

# My Mental Health Newsletter

October 2016

IN THIS ISSUE: GET YOUR FLU VACCINE IN GLEN BURNIE · NEW MEMBERS OF THE MMH FAMILY · TYPES OF PSYCHOLOGICAL TESTING

## 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 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 AETNA, CAREFIRST BLUE CROSS BLUE SHIELD, MAGELLAN, CIGNA, MEDICARE AND TRICARE.



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

"One of the best things about coming to work each day for me (in addition to my wonderful patients, of course!) is the other providers at MMH. We have a team of some of the most compassionate and caring providers who share a true passion and gift to help patients achieve their goals. I am only as strong as my team, and I attribute 110% of our success to the quality of our providers."

# Vaccines now available!

MMH is now offering the flu vaccine and B12 shots in our Glen Burnie office. You can ask your provider if you would like more information, or you can speak with our lead patient coordinator, Stephanie, on extension 109 to schedule an injection. We do not bill to insurance for vaccines or injections, so the cost is out of pocket.

**Flu Vaccine:** New flu vaccines are released each year to keep up with the rapidly evolving influenza viruses. According to The Center to Disease Control and Prevention, the flu vaccine reduces the risk of getting the flu by 50-60% among the

general population. MMH is recommending that everyone receive a vaccine this season. Vaccinations are \$20.

**B12 Shots:** B12 Shot have been shown to increase energy and concentration, improve sleep, strengthen your immune system, and help with weight loss and depression. One B12 shot is \$50. Six month plans and twelve month plans are also available, offering one shot a month at reduced rates. To find out the prices for these plans, speak with Stephanie.



## For more information

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

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**Columbia**  
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## Welcome, Noam!

Noam Dinovitz, LGSW is a clinical social worker who earned his Master's degree in clinical social work from the University of Maryland. Noam joined the My MMH team in August, bringing his experience from different outpatient mental health settings; most recently the University of Maryland Medical Center. Noam currently works with clients who are experiencing anxiety, depression, relationship issues and stress management concerns. Noam takes a Client-Centered approach while pulling concepts from Cognitive-Behavioral Therapy, Solution-Focused Therapy and Mindfulness. He takes a transparent approach to therapy, encouraging his clients to ask questions and customize the treatment plan that works for them.

## Welcome, Stephanie!

Stephanie Schmidt, CCMA joined MMH in August of 2016 as the Lead Patient Coordinator. She's worked as a Certified Clinical Medical Assistant since 2002. She has an Associate's Degree in Business Management & Healthcare Administration. Her clinical experience includes pediatrics, cardiology, vascular surgery, and over three years in mental health. Stephanie brings her experience and knowledge to MMH to provide the best care to our patients.

## Welcome, Dashawn!

Dashawn Gilliam is new to MMH as a medical biller. She is a recent graduate of the Medical Billing and Coding program at Brightwood College, and brings with her knowledge of insurance claims and verification. Dashawn's goal is to help MMH succeed and to grow within the business.

## Welcome, Rochelle!

Rochelle Felder new to MMH as a medical biller. She recently moved to Maryland from South Carolina, where her son still resides. Rochelle is very grateful for the opportunity to be part of such a wonderful work family, and plans to grow old with MMH.

## Welcome, Billy!

Billy Williams is a volunteer intern with MMH. Billy was born in Waycross, Georgia and raised in South Carolina. After high school, he enlisted in the US Army, where he's been for over three years. After retiring from duty, Billy plans on opening his own mental health practice.

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# Psychological Testing

As MMH continues to grow, we strive to maximize the positive impact we can make on our client's lives. As part of our dedication to comprehensive care, MMH offers the unique opportunity for Psychological Testing through the MMH Assessment Clinic. Psychological testing can provide you, your physician, and your therapist with renewed clarity and direction as we work towards personal wellness.

## Types of Testing

### Diagnostic Psychological Evaluation:

This is the most common assessment, and is generally used to obtain a better overall picture of psychological functioning in multiple areas, including cognitive, personality, socioemotional, and behavioral functioning. We use this assessment to get diagnostic clarity, to get better insight into the client, and to make recommendations for better treatment or additional services. The typical time spent with a client during testing is about 3-4 hours.

**Neuropsychological Evaluation:** This is an assessment of several levels of cognitive functioning, including: language, attention, visuospatial, memory, motor and socioemotional functioning. This is often, but not exclusively, used with clients who have had some form of traumatic brain injury, seizure disorders, multiple sclerosis, or dementia. The typical time spent with a client during testing is about 6 hours.

**Neurocognitive Screening:** This is a condensed version of the Neuropsychological Evaluation, which evaluates basic cognitive functioning. This test is used to determine if there is enough impairment to warrant following up with a neurologist or if

more comprehensive testing is needed. The typical time spent with a client during testing is about 3-4 hours.

**ADHD Testing:** This evaluation is like a hybrid of the Diagnostic Psychological Evaluation and the Neuropsychological Evaluation. This test is used to determine if the client meets the diagnostic criteria for ADHD with inattention and hyperactivity and determine the extent to which the symptoms interfere with daily life. The typical time spent with a client during testing is about 4 hours.

## Interested in Testing?

If you are interested in testing, or would like to know more, you can talk about testing with your provider, or call our office and speak to our testing liaison, Emma, on extension 201. The testing liaison will walk you through our testing process, and help you get scheduled with one of our psychologists.

**“We cannot change, we cannot move away from what we are, until we thoroughly accept what we are. Then change seems to come about almost unnoticed.”**

**-Carl Rogers**

## 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

“I was told nothing but good things about MMH, so I gave it a try. I love the personal touch and how everyone is patient and caring. Thanks for saving my life!” – Lauren

## In our next newsletter...

MMH will soon be offering EKGs! In the next newsletter, we'll tell you about how we use electrocardiograms to inform your treatment.