



HELP-Mental Health & Counseling Services

IN-HOME / IN-OFFICE / IN-FACILITY

October-November 2012

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 • San Clemente • Orange County • Inland Empire • Santa Barbara • No. California Bay Area



What's New from HELP:

NEW WEBSITE GOING LIVE SOON!

New Attention & Goal Focusing Guide Book
Provider E.L. Lotecka offers a useful personal attention and effectiveness training program. The guide is available for free download at <http://www.scribd.com/doc/105830266/Attention>

Upcoming Events:

Route to Wellness Expo
October, 30, 2012, 12:30-2:00 P.M.
Free Health Services Available
Snacks and Refreshments
Prizes and Giveaways
Redwood Town Court
500 E. Valley Parkway
Escondido, CA 92025
RSVP to (760) 737-5110



Health & Wellness Fair/Flu Shots
Event for older adults
October 26, 2012, 9:30-11:30 AM
College Avenue Center, San Diego

2012 Meeting of the Minds
15th Annual Behavioral Health Conference & Resource Fair
November 7, 2012
Presented by MHA of San Diego County
www.mhasd.org



WHAT IS HELP?

HELP Services has been providing mental health and counseling services 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 THERAPIST

DIANA PICKETT, M.A., M.D., Ph.D. has had a variegated career spanning a breadth of disciplines and over 5 continents over the past 30 years. Beginning in San Diego graduating with a Master's and a PhD from USIU, Diana went on to USD law school and the Universidad de San Francisco de Quito medical school, graduating top of her class. While living in Madrid Diana was selected as the Director of the International Community Health Organization. The next stop was Ecuador where she continued working with international schools, consulting and rebuilding a 100 bed children's Psychiatric Hospital. She moved back to the US after 15 years living and working abroad. She served as a senior research scientist with the Research and Advisory Committee on Gulf War Veterans' Illnesses; a U.S. Congressionally mandated committee established through the VA tasked with reviewing research studies and clinical practices in the area of Gulf War Illness and PTSD. The research unit moved to Kansas and Diana decided to move to Florida to be with her two adult scientist children who worked at All Children's Hospital in St. Petersburg.

She volunteered at the Golda Meir Community Center and worked with elderly victims of polio and of the Holocaust.

From Florida, she went to New York where she was offered the position of scientific and medical director of the Jeffrey Modell Foundation which supports research and treatment of children with primary immunodeficiency diseases, e.g. 'Bubble Boy disease'. She came back to San Diego in 2009 and has a small private practice and works at UCSD in the Dept. of Psychiatry as Project Coordinator for a joint Rady Children's Hospital/UCSD study on the psychiatric sequelae of mild traumatic brain injuries in children ages 8-15. The study includes MRI imaging and will look at, for the first time, an in-depth foray into family dynamics, academic and social changes and personality change as a result of injury to the head.

Over the last 30 years, Diana has served myriad populations world-wide in a variety of capacities and considers herself a 'generalist' and psychometrist in the practice of psychology. She is the creator of LifeMaps; Decision-Making and a GPS for Life.



Laughter Matters promotes health, happiness and joy to people in San Diego County through Laughter Yoga.

Although, *Laughter Matters* has only been operating for a short time (since early 2011), we have already made a big impact in San Diego County. *Laughter Matters* has trained 70 leaders who have brought over 325 laughter yoga classes to 77 different organizations with a total attendance of over 3,100!

WHAT ARE THE BENEFITS?

Research has documented laughter's many physical, emotional and social benefits, including:

Physical: Laughter strengthens the immune system, improves heart and lung function, provides pain relief, and aids digestion.

Emotional: Laughter decreases stress, anxiety and worry by decreasing the level of cortisol (a stress-causing hormone) and increasing endorphins. Laughter is helpful for people suffering depression.

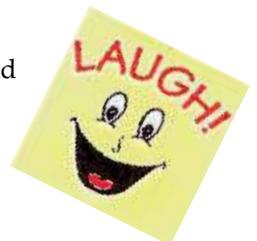
Social: Laughter breaks down social barriers, helps connect people, and makes one fun to be around!

www.LaughterMatters.org

www.helptherapist.com



Follow us on Twitter and Facebook!



FOR SENIORS, FEW BETTER PLACES TO ASK FOR HELP

By Agnes Herman, NORTH COUNTY TIMES, NOV. 3, 2010

Years ago, I was a young social worker for Family Service of Cincinnati and trekked through some of the poorest, saddest sections of the city. I was not distributing dollars; I was trying to dispense support, understanding and encouragement by making weekly home visits to a variety of families. Their difficulties and concerns ranged from parenting, marital relationships, loneliness, illness, poverty and the springtime flooding of the Ohio River. Soon, home visits went out of style; the nature of the problems never did.

