



HELP'S Newsletter

December 2013/January 2014



FEATURED THERAPIST

Dennis Dearie has a Master's of Arts degree in Counseling Psychology from Trinity School of Graduate Studies and is licensed as a Marriage and Family Therapist in the State of California. He has a wide range of life experiences including working with elephants, training horses, world travel, practicing martial arts, junior high youth leader in church setting, being married for more than twenty years, and raising three children. Dennis has also been in the mental health field for more than two decades in San Diego working with a variety of populations including Native Americans, HIV/AIDs patients, children, adolescents, adults of all ages including seniors, and those dealing with schizophrenia, bi-polar disorder, anxiety, depression, grief/loss, PTSD, older adult issues and family issues. Dennis's work settings have also been varied including in-hospital, in-office, church and in-home, with both profit and not-for-profit organizations. Dennis has a warm, personable, and eclectic style and uses a client-centred, supportive, and insight-oriented perspective seasoned with Cognitive Behavioral Therapy (CBT), solution-focused modes, and, where welcomed, a Christ-centred approach.



FEATURED ARTICLE

Tips to prevent holiday stress and depression

When stress is at its peak, it's hard to stop and regroup. Try to prevent stress and depression in the first place, especially if the holidays have taken an emotional toll on you in the past.

- **Acknowledge your feelings.** If someone close to you has recently died or you can't be with loved ones, realize that it's normal to feel sadness and grief. It's OK to take time to cry or express your feelings. You can't force yourself to be happy just because it's the holiday season.
- **Reach out.** If you feel lonely or isolated, seek out community, religious or other social events. They can offer support and companionship. Volunteering your time to help others also is a good way to lift your spirits and broaden your friendships.



- **Be realistic.** The holidays don't have to be perfect or just like last year. As families change and grow, traditions and rituals often change as well. Choose a few to hold on to, and be open to creating new ones. For example, if your adult children can't come to your house, find new ways to celebrate together, such as sharing pictures, emails or videos.
- **Set aside differences.** Try to accept family members and friends as they are, even if they don't live up to all of your expectations. Set aside grievances until a more appropriate time for discussion. And be understanding if others get upset or distressed when something goes awry. Chances are they're feeling the effects of holiday stress and depression, too.

- **Stick to a budget.** Before you go gift and food shopping, decide how much money you can afford to spend. Then stick to your budget. Don't try to buy happiness with an avalanche of gifts. Try these alternatives: Donate to a charity in someone's name, give homemade gifts or start a family gift exchange.

- **Plan ahead.** Set aside specific days for shopping, baking, visiting friends and other activities. Plan your menus and then make your shopping list. That'll help prevent last-minute scrambling to buy forgotten ingredients. And make sure to line up help for party prep and cleanup.

- **Learn to say no.** Saying yes when you should say no can leave you feeling resentful and overwhelmed. Friends and colleagues will understand if you can't participate in every project or activity. If it's not possible to say no when your boss asks you to work overtime, try to remove something else from your agenda to make up for the lost time.

- **Don't abandon healthy habits.** Don't let the holidays become a free-for-all. Overindulgence only adds to your stress and guilt. Have a healthy snack before holiday parties so that you don't go overboard on sweets, cheese or drinks. Continue to get plenty of sleep and physical activity.

- **Take a breather.** Make some time for yourself. Spending just 15 minutes alone, without distractions, may refresh you enough to handle everything you need to do. Take a walk at night and stargaze. Listen to soothing music. Find something that reduces stress by clearing your mind, slowing your breathing and restoring inner calm.



HELP

MENTAL HEALTH COUNSELING SERVICES & PSYCHOLOGICAL TESTING

In-Home / In-Facility / In-Office

SINCE 1993

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Areas Served:

- San Diego • Orange County
- Riverside • Inland Empire
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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 bilingual 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. **Self referrals welcome!**

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

www.helptherapist.com

Follow us on Twitter and Facebook!



"Don't you just love the holidays?"

Welcome our newest providers:

Eric Pevney, Psy
Roland Chabot, PhD
Adrienne Blumberg, MFT
Ramona Garretson, PsY
Paula Jimenez-Safir, PhD
Alyssa Steiger, PsY
Rachel Viers, PsY
Linda Gatto-Woitek, LCSW
Eileen Shaughnessy, LCSW

HELP's Mission is to provide the highest quality of care while overcoming the issues of accessibility and stigma often associated with mental health services. We maintain the highest clinical and ethical standards evidenced by our sound professional reputation throughout California.

CONGRATULATIONS:

HELP will continue providing counseling services for a second semester at Palomar College starting January 2014.

HELP will be providing counseling at Grossmont College in 2014 (dates tbd).

HELP'S ANNOUNCEMENTS:

Another year of growth for HELP. We are so excited to announce our partnership with Village Health/Scan1 (Located in Inland Empire). Together we plan to work on building a healthy community and continue our professional relationship.

Company Overview:

VillageHealth® understands the complexities of chronic kidney disease. Managing all aspects of care—health issues, lifestyle changes, emotional ups and downs, medical questions and financial concerns—can be overwhelming. VillageHealth partners with patients, physicians and healthcare professionals as well as payors to provide integrated care management for those with kidney disease. Our dedicated team of highly skilled nurses and specially trained professionals work with our clients to help prevent complications, reduce the number of avoidable hospitalizations and improve overall health of chronic kidney disease patients throughout the U.S. In partnering with our clients and managing patients' care, VillageHealth provides support and advice that helps improve the lives of chronic kidney disease patients.

