

HELP

BEHAVIORAL HEALTH COUNSELING SERVICES
& PSYCHOLOGICAL TESTING

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

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2016



Feel Better



Featured Article: PTSD AWARENESS MONTH - JUNE



The National Center for PTSD promotes awareness of PTSD and effective treatments throughout the year. Starting in 2010, Congress named June 27th PTSD Awareness Day (S. Res. 455). In 2014, the Senate designated the full month of June for National PTSD Awareness (S. Res. 481). Efforts are underway to continue this designation for the third consecutive year in 2016.

After a traumatic event, most people have painful memories. For many people, the effects of the event fade over time. But for others, the memories, thoughts and feelings don't go away - even months or years after the event is over. Mental health experts are not sure why some people develop PTSD and others do not. If stress reactions do not improve over time and they disrupt everyday life, it is important to seek help to determine if PTSD is present.

The purpose of PTSD Awareness Month is to encourage everyone to raise public awareness of PTSD and effective treatments. We can all help those affected by PTSD.

RAISE PTSD AWARENESS

You can make a difference!

"Greater understanding and awareness of PTSD will help Veterans and others recognize symptoms, and seek and obtain needed care." - Dr. Paula P. Schnurr, Executive Director of the National Center for PTSD.

Commitment to Veterans and Others

VA provides effective treatment for our Nation's Veterans and conducts research on PTSD, including the prevention of stress disorders. Our campaign supports Veterans, their families, and all those who have experienced trauma to get care. Be a part of PTSD Awareness Month.

"Raising PTSD awareness is essential to overcoming the myth, misinformation and stigma surrounding this mental health problem" said Secretary of Veterans Affairs Robert A. McDonald. "We encourage everyone to join us in this important effort."

HELP providers have joined the network with Triwest Alliance Choice program to honor and serve our heroes.

Thank You!!!!



5 Tips for Staying Healthy on Vacation



Plan an Active Vacation

The destination you choose will play a big part in how easy it is for you to maintain

your health regime. Choose a location where you can be active and enjoy a variety of physical activities.

Stay Hydrated

Whether you're biking, hiking, walking being out in the sun for hours can quickly dehydrate you.



Pack Healthy Snacks

While the occasional treat is part of having fun in vacation having healthy options on

hand when traveling helps you strike a balance.

Get Enough Sleep

Sleep is essential for immune strength. Wherever you are, make sure the room



where you sleep is dark and try to stick to your regular sleep schedule.



Keep Exercising

Don't drive when you can walk. Even consider yoga or Pilates class for on the go

strength training.



Home Based Effective Living

Spotlight on:

DANIELA TABACARU, M.D.

Empathy, honesty, persistence, communication, and collaboration; These are some of the strengths you are likely seeking in your mental health provider, and these are the strengths that Dr. Daniela Tabacaru M.D. brings to every patient interaction. With experience ranging from academic involvement, to private practice work, to treating severely ill patients in community clinics, Dr. Tabacaru thoroughly understands the importance of complex individual treatment plans. She takes a holistic approach to treating her patients by addressing not only their symptoms, but also the root cause of each condition. Her calm demeanor allows for mutual collaboration, and she is able to effectively communicate her treatment plan while making sure her patients feel informed and at ease. Dr. Tabacaru treats wide variety of psychiatric disorders, but specializes mainly in anxiety, depression, PTSD and ADHD. Dr. Tabacaru immigrated from Romania to the US in 1990 to reunite with her family and continue her medical career. She graduated from Medical School in Romania. After gaining extensive knowledge in the field of internal medicine, Dr. Tabacaru felt a distinct and passionate pull towards psychiatry.



She went on and completed a Psychiatry residency program at the University of Tennessee, in Memphis and returned to California shortly after her graduation.

- Dr. Tabacaru started to practice in San Luis Obispo community clinics and after several months she moved back to San Diego where her family lived.
- She worked closely with the UCSD Psychiatry Department, both teaching and working in community clinics.
- For several years she operated her own private practice, in Carmel Valley.
- In April 2015 she joined the Silverlining Psychiatry Medical Group and in April 2016 she also joined HELP
- Dr. Tabacaru treats a variety of psychiatric disorders, specializing in anxiety, depression, PTSD and ADHD.

Dr. Tabacaru resides in Del Mar and enjoys spending her free time traveling, attending concerts, engaging in arts and crafts and ethnic cooking. She describes herself as an adventurous soul with many passions.



INSIDE HELP

HELP Therapist Office Locations:

Hillcrest, Carmel Mountain, Vista, Carlsbad, Oceanside, Encinitas, Rancho Bernardo, La Mesa, Mira Mesa, Temecula, San Francisco, Escondido, Palos Verdes, Poway

Community Resources List Coming Soon.

HELP is currently in the process of updating our website to better serve you!

Please welcome our newest Providers:

Syed Imam, PhD - San Marcos
Danielle Dellner, PhD- Mira Mesa
Randy Buckley, LCSW - Carlsbad
Joy Carter, LCSW - San Diego
June Martin, Psy - Los Angeles
(Look for them on our upcoming issues)

Introducing one of HELP's community partners, Kevin McAninch. Kevin founded AgeWell Care Management, a professional geriatric care management company, in San Diego, California. The company, now AgeWell Care Solutions, has expanded to offer in-home care services, along with its care management and free referral and placement services. To learn more about AgeWell Care Solutions go to www.AgeWellgcm.com.

HELP

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