



WEST CENTRAL NEWS

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24/7 Emergency Help
Crisis Line
800-542-2578

Dr. Diane Roston Interviewed on CATV's Closer Look



On February 13th, Dr. Diane Roston, West Central's Medical Director and a practicing psychiatrist, was interviewed on our local CATV channel by Dave Celone, our Director of Development and Community Relations. Diane offers an enlightening perspective of many of the programs we offer, including our new medication-assisted treatment for substance use disorder to be starting soon in Claremont.

[Click Here to Watch Dr. Roston's Interview](#)

Nurturing Dreams... Transforming Lives...

It's what we do every day, with people of all ages, from all walks of life, and especially caring for the most vulnerable among us in our local communities right here in the Upper Valley and Sullivan County. Mental illness and substance use disorders don't discriminate. They impact people everywhere...at work, at home, in schools, and across state lines. Since 1977, West Central clinicians and staff have worked tirelessly to help nurture people's dreams and transform their lives for the better.

Please support our work by clicking on a giving link below.

Are You Ready?

Claremont Substance Use Services Clinic To Offer Medication-Assisted Treatment (MAT) for Opioid Dependency

If you've been thinking it's time to begin your recovery and reclaim your life, now is your chance. West Central's Substance Use Services Clinic in Claremont will offer Medication-Assisted Treatment (MAT) beginning April 1st, 2020.

Our new MAT program is a highly individualized program utilizing individual therapy and regular physician appointments - all designed to help you succeed. Robert Morrell, Director of our



Here's what you'll have to do:

- Come to your appointments on a consistent basis.

Substance Use Disorder Services, says the new MAT program is a promising development for those who want to recover from opioid addiction, as "research has proven that high-quality medication-assisted-treatment greatly reduces the risk of full relapse, while increasing the chances of recovery."

If you commit to the MAT program, a West Central physician will prescribe suboxone to help you work toward sustained recovery. This is great news for people who need help dealing with cravings and withdrawal symptoms.

Don't get us wrong - it won't be easy and you'll need to put in the work, but if you're committed, we're committed.

- Attend individual substance use counseling for at least eight weeks, and meet with our MAT program physician weekly. After that, you may be able to come less frequently, depending on your progress.
- Consider joining a peer support or self-help group, such as narcotics anonymous or AA.
- Work toward reducing or stopping addictive substances.

If you're interested in learning more about our new MAT program and finding out if this individualized treatment is right for you, please call our Substance Use Services Clinic in Claremont at (603) 690-9080.

Make a Gift to Support Our Life-Saving Work



In early January, the president and CEO of the Brattleboro Retreat, Louis Josephson, considered reducing the psychiatric hospital's beds by approximately 25% after Human Services Secretary, Mike Smith, refused a request for an additional \$2 million dollars to help the struggling institution. Its sale or closing is also being considered, which would mean even fewer inpatient beds for those with serious mental illnesses.

Josephson attributes the difficult financial situation to a high number of Medicaid patients. Medicaid pays less than private insurance. Closure would mean transfers to other facilities, including one in New York.

The Retreat recently received assurances from the State that its role is too critical to allow it

The Brattleboro Retreat: Mental Health Care Hangs in the Balance

residents (including West Central clients) with Wellsense insurance or with New Hampshire Healthy Families can be admitted to the Retreat when outpatient services are not enough.

Bill Metcalf, West Central's Director of Emergency Services, hopes the State's intervention will keep the hospital in operation, as inpatient options for children are already very limited. "The Brattleboro Retreat is a tremendous resource for children in Sullivan County. With New Hampshire Hospital closing their Children's Unit to add additional beds for adults, Hampstead Hospital will be the only other inpatient option for children in NH."

For now, the Brattleboro Retreat will hire an outside consultant to review its finances and develop a management plan. Outpatient services will be evaluated to

to fail, with Governor Scott saying the administration would "do everything we can...to help."

improve efficiencies, and the admissions process will also undergo review.

In addition to serving Vermont residents, New Hampshire

Did You Know?

West Central's Claremont Adult Services location has a pharmacy! Highly-rated Genoa pharmacy is conveniently located in the space adjacent to our waiting room, and is available to fill prescriptions for our clients, staff, and their families.

Prescriptions can be filled for medications prescribed by West Central doctors or by outside providers, such as your PCP. Priya Patel, our Genoa pharmacist, can bubble-pack medications (where multiple medications are pre-packaged by day or time of day, reducing the potential for dosing errors). E-prescribing and mail delivery are also available.

You can reach Ms. Patel at (603) 287-4296. Pharmacy hours are 8:30-5:00, Monday through Friday, at 52 West Pleasant Street, Claremont, NH.



A Client's Story: When Moral Injury Comes Home to Roost



Ben (not his real name) is a U.S. Army Veteran of the Persian Gulf War and Operation Iraqi Freedom. Now in his 60s, Ben began having problems once he was back in the US and working a civilian job. Loud noises would trigger anxiety and feelings from when he was on active duty. He began having regular nightmares that affected both his sleep and his ability to function during the day...

