

# My Mental Health Newsletter

July 2016

IN THIS ISSUE: WE'VE EXPANDED! · WHAT IS THERAPEUTIC ASSESSMENT? · WELCOME, MICHAEL WUSIK!

## 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 TEST 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 Aetna, CareFirst Blue Cross Blue Shield, Magellan, Cigna, Medicare and Tricare.



## A Message from Dr. Hanita Chhabra MD, Founder and Medical Director of MMH

"I was born and raised in town. While we may have opened other locations, the heart of MMH will always be Glen Burnie. MMH was built from my strong desire to serve the community that was so good to my parents. My parents are both physicians, practicing here in Glen Burnie for over 40 years. It was watching their passion for the art of medicine, the respect they had for their patients and their patients for them that inspired me to become a physician. MMH is my way of giving thanks to the community that has been so good to my family."

# We've Expanded!

THE PEOPLE HAVE SPOKEN AND WE HAVE ANSWERED! MMH HAS EXPANDED TO COLUMBIA AND ANNAPOLIS. AS A DYNAMIC, COMPREHENSIVE TEAM, WE ARE NOW ABLE TO OFFER MORE SERVICES, SEE MORE PEOPLE, AND BETTER SERVE OUR COMMUNITY.

## GLEN BURNIE

1600 CRAIN HWY  
SUITE 503  
GLEN BURNIE MD, 21061

OUR GLEN BURNIE OFFICE IS STILL HERE. THIS LOCATION HAS TWO PHYSICIAN ASSISTANTS, THREE CLINICAL SOCIAL WORKERS, AND THREE CLINICAL PSYCHOLOGISTS.

## ANNAPOLIS

900 BESTGATE RD  
SUITE 102  
ANNAPOLIS MD, 21401

OUR ANNAPOLIS OFFICE IS NEXT TO THE ANNAPOLIS MALL. THIS LOCATION HAS ONE PHYSICIAN ASSISTANT AND TWO CLINICAL PSYCHOLOGISTS.

## COLUMBIA

8865 STANFORD BLVD  
SUITE 121  
COLUMBIA MD, 21045

OUR COLUMBIA OFFICE IS BEHIND RIVERSIDE COFFEE, NEAR THE SOCIAL SECURITY OFFICE. THIS LOCATION HAS ONE PHYSICIAN ASSISTANT AND ONE CLINICAL PSYCHOLOGIST.



## For more information

Call: (443) 354 1200  
MyMentalHealthTMS.com  
facebook.com/MyMentalHealth2016

**Glen Burnie**  
1600 Crain Hwy S  
Suite 503  
Glen Burnie MD, 21061

**Annapolis**  
900 Bestgate Rd  
Suite 102  
Annapolis MD, 21401

**Columbia**  
8865 Stanford Blvd  
Suite 121  
Columbia MD, 21045



## Welcome, Michael Wusik!

Michael Wusik, PhD is a psychology associate with a specialty in acceptance and mindfulness-based therapy. Dr. Wusik's practice focuses on individual, couples, and family therapy, group therapy, psychological testing and therapeutic assessment. Dr. Wusik graduated from Virginia Tech with a doctoral degree in clinical psychology and completed an internship with the VA Maryland Healthcare System. Dr. Wusik has been formally trained in empirically supported treatments for PTSD, anxiety/panic related disorders, depression and mood disorders, chronic pain, life transitions and personality disorders. As well as working at MMH, Dr. Wusik is also an adjunct professor of psychology with Towson University, The University of Baltimore, and Loyola University and a research consultant with Virginia Tech's Posttraumatic Stress Research Group.

## Have feedback?

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

## Why we love MMH

"Thank you so much to everyone here at MMH for everything you do and continue to do for me. Everyone is always very helpful, kind, and friendly. Thank you Dr. Chhabra, Emily, Jessica, Amanda, Kim, and my ear to listen, Colleen. Love all of you more than you will ever know! Thank you!" -Sandy

# What is Therapeutic Assessment?

By: Michael Wusik

Therapeutic Assessment is an approach that uses psychological tests and collaborative assessment to help clients better understand their lives and move forward in their healing. Research has demonstrated that after therapeutic assessments, many people generally feel better and have higher self-esteem. In addition, therapeutic assessments typically lead to diagnostic clarity and stronger treatment direction.

## What can I expect from the assessor?

Your assessor will address the questions you and your providers have. Throughout the course of the assessment, your assessor will discuss the tests with you as well as your experience during the testing. After all tests are completed, your assessor will discuss the results with you as well as provide you with written feedback. Most therapeutic assessments take about 3-4 hours. Your assessor will keep you updated on the estimated timeline of the testing and the feedback from the testing. The most important thing to know is that your assessor is there for you and their first priority is to work with you to answer your questions and help you move forward.

## What will you expect from me?

We expect openness, honesty, and curiosity. Therapeutic assessments are a process and you and your assessor will explore many areas in depth you likely have not gone before.

### Step 1 - Information Gathering

Collaborate on what questions to ask. What do you want to learn about yourself?

### Step 2 - Testing

Administer the best tests available to help find answers.

### Step 3 - Feedback

Process the findings together, and decide what they mean and how they can be used.

## In our next newsletter...

Group Therapy! We'll explain how group therapy can benefit you, what you can expect from the group and therapist, and what is expected of you.

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