



HOME BASED EFFECTIVE LIVING

HELP'S August-September 2015 Newsletter

HELP

BEHAVIORAL HEALTH COUNSELING SERVICES
& PSYCHOLOGICAL TESTING

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

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Areas Served:

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



Welcome Newest Providers:

Hilda Loza, LSCW - Bi-Lingual - North County

Norberto Carlos, LCSW - Bi-Lingual - Inland Area

Susan Guffey, LCSW - Inland Area

Karen Ross, LCSW - San Diego

Sylvia Padilla, LCSW - Bi-lingual - San Diego

Nydia Valverde, LCSW - Bi-Lingual - San Diego



WHAT'S NEW

HELP'S new Website coming soon !!!!!!!

HELP providers Peer Support Group starting back up soon !!!!

Peer support is:

- * Being open to new ways of thinking.
- * Learning from one another.
- * A way of sharing our personal story.
- * A way of offering support.
- * Valuing each persons experience.

UPCOMING EVENTS

August 29, Saturday
12:30 to 4:30 P.M.

"Decades of Dancing" will be presented by the Wheelchair Dancers Organization at the Balboa Park Club, 2150 Pan American Rd. in Balboa Park.

Wheelchair dancers, their partners and local dance groups will display dance styles from the 20's to the present. The event is FREE.

For details, call (858) 573-1571

September 4, Friday
8:45 A.M. to Noon



"The Golden Age of Intimacy", a health fair sponsored by the County Council on Aging, with guest speaker Susan Writer, Ph.D., and focused on various aspects of intimacy, will be held at the War Memorial Building, 3325 Zoo Drive, San Diego, CA 92101. Includes health screenings and resources. FREE. For details: (858) 674-6903

September 22, Tuesday
10 A.M. to 2 P.M.

"Live Stronger Longer", an event sponsored by the South County Action Network and dedicated to seniors and caregivers, will be held at the Community Congregational Church of Chula Vista, 276 F St., Chula Vista, CA 91910. FREE Breakfast and Lunch.

R.S.V.P. to (800) 827-4277



The Health & Wellness Insider

Daily Health, Nutrition, and Fat Loss Tips You Can Use™

You may have heard that eating before bed is a big-time "no no" for those looking to lose weight. In fact, you've probably even heard that eating late at night will undoubtedly cause you to GAIN weight...even worse!

Well, there's good news, and that good news is that not every food that you eat past 7PM will be automatically deposited to your butt, thighs, and love handles.

In fact, there are certain foods that you can eat as a late-night snack that can actually INCREASE your fatloss results! The key is knowing which foods to eat, and which to avoid, as the evening progresses.

Here's a good rule of thumb: Avoid carbs before bed in favor of slow-digesting high-quality protein.

Carbohydrate consumption causes significant rise in the storage hormone insulin, which also puts the breaks on fat-burning. That's a recipe for disaster in the late evening hours as your metabolism is winding down, but fortunately, slow-digesting protein isn't.

Instead, slow digesting proteins provide your body with a steady flow of amino acids throughout the night to help you recover from exercise and maintain your calorie-burning lean muscle as you lose fat.

Here are some of our top pre-bedtime choices:

1. White Meat Animal Protein (not red meat or fish) - White meat protein sources such as chicken and turkey are great pre-bed meal choices because they digest slowly and have a very low insulin release. These sources also promote the release of another hormone, glucagon, that assists the body with breaking down stored carbs and fat within your body to be burned for energy...a double win! Red meat and fish have a significantly higher insulin response so they're best to avoid in the evening.

2. Cottage Cheese - Cottage cheese is very slow digesting and coats the stomach to be assimilated by the body over many hours. As a protein, it also stimulates glucagon release; a solid pre-bedtime choice. Just make sure you're using plain cottage cheese, not the flavored varieties with added sugars.

3. Green Vegetables - While these aren't considered a protein, they contain virtually no calories, are high in fiber, and they're very filling.

If you get a late night craving try eating a big bowl of green veggies to completely kill your cravings...a diet savior!

4. A Slow-digesting, Low-carb Protein Shake - We recommend a slow-digesting protein shake before bed literally every day. As a bed time ritual, it's a great, tasty way to end the day. After all, who doesn't love dessert before bed? :) Try blending the shake with almond butter to get some healthy fats in there, and you'll love this tasty bedtime treat!

Just follow these simple rules when snacking at night and you'll be on your way to a flatter belly with less cravings in no time!

FEATURED ARTICLE:

Telehealth Niche for Special-Needs Kids by David Gorn

Telehealth could be an important component of health care for special-needs children in California, according to a report released on Tuesday by the Lucile Packard Foundation for Children's Health, in collaboration with UC-Davis Children's Hospital, The Children's Partnership and the Center for Connected Health Policy.

"Telehealth ... has proven to be an effective tool in making the types of specialized care and coordination needed by children with special health care needs more accessible," the report said. "Telehealth is being used to provide quality care in areas such as behavioral health, neonatal care, disease management and coordination of care."

