



HELP-Mental Health & Counseling Services

IN-HOME / IN-OFFICE / IN-FACILITY

August-September 2013

3636 Fourth Avenue, Suite 302, San Diego, CA 92103

O 858-481-8827 / Toll Free 1-855-760-HELP (4357) / F 858-244-0990

Areas Served: • San Diego • Orange County • Riverside • Inland Empire • No. California Bay Area • Santa Barbara



WHAT'S NEW AT HELP:

HELP'S 20 YEAR ANNIVERSARY!

Celebrating 20 years of changing lives.

HELP Services providing counseling services for a new Pilot program scheduled this fall 2013, at Palomar College in San Marcos.

NEW BLOG

<https://www.helptherapist.com/blog>

Follow medicare insurance updates

UPCOMING EVENTS:

CARE GIVING AT HOME

Aug.17th, Saturday

9am to 1pm

Sharp Grossmont Hospital

Brier Patch Campus,

9000 Wakarusa, classroom 13/14,

La Mesa. Registration required

call 1-(800)-827-4277

THE U-T SUCCESSFUL LIVING EXPO

will be held as the Pala Casino Spa

Resort, 11154 Hwy 76, Pala 92059

in North County on Sept.7th,

Saturday, 9 a.m. to 4 p.m.

LIVING WITH CHRONIC ILLNESS

conference for older

adults and families

Sept 18th, Wednesday

8:30a.m. to 2:30 p.m

Point Loma Community

Presbyterian Church,

2128 Chatsworth Blvd.

San Diego 92107.

Sponsored by Sharp and Elmcroft.

Free continental breakfast and

lunch provided. RSVP required

call 1-900-827-4277 or register

online @ www.sharp.com

WHAT IS HELP?

HELP Services has been providing mental health counseling services and psychological evaluations throughout San Diego County since 1993. Currently HELP employs over 65 licensed Clinical Psychologists, Social Workers, Marriage and Family Therapists, Neuropsychologists, and bi-lingual therapists, all of whom provide their services in homes, facilities, and offices. Each therapist has his or her own specialty, and is referred to the client according to their expertise and geographical location. HELP serves individuals, couples, and families of all ages.

Please visit our website for information on how to place a referral to HELP.

FEATURED THERAPISTS

MARY BETH BRYAN, PsyD, is a licensed Clinical Psychologist in the State of California. She has been working in the field of mental health for over 15 years. She has a wide range of experience and has worked with all age groups. She spent many years working as a child and family therapist in community mental health agencies, schools, and residential treatment facilities. More recently, she has provided neuropsychology and rehabilitation psychology services to adults in hospitals, outpatient clinics, and post-acute rehab facilities. Dr. Bryan is also a Board-Certified



Art Therapist and enjoys incorporating the therapeutic benefits of art making into her work with patients. She specializes in working with individuals who have neurological and medical conditions, such as traumatic brain injury, stroke, brain tumor, dementia, encephalopathy, and spinal cord injury.

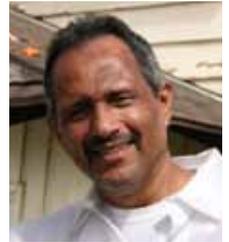
Her specialties are neuropsychological evaluation, rehabilitation, psychotherapy, and psychoeducation. She has experience conducting assessments for dementia, return-to-work, capacity, disability, and educational assistance. She has also performed pre-surgical psychological evaluations for trial of spinal cord stimulators.

She is skilled at helping individuals who are coping with neurological and medical conditions, and who may be suffering from anxiety, depression, post-traumatic stress, and adjustment difficulties. Dr. Bryan's style of therapy is supportive, empathic, collaborative, and strength-based. She utilizes a variety of therapeutic approaches, including cognitive behavioral strategies, art therapy, and personcentered techniques. She seeks to find the right approach for each individual and believes that a trusting therapeutic relationship is vital for success.

Dr. Bryan received her master's degree in Counseling Psychology and Art Therapy from Naropa University in Colorado. She earned her doctoral degree in Clinical Psychology from Argosy University in the San Francisco Bay Area. She completed a pre-doctoral internship in neuropsychology at UC Davis Medical Center in the Department of Physical Medicine and Rehabilitation. She then went on to complete a postdoctoral residency in neuropsychology at Fullerton Neuropsychological Services/St. Jude Medical Center.

ABEL FERNANDEZ, LCSW

I am a Social Worker who enjoys his work and goes that extra mile to help someone in need. With over twenty years experience in various clinical settings, I enjoy working with adults, children and families.



Because of my Hispanic heritage, I am especially comfortable working with the Spanish-speaking community. However, I reach out to anyone who demonstrates a need and shows a willingness to receive help. I am grateful for HELP in allowing me to represent such an innovating program that reaches out to those who otherwise would not receive services.



