

SINCE 1993



HELP THERAPISTS

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

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Director, HELP™

Licensed Clinical Psychologist • CA Lic. PSY 19997

Happy Halloween!



oct/nov
2016



Feel Better



Spotlight on:

Deborah Hopper, Ph.D.

is a licensed psychologist with 30 years of clinical experience in a range of settings including outpatient, psychiatric partial hospital and inpatient services, hospital



emergency room and medical floors, residential treatment, an Employee Assistance Program, and organizational work. Her graduate training emphasized behavioral medicine approaches to mind-body disorders, and she uses Cognitive Behavioral Therapy, insight-oriented and strengths-based treatment approaches. She specializes in treating anxiety and depression, living with chronic health conditions, bereavement, issues related to aging, and brief therapy. She teaches a variety of stress management and mindfulness practices tailored to each individual's needs. Dr. Hopper uses treatments that have been demonstrated to be effective. She places importance on each person identifying and/or developing a source of strength to draw upon in times of difficulty, such as family, friends, nature, finding meaning and purpose, religion/spirituality, etc. She works with adults and older adults.

Dr. Hopper has been told she's a very good listener. She strives to compassionately understand you as a unique individual and to work collaboratively and constructively with you to achieve your goals in treatment.

Dr. Hopper graduated from the California School of Professional Psychology (CSPP)-San Diego in 1992. She has practiced meditation for 34 years. Deborah is a member of the American Psychological Association and the San Diego Psychological Association, where she chairs the Disaster Response Committee. She volunteers with the American Red Cross in Disaster Mental Health and Services to the Armed Forces.

HOT TOPIC

Q: Do I need a referral or authorization from a an outside doctor to be seen at HELP?

A: No, HELP is outpatient mental health, we accept all Insurances. (some HMO's)

Q: How do I get into your program?

A: Feel free to call the office, email, complete referral form online or fax us.

Q: Can I see a therapist in my home?

A: YES, we do provide home visits and Insurance does cover the sessions.

Q: Do you bill health insurance?

A: Yes, HELP will bill your insurance company directly. However, no show fees may be assessed if an appointment is missed or is not canceled or rescheduled within 24 hours.

Q: Which clinician will I see?

A: You will generally be scheduled with whichever clinician has the first available appointment that matches your schedule and demographics.

Q: How long can I meet with a therapist?

A: Since every situation is different, we do not have a set number of times you can be seen by one of our therapists. Some Insurances cover weekly sessions for years.

Q: What if I feel that I am not a good match or I'm not comfortable with my clinician?

A: Please talk with your clinician about your discomfort and what isn't working for you. If you don't feel comfortable approaching the clinician directly, call the HELP office at 858-481-8827 and let the receptionist know that you'd like to make appointment with a different therapist.

Q: Do you provide Psychological testing?

A: Yes, Other Services are Psychological Assessments, Telebehavioral Health, Psychiatry Services.

Q: How long has HELP been providing Mental Health Services?

A: Since 1993

Q: How many Therapists do you have in your program?

A: We have a total of 63 Licensed mental health clinicians- Psychologists, LCSW, LMFT, Neuropsychologists and a Psychiatrist.





HELP THERAPISTS



Featured Article: HOARDING

Hoarding is a significant mental health condition that can have a serious impact on individuals, family members, and the community. We use a broad, client-centered approach for treatment based on individual strengths and needs to help clients meet their treatment goals. Our treatment team includes psychologists, social workers, care managers, peers, and mental health professionals in training.

Comprehensive Care Coordination

Clients participate in a comprehensive assessment and collaborate with the treatment team to design a personalized treatment plan. The CREST Program uses a behavioral therapy approach specifically designed for older adults with hoarding behaviors. In addition to individual therapy, clients work with care managers to identify and resolve needs that will improve health, safety, and functioning. Groups for family members and peer support services are also included in our treatment program. After completing individual treatment, clients are offered after-care groups and other services.

Individual Therapy

In CREST, clients meet one-on-one with a counselor for 26 weekly sessions. CREST is designed to teach clients how to manage daily challenges and learn to tolerate distress from discarding possessions.

Family Group

We offer groups for family members to provide information on hoarding, treatment, how to talk to a family member about hoarding behaviors, managing health and safety issues related to hoarding, boundary setting, and self-care. Family members are linked to counseling or mental health services as needed.

Care Management

Clients meet individually with a care manager weekly during treatment. Care coordination helps clients to improve their quality of life, health, safety, and independent functioning.

Peer Support

A peer support specialist who has completed the CREST program provides support to clients in learning and practicing new skills, developing effective coping techniques, and fostering advocacy skills.

After-Care Group and Other

Individualized Options for Recovery After-care services include ongoing care management, after-care CREST groups, additional individual booster psychotherapy sessions (as needed), and access to peer support.

Ongoing Evaluation

All new clients participate in a thorough assessment that includes semi-structured interviews and questionnaires. Client progress will be monitored throughout treatment and during aftercare.

INSIDE HELP

Welcome our newest clinicians:

Christina P. Kantzavelos, LCSW

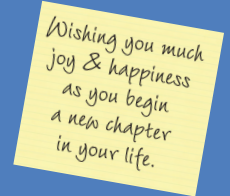


Farewell to Dr.

David Tansey, Ph.D.

Remembering you, your kind and gentle spirit, your commitment to excellence, and the impact you have made to HELP and to your clients.

We all want to say good-bye and happy travels in retirement. It has been a great pleasure working with an incredible therapist, colleague, and friend like you. Now you are off to your next great adventure and we wish you all the best in your future endeavors!



Coming Soon: Live Chat



CREST Community Program for Hoarding Cognitive Rehabilitation & Exposure/Sorting Treatment

Free treatment for older adults with hoarding behaviors and mental health needs

- Client-centered approach to treatment, based on individual strengths and needs
- Evidence-based individual behavioral therapy specifically designed for older adults to manage daily challenges and learn to tolerate distress from discarding possessions
- Care managers, peer support services, family groups, and aftercare groups

Individuals are eligible for services if they are:

- 60 years or older
- Have hoarding behaviors
- Uninsured or receive Medi-Cal
- Living in the Central or North Central regions of San Diego (zip code of 921__)

Recovery is possible!

If you or someone you know has a problem with hoarding, please contact us at 619-543-6904 for more information.

UC San Diego – Hillcrest

140 Arbor Drive, Room 333, San Diego, CA 92103



HELP THERAPISTS

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- Inland Empire • No. California Bay Area

