

# 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

**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.**

**August 2006**

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

### Staff Updates

At the Monroeville office, we want to congratulate Alison Glinka (TSS) and Justin Hewitt (TSS) on their recent marriages. Justin, in addition, received his Master's Degree. Congratulations are also in order to Michele Batch (TSS), who recently got her degree in Elementary Education. We are sorry to say that Terrell Lewis (TSS) is leaving us for a fantastic and rare opportunity: Federal Probation Officer - congrats and good luck to her! She will be sorely missed. Happy Birthday to Nancy Cuomo (Office Manager). Finally, a welcome to our newest Monroeville staff: Rachel Hayes (TSS), Kevin Kenny (TSS), Iyana Tennon (TSS), and Nathan Thomas (TSS).

At the East Liberty office, we want to welcome James Dubois and Rebecca Joyce both of who are new hires as Therapeutic Staff Support. Moreover, at the BSC/MT positions, those newly hired at East Liberty office and welcomed to CPC are: Kimberly Thornton, Marsha Trent, Sue Bunn, Josh Gregson, Kesha Jones-Brown, Teirra Laprade, Tawna Loutsenhizer, and Yaw Ofori-Amanfo. We also want to congratulate Jordanna Ufberg on the birth of her son, Jack. Congratulations are also in order to Carolyn Kendeall, Kris

Branson, and Dr. David Saenz on their recent marriages. Condolences to Jordanna on the sad death of her father, Psychiatrist Dr. Ben Zimmer. He will be missed.

In Greensburg, we want to welcome new hires including Samantha Kormanik (BSC/MT), Tina Horell (TSS), James Fogle (TSS), Heather Kunkle (BSC/MT), Melissa Sullenberger (TSS), Steve Tevarnik (TSS), Nicole Dye (BSC/MT), Carolyn Joslin (MT/BSC) and Clay Shirey (BSC/MT). Welcome aboard! We want to congratulate Leanne Ulery, of the Greensburg office for passing the licensing exam in Marriage and Family Therapy. Also, condolences to Andrea for the passing of her grandfather.

At the Carmichaels office, we want to welcome Marnie Hall (BSC/MT), Leasa Peck (BSC/MT), and Jessica Anderson (TSS). Welcome to the C.P.C. family.

### CONGRATULATIONS TO DR. LOWENSTEIN

Dr. Lowenstein has achieved Life Fellow status of the American Academy of Child and Adolescent/Adolescent Psychiatry!!! Is that impressive or what?

### Employee of the Month

Congratulations and special thanks to Neil Glover who was employee of the month for July. We appreciate his hard work and

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extra attention to his clients and the families with whom he works.

## **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.

## **ESY PROGRAM**

*C.P.C. offered the "Learn-A-Lot" Summer Extended School Year (E.S.Y.) program in Westmoreland County, serving children attending Clearview School. Thanks to Tina Iarrusa (therapist), the program was a fantastic success. Thanks Tina!!*

## **The C.P.C. WEBSITE IS BACK AND BEING UPDATED**

The C.P.C. Website was down for a period of time, but it's back and changes are underway. Check it out for a bunch of new and fun additions including *emails* for Dr. Lowenstein and Dr. Carosso, and the Clinical Supervisors. There will also be a link for staff to *download forms and needed documents*. Visit the site at: [communitypsychiatriccenters.com](http://communitypsychiatriccenters.com).

## **STILL NEED INSURANCE?**

C.P.C. continues to offer a highly affordable *employee group rate insurance* for staff to purchase from Aflac, including health, dental, vision, and short-term disability (can be used during maternity leave) programs. 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). Many of you have signed-up and there's 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](mailto:asktheexperts@tribunereview.com).

A sample question and answer is provided below:

Q: Please tell me more about autism and whether I can receive treatment at Community Psychiatric Centers for my son who was recently diagnosed.

A: Yes, we provide highly specialized services for children diagnosed within the autistic spectrum, i.e. Autism, Pervasive Developmental Disorder, and Asperger's Disorder. Autism is a developmental disorder that significantly impacts communication and socialization skills. Autistic children tend to have a limited vocabulary, speak in short-phrases, avoid social encounters, and display poor eye contact. There are also odd behaviors such as toe-walking, staring, and spinning objects, and a limited imagination. The cause of autism is unknown with some implicating vaccines but the research findings have been inconclusive.

