for a great cause, in a great place. Hope to see you there.

Congratulation to Heather Kunkle who is our new Autism Specialist and Clinical Supervisor of the Indiana County office in Clarksburg, PA. We look forward to the growth of the Indiana County office under her leadership.

Welcome to all !!!

## Our Board Certified Behavioral Analyst!

Welcome Kathrn Enos, BCBA, to CPC. She is a Board Certified Behavioral Analyst with years of experience working with children within the spectrum. She is an adjunct Professor at Pitt and will provide consultation, trainings, and related resources here at CPC. She will also review treatment plans of children within the spectrum and provide recommendations and consultation to respective BSC's. She is conducting a *Verbal Behavior* training later this month at our Greensburg office. Please help her to feel welcome.

## Training Opportunities

For the first time, the Pennsylvania ABA Society will be having a seminar in Pittsburgh. It will be April 19 and 20 at the Sheraton in Station Square.

The AVID Learning Center and Autism Center of Pgh will be holding a seminar called "Practical Strategies for Autism and Asperger's Syndrome in the School and Home." The training will take place on

March 27 at Mountain View Inn & Conference Center in Greensburg.

## EMPLOYEES OF THE MONTH

Congratulations and special thanks to our employees of the month for:

December: co-winners: Eric Yong (MT/BSC) and John Geary (TSS)

January: co-winners: Julie Hillwig (BSC/MT) and Brandi Thomas (BSC/MT)

February: co-winners - Jamie Fogle (TSS) and Chris Judy (TSS).

These employees of the month exemplify dedication, hard work, professionalism, always going above and beyond, and are a pleasure to work with. Thank you for your professionalism.

## STAFF REFERRALS NEEDED!

Thanks to everyone who has referred staff to us. It is appreciated and helps tremendously to meet the needs of our clients. However, we are still looking for quality men and women with education and experience in the mental health field. If you know of someone who may be interested, please refer them to us, which would be greatly appreciated. EOE.

## STILL NEED INSURANCE?

C.P.C. continues to offer a highly affordable employee Aflac Insurance *group rate* for staff to purchase supplemental Health and other forms of insurance including dental, vision, and short-term disability (can be used during maternity leave). Some of the programs require "full-time" status, e.g., short-term disability, but others have no such stipulation (for example, the health



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insurance). Many of you have signed-up and there is room for more.

## ASK THE "EXPERT"

Dr. Lowenstein and Dr. Carosso can be found each week in the "Ask the Expert" column in the Sunday *Focus* section of the Tribune Review newspaper. Feel free to email a question to "asktheexperts@tribunereview.com." A sample question and answer is provided below:

**Q:** My six year old son refuses to let the dentist work on his teeth; he panics and screams. What can I do?

**A:** Fears of the dentist are common and parents often try to reassure their child, to not avail. Find an empathic practitioner with a child-friendly disposition and office. The "tell-show-do" method is helpful of the doctor explaining and showing the procedure before beginning. Previewing a videotape of a child being seen by a dentist can be effective especially if used with positive self-talk and relaxation techniques. Talking with a peer who can speak positively about the experience is advised. Distraction (idle talk, watching television, listening to music) and humor is beneficial as is relabeling, e.g. "helping the tooth fall out" as opposed to "pulling." If all else fails, sedation can be an option. Feel free to contact the office for a consult. Hope he doesn't have any cavities.

## THE RESEARCH CORNER

A recent survey (2006 *Monitoring the Future* national survey) of drug use among 8<sup>th</sup> to 12<sup>th</sup> grade students suggested that almost 1/4 (20.9%) of the 8<sup>th</sup> graders had used at least one illicit drug and 14.8% had done so in the past year. 8.1% (almost

10%) has used within the past 30 days. The percentages increased substantially for the 9<sup>th</sup> through 12<sup>th</sup> graders, which highlights the importance of regular MISA assessments.

Peppard, P., Szklo-Coxi, M., Hla, M. & Young, T (2006) found a positive correlation between sleep apnea (sleep-related breathing difficulties) and depression. This is important given that it's not uncommon for our clients to struggle with such sleep issues. It is therefore important to monitor the consistent use of medical interventions such as a Continuous Positive Air Pressure (C-PAP) machine.

The Centers for Disease Control and Prevention (CDC) released the latest revised prevalence figures for autism, which is now at 1/150, up from 1/166 in January 2004.

## RESOURCES

Depression before and after pregnancy: Frequently asked questions:

[www.4woman.gov/faq.postpartum.htm](http://www.4woman.gov/faq.postpartum.htm)

Guidance on ECT:

[www.guideline.gov/summary/summary.aspx?view\\_id=9098](http://www.guideline.gov/summary/summary.aspx?view_id=9098)

Prevention of childhood obesity:

[www.guideline.gov/summary/summary.aspx?view\\_id=1&doc\\_id=9271](http://www.guideline.gov/summary/summary.aspx?view_id=1&doc_id=9271)

The Female Athlete Triad:

[www.aap.org/family/SportsShorts\\_08.pdf](http://www.aap.org/family/SportsShorts_08.pdf)

Wishing you and yours the best through this wintry season and into the Spring.