



# HELP-Mental Health & Counseling Services

IN - HOME / IN - OFFICE / IN - FACILITY

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www.helptherapist.com

3636 Fourth Avenue, Suite 302, San Diego, CA 92103 / O 858-481-8827 / Toll Free 1-855-760-HELP (4357) / F 858-244-0990



## Our Therapists Specialties

- Depression
- Anxiety / Stress Management
- Grief or Loss (Bereavement)
- Relationship Issues
- Adjustments to Illness
- Chronic Illness
- Mood Disorders
- Aids/HIV
- Trauma
- Issues Associated with Cancer
- Communication Problems
- Couple and Family Counseling
- Development Disabilities
- Domestic Issues
- Elder Abuse
- Addictive Behaviors
- Neuropsychological and Psychological Assessments
- Psych. Screening for Spinal Cord Stimulator
- More

## Areas Served

- San Diego
- Inland Empire
- Santa Barbara
- No. California Bay Area



**ANNETTE CONWAY, Psy.D.**  
**Owner - HELP**  
 Licensed Clinical Psychologist  
 CALIC. PSY 19997

## WHAT IS HELP?

HELP Services has been providing mental health and counseling services throughout the state of California 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.

**THE HOME VISIT** might be the only option open to many who suffer from a chronic disease, a physical or mental disability, or medical complications. As well, home visits provide access to mental health services for those older adults and elderly who are homebound. In-home clinicians can also provide the initial steps to receiving additional community services.

**THE FACILITY VISIT** provides mental health and counseling services to those in short-term and long-term care. Care is coordinated with the case managers, primary care physicians, and other health providers. Upon discharge, HELP clinicians are able to provide continuation of care in the home or office.

**THE OFFICE VISIT** can be utilized for those who prefer the office setting. Utilizing both the home and office visit is another option for those who have been homebound for an extended period of time.

## How do I Place a Referral to HELP?

- Call us via our HELP line: 858-481-8827 or 1-855-760-HELP (4357) OR
- Email us at: [info@helptherapist.com](mailto:info@helptherapist.com) OR
- Fill out a secure referral sheet at [www.helptherapist.com](http://www.helptherapist.com) or print the referral sheet and fax to 858-244-0990

## – WHAT'S NEW –

### NEUROPSYCHOLOGICAL / PSYCHOLOGICAL ASSESSMENTS provided IN-HOME/IN-OFFICE/IN-FACILITY

HELP SERVICES has a well-developed team of neuropsychologists and psychologists who offer a wide range of psychological assessments for evaluating and strengthening the treatment or interventions plans of your patients. Psychological evaluation can be an invaluable tool for understanding and addressing the needs of individuals of all ages.

#### Situations requiring psychological evaluations might be, but are limited to, the following:

- Legal capacity and competency exams
- Assessment for the patient's psychological readiness for surgery
- Psychological clearance for spinal cord stimulator and pain pump.
- Employment screening
- Vocational interests and skills inventory for individuals who are planning to enter careers or who are college-bound.
- Neuropsychological assessment of adolescent and adult memory abilities and other cognitive functioning.
- Adult personality assessment to assist with assessment of adult psychological dysfunction and treatment planning.
- Child and adolescent personality assessment to help in problem identification, diagnosis, and treatment planning in youth.
- Child and adolescent behavioral and emotional issues that may impede an individual's ability to thrive in home and school environments.
- Child and adolescent assessment of attention deficit/hyperactivity disorder (ADHD) and behavior problems in youths.
- Assessments of pain, function, and psychological factors most frequently associated with chronic pain and rehabilitation.
- Assessment of an individual's verbal, nonverbal, and general cognitive ability.
- Depression and Anxiety Screenings.

We would be honored to meet with you and your staff for a brief presentation of our services. This supports the belief of the director and owner of HELP, Dr. Annette Conway, Psy.D., that forming relationships is crucial to professional and personal success in our field. It is with great pleasure that our staff and the HELP providers look forward to working with you to further improve mental health services throughout California.

