

BACK TO SCHOOL

DINING OUT

DISCOVER DELAWARE

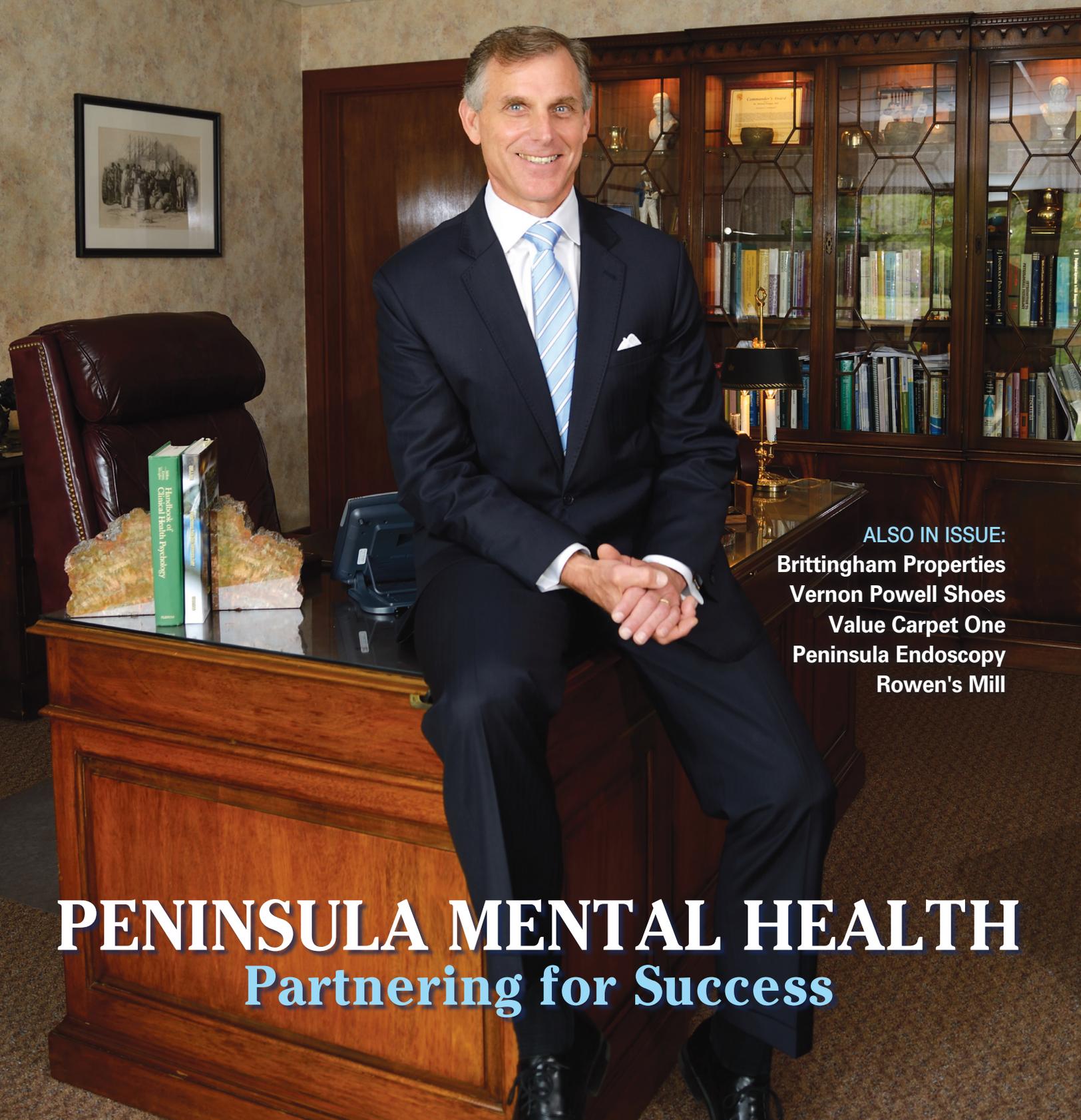
HOMEOWNER'S WISH LIST

MEDICAL FACILITIES

METROPOLITAN

THE BEST IN EASTERN SHORE LIVING

AUGUST 2014 / COMPLIMENTARY



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Rowen's Mill

PENINSULA MENTAL HEALTH Partnering for Success

Partnering for Success

Recovery with Dignity

The Peninsula Mental Health Addiction Services team provides aggressive and effective treatment to help people deal with the devastating effects of the disease of addiction.

Larry Farrare is director of Addiction Services. The motto, "Recovery with Dignity" and the team's passion for working with individuals struggling to take responsibility and acquire skills for their lives, are the guiding principles at PMH.

"The entire team's passion for what they do inspired me to come on board and help lead the addictions recovery effort," said Farrare. "Our service helps individuals at all levels of the addiction spectrum. From court-ordered counseling to intensive multi-visit per week programs, we treat adults and adolescents separately and with a high degree of success. What makes the Addiction Services stand out is its individualized treatment plans, family programs and behavioral

health consultations. Furthermore, our addictions services are available to all individuals regardless of type of insurance coverage. Our treatment programs protect the confidentiality of our patients while encouraging honesty and accountability. PMH provides transportation for adolescent participants."

Front: Larry Farrare - M. Ed. CACAD Program Director
Back: Kelsey Carey - Adult CT, Sheila Kroon - CSC-AD Adolescent Counselor, Lauren Conkle - Adult CT

PHOTOS BY DOUG NAARUP



Peninsula Mental Health

A