

Life at Rogers

Tampa offers children with ASD anxiety and mood treatment

Over half of children on the autism spectrum also have significant anxiety. Many children with autism spectrum disorder (ASD) also have anxiety, obsessive-compulsive disorder (OCD), depression or other mood disorders. The problem is, there aren't many programs that can effectively treat this group of kids.

Rogers Behavioral Health—Tampa Bay can help. A new Anxiety and Mood Disorders in ASD partial hospital program gives children and teens ages six to 18 an individualized care plan and evidence-based therapies. This may include exposure therapy, cognitive therapy, behavioral activation and more. Family education and involvement is a strong component of the program.

"Symptoms indicating a child with ASD may have a co-occurring condition will vary by the disorder," says Joshua Nadeau, PhD, clinical supervisor of Rogers—Tampa. "But some symptoms are increased irritability or unusually cranky behavior; feelings of worthlessness, guilt, or negative self-talk; and spending significant amounts of time discussing people, places, or activities that cause distress."

This program is among a variety of new and expanded treatment options now available in Tampa, Florida. For a full list of new programs, see below.



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New programs, new options

We're meeting your need for behavioral health programming by adding and expanding our treatment options. Here's what's new:

- **Nashville:** FOCUS Adolescent intensive outpatient program provides comprehensive treatment to teens with depression, bipolar disorder and other mood disorders; adult programming coming this summer.
- **Tampa:** Anxiety and Mood Disorders in ASD partial hospital program for children and teens, a FOCUS Adolescent partial hospital program, and an intensive outpatient program for children and teens with eating disorders, along with expanded space for existing programs, including OCD and anxiety treatment.
- **Minneapolis:** partial hospital programs for adults with PTSD, new intensive outpatient program options for mood disorders and OCD and anxiety. Coming this summer: programming for children and teens with eating disorders.
- **Philadelphia:** partial hospital and intensive outpatient programs for children, teens and adults with OCD and anxiety; FOCUS partial hospital programs for teens and adults with mood disorders. Coming soon: treatment for anxiety and mood disorders in children with autism spectrum disorder, and addiction-related program.

Getting women with PTSD back on the radar



In the United States, men experience more trauma than women, but women develop PTSD at a higher rate.

“Men are more likely to be in professions that involve trauma, such as law enforcement, but women are more likely to be affected by sexual assault,” says Tracey Lichner, PhD, LP, clinical director of Rogers Behavioral Health–Minneapolis, which is adding a partial hospital program for adults with PTSD in late May. “Sexual assault tends to be a more severe trauma because it’s a more personal violation.”

It isn’t always easy for professionals to catch symptoms of PTSD in their clients. “Awareness is growing, but there are still misdiagnoses for women suffering from depression or anxiety, which are caused by underlying PTSD,” says Dr. Lichner.

Dr. Lichner recommends watching for these symptoms among your clients:

- Avoiding people, places, objects or situations that are reminders of the trauma
- Experiencing intrusive memories, thoughts, or nightmares about the event
- Racing heart or sweaty palms

At Rogers, women with PTSD can use prolonged exposure therapy to gradually confront unwanted thoughts and practice facing real-life, feared scenarios that are objectively safe. Over time, women learn they can tolerate emotions surrounding the trauma and the distress these emotions cause.

“Decades worth of extensive research tells us prolonged exposure is very effective and interfering trauma symptoms will not return for the majority of individuals who successfully complete the treatment,” says Dr. Lichner. “The approach helps men and women reclaim their lives and find a way to live life with trauma, to put it appropriately in the past and move forward.”

If you believe your client may have PTSD, ask about their trauma history and encourage them to request a free, confidential screening at rogersbh.org. The PTSD program in Minneapolis is the first regional PTSD program for Rogers, joining several programs available at multiple Wisconsin locations.

