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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.

July 2007

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

There have been many exciting developments at CPC over the past few months including:

"Community Psychiatric Centers' Presents:"

We are proud of CPC's newly launched television program, *Community Psychiatric Centers' Presents*: that focuses on child mental health issues. The show will air on Wednesday evenings on cable station PCNC from 7:30 to 8:00 PM and Mondays at 3:00 to 3:30 PM. The nature and treatment of autism has been the primary focus, but stay tuned for upcoming programs covering topics such as ADHD, Mood, Anxiety, and Behavioral Disorders, ODD, OCD, RAD, PTSD, and parenting issues. The aired shows are available on DVD at all of the CPC offices.

Drs. Lowenstein and Carosso have appeared twice on *Night Talk* with Mike Pintak, which airs daily on PCNC at 8:00 - 9:00 PM. The doctors shared their expertise regarding childhood mental health issues, and mental health issues pertaining to the Virginia Tech shooting. These shows will be repeated in the weeks to come.

New Offices and staff!!

CPC is proud to announce the opening of two new offices in Washington, PA and Clarksburg, PA (Indiana County). The Clinical Supervisors who have overseen the opening and development of these offices are Heather Kunkle, M.A. (Clarksburg office) and Andrea Tremel, M.A. Thanks to all staff who have worked to make the opening of these offices a success.

We also want to welcome Mandi Freger, M.A. as the new Clinical Supervisor of the East Liberty office. Also at the East Liberty office, welcome to: Terri McCary (TSS), Summer Lohler (TSS), Leah Hardaway (TSS), Kelly Green (TSS), Erica Snowden (TSS), Cherie Key (BSC/MT), Michelle Collins (BSC/MT), David Farrington (TSS), Faith Farrington (BSC/MT) Laurie Kephart-Gunton (BSC/MT), Christine Friend (BSC/MT), Lori Gorman (BSC/MT), and Dawn Golden (MT). We want to welcome back Sherri Bender-Laughlin, who formerly served as the Clinical Supervisor at the East Liberty office and has returned as a part-time BSC/MT. Also welcome to Susan Forquer, who works as a TSS out of the East Liberty office but will also service as a Secretary on a part-time basis.

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Congratulations to Neil Glover as our new Autism Specialist in Allegheny County!! He will be opening cases and providing subsequent consultation.

More Staff Updates and CPC Happenings

We want to welcome back Paulann Thomas and Debbie Roberts (TSS's) to our Carmichael's office.

Sharon Zentkovich (Clinical Supervisor) organized our participation at the Nemaquin Woodlands 2nd Annual Autism Walk and raised over \$450.00!! In helping to make the autism walk a success, special thanks to Jessica Spahr, Fran Bauer, and Jamel Chacko.

Also, from the Carmichaels' office, congratulations to Riley Grimm on obtaining her Masters and Certification in School Psychology. A special Congrats to Kevin Roberts as being selected to be on the Executive Board of Ministry for the State of Pennsylvania.

New hires at the Carmichaels' office include Crystal Dillon (BSC/MT); Elizabeth Colligan (TSS), James Marian (TSS), Anna Deeds (TSS), Hope Haywood (TSS), Lindsay Syster (TSS), Sherry Sic (TSS), Charlene Bell (TSS), and Jeff Ramsey (TSS). Welcome!!

At the CPC Monroeville office, we want to welcome newly hired Jeff Braid (BSC/MT), Scott LeBaron (BSC/MT), Natalie Steinberg (TSS), and Krista Kubancsek (TSS). Welcome back to Rachel Hayes (TSS), Stephanie Skinner (TSS), Iyana Tennon (TSS), and David Durst (BSC/MT) - who formerly worked for CPC as a TSS and recently earned his Master's Degree. The same goes for Nicolette Kiser (BSC/MT) and Margo

Alexander (BSC/MT), who both worked for CPC as TSS' and recently obtained their Master's Degree.

