



THE C.P.C TIMES

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

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.

WHAT'S NEW?

Staff Updates

Please welcome Sharon Zentkovich as the new Clinical Supervisor of the Carmichaels' office. She has been serving children for years including as a therapist for C.P.C. Sharon is administratively supported by, Beth Rudzienki who too has been with us for quite some time. The two make a great team.

We also want to welcome Pam Dotson as Clinical Supervisor of the East Liberty office. She has been doing a great job and kudos are in order.

Appreciation for the hard work

We also want to express our appreciation to the Clinical Supervisor's and Office Administrative Support Staff:

Pam Dotson and Ashley Cornman
East Liberty: 412-661-5437
Kelly Lippert and Nancy Cuomo
Monroeville: 412-372-8000

Andrea VanEstenberg & Janie Lagoda
Greensburg: 724-850-7200
Leanne Ulery
New Kensington: 724-335-7200
David Armbrust
Monessen: 724-684-4710
Sharon Zentkovich & Beth Rudzienki
Carmichaels: 724-966-733

STAFF REFERRALS NEEDED!

C.P.C. is 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.

COMING ATTRACTIONS

ESY Program

An exciting summer is planned including the C.P.C. "Learn-A-Lot" Summer Extended School Year (E.S.Y.) program in Westmoreland County serving children attending Clearview School. Please stay tuned for updates

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1-877-899-6500



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ADVENTURE BASED

There are plans to implement Adventure-Based programming during summer activities in and around C.P.C. offices. Stay tuned.

WALK FOR NAAR

Scheduled for June 3rd at Heinz Field in Pittsburgh. C.P.C. will have a booth at the walk, as usual, and welcomes your participation. Feel free to pick-up a T-shirt at the office and wear it proudly as you walk for a good cause.

On the same date, June 3rd, we will also be participating at the *Wanne Be Park Fun Day Festival* in Greene County. Would love to have you visit our booth there as well.

The C.P.C. WEBSITE IS BACK!

The C.P.C. Website was down for a period of time, but it's back. Please pay a visit to the site at: communitypsychiatriccenters.com. We have a kid's and parent section, as well as, coming soon, email links and other helpful resources.

MORE STAFF NEWS

Congratulations to Amanda Kmonk, BSC and Susie Zomolsky, TSS, who are back to work after having been on maternity leave. Amanda gave birth to a beautiful daughter, Mackenzie, on 1/25/06, and Susie gave birth to a handsome son, Jack, on 1/29/06. We wish them well.

Congratulations also go out to Melsina Michaels, BSC who will be married on June 10 and just recently bought a new home. All the best to Melsina and her new husband-to-be, Jeff. Also, over in Fayette County, Beth Rudzienski and her fiancé, Roy, will be married on June 17. Reverend Kevin Roberts, our Mobile Therapist out of Carmichaels office, will be performing the ceremony. Talk about keeping it in the CPC family!

We welcome new hires to CPC: Luke Sumpter, Lisa Clark, Sue Bunn, Justin Hewitt, Cherri Caudle (who will be moving to Texas in June, we wish her well), Glen Gaskins, Robynn Turlington, Ashley Szepesi, Megan Griffin, Michelle Lindsey, Tina DeLawrence, Melissa Sullenberger, Suzy Strenske, Kristin Kincade, and Stacey McKee. Congratulations to Neil Glover, who obtained his Master's Degree and has been promoted from TSS to BSC/MT. Same for Anisa Mitchell



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who also recently earned her Master's Degree. Riley Grimm made the move to BSC and Outpatient therapist in December. Congratulations on Bernadette Alexander and Greg Misick receiving their licenses in Social Work and Counseling, respectively.

Lastly, a farewell to one of CPC's finest, Kelly Murdock, BSC, who will be leaving us on May 12. Kelly has been a valued employee and specialist in Autism. She will be sorely missed. Good Luck Kelly!!!

COMING NEXT MONTH

The CPC Times will feature an "Employee of the Month." Each Supervisor will submit their candidate, and the subsequent winner will receive something special.

SUMMER CAMPS

It's that time of year again! There are many therapeutic summer camps with openings in Westmoreland and Allegheny County. CCBHO sent out a list of all the camps at the last Providers Meeting. Please contact your supervisor if you need a copy of the list. If your client(s) need transportation, Medical Assistance provides transportation to

therapeutic camps. The contact person for Allegheny County is Jim Falwell, 412-350-4476.

NEED INSURANCE?

C.P.C. is now offering a highly affordable *employee group rate* for staff to purchase Health and other forms of insurance including dental, vision, and short-term disability (can be used during maternity leave). Some of the programs will require "full-time" status, e.g., short-term disability, but others have no such stipulation (for example, the health insurance). Look for the memo providing more information on this program. A meeting with the Aflac insurance agents will be scheduled soon.

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 seven year-old child is really active and has difficulty paying attention. His teacher is



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complaining. How do I know if he has ADHD?

A formal diagnosis is made from an evaluation by a Licensed Psychologist or Psychiatrist. There is no one specific "test" for Attention-Deficit/Hyperactivity Disorder (ADHD) but, rather, a comprehensive evaluation will target your child's history, current behavior, and assess your child's functioning during a clinical interview. Behavior rating scales will also be used to assess rates, severity, and frequency of behaviors in the home, school, and community. It is important to rule-out other possibilities including an anxiety disorder that, in children, can mimic ADHD. If the problematic behavior, including hyperactivity, impulsivity, distractibility, and inattentiveness, is of significant severity and interfering with his daily functioning, then an ADHD diagnosis may be warranted at which time there are numerous treatment options. Feel free to call for a consultation. God Bless.

THE RESEARCH CORNER

Effects of maternal depression on children:

McLearn, K.T. & Minkovitz, C.S. (2006) found that parents with depressive symptoms were less likely to become involved in healthy parenting practices such as showing a picture book, playing, or talking with their child. However, Weissman, M.M. (2006) found a positive maternal response to treatment. Moreover, there was an 11% reduction in symptomology in their children compared to an 8% increase in the symptomology of the children whose mothers remained depressed.

The need for sleep:

Fallone, G. (2005) found teacher's reporting higher levels of academic success in children, ages 6-12, getting at least eight hours of sleep. Less than that, attention problems were noted.

NEW MEDICATION APPROVED

Daytrana (methylphenidate transdermal system) was approved by the F.D.A. April 6, 2006 as a treatment of ADHD. It is a skin patch, applied to the child's hip



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daily, and is effective over a nine hour period.

HELPFUL WEBSITES

Practice parameters for the assessment and treatment of Children with Reactive Attachment Disorder:

http://www.guideline.gov/summary/summary.aspx?view_id=1&doc_id=7012

Individuals with Disabilities Education Act (IDEA): Guide to "Frequently Asked Questions:

http://www.house.gov/ed_workforce/issues/109th/education/ideafaq.pdf

STRENGTH-BASED

C.P.C. was chosen by Westmoreland County MH/MR and Value Behavioral Health, Inc. to pilot a Strength-Based-Treatment (MT-only) program in Westmoreland County, which is similar to the Brief Treatment Model in Allegheny County. The program is growing; the current team, directed and supervised by Andrea VanEstenberg, Clinical Supervisor of the Greensburg office, consists of Leanne Ulery (Clinical Supervisor of the New Kensington office), Paula Cenkner, Becky Hohol, and Greg Miscik.

HAPPY SUMMER

Wishing you and yours a happy, fun, and safe summer.