A better experience on our new website

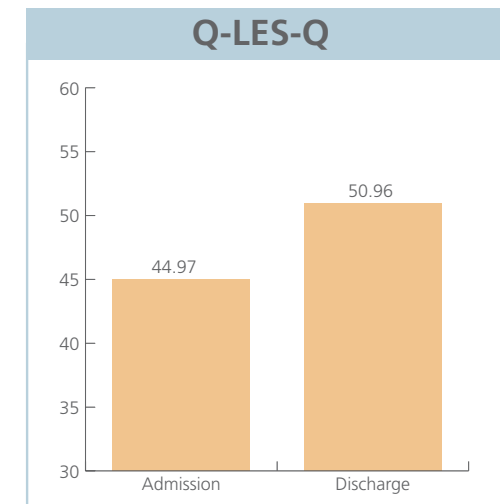
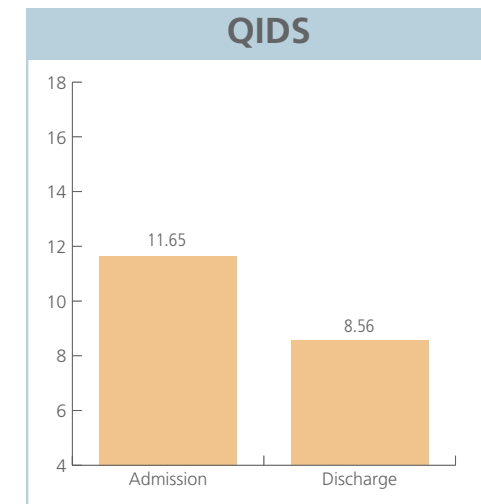
We want to make your online journey as simple and helpful as possible, so we’ve created a new website: rogersbh.org. Bookmark the referral partners section (rogersbh.org/referral) on your phone or computer.



Data show positive outcomes for mood disorders treatment

In the last year, our FOCUS programs have helped more teens and adults with depression, bipolar disorder and other mood disorders than ever before. Offering the same therapeutic approach as our residential FOCUS programs in Oconomowoc, Wisconsin, our FOCUS partial hospital programs in Tampa, Florida; Skokie, Illinois; Eden Prairie, Minneapolis; and Oconomowoc, Wisconsin, are proving that our treatment works.

In our most recent analysis, a sample of 153 patients from August 2015 to December 2016 showed a significant decrease in depressive symptoms from admission to discharge. Patients also reported a significant increase in quality of life. Data was measured through Quick Inventory of Depressive Symptomatology (QIDS) and Quality of Life Enjoyment and Satisfaction Questionnaire (Q-LES-Q).



OCD and depression services new for Philadelphia

Rogers Behavioral Health–Philadelphia begins treating patients on the East coast on May 22. The outpatient center is located in the Monroe Building at 1 Winding Drive, Suite 105, Philadelphia, Pennsylvania 19131. Just an hour’s drive from New York, Maryland, Delaware and New Jersey, Rogers–Philadelphia brings closer access to Rogers’ nationally renowned OCD treatment and more.



For a complete list of programs available in Philadelphia, read our “New programs, new options” section. To schedule a screening for you or your client, call 844-843-3992.

Brian Haney is director of operations for Rogers–Philadelphia. Brian has over 15 years of leadership experience and operational support for healthcare teams. With his passion for quality service and effective treatment, we’re excited to have Brian on our team.

Steven Tsao, PhD; Deanna Pepe, DO; and Adrienne Clark, MD; are the newest clinical additions to our Philadelphia team. Dr. Tsao specializes in OCD and anxiety, while Dr. Pepe specializes in general adult psychiatry. Along with Marty Franklin, PhD, clinical director, Dr. Tsao will help ensure each patient receives effective treatment that addresses individual needs. Dr. Clark will provide medical supervision to the child programs.

Leslie Keebler has joined our national outreach team and will serve as your contact for programming questions in Philadelphia. A native to the Pennsylvania area, Leslie has extensive experience in the behavioral healthcare field and will be happy to tour you through our newest location. To contact Leslie, call 267-606-9372 or send an email to leslie.keebler@rogersbh.org. A grand opening celebration for referring providers in the region is planned for June 14.



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Introducing...



Martin Franklin, PhD, is clinical director of Rogers–Philadelphia. Dr. Franklin is a nationally recognized expert in OCD who has conducted significant

research, authored numerous articles and offered various lectures to audiences around the world.



Vikram Gopal, DO, is a board-certified adult psychiatrist and board-eligible child and adolescent psychiatrist who works with patients at Rogers’

Nashville and Minneapolis locations. Dr. Gopal holds various professional memberships, including with the American Psychiatric Association.



Julie Lesser, MD, child and adolescent psychiatrist at Rogers–Minneapolis, provides comprehensive eating disorder, OCD and anxiety treatment. Dr.

Lesser is also a clinical faculty member in the Department of Psychiatry at the University of Minnesota.

Admission to Rogers begins with a telephone screening with a member of our admissions staff. Every case is reviewed by a doctor who helps to determine the best level of care.

Call **800-767-4411** or visit **rogersbh.org**.