Congratulations to Kelly Kearns (formerly Lippert), Clinical Supervisor, Monroeville Office, who recently married!!

At the Greensburg office, we want to welcome newly hired Beth Whealdon (TSS), Beth Bucharski (TSS), Amber Urick (TSS), Kelly Shoemaker (TSS), Ryan Conley (TSS), Jennifer Moore (TSS), Emily Drury (BSC/MT/OP), William Davis (MT), and April Sepak (MT/OP). Welcome aboard!!

CPC is especially proud of the four Greensburg-based BSC's who finished the 14 hour Autism training through DPW's Bureau of Autism Services: Julie Hillwig, Carolyn Joslin, Brooke Magill, and Shanda Mitchell.

Congratulations to Carolyn Joslin and husband Dana for their new family member, Emily Joslin!

SUMMER ACTIVITIES PROGRAM

CPC is pleased to be providing a Summer Activities Program in Blairsville, Indiana County, beginning the second week of July through the first week of August. The program will run Tuesdays and Thursdays, from 11:00 AM to 3:00 PM. It will offer fun activities, sports, and lunch to promote teamwork, cooperative play skills, and to work on problem solving, among other goals. Parental involvement is required and TSS's, and all wraparound staff, are welcome. Heather Kunkle, Clinical Supervisor and Autism Specialist of the Indiana County office, will be running the program. She also continues to run the Indiana County Parent Support



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group the second Thursday evening of the month. The group offers support to parents of children in the spectrum, and those with behavioral or emotional issues.

ANNUAL RAINY DAY

The Carmichaels office will be participating in the Annual Rainy Day in Waynesburg, PA that's an all-day event with food, entertainment, and informational booths. It's a family-oriented event, so come on down.

EMPLOYEES OF THE MONTH

Congratulations and special thanks to our employees of the month(s):

March: Nany Cuomo, Office Manager of the Monroeville Office, and Nicole Semoni (TSS) of Greensburg office.

April: Jessica Spahr (TSS) of the Carmichaels office, and Tina Horrell (TSS) of the Greensburg office.

May: Janie Lagoda, Office Manager of the Greensburg Office.

June: Shanda Mitchell (BSC/MT/OP) of the Greensburg office.

July: Beth Upton, Office Manager and TSS at the Carmichaels office, and Tina Kinney (BSC/MT) of the Greensburg office.

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

THE CLINICAL CORNER

Childhood Depression:

- As many as one in every 33 children and one in eight adolescents may have depression (U.S. CSMH, 1996).
- Once a young person has experienced a major depression, he or she is at risk of another depressive episode within 5 years.
- Almost 1/3 of 6-12 year-olds diagnosed with major depressive disorder will develop Bipolar Disorder within a few years (AACAP, 1995).
- Four out of five runaway youths suffers from depression (U.S. Select Committee on Children, Youth & Families).
- Treatment of Major Depression is as effective for children as it is for adults (AMA, 1997).

Tourette's Disorder

- Named after French physician, George Gilles de la Tourette, who first described the disorder in 1885.
- Characterized by persistent motor and vocal tics and frequently associated with



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obsessions, compulsions, and attention-deficit.

-Typically not diagnosed unless child has experienced the tics for 12 months because transient tics are not entirely uncommon in children (10%) and tend to dissipate over time.

-Cause is unknown; there is no cure but symptoms are treatable with medication and behavioral therapy.

-The tics can be worsened with stress and can, in general, wax and wane in severity over time. They also often change and return. Tics can be suppressed for brief periods but often return with greater severity thereafter.

-Common co-morbid conditions include OCD, ADHD, Depression, PANDAS, SID, and Sleep Disorders.

-Coprolalia (outbursts of obscenities) is actually very rare (5-15% of those dx with Tourette Syndrome).

-Only requires treatment if interferes with daily adaptive functioning. Most do not require treatment.

May the sun shine on you and yours during this summer season!