“...I was struggling to stay focused [at work] and my memory recall suffered as well. I was feeling anxious, angry and sad more and more. To avoid these dreams I avoided events or emotions that often triggered my PTSD. I avoided family and friends, events and places that were busy, loud, and full of people....”

Ben was referred to West Central for treatment of mild depression and PTSD. He began seeing therapist Anna West who utilized “Prolonged Exposure” therapy to decrease Ben's PTSD symptoms. Working together, Anna and Ben discovered Ben was suffering from “moral injuries,” a type of psychological damage seen with relative frequency in those who have served in war zones. A moral injury is, in essence, psychological damage suffered by a person when they perpetrate, witness, or fail to prevent an act that violates their core moral beliefs.

Ben had promised a comrade, now deceased, that he would look out for his son (who was deployed with Ben in the Gulf). Ben was the last to see this young man alive, and tried to convince him not to leave the base on an unauthorized jaunt. Ben was unsuccessful, and the son and another young soldier were found dead the next morning.

With Anna's help, and an exercise called "Empty Chair," Ben was able to come to peace with what happened. As he wrote out a "conversation" with his old friend, Ben realized that his friend would never have blamed him. "A calm swept over me as I finished writing...it was like a huge burden had been lifted off my shoulders." Ben has not had that recurring dream since.

West Central considers it an honor to provide mental health treatment and substance use disorder services to those who have bravely and selflessly served our country. We are grateful to Ben for sharing his story in an effort to end the stigma of mental illness and help others, who may be reluctant to seek mental health treatment. Thank you Ben, for your military service and letting us share your story!

Anna West, MA, LCMHC, is an Adult Treatment Team Leader at WCBH, and is trained in providing Prolonged Exposure Therapy for individuals living with PTSD. With a special interest in treating those who have served, Anna is continually learning new techniques found to be effective in understanding and treating individuals with PTSD and other service-related as well as non-service related psychological injuries. To schedule an appointment, call (603) 542-5128.

To learn more about PTSD in Veterans and Prolonged Exposure Therapy, [Click Here](#)

To learn more about moral injuries, [Click Here](#)

[Click Here To Make Your Gift Today!](#)



Getting The Word Out: Claremont Chamber of Commerce

We're delighted to announce that the Claremont Chamber of Commerce has added a link to our Newsletter. By doing this, the Chamber helps us to get the word out about the services we provide, and furthers our vision to break the stigma surrounding mental illness. Do you have a website or newsletter where you'd like to share our link? Let us know!

Hurrah!!! Quarterly Staff Recognition

Every quarter, we recognize special staff, nominated by peers and supervisors, for their exceptional contributions to West Central and our clients.

Most recently, these five outstanding employees were recognized:

- Angela Krapovicky, Clinician, Lebanon Enhanced Care Program
- Jill Bemis, Team Leader, Claremont Child Services



- Eric Snogren, Case Manager, Lebanon Child Services

We offer our heartfelt congratulations and thanks, and hope that, next quarter, more caring colleagues that make everyone's day a little brighter will be nominated and celebrated!

- Denise Abrahamsen, Case Manager, Lebanon Act Team
- Jennifer McAllister, Accounting Manager



Mental Health Worsens in Aging Population

A study of almost 2.5 million people between the ages of 60 and 69 found a pattern of decreasing mental health, even while physical health remained stable or improved. This trend in mental health was more prevalent in individuals with lower income or less education.



What does this mean for you if you're over 60? Try to stay active - physically and socially. Connect with family and friends, and join senior groups - many in the area have guest speakers, host crafting activities, participate in service projects, or organize games.

If you're feeling tired, moody, unmotivated or down for more than a few weeks, consider calling a therapist for an assessment. Of course, some of the symptoms of depression are also symptoms of certain physical illnesses, so be sure to check in with your PCP or geriatrician.

To schedule an appointment with a West Central provider, call (603) 542-5128

Make a Gift to Help Us Transform Lives



Do You Have a Story to Tell?

Have you been diagnosed with a mental illness? Are you a clinician with a story to share? Do you have family or friends living with mental illness? We want to hear from you! Sharing these thoughts and experiences helps to decrease the stigma surrounding mental illness and encourages compassion and acceptance. You don't have to use your real name, and we can change identifying information. Email hduncan@wcbh.org for more information, or call Hope at (603) 448-0126.

Sharing This Newsletter Might Save a Life!

This newsletter goes out to all West Central staff, Board members, and our many friends and supporters. Please share it broadly with your friends and family so people remember our name and the work we do as this region's community mental health and substance use center.

**When people in need know who we are,
they'll contact us *when they need help most.***

www.wcbh.org



Nuturing Dreams...Transforming Lives...

West Central Behavioral Health serves clients in the Upper Valley and Sullivan County, and has offices in Lebanon, Claremont, and Newport, NH.
WCBH is a tax-exempt, 501(c)(3) organization.

