

My Mental Health Newsletter

January 2018

IN THIS ISSUE: ACUPUNCTURE FOR PHYSICAL AND EMOTIONAL PAIN · WELCOME DR JEFF HUBER · ACUPUNCTURE AVAILABLE IN WELLNES CENTER NOW!

COMPASSIONATE CARE BACKED BY SCIENCE

MMH FOLLOWS EVIDENCE BASED PRACTICES, WHICH MEANS WE USE TREATMENTS AND INTERVENTIONS THAT HAVE BEEN THOROUGHLY TESTED AND RESEARCHED. THIS ENSURES THAT WE PROVIDE TREATMENTS THAT BEST HELP OUR CLIENTS REACH THEIR GOALS.

HOW WE HELP YOU

PHYSICIAN ASSISTANTS ARE TRAINED IN MEDICINE AND WORK UNDER THE SUPERVISION OF A PHYSICIAN. THEY PERFORM EVALUATIONS AND ASSESSMENTS, PRESCRIBE MEDICINE, ORDER PSYCHOLOGICAL TESTS AND REFERRALS AS NEEDED, AND ESTABLISH AND MANAGE TREATMENT PLANS.

LICENSED CLINICAL SOCIAL WORKERS ARE SOCIAL WORKERS WHO ARE TRAINED IN COUNSELING. THEY HELP INDIVIDUALS DEAL WITH A VARIETY OF MENTAL HEALTH AND DAILY LIVING PROBLEMS TO IMPROVE OVERALL FUNCTIONING AND WELL-BEING.

LICENSED CLINICAL PSYCHOLOGISTS ARE MENTAL HEALTH PROFESSIONALS TRAINED IN DIAGNOSING AND TREATING MENTAL, BEHAVIORAL, AND EMOTIONAL ILLNESSES. THEY USE PSYCHOLOGICAL METHODS AND RESEARCH IN THEIR THERAPY. THEY CAN ALSO PERFORM PSYCHOLOGICAL TESTS TO CLARIFY THEIR PATIENTS ISSUES AND IMPROVE TREATMENT.

INSURANCE

MMH PARTICIPATES WITH CAREFIRST BLUE CROSS BLUE SHIELD, MAGELLAN, CIGNA, MEDICARE AND TRICARE.



Meet the Author:

Dr. Jeff Huber DOM. L.Ac. ADS
Wellness Center, Glen Burnie

Dr. Huber is a licensed acupuncturist, and Chinese herbalist who earned his Doctorate degree from the Maryland University of Integrative Health. He has been in private practice providing acupuncture for the past seven years, and is passionate about working with people suffering from anxiety, depression, and past trauma. Dr. Huber brings empathy, compassion, and deep listening into the treatment room as he learns how best to provide relief to each patient he encounters.

Acupuncture for Physical and Emotional Pain

By Dr. Jeff Huber DOM. L.Ac. ADS

Do you feel stuck in your life due to physical or emotional pain that is keeping you from living the life that you desire? Acupuncture works to create movement in the body that allows you to move forward, to overcome symptoms that are blocking you from your potential.

A lot of people have heard that acupuncture is an effective tool for physical pain, but there is less awareness around using acupuncture for mental health. Seeing patients overcome depression, anxiety, past trauma, and get their lives back is what brought me to My Mental Health.

I am passionate about using Chinese medicine in conjunction with therapy and medication to help people address the often crippling symptoms that come with mental health disorders. Acupuncture has an amazing ability to calm the mind, release stress, and bring about a state of tranquility and ease. Often people find their sleep, and overall mood are improved. Many patients report feeling deep relaxation after a session, and over time a state of happiness that they had thought wasn't going to be possible for them again.

I mentioned that there is a greater awareness of the benefits of



For more information

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acupuncture with physical pain, and that is because it is extremely effective. Pain on the physical level can be debilitating and frustrating, and hinder your ability to work, sleep, or even get around with any sense of comfort. Whether you suffer from back pain, shoulder tension, neck pain, hip pain, or a chronic condition, such as, fibromyalgia, acupuncture can bring you relief. It is a safe, non-invasive technique that has few side effects.

In a time when many people are getting hooked on narcotic pain medication in an effort to address their pain, acupuncture is a powerful time-tested alternative that has been proven through clinical trials to significantly decrease pain.

Acupuncture is also effective for people with substance abuse disorders. Often times people use alcohol or other drugs to

to self-medicate emotional or physical symptoms, and get trapped in the vicious cycle of addiction.

I spent years providing the five needle NADA (National Acupuncture Detoxification Association) protocol to people suffering from addiction in downtown Baltimore. This protocol helps with the symptoms people experience with withdrawal, improves sleep, and calms the mind.

This past year, I became certified as an Acupuncture Detoxification Specialist (ADS), and now oversee students performing the NADA protocol to people in 12 step recovery groups. I love working with people who are engaged in their recovery from substance abuse, and using my clinical skills to help them through their process.

I am excited to be offering acupuncture in the Wellness

Center, where we also have Massage Therapy, Yoga, Reiki, and support groups. I get great joy in hearing patients report their symptoms are decreasing, and their lives are improving. It is an honor to partner with people as they discover the possibilities that exist when physical and emotional symptoms aren't holding them back. To schedule an appointment, please call 443-354-1200.

Looking for support with weight loss and improving your diet? Is losing those extra pounds on your New Year's resolution list? Read about how Acupuncture and Chinese Herbs can help in our next newsletter!

MMH News

MMH no longer offers medication management or therapy services at the Annapolis location. Rest assured all patient needs will be accommodated at our other locations.

Why We Love MMH

"I feel so fortunate to have found My Mental Health. It is such a welcoming environment and awesome group of providers. My therapist has truly helped me find peace in ways I didn't know possible. Highly recommend."

– Lauren

"I am a 38-year-old man. Had issues all my life as many people do. It's never too late to go and talk to someone. It took me until now to reach out. From top to bottom, MMH has been great for me. Staff is friendly and listen to you. The doctors there took great care of me. I would recommend MMH to anybody."

– Dave

Have feedback?

You can message us through Facebook, or anonymously through our website, and we will take your suggestions or concerns into consideration.

HOW ACUPUNCTURE WORKS

Acupuncture stimulates the release of powerful pain-killing and anti-inflammatory substances from the brain.

Acupuncture changes the way your brain responds to pain, and can modify internal organ function to treat many complex diseases.

Acupuncture has many local effects including relaxation of contracted muscles and increase in blood circulation.

Acupuncture uses many different healing mechanisms in the body to treat a wide variety of pain conditions and internal diseases.

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