Renal care requires a team of professionals for each patient. The greatest opportunity for patient success comes from tailoring care to meet the unique needs of each patient. VillageHealth changes the way renal care management services are delivered by using an integrated care management approach. VillageHealth designed exclusive programs to assist in meeting patient needs while being sensitive to the rising costs of healthcare. Programs to encourage catheter reductions to reduce hospitalization and infections; a focus on diabetes management through a foot check protocol designed to reduce amputations; and Kidney SmartSM to educate patients to make better choices for their access, kidney disease treatment and lives. Our programs ensure that valuable resources are effectively used, creating an enhanced patient experience and improved clinical outcomes.

The 2014 Eldercare Guides are now available at no cost. You can pick one up at the HELP office, 3636 4th Ave. Ste. 302, San Diego, CA 92103. The Eldercare Guide is the premier resource for seniors throughout San Diego County and Temecula.

UPCOMING EVENTS:

The Nutcracker in Balboa Park
1800 Village Place, San Diego, CA 92101
619.233.3060
<http://www.sdcyb.org>

Dates: December 11-22, 2013

Time: 2:00 PM to 7:00 PM, Show Times Vary

Price: \$10-15

Venue: Casa del Prado Theater, Balboa Park

January 25, 2014 11:30 a.m. – 1:00 p.m.: Annual South County Volunteer Appreciation Luncheon. Norman Park Senior Center, 270 F Street, Chula Vista, CA 91910. The Annual Volunteer Appreciation Luncheon is a big hit with our volunteers. This year's theme, "South County Volunteers are mmm, mmm, Good". We are sure to make our Volunteers feel special. There will be nice raffle prizes, entertainment and good food. RSVP to (619) 420-2782 or cfalls@meals-on-wheels.org.

THERAPISTS NEWS:

Clinical Supervisor Services Available

Joseph Akronowitz, LCSW
LCS 18500

I derive great satisfaction in providing clinical supervision to Social Work and Marriage and Family Therapist interns at the graduate level of training, as well as post graduate. I found that my own supervision often lacked guidance and depth. One of my past interns told me, "I have never felt so cared for," which I found very rewarding. I took my responsibilities as a supervisor very seriously and considered that role as a priority to insure that the interns received credit for the hours they had worked.

My theoretical perspective is eclectic. It is more CBT and less Psychoanalytic. In recent years, my style of counseling has included Mindfulness. I utilize a practical, technique driven approach. Some of my areas of specialty are working with dual diagnoses that include: Adults Molested as Children (AMAC), Panic Disorders, and Couples Counseling. I have worked in both inpatient and outpatient service, which has resulted in a good working knowledge of psychiatric disorders and their respective medication treatments. My current work is in private practice with adult populations. I have worked in the field for over 30 years and have been licensed for more than 15 years.

I am looking for part time work within an agency that does not have the resources to employ full time staff. Also, I could be available to newly licensees that may need the advice of an experienced therapist. I may be contacted at (619) 318-3775.

Dr. Diana Pickett, Ph.D. will be the new facilitator of the Kidney Support Group starting in January (date tbd). More information will be available on our website.



9 WAYS TO GET HAPPY IN THE NEXT 30 MINUTES

- 1. Raise your activity level to pump up your energy.** If you're on the phone, stand up and pace. Walk to a coworker's office instead of sending an e-mail. Put more energy into your voice. Take a brisk 10-minute walk.
- 2. Take a walk outside.** Research suggests that light stimulates brain chemicals that improve mood. For an extra boost, get your sunlight first thing in the morning. Find the best walking workout for your exercise style.
- 3. Reach out.** Send an e-mail to a friend you haven't seen in a while, or reach out to someone new. Human interconnectedness is one of the most important keys to happiness. When you act in a friendly way, not only will others feel more friendly toward you, but you will also strengthen your feelings of friendliness for other people.
- 4. Rid yourself of a nagging task.** Deal with that business problem, purchase something you need, or make that long-postponed appointment with the dentist. Crossing an irksome chore off your to-do list will give you a rush of elation.
- 5. Create a more serene environment.** Outer order contributes to inner peace, so spend some time organizing bills and tackling the piles in the kitchen. A large stack of little tasks can feel overwhelming but often just a few minutes of work can make a sizable dent. Set the timer for 10 minutes and see what you can do. In that time, take a quick look around the house and see how to get organized using everyday items. Remember... an organized environment creates an organized mind.
- 6. Do a good deed.** Introduce two people by e-mail, take a minute to pass along useful information, or "catch someone being good".
- 7. Save someone's life.** Sign up to be an organ donor, and remember to tell your family about your decision. Do good, feel good-- it really works!
- 8. Act happy.** Fake it 'til you feel it. Research shows that even an artificially induced smile boosts your mood. And if you're smiling, other people will perceive you as being friendlier and more approachable. There's no need to walk around in a constant state of worry. After all, what's the worst that can happen if you bounce a check or leave wet clothes in the dryer?
- 9. Learn something new.** Think of a subject that you wish you knew more about and spend 15 minutes on the internet reading about it, or go to a bookstore and buy a book about it. But be honest... pick a topic that really interests you, not something you think "should" or "need to" learn about.