## FEATURED THERAPIST

### DELIA SILVA, PSY

Dr. Silva is a clinical neuropsychologist who works primarily in the evaluation and rehabilitation of people with acquired neurological injuries and medical conditions. Her areas of expertise include: Strokes, traumatic brain injuries, and dementia. She has experience conducting a wide range of neuropsychological evaluations for referral questions that include: Worker's Compensation, readiness to return to work, assessment of intelligence and learning capabilities, differentiating between psychiatric and neurologic conditions, and pre-surgical evaluations (bariatric, epilepsy, liver transplant, stimulator implants).

She is well-versed in the assessment of personality, and is able to conduct psychological evaluations to assist in psychiatric treatment planning. Dr. Silva also provides therapy services using primarily cognitive-behavioral and mindfulness approaches. She works with individuals who are having difficulty adjusting to a change in their health status, anxiety and depression, and PTSD. She speaks Spanish, and is able to provide evaluation services to Spanish-speakers using culturally-sensitive tools.

Dr. Silva obtained her graduate training at the Florida Institute of Technology. She went on to complete an internship with the Central California Psychology Consortium, and two post-doctoral fellowships in neuropsychology at St. Jude Medical Center, and at the University of California, San Diego. She is an active member of the San Diego Psychological Association, Hispanic Neuropsychological Society, and National Academy of Neuropsychology, among others.

Her main focus is ensuring that her patients and caregivers gain understanding after an evaluation, to include cognitive, behavioral, and medical components that can be contributing to a problem. Recommendations are individually tailored to the patient's situation. More information about neuropsychological services provided by Dr. Silva can be found at: <http://www.sdpsyd.com>. She is currently open to new patients at her Clairemont office location.



## UPCOMING EVENT



NAMI Walks marks its 10th anniversary in 2012. Since its beginning, NAMI Walks has grown significantly and has become a "community walk for mental illness awareness" and the perfect way to engage every part of the communities that host these events. As each of these walks continues to grow, the opportunities to educate the public and to change the way people see serious mental illness will grow as well. We are approaching the point when these walks stop being so much about 'walking for NAMI' and more about 'communities walking to raise awareness about mental illness.' As that happens, some of our long held dreams will begin to come true.

The San Diego 5K walk takes place on April 12, 2012 at Balboa Park. For more info go to: [www.namisandiego.org/namiwalks](http://www.namisandiego.org/namiwalks)



**Are you disabled? Are you unable to work?  
Are you lost in the paperwork required to  
file for disability benefits?**

If you answered **YES** to these questions, Welcome to the Disability Help Center.

The Disability Help Center is a **FREE** service established to assist those who are disabled receive social security disability, SSI, or Veteran's Disability benefits. Not sure if you are eligible, our advocates are here to help you make that determination based on your specific situation. Whether you need help with your application, appeals or a hearing before an ALJ, our experienced advocates can you do it right the first time.

We understand that those navigating through the Social Security Disability process encounter other areas of need. That is why we have partnered with many organizations throughout the County of San Diego to provide you with the exact resource you need to help you through a difficult situation.

Our mission is to offer assistance and support to those who are disabled. Recently we were honored by the National Multiple Sclerosis Society for "Service Provider of the Year". The entire staff at The Disability Help Center is passionate about helping those in need. <http://www.nationalmssociety.org/chapters/cas/chapter-news/chapter-news-detail/index.aspx?nid=5914>

We have helped thousands of people each year successfully receive their benefits. If you or a loved one needs assistance with getting benefits, don't do it alone. Please contact us at: 619-282-1761 1833 4<sup>th</sup> Ave. San Diego, CA 92101 or you go to our website at [www.ssdhelpcenter.org](http://www.ssdhelpcenter.org) our hours of operation are from 8:00 am to 4 pm.

## FEATURED ARTICLE

### STRESS IN AMERICA 2011



Reported by the American Psychological Association (APA), January 11, 2012

Beginning in 2007, APA has commissioned an annual survey to study of the connection between stress, behavior, and mind/body health. The Stress In America survey measures attitudes and perceptions of stress among the general public and identifies leading sources of stress, common behaviors used to manage stress and the impact of stress in our lives. Reported stress levels for American overall are continuing to drop and have reached their lowest point since 2007. While stress levels appear to be balancing out, they remain high and exceed what Americans consider to be healthy. Year after year, many Americans report extreme stress (22% in 2011; 24% in 2010 and 2009; 30% in 2008; and 32% in 2007)—which is indicative of a serious trend that could have long-term consequences on people's health.