Then, like all aspects of the fluidity of human life, home visits made a comeback. The folks in the helping professions began to understand the significance of seeing people in their own homes, in their own comfort zones, of visiting with the homebound, understanding the context as well as the person.

Annette Conway is the Director of Home-based Effective Living Professionals. The service has been available since 1993. Annette's interest was piqued by a newspaper story and she began working for the agency in the late 1990s. Mary Lichty Adams, a licensed clinical social worker, is its founder. Annette bought the business in 2005. She is a licensed clinical psychologist, a warm, caring and intelligent woman whose passion "is in-home therapy ... the most effective approach for helping people to alleviate clinical depression and develop healthy cognitive patterns and beliefs about themselves and the world."

The staff of HELP consists of more than 52 professionals: psychologists, social workers, bilingual therapists, neuropsychologists and a psychiatrist. All work on behalf of their clients in coordination with the family doctor, the hospital physician, case managers and facilities personnel. Sixty-five percent of HELP's clientele are seniors.

Seeing folks in their homes enables a professional to observe and evaluate family interaction, loneliness, the nature of personal care and the context of the comfort zone. As a young social worker, I saw alcoholism, isolation and frustration in action. Today, there are many reasons people cannot and do not leave home to visit with a therapist. Some are physically homebound, others cannot arrange transportation, still others suffer from agoraphobia and are fearful. Among us, the elder generation, there is considerable concern and fear that seeking mental health help will stigmatize us. "Will my family and friends disapprove and think I am crazy?" or "I can help myself, I have been around long enough."

Whatever the reason, HELP provides in-home psychological services, privacy and confidentiality. Many are not depressed, others see no need to seek help. There are, however, innumerable concerns that we elders and not so-elders endure. The list is long. How many of us feel the pressure of the negative economy, joblessness, threatened and real cuts in services? Loss, grief and bereavement do not go away or change



ANNETTE CONWAY, Psy.D.

Owner - HELP

Licensed Clinical Psychologist
CA LIC. PSY 19997

with a pill; time alone does not always heal. Help generates hope. An objective, knowledgeable professional can provide supportive, clarifying insights and new ways of handling bad things that do happen to good people. There are couples' problems, often accompanied by abuse. That is not easily discerned or discussed, may comfortably float up front in the comfort of home. Some couples problems bubble up at retirement. I can remember women friends telling me that they were happy with their mates, but "not for lunch." Now, of course, retirement and the economy keep many spouses home for lunch, for better or worse. HELP might make it palatable.

Other concerns that are met by in-home therapy include child behavior. Both kids or adult offspring worry and stress us out. How much help and guidance from us is too much? An objective professional can offer understanding and clarification of the many parenting problems that are contentious. Addictions, faulty memory and the management of caregivers are all pressures that can be shared and diminished with outside support. Many of us cannot leave home to seek it.

Conway said that the services of HELP are available in North County, from Fallbrook and Bonsai North, San Ysidro South and Alpine East. According to Annette, they have a therapist who will drive almost anywhere. The need is substantial enough to motivate this agency to expand to Los Angeles, San Francisco and Santa Barbara.

HELP accepts Medicare, Medi-Cal, most PPO plans but no HMO. In addition a sliding scale fee can be arranged. That scale operates for those who do not have insurance or have an HMO and cannot afford the usual fee. Those who have Medicare only and have difficulty with the co-pay can negotiate for a fee that is affordable.

HELP can be reached by phone at 858-481-8827; by email at www.helptherapist.com. Annette promises a therapist will make contact for an appointment within 48 hours.

Agnes Herman is a freelance columnist.

Contact her at 760-744-6878;

email to aggherman@sbcglobal.net.



FEATURED THERAPIST

STEPHANIE J. SHAFFER, LCSW

is a Licensed Clinical Social Worker with over 14 years of experience helping patients and families face their life challenges. Stephanie started her career at a community re-entry rehabilitation program for adults who sustained traumatic brain injuries and strokes. This is where Stephanie first understood that the situation of one family member affects the entire family unit. Stephanie has worked in Hospice and Home



Health for over 9 years and found her strength in guiding both patients and families through the difficult process of acceptance and finding a sense of emotional and spiritual peace. These experiences have given Stephanie the ability to be effective in helping individuals through life altering diagnoses, chronic illness, caregiver role stress, family issues, depression, anxiety, and grief / loss. Stephanie's unique life experiences with having a rare birth defect, surviving a near death experience, and overcoming severe health issues gives her first hand empathy to her patients. Her positive perspective of life, sound counsel and strengths-focused approach leads to insight, growth and healing. Stephanie uses Cognitive-Behavioral Techniques, Mindfulness and Guided Imagery, and an individual's mind-body-spirit orientation as tools to achieve her client's goals.