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FEATURED ARTICLES

HEALTH CARE SYSTEM FALLING SHORT FOR STRESS MANAGEMENT, LOS ANGELES RESIDENTS REPORT

Stress and mental health not being addressed by health care system

Los Angeles residents, like Americans across the country, are finding a disconnect with what they want from their health care provider and what they actually receive, according to a new survey released today by the American Psychological Association (APA), conducted online by Harris Interactive among 2,020 U.S. adults in August 2012. In addition, 228 residents of Los Angeles were interviewed.

The survey shows that only 38 percent of Los Angeles residents give their physical health care an "A" grade. Regarding their mental and emotional health, one-third of Los Angeles adults say it is extremely or very important to discuss their mental health with their health care providers and 35 percent say the same about stress management, but only 17 and 20 percent, respectively, say they have these discussions often or always. Similarly, residents of Los Angeles are more likely than Americans overall to say their health care providers can help them a great deal or a lot with stress management (34 percent vs. 24 percent).

Stress remains higher than what Los Angeles residents consider a healthy level of stress. They report an average stress level of 5.0 (on a 10 point scale), 1.3 points higher than what they define as a healthy level of stress (3.7 on a 10 point scale). And 37 percent of adults in Los Angeles report that their stress has increased in the past year. While the majority of people living in Los Angeles say that managing stress is important to them (67 percent), only 41 percent think they are doing an excellent or very good job at it.

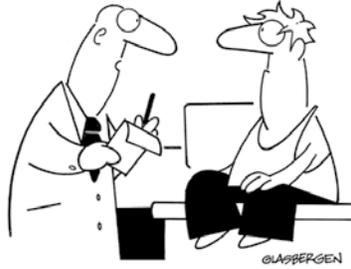
Survey respondents in Los Angeles most commonly cite work, money and the economy as significant sources of stress (work: 72 percent in Los Angeles vs. 65 percent nationally; money: 70 percent vs. 69 percent; economy: 64 percent vs. 61 percent).

However, concerns over health appear to be more apparent in Los Angeles than across the country: 61 percent of Los Angeles residents say personal health concerns are a significant source of stress compared to 51 percent of Americans overall.

"Stress can negatively affect one's overall health, and the fact that most Los Angeles residents are not discussing their stress with their health care provider is concerning," said Los Angeles-area psychologist Dr. Michael Ritz, the public education coordinator for the California Psychological Association. "With Los Angeles residents reporting higher levels of stress than what they consider healthy, it is important for people to talk to their provider about ways they can manage stress to prevent stress-related illness."

Findings from the national survey, Stress in America™: Missing the Health Care Connection, suggest that people are not receiving what they need from their health care providers to manage stress and address lifestyle and behavior changes to improve their health. The survey showed that while Americans think it is important that health care focuses on issues related to stress and living healthier lifestyles, their experiences do not seem to match up with what they value. For example, though 32 percent of Americans say it is very/extremely important to talk with their health care providers about stress management, only 17 percent report that these conversations are happening often or always.

The Stress in America survey was conducted online within the United States by Harris Interactive on behalf of the American Psychological Association.



"You're under a lot of stress. I'm prescribing ice cubes to help you chill out."

THE TOP 10 REASONS FOR HOME-BASED INTERVENTIONS

- 1) Clients are seen on their own turf rather than what they report to you in the sterile office environment.
- 2) Meet important members of the family who might not attend an office session, or are reluctant to seek psychological treatment for fear of being stigmatized.
- 3) An opportunity to provide in-vivo interventions such as parenting skills, behavioral methods for child management, couples and family therapy.
- 4) Get a first-hand view of the family living situation, such as the neighborhood, overcrowding, presence or absence of food in the cupboards, medication, unused medical supplies, hygiene, a sense of their organizational abilities, and to learn about the family's parenting practices.
- 5) The clinician not only observes but "experiences" the client's home environment in regards to the boundary fluidity, cultural and religious symbols, sleeping arrangements, and how people experience visitors.
- 6) Creative intervention not possible in the office, or co-utilized home/office in treating client with phobias or with those resistance to change, (ie: taking a brisk walk with a depressed or isolated client, utilizing both home and office for agoraphobic clients, accompanying a client to their doctor's visit, accompany a grieving patient to a funeral, playing basketball with a despondent youth, zoo for a fear of snakes, etc.)
- 7) Home visits often breaks-the-ice, thus reducing suspiciousness and increasing trust.
- 8) Health Psychology. Changing behaviors and lifestyle in the home environment often generalizes to the outside world.
- 9) Home visits cut ER and Hospitalizations Costs: ER and hospitalizations are very expensive in comparison to home visits. Home visits can prevent hospitalizations by dealing with the problems before a crisis occurs.
- 10) There is a surge in home-based therapy in the 21st century due to the increased demand from the aging population, advanced radiology and laboratory technologies, and pressure to decrease the cost of mental health and medical treatments.

