



HELP

HOME-BASED EFFECTIVE LIVING PROFESSIONALS

3636 FOURTH AVENUE, SUITE 302 • SAN DIEGO, CA 92103
SAN DIEGO 858-481-8827 • TOLL FREE 1-855-760-HELP (4357)
FAX 858-244-0990 OR 858-481-8281
WWW.HELPTHERAPIST.COM

August/September 2011



ANNETTE CONWAY, Psy.D.
Licensed Clinical Psychologist
CA LIC. PSY 19997

WHAT IS HELP?

HELP has been providing **IN-HOME COUNSELING** and mental health services throughout the County of San Diego since 1993. HELP employs over 52 Licensed Clinical Psychologists, Social Workers, Neuropsychologists, and Bi-lingual Therapists, all of whom provide their services in the homes and care facilities of their clients. Each HELP clinician has his or her own specialty, and is referred to the client according to their expertise and geographical location. Care is coordinated with the case managers, primary care physicians, and other health providers. The following is a small sample of the mental health issues that our providers can assist you and your loved ones with:

- Depression
- Anxiety
- Stress management
- Relationship Issues
- Domestic Violence
- Grief and Loss
- Chronic pain
- Dementia and Capacity Exams
- Elder Abuse
- Disabled
- Alcohol/Substance Abuse
- Child Behavior & Learning Concerns
- Aids/HIV
- PTSD
- Pain Management

HOW TO PLACE A REFERRAL

- 1) Submit referral on-line @ www.helptherapist.com
- 2) Fax referral to E FAX- 858-244-0990 or 858-481-8281
- 3) Call HELP at 858-481-8827 or toll free 1-855-760-HELP
- 4) We accept Medicare, Medical, Triwest, most PPO's, NO HMO's
- 5) Within 48 hours, the assigned therapist will contact the client

A FEW ORGANIZATIONS THAT USE THE PROFESSIONAL SERVICES OF HELP:

- Jewish Family Services • San Diego Hospice Aids
- North County Services • ElderHelp of San Diego • Regional Center
- Palomar Medical Center • Scripps Home Health • Sharp Grossmont
- Aging & Independent Services
- Adult Protective Services • Scripps Hospital
- Call Doc • Sharp Home Health • Navy Medical
- Pain Specialists Kevin Smith, M.D., Rosa Navarro, M.D.,
Naga Thota, M.D., Hussein Abdulhadi, M.D.,
and Jeffrey L. Marxen, M.D.

Some of our Community Partners are:



WHAT'S NEW

JOB OPPORTUNITY - LCSW and Psychologists interested in joining the HELP team of clinicians e-mail us @ info@helptherapist.com

HELP Presentation scheduled for August 9th to introduce HELP to the Bay Area and the benefits of in-home counseling.
presented by Dr. Annette Conway Psy.D.

John Muir Behavioral Health Center
2740 Grant Street
Concord, CA 94520



**HELP is expanding to
Riverside, Temecula and Murrieta!**

COMMUNITY EVENTS

SDCCOA (San Diego County Council On Aging)
FREE EDUCATIONAL CONFERENCE FOR SAN DIEGO SENIORS
Meet experts for unplanned life situations that can have a profound impact on the family.

Thursday, Sept. 1st, 8:30a to 12:30p - Continental Breakfast served at War Memorial Building, 3325 Zoo Dr., Balboa Park, San Diego, CA

AARP CA "Meet the Pharmacist Day"

Get a Medication Check Up!

Do you have questions about your medications? Want to make certain that those over-the-counter medications are not interfering with your prescription drugs? Bring them all to us!

SAN DIEGO

Tues., Sept. 27th, 9:00a
War Memorial Bldg.
Auditorium

3325 Zoo Drive, Balboa Park
San Diego, CA 92101

SOUTH BAY

Wed., Sept. 28th, 10:00a
Kimball Senior Center
1221 "D" Avenue

National City, CA 91950

HELP TESTIMONIALS

"My Therapist has dramatically changed my life for the better. Prior to seeking assistance from HELP™ I had a severe fear of driving, and now my confidence behind the wheel has significantly increased."

- HELP™ Client

"We really appreciate that they are willing to see our clients in their home. It's very difficult for our clients to access therapy service."