The 1.4 million California kids with special needs start with greater medical need, particularly for specialists, said Jacob Vigil, senior program associate at The Children's Partnership, in a written statement.

"These children ... often find their health care needs unmet for a variety of reasons, such as provider shortages, lack of access to specialists, lack of affordable transportation and a number of other barriers," Vigil said. "But with the increased use of video conferencing, remote patient monitoring through smartphones and other technology applications, we can break down those barriers and make it possible for more children to get care they may otherwise go without, right in their own communities."

The report made a number of recommendations to improve special-needs families' access to telehealth options within the California Children's Services and Medi-Cal programs:

- Reach out to providers with more information about telehealth choices;
- Educate families about telehealth by working through community-based organizations;
- Expand the number of billing codes for special-needs care through telehealth;
- Include the patient's home in the list of eligible telehealth locations;
- Launch a special needs stakeholder workgroup to pinpoint the policy problems and propose solutions; and
- Open demonstration projects to work out best practices for telehealth and special-needs children in California.

The report is based on a number of sources, including a literature review and online surveys and interviews with providers, CCS administrators and other stakeholders.

"We were able to uncover both the best practices of how telehealth is implemented and the difficulties in bringing it to scale," Vigil said.

The biggest obstacles reported by pediatricians, he said, were the time it would take to coordinate telehealth, the lack of proper reimbursement and a dearth of proper equipment. However, he said, most pediatricians were excited by the possibilities and wanted to hear more about it.

"It was clear from our interviews and surveys that many are eager for an expansion of telehealth that could help families get their children the care they need in a timely manner and at an affordable cost," Vigil said, "regardless of where they live."



FEATURED THERAPIST

KAREN PERLMAN, Ph.D.

Dr. Karen Perlman has a broad range of experience in mental health while possessing highly specialized skills in health psychology, behavioral medicine, neuropsychological testing, in-depth personality assessments and Prolonged Exposure (PE) therapy for Post-Traumatic Stress Disorder (PTSD). Dr. Perlman's experience as a licensed psychotherapist spans over 30 years, where she has worked in hospitals/medical centers and solo/group private practices. Client populations are post-adolescents, young adults, adults and geriatrics. Dr. Perlman's practice included psychoeducational groups for chronic pain, short and long-term psychotherapy, psychological and neuropsychological testing.



Dr. Perlman's academic training includes a Master's in Counseling in 1981 (Marriage, Family & Child Counseling program) from San Francisco State University; and obtained the license as a Marriage & Family therapist (1984). She also holds a Clinical Hypnotherapy certification under her MFT license. Dr. Perlman was fortunate to be accepted into one of three doctoral programs in Health Psychology, which was at the prestigious Albert Einstein College of Medicine, Dept. of Social Medicine & Epidemiology & Ferkauf Graduate School of Psychology (Ph.D in 1991). Dr. Perlman furthered her training by completing a Post-Doctoral Fellowship in Clinical Neuropsychology & Behavioral Medicine (1992) at Danbury Hospital, Connecticut; and later obtained her Calif. license as a psychologist to practice clinical psychology (1994).

In 2006, Dr. Perlman moved to San Diego to work as a Clinical Research Psychologist at the Naval Medical Center, San Diego (NMCS) and Camp Pendleton (CP). She developed the treatment protocol for the treatment of Post-Traumatic Stress Disorder (PTSD) in a Marine population. Dr. Perlman integrated Prolonged Exposure (PE) therapy and Virtual Reality technology. The treatment program was intensive, but highly effective in treating PTSD. Dr. Perlman's colleagues were impressed with her clinical skills of treating PTSD so effectively that the Marines' PTSD resolved. Recognition of Dr. Perlman's clinical effectiveness was featured in an article in the New Yorker magazine (May 19, 2008). She was also interviewed by CNN for the Mental Health Special; Los Angeles Times and local San Diego News stations. After the study was completed at NMCS and CP, Dr. Perlman worked as an Assistant Clinical Professor at University of San Diego, Department of Family Medicine.

Dr. Perlman feels one of her greatest strengths is how she has been able to integrate the knowledge from clinical psychology, health psychology/behavioral medicine and neuropsychological testing. The range and comprehensiveness of training has enabled Dr. Perlman to assess patients' presenting symptoms/disorders comprehensively with a more nuanced understanding of the intricate interactions between the mind and body. Dr. Perlman shows a genuine concern for her clients, where she is able to develop solid therapeutic alliances. Dr. Perlman is thorough in assessments, arriving at an accurate diagnosis and forming treatments plans collaboratively with clients. Clinical practice areas include treating the psychological aspects of chronic illness, PTSD and mainstream mental health problems (i.e. depression, anxiety), and psychological testing. Dr. Perlman joined HELP in the Summer 2014, and welcomes referrals to help clients strive for greater growth and stability in their lives.