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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.

December 2007



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

There have been many exciting developments as CPC over the past few months including the continued airing of:

**"Community Psychiatric Centers' Presents:"**



We are proud of CPC's television program, **Community Psychiatric Centers' Presents:** focusing on child mental health issues. The show airs on Wednesday evenings on cable station PCNC from 7:30 to 8:00 PM and Saturday mornings 11:30 AM to 12:00 PM. Topics have included the nature and treatment of autism as well as ADHD, Behavior and Mood Disorders, Attachment Disorder, Abuse, helping children of deployed parents, drug and alcohol abuse, PTSD, bullying, and many others. The show format also includes weekly segments on Current Research findings, Current Events in Mental Health, and Medication Updates.

The show will air live on January 2, and possibly on occasion thereafter. Of course, email questions are always welcomed and can be submitted at [cpcwecare.com](http://cpcwecare.com). The aired shows are available on DVD at all of the CPC offices.

Drs. Lowenstein and Carosso have also continued to appear periodically on *Night Talk* with Mike Pintak, which airs daily on PCNC at 8:00 - 9:00 PM. The doctors have shared their expertise regarding childhood mental health issues, autism, and addressing violence in the community. These shows will be repeated in the weeks to come.

## HOLIDAY PARTY



We welcome all to the CPC Holiday Party on December 22, 2007 from 7-10:00 PM. The party is at the Carnegie Science Center in Pittsburgh with a beautiful room overlooking the city. The Holiday Cocktail Party will include live entertainment; a funny and talented magician (bring somebody you don't like to the party, and maybe he can make that person disappear), music, great food, and drink. We look forward to seeing you there!!!

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**Congratulations to Dr. Carosso** for obtaining a Graduate Certificate from Penn State University in Applied Behavioral Analysis in Special Education.

## WELCOME TO NEW STAFF AT CPC

At the East Liberty office, welcome to new staff:

Brandy Howard, Gerris Ballard, Salome Bey, Ashley Hall, Kwelynn Green, Rachel Jones, Tom Weaver, Kim Wilson, and Daymon Young. New MT's and BSC's include Terri Graham, Anne Huffman, Frank Mercurio, Daphne Parker, Selena Johnson, Sharon Jones, Maria Martin, Jamie Bele, and Mary Kay Macik.

At the Greensburg office, we welcome the following TSS's:

Brittany Geesman, Amanda Liebrum, Patti Lozaw, Joyce Ann Briggs, Eric Waight, Leah Govi, and Tom Miller. Also welcome to the following BSC/MT's: Scott Fox and Rachel Campbell. New additions to the Strength-Based Team include Emily Drury and Brooke Magill. Moreover, three more staff are in the process of completing the DPW Autism Training: Debbie Midock, Heather Kunkle, and Emily Drury. Charlene Bell (TSS), Elizabeth Colligan(MT/OT), Kelly Dora(TSS), Amy Hoffman(TSS),

At the Carmichaels office, welcome to the following: Jodi Johnson (BSC), Cristy Shields (BSC/MT/OT), Lori Bednar (TSS), Ricky Staub (BSC/MT/OT), and Michael Gyurke(TSS). Welcome back Jill White (OT) and congratulations to Dave Kotarsky who will now be known as our "Dr. Dave" for completing his PhD.

At the Monroeville office, welcome to new hires: Brian Magan (BSC/MT); Michelle Gresseem (TSS); Chris Edmonds (TSS); Melanie Parente (TSS); Aaron

Smith (TSS); Mary Brown (TSS); and Angela Roberts (TSS).

## EMPLOYEES OF THE MONTH

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

August: Jeff Braid of Monroeville office

September: Melsina Michaels of the Monroeville office

October: Kate Flynn of the East Liberty Office

November: Paula Cenker and Julie Hillwig of the Greensburg office.

We thank these employees who exemplify the effort, expertise, and dedication of CPC's Mission and Goal to provide the highest level of care to children and their families.

## 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 Insurance from Aflac at a *group rate* for Health and other forms of insurance including dental, vision, and short-term disability (can be used during maternity leave). Many of you



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have signed-up and there is room for more.

## HELPFUL HOLIDAY TIPS



Some tips to offer parents of autistic children regarding the Holiday Season:

1. Keep visits brief
2. Don't force unfavored activities (sitting at table with lots of relatives to eat the holiday meal...)
3. Try to maintain your child's daily schedule (naps, mealtime, bedtime...)
4. Spread the activities over a few days or weeks.
5. Leave your child home when Christmas shopping
6. To avoid the child feeling overwhelmed, open only a few presents at a time.
7. Provide lots of reinforcement for compliance and appropriateness.

**More evidence of the power of exercise, for kids too:**



It has long been established that those who exercise report less stress, improved sleep, more energy, and higher self-esteem. However, new research also suggests that those who exercise have decreased relapsed rates for depression. Those who exercise have a deeper sense

of accomplishment; exercise provides a distraction from stressors; promotes a "take charge" mentality; and can generalize healthy behavior to other areas of a person or child's life. So, how about a brisk walk after that Christmas dinner...

Wishing You and Yours the best during this Joyful Holiday Season.

