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

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!

WHAT’S NEW
• HELP is expanding to Imperial Valley.
• PQRS Class scheduled for June 6TH - HELP Providers contact Denise for more information @ denise@helptherapist.com.
• HELP’S new website coming soon... SO EXCITED!!!!!
• Internet marketing - This will increase our referrals, advertising and marketing efforts that use the Web and email.

Telebehavioral Health

FEATURED THERAPIST
LORALISA GAINESBOROUGH, LCSW

I am a licensed clinical social worker with 15 years professional experience. My primary focus is providing supportive counseling to older adults and family caregivers. I believe in providing a warm, supportive and thought-provoking environment where you can feel safe to explore your feelings and concerns. As a counselor, my approach is collaborative - we work together to identify and address whatever issues are most important to you.

For some older adults, the unexpected nature of the aging process often makes people feel nervous and scared. Sometimes roles change within a family, as parents begin to need assistance and adult children take on the role of caregivers. Loss of independence, or the fear of losing control, can also trigger feelings of anxiety or even anger.

If you are a caregiver, the emotional experiences involved with providing care can strain even the most capable person. The resulting feelings of anger, anxiety, sadness, isolation, exhaustion—and then guilt for having these feelings—can exact a heavy toll. Many of the changes we face as we grow older—such as retirement, the death of friends and loved ones, increased isolation, loneliness or health problems—can lead to depression and anxiety.

Prior to starting my private practice, I worked at the Alzheimer's Association, San Diego Hospice, and as a geriatric care manager. I also worked for 6 years as the Psychological Consultant at an Adult Day Healthcare Center, providing mental health service and assessments for adults with mental illness (primarily Depression, Anxiety and Schizophrenia), intellectual disabilities and brain injuries.

I received my BS in Psychological Services from Northwestern University in Evanston IL, and my Masters in Social Work from SDSU.

Welcome our newest HELP providers:
Radhika Katyal, PSY
(San Diego)
Sheldon Kramer, PhD
(San Diego)
Loralisa Gainesborough, LCSW
(San Diego)
Susan Writer, PSY
(San Diego)
Allyson Kellum, PSY
(Imperial Valley)

UPCOMING EVENTS
Finding the Balance in Caregiving: Conference for Male Caregivers

Friday, June 26, 2015, 9:30 AM - 2:30 PM
First United Methodist Church of San Diego,
2111 Camino del Rio South,
San Diego, CA US 92108
Room: Linder Hall

If you are a male, providing care to, or concerned about the well-being of an adult family member or friend, then we invite you to join other male caregivers at this FREE event created just for YOU!

Please register for the event as your lunch is included and free adult care is available for your loved one.

Register online at http://www.fumcsd.org or call 1(800) 827-4277

Presented by Caregiver Coalition of San Diego and Sharp Grossmont Hospital.

U.S. Psychiatric and Mental Health Congress
http://www.psychcongress.com

Thursday, September 10, 2015 to Sunday, September 13, 2015 at San Diego Convention Center

With a continued commitment to delivering real-world applications of the latest scientific breakthroughs, Psych Congress is the preferred conference for mental health professionals looking to increase their knowledge, confidence and abilities to improve patient outcomes. The nation's leading independent mental health continuing education conference for advancing psychopharmacology, psychotherapy, and wellness, the 2015 Psych Congress will provide information and tools from which mental health professionals may confidently diagnose disorders and develop effective treatment plans by applying evidence-based management to daily practice.
FEATURED ARTICLE:

POLYPHARMACY
by Orly Shakked
Geriatric Consultant Pharmacist

The most cited definition of the term polypharmacy is the taking of five or more medications simultaneously. Polypharmacy is associated with decreased quality of life, and is considered to be a risk factor for morbidity and mortality. One of its better definitions relates to the condition of being on too many medications or more than medically necessary.

Usually, polypharmacy is seen in the elderly; the older a person gets, the more likely they are to develop long term chronic health conditions that will require the use of several prescription medications. Because we recognize the need for an elderly patient to be on so many medications, unnecessary medications often go unnoticed.

Situations that may lead to polypharmacy:
1. A patient is being cared for by multiple physicians and they are not coordinated.
2. A patient is receiving their medications from different sources (for example: some by mail order, and some by the local pharmacy).
3. A medication that was meant to be taken for a short time is being used over a long period of time.
4. A patient continues to take a drug that their physician had already replaced with another.

Most of the conditions above may be attributed to miscommunication or a lack of communication between the parties involved in patient care (the patient, caregivers, physicians, and pharmacists) and some can be explained by the short time that a patient gets to spend with their physician. Polypharmacy also exposes the patient to several possible drug issues, including medication interactions, adverse drug reactions, medication errors, and adherence problems due to complex drug therapy.

Taking into account the fact that kidney and liver functions of elderly patients are reduced, their capabilities of eliminating medications efficiently are reduced. Adding the fact that the aging brain is more vulnerable to the harmful side effects of medications due to less protective cognitive reserve, it is not surprising that we see more troublesome side effects in the elderly compared to young adults.

How to avoid overmedication and medication related problems:
1. Make a current medication list of those you are taking (with prescriber names) and include OTC drugs, vitamins, supplements or herbals. Take the list with you to every medical appointment and carry it with you in case of a medical emergency (remember to update the list whenever changes are made).
2. Before you decide to take OTC medication and supplements, consult with your health care provider or pharmacist. Don’t take recommended over the counter medications based on advertising or marketing. Those can interact with your prescription medications, may be used without a proper indication, and may cause harmful side effects.
3. Once or twice a year, ask your primary health care provider to review your list of medications, supplements and vitamins. Ask whether you still need to take each one at its current dose.
4. Recognize potential side effects. Before taking a new medication to treat a new symptom, check with your doctor, if the new symptom may be a side effect of a drug you are currently taking. Keep in mind that even psychiatric symptoms could potentially be side effects of your medication, and not necessarily consequences of “old age”.
5. Try to have all your prescriptions filled at the same pharmacy, so they get to know you and the pharmacist is aware of the different medications you are taking. Most pharmacies use computer systems that alert the pharmacist of possible drug interactions. Also, update your file at the pharmacy with any allergic reactions you have had to medications.

It is important for the patient to take part in their treatment decisions, ask questions, and talk about their concerns with their physicians. One way to make it easy to remember what you want to ask is simply to write down the questions you have before your next visit with the doctor. Another way to help you make better choices, especially if you are not feeling well, is to have a friend or family member with you when you visit the doctor.

Always consult with your physicians before making any changes to your prescription regimen, including herbal, supplement and over the counter products.

2015 San Diego County Fair
OPENING DAY IS
JUNE 5, 4PM
The Fair continues through Sunday, July 5. It will be closed Mondays and the first two Tuesdays.

We’ll commemorate the centennial anniversary of the 1915 Panama-California Exposition held in Balboa Park, and the great traditions and inventions arising from fairs. (Did you know the bicycle, telephone, ice cream cone, Ferris Wheel, and air conditioning were all introduced at a World’s Fair?)