Community Psychiatric Centers offers a highly specialized form of treatment for children functioning within the autistic spectrum that can help to improve these targeted areas. Feel free to contact the office for a consultation.

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## BACK TO SCHOOL RESOURCES

"Helping Your Child" publication series provides parents with tools and information to help their children succeed in school and life. The booklets are free and can be accessed on the Web or requested by telephone at: [http://www.ed.gov/parents/academic/help\\_hyc.html](http://www.ed.gov/parents/academic/help_hyc.html) or by phone at 877-433-7827.

The booklets include:

- Helping Your Child Learn History, Science, Spanish, Become a Reader, with Homework; Helping Your Preschool Child; Helping Your Child Succeed in School; Helping Your Child Through Early Adolescence; Helping Your Child Become a Responsible Citizen.

## THE RESEARCH CORNER

### The Family That Dines Together... Shines Together?

Olsen, R.E., Neumark-Sztainer, D. Story, M. & Bearinger, L.H. (2004) found that, for adolescents ages 11 to 18, more meals with the family was correlated with significantly fewer levels of depression, cigarette use, alcohol or marijuana use, and higher grade point averages, and a lower likelihood of suicide. So, what's for dinner?

### Cannabis Abuse and Psychosis in Adolescents

Henquel, C. et al (2005) found that those adolescents who, historically, used cannabis on five or more occasions were more likely to experience episodes of psychosis during the four-year follow-up

period, especially for those with a predisposition for psychosis. This is yet another reason to regularly conduct MISA assessments, monitor for substance use, and provide treatment as needed for our clients at CPC.

## Genetics of Autism

Ronald et al (June 2006) studied identical and fraternal twins and found further support that that identical twins are far more likely than fraternal to have autistic symptomatology. Shared environment (common home and family upbringing) had no influence on the manifestation of autistic traits. However, there was also evidence to suggest that the three main features of autism (impaired verbal communication; deficient social interactions; stereotyped behaviors) are inherited separately and have distinct genetic qualities. This type of research helps to further narrow the cause of autism, target treatment-related research and, hopefully, develop a cure.

## UPCOMING TRAININGS

We are pleased to announce that Occupational Therapy staff from **The Children's Institute East, Monroeville Site**, will provide a training session at our C.P.C. Monroeville office on the topic of incorporating **Sensory Integration** strategies into the treatment plan. The training will take place August 21 from 1:30 to 3:00. Please RSVP with Nancy at 412-372-8000 or email Kelly.

Dr. Carosso and Sharon Zentkovich, Clinical Supervisor of Carmichaels office, will be conducting an inservice training for the teachers of the Charleroi Area

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School District regarding Bully Prevention. However, this course, based on the work of Mr. Izzy Kalman, M.S. ([www.Bullies2Buddies.com](http://www.Bullies2Buddies.com)), has a bit different focus with the emphasis on helping teach effective coping strategies to "victims." Look for the outline that will be emailed to all staff.

## MORE TRAININGS

*Renewal C.P.I. Certification Trainings* have been provided in a number of the offices over the past few months, with more to come. Remember that certification is only for one year with a subsequent renewal necessary. So, look for Dr. Carosso and Frances Carosso (Certified CPI instructor) tag-teaming to provide CPI training in the near future at your local office.

Also, look out for **topical trainings** (sorry, but that's topical, not tropical) to be conducted monthly at each of our CPC offices. Trainings will be open to all staff and cover topics such as autism spectrum disorders; the nature and treatment of clinical disorders such as ADHD, ODD, Mood Disorders, and RAD; psycho-therapeutic approaches such as behavioral, cognitive, client-centered, and solution-focused; behavioral therapy concepts such as data collection, token economy systems, and contingency management; best practices for working in the school environment; medication management; and cultural/ethical issues among a myriad of other topics. Hope to see you there.

## C.P.C. & HABILITATION SERVICES

We are pleased to announce that C.P.C. has recently been approved to provide

Habilitation services in Westmoreland County. These services can be provided to children and adults with M.R., and include Habilitation Aide (assist in acquiring and maintaining life-skills), in-home Respite services, and Job Support and Maintenance. All that is needed is a referral from the client's supports case manager and parent-request of these services from C.P.C.

## BACK TO SCHOOL? SUMMER'S OVER?

Say it ain't so.

Don't forget to prepare your clients and their families for the back-to-school routine.

Here's to a happy and healthy transition!

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