



HOME BASED EFFECTIVE LIVING

HELP'S February-March 2015 Newsletter

HELP

BEHAVIORAL HEALTH COUNSELING SERVICES
& PSYCHOLOGICAL TESTING

In-Home / In-Facility / In-Office / Video Visits
SINCE 1993

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

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

Areas Served:

- San Diego • Temecula • Palm Desert
- Imperial Valley • Inland Empire
- No. California Bay Area

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.

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

www.helptherapist.com

Follow us on Twitter and Facebook!

Recent Blogs Added!

Did you know?

The benefits of having a dog

(or other animal) around...

- decreases blood pressure
- reduces stress and anxiety
- increases chemicals in the brain that reduce pain and depression and enhance happiness



- helps people feel safer and more trusting

• Sigmund Freud used his dog in psychotherapy to reduce his own anxiety and help his patients relax.

• Mayo Clinic founder Dr Charles Mayo used a dog to help his patients heal faster.

• Dogs don't care what you look like, how you feel, who you hang out with, or what you do for a living. They just like being with you.

• Dogs can heal!

• Sibelia uses her pug "Sekhmet" for animal assisted therapy and can bring her to your home or facility.

Compiled by Sibelia L. Chaiyachat, LCSW

Telebehavioral Health



VIDEOSESSION - Reasons why a client may use this service for counseling:

- No travel required to consult with a Help therapist
- Ideal for patients with mobility challenges
- Save time and expense - convenient!
- Be in the comfort of your home when you speak with a Help therapist
- Stress-free and confidential
- No equipment required - simply login through your secure portal from your personal computer
- Receive a visit summary from your Help therapist
- Securely message your therapist before and after the consultation
- Convenience of online appointment scheduling for follow-up visits with your therapist
- Maintain an online personal health record
- Pay for your visit with your preferred credit card
- We accept Medicare

HOW TO START A VIDEO SESSION:

1) Complete referral form online at www.helptherapist.com and check the box for Video Session or call the HELP Office at 858-481-8827.

2) A HELP representative will call you within 48 hrs.



ANOTHER YEAR BEGINS 2015

- SUPER Thanks to all of our wonderful HELP therapists, you are very much appreciated
- HELP has expanded to Brawley and El Centro
- HELP now is offering biofeedback services

OUR PROJECTS FOR 2015

- New Website
- HELP in-house resource guide
- Digital Marketing



FEATURED THERAPIST

APRIL KOLJONEN, PSY.D.

I, April Koljonen, Psy.D. am a licensed clinical psychologist specializing in health psychology for adults and children. I provide cognitive behavioral therapy (CBT) and/ or biofeedback. CBT focuses on the connection between thoughts, feelings and behaviors to increase insight and support life changes that are desired by the client. I use CBT to help clients cope with grief and loss, chronic illness, trauma, phobias, panic, relationship issues and depression. Biofeedback involves developing a person's ability to alter automatic physiological responses (heart rate, respiration, muscle tension, sweat gland) by providing clients with feedback that enables them to voluntarily control some aspect of their physiology to support stress and pain reduction.



FEATURED ARTICLE:

2014 APA ANNUAL STRESS SURVEY

Introduction

Beginning in 2007, the American Psychological Association 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 have gone down, but 75% say they experienced at least one symptom of stress per month, such as feeling irritable and angry, feeling overwhelmed, lacking motivation, feeling fatigued, sad, or not being able to fall asleep or stay asleep. While stress levels appear to be balancing out, they remain high and exceed what Americans consider to be healthy. Extreme stress was reported by 22%, which is indicative of a serious trend that could have long-term consequences on people's health.

Summary

Money continues to be the leading cause of stress for Americans, a new survey finds. Overall, stress in the United States is at a seven-year low, and average stress levels are declining, the American Psychological Association poll found. But money worries continue to nag at the American psyche, despite the ongoing economic recovery, the association says in its report released Feb. 4, entitled *Stress in America: Paying With Our Health*.

Leading sources of stress for adults in 2014:

1. Financial 64%
2. Work 60 percent
3. Family responsibilities 47 percent
4. Health concerns 46 percent

Nearly three out of four adults reported feeling stressed about money at least some of the time, and about one in four adults said they experienced extreme stress over money during the past month, according to the report.

The good news is that, on average, Americans' stress levels are trending downward. The average reported stress level is 4.9 on a 10-point scale, down from 6.2 in 2007, the report found.

Despite this, the association found that Americans are living with stress levels higher than what psychologists believe to be healthy, and 22% say that they are not doing enough to manage their stress.



Financial stress particularly affects women, parents and younger adults, the survey found. For instance, three out of four parents and adults younger than 50 said money is a somewhat or very significant source of stress. Women are more likely than men to report money as a significant source of stress, 68 percent versus 61 percent.

A gap also appears to be emerging in stress levels between people living in lower-income and higher-income households, the report found. In 2007, there was no difference in reported average stress levels between those who earned more and those who earned less than \$50,000.

But by 2014, a gap had emerged, with those living in lower-income households reporting higher overall stress levels than those living in higher-income households -- 5.2 versus 4.7 on the 10-point scale.

Financial stress can affect people in direct and intimate ways, the survey found. One in five adults said they have skipped or considered skipping going to the doctor for treatment because of financial concerns. Almost one-third of adults with partners report that money is a major source of conflict between them.

To combat money stress, the association recommends seeking emotional support from family and friends. It found that people without a shoulder to lean on tend to suffer worse from stress. For example, 43% of people without emotional support said their stress has increased in the past year, compared with 26% of those with support. However, opening up about budget worries can be tough. "Starting conversations about money is challenging, because nearly one in five Americans believe it is a taboo subject, and more than one-third report that talking with family members about finances makes them uncomfortable," reports Katherine C. Nardal, PhD, APA executive director for professional practice.

UPCOMING EVENTS:



*The Art & Science of Mindfulness
3rd Annual San Diego*

Compassion & Wisdom Conference

February 26-28, 2015, San Diego, CA
Hyatt Regency Mission Bay
(up to 18 CE hours)

Learn new skills and compassion techniques to work with your clients and improve your life, too.

facesconferences.com

February - Heart Health Awareness Month



February 13-19 - Children of Alcoholics Week

For more information visit www.nacoa.org



Senior Food Bank

Tuesday, Feb. 24, 1-3pm

The Senior Food Bank Program provides food and nutrition education to eligible low-income seniors 60 years or older once a month. Eligible applicants can enroll in the program by applying in person at our site on the day of the event or call the Jacobs & Cushman San Diego Food Bank at 866.350.3663. For more information, visit the San Diego Food Bank website or contact LaRue Fields at seniors@thecentersd.org or 619.692.2077 x205.

March - National Chronic Fatigue Syndrome Awareness Month

National Chronic Fatigue Syndrome and Fibromyalgia Association www.ncfsa.org



American Red Cross

March - American Red Cross Month

For more information visit the American Red Cross. www.redcross.org

March - National Multiple Sclerosis Education and Awareness Month

For more information visit the Multiple Sclerosis Foundation <http://www.msfocus.org/national-ms-awareness-month.aspx>

Yoga for Everyone

Yoga for Everyone meets at The Center on Mondays at 10:30 am. The class is open to participants of all levels, as well as newcomers. Personalized attention and plenty of options are featured to make sure you have a great yoga experience. Best of all, the class is free! For information, please email seniors@thecentersd.org.

