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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.

November 2006

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

Staff Updates

We want to welcome, at our Monroeville office, new hires Kim Pelligrino (BSC/MT) and Michael Edelstein (BSC/MT). Congratulations to Justin Hewett at the Monroeville office who recently obtained his Master's degree and is now taking on BSC cases. Also, Neil Glover, our capable BSC from the Monroeville office, is now also an Adjunct Professor at CCAC.

At the East Liberty office, we want to welcome our newly hired TSS's: Clara Johnson, Mercy Kdackson, Derek Sanders, Augustus Stewart, Ricardo Suzensky, and Leanne Lambert. Also, at the MT/BSC position, welcome to Giselle Torres Fernandez. Congratulations to Ashley Shank (formerly Cornman), secretary at the East Liberty office, who recently got married to Daniel Shank. Congrats also to Shannon Scholz, TSS in Greensburg, who married Jacob Stiffler. Congratulations to Ken Asunkwo and his new baby girl and to Kris Brenson, who passed the national teacher's examination.

At the Carmichaels office, welcome to new TSS's Jennifer Endsley, Chris Pierce, Christine Tobak, Kim Walton, and Fran Bauer.

EMPLOYEE OF THE MONTH

Congratulations and special thanks to John Kuzmirek (Greensburg office) who was employee of the month for September and Jamel Chako (Monessen office), employee of the month for October. As always, we appreciate their professionalism, hard work, conscientiousness, and extra attention to their clients and the families. Kudos!

AUTISM SPECIALISTS

We are proud to introduce our *Autism Specialists* who will open and then transition spectrum-disorder cases, and then be available for consultation thereafter. Heather Kunkle is the Autism Specialist who will be covering Westmoreland and Indiana County, and Elaine Wilson will cover Allegheny County.

NEW PARENT LIAISON

CPC is pleased to welcome Ms. Sondra Cheek as our new Parent Liaison. She has been a tremendous support for our parents who have already been raving about her. Her focus is within the autistic spectrum, but she is available to speak to and provide support for any parent. Please utilize her as a support for your clients. She is operating out of the Monroeville

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office but is available for any office at 412-372-8000.

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.

The C.P.C. WEBSITE

The C.P.C. Website now can be accessed not only through the traditional "communitypsychiatriccenters.com" address, but now can also be accessed through our "cpcwecare.com" address, which reflects our sentiment and mission at CPC. Soon we will have individualized email addresses, for all staff, using the cpcwecare.com address.

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 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: "I've heard of using the gluten and casein-free diet for my autistic child. Does this diet help?"

A: Dietary modifications can be helpful for children with autism and other conditions including ADHD and Bipolar Disorder. Research findings are inconclusive, but I have observed positive responses (calmer, more attentive and aware, clearer speech, more stable mood). First, consult with your pediatrician and a nutritionist. The diet involves removing casein (milk products) and gluten (wheat, oats, rye), which seemingly helps with digestion and averts auto-immune problems. Begin with dairy restrictions for at least two weeks then remove grains for at least three to six months. Other diets include balancing essential fatty acids, supplementation (especially B-6 with Magnesium), the rotation diet (to increase food tolerances), and the Feingold diet that eliminates refined sugars, chemicals, salicylates, and processed foods, which may help with ADHD. Feel free to call the office for a consult. Bon appetite!

101.5 WORD FM

Dr. Carosso was recently on the WORD FM *John & Stephanie Show* discussing best practices in managing anxiety disorders in children. Listen for Dr. Carosso to be on their show again later this month or in early December.



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Also, listen to CPC's ad on WORD FM, aired during the *John & Stephanie Show*, highlighting our services and the excellence of our skilled clinicians.

HOLIDAY FESTIVITIES

Looking forward to seeing all of the C.P.C. family at the Christmas Party on Friday, December 15th, at the Holiday Inn in Monroeville. Please RSVP at your local CPC office.

MEDICATION APPROVAL

Risperdal (risperidone) received a new FDA indication: Treatment of irritability and aggression associated with Autistic Disorder in Children and Adolescents.

THE RESEARCH CORNER

New data adds to the evidence that, in some cases, childhood streptococcal infection leads to Tourette's Syndrome, other tic disorders, or OCD. The acronym PANDAS (Pediatric Autoimmune Neuropsychiatric Disorders Associated with Streptococcal infections) refers to a clinical syndrome occurring in childhood in which a streptococcal infection is followed by the onset or exacerbation of OCD and/or a tic disorder. It has been hypothesized that this infection causes inflammation of the central nervous system that, in turn, triggers tics or OCD. A recent study (Mell, L.K., 2005) found that children newly diagnosed with OCD and Tourette's were more than twice as likely than controls to have had a streptococcal infection in the three

months prior to the onset of the disorder. Findings such as this help to elucidate possible etiology and treatment options.

RESOURCES

The following publications are available free of charge from the Autism Society of America:

- What is Autism
- Next Steps: A Guide for Families New to Autism
- Building our Future
- Growing up Together

Available at: <http://www.autism-society.org/site/PageServer?pagename=Downloads>

Also available:

- Asperger Syndrome
- Working with Individuals with Asperger Syndrome
- Adults with Asperger Syndrome

Free of charge at: <http://www.autism-society.org/site/PageServer?pagename=Aspergers>.

Also, don't forget to check out the CPC Autism Pamphlet that provides an overview of autism spectrum disorders and related treatment interventions. The pamphlet is in the reception area of all our offices and will soon be available on our website. Of course, there is also the CPC "Answers" Series that covers topics such as Autism Spectrum Disorders, RAD, ODD, ADHD, Toilet Training, and Encopresis. If you want the series, just call the office and it can be emailed to you.

C.P.C. wishes you a wonderful, healthy, and family-oriented Holiday Season!