- North County Health Services

"Losing my husband after 48 years of marriage led to my depression and discouragement. I avoided talking about the loss, and had periods of crying spells and confusion about the future. My HELP™ therapist was a licensed specialist in the area of grief, she was able to be compassionate and empathetic, and helped me begin a healthy grieving process."

- HELP™ Client

HELP THERAPIST BIO

SAURABH "SYRUS" GUPTA, Ph.D. was recently licensed in April of 2011 and joined the HELP team in July, upon opening his independent practice in the Hillcrest/Mission Hills area of San Diego. Dr. Gupta graduated with his doctorate in Counseling Psychology from Arizona State University in 2008, after completing an internship in clinical psychology at the VA in Honolulu, HI. Since then he has worked as a post-doctoral research fellow at the Department of Psychiatry in UCSD's School of Medicine, where he has studied the neurobehavioral effects of HIV infection. His specific focus has been on the neuropsychological effects of HIV infection, as well as contributions of co-morbid conditions such as substance abuse and other neuropsychiatric disorders. Upon completion of his two-year post-doctoral tenure, he accepted a position as a project scientist at the HIV Neurobehavioral Research Center, where he continued his research. Most recently he published a study examining genetic differences that predispose people living with HIV and methamphetamine dependence to develop cognitive impairments. His recent focus on HIV notwithstanding, Dr. Gupta has a very broad scope of experience and skills with a variety of patient populations and techniques. He has opened a generalist practice and is interested in providing individual, couple and family psychotherapy, neuropsychological testing, capacity and dementia evaluations, and other kinds of referral requests. As a clinician-researcher, he emphasizes scientifically supported treatments and evaluation methods in the service of helping people function at their best and return to independence as quickly as possible.



Multilingual: English, Hindi & Urdu

FEATURED ARTICLE

GRIEF, RESILIENCY, RECOVERY

Written by: Ruth Mc Kercher PSY.D.

Most of us experience various forms of loss during our lifetime. If you are reading this article you are probably someone who has lost a loved one, friend or acquaintance to suicide. The Harvard Medical Journal describes grief as intense sadness stemming from loss. It is a process that follows bereavement which is defined as the loss or death of someone or something important. Grief is not only the sorrow you feel; grief also includes such feelings as numbness, anger, guilt, despair, irritability, relief, and anxiety.

Grief affects both our mind and body. The journal reports a surge in ailments such as colds and, even, more serious illness following a loss. Children in particular may process grief by presenting complaints such as headaches, stomachaches, dizziness or racing heart. Grief is a process.

Most of us are familiar with the stages of grief proposed by Elizabeth Kubler-Ross:

- Shock stage: Initial paralysis at hearing the bad news.
- Denial stage: Trying to avoid the inevitable.
- Anger stage: Frustrated outpouring of bottled-up emotion.
- Bargaining stage: Seeking in vain for a way out.
- Depression stage: Final realization of the inevitable.
- Testing stage: Seeking realistic solutions.
- Acceptance stage: Finally finding the way forward.

She proposed that we all follow certain patterns as we process a loss. As you can see from the graph below we gradually, overtime, come to an acceptance of our loss.



Complicated grief or traumatic grief may follow an untimely, unexpected death such as suicide and a longer healing process may follow such a loss. It is known that the more resiliency a person possesses the faster they will recover from adversity. So what is resiliency? How do I get some?

Resiliency can be described as a process of positive adaptation following an adverse event. The adverse event for most of us was suicide. As reported on Wikipedia, the American Psychological Association suggests ten ways to build resilience:

1. Maintain close relationships with family members, friends and others
2. Avoid seeing crises or stressful events as unbearable problems
3. Accept circumstances that are cannot be changed
4. Develop realistic goals and move towards them.
5. Take decisive actions in adverse situations
6. Look for opportunities of self discovery after a struggle with loss
7. Develop self-confidence
8. Keep a long term perspective and consider the stressful event in a broader context
9. Maintain a hopeful outlook
10. Take care of mind and body

As we build resiliency we maximize the possibility that we will recover with acceptance, thus, completing the stages of grief. However, for many recovery is a personal journey, an ongoing process that may involve developing hope, a secure sense of self, supportive relationships, a feeling of empowerment, social inclusion, coping skills and meaning.

We will soon be offering a group for individuals who have passed the one year anniversary of loss from suicide. It will be the purpose of this group to continue to develop skills for resiliency and recovery. It is my hope that these skills will add to the quality of our regular support groups.