#### WHAT'S CAUSING STRESS IN AMERICA

Money, work and the economy continue to be the most frequently cited causes of stress for Americans, as they have every year for the past 5 years. In addition, a growing number of Americans are citing personal health and their family's health as a source of stress.

The latest APA survey also reveals deepening concerns about the connection between chronic disease and stress, especially caregivers and people living with a chronic illness such as obesity or depression.

#### CAREGIVING AND STRESS

Millions of Americans provide care for aging or chronically ill family members at home, and that number is expected to grow and the number of older Americans is likely to double by the year 2030, according to the U.S. Department of Health and Human Services. Findings from the Stress in America survey suggest that we may want to pay particular attention to the impact of these responsibilities on caregivers, who report higher levels of stress, poorer health and a greater tendency to engage in unhealthy behaviors to alleviate their stress than the general public.

Caregivers are not only more likely to report stress than other Americans, they also report higher levels. Fifty-five percent of caregivers say they feel overwhelmed by the amount of care their aging or chronically ill family member requires. Caregivers are more likely than those in the general population to say they are doing a poor/fair job practicing healthy behaviors, including managing stress.

#### STRESS LINKED TO OBESITY AND DEPRESSION

The rate of obesity in the United States remains at epidemic proportions. Currently 68% of adults (age 20 years or older) in the nation are overweight or obese and 33.8% are obese. And, according to the Centers for Disease Control and Prevention, 1 in 10 American adults suffers from depression, and that those aged 45-64 years are more likely than other age groups to meet the criteria of depression.

Obesity and depression are often exacerbated by stress. Those who suffer from these conditions report that they are unable to take the necessary steps to reduce their stress or improve their health, and, therefore engage in unhealthy coping behaviors.

Those with obesity or depression are less likely to report success when eating a healthier diet or reducing stress. Those with obesity are less likely to report successfully having lost weight. Stress management strategies most often reported by obese adults are watching TV for more than 2 hours daily, listening to music, and eating. Those sedentary behaviors can exacerbate weight issues. Adults with obesity or depression are significantly more likely than those in the other groups to report feeling self-conscious and embarrassed as reasons why they do not exercise more often.

#### THE EMOTIONAL AND PHYSICAL TOLL OF STRESS

While awareness about the impact stress can have on emotional and physical seems to have improved, many Americans continue to report symptoms of stress.

- Americans report irritability or anger (42%), fatigue (37%); lack of interest, motivation or energy (35%); headaches (32%); and upset stomachs (24%) due to stress. A smaller percentage report having a change in appetite (17%) and sex drive (11%).

Similar proportions of adults engage in unhealthy behaviors due to stress as did last year.

- 29% skipped a meal due to stress.
- 39% reported overeating or eating unhealthy foods.
- 44% reported lying awake at night.

There is some indication that Americans are beginning to exercise more. The number reporting that they exercise "a few times a week" rose from 36% in 2010 to 41% in 2011; however, many continue to report barriers to being more physically active.

- Lack of motivation seems to be a key part of why people are not exercising more frequently (41%); followed by saying they are too busy to exercise more often (33%).
- 8 Half (51%) of adults with families report that it takes a great amount or some effort to get their families to exercise.

#### MANAGING STRESS

The subgroup of adults surveyed in Los Angeles were more likely than adults nationally to see a mental health professional to help manage stress and are more likely to get help from others and work to make positive changes in their lives. They are somewhat more successful than those nationwide in making some, but not all, of those changes

- Four in 10 (42%) Los Angeles adults (v 37% nationally) say that stress has a very strong impact on their body or physical health, and 43% believe that stress has a very strong impact on their mental health, larger than 35% nationally.
- Among those who attempted to make a lifestyle change, a greater number of adults in L.A. than those nationwide say they have been successful at eating a healthier diet (48% v 44%), exercising more (49% v 45%) and losing weight (39% v 30%).

To read the full report on Stress In America 2011, visit [www.stressinamerica.org](http://www.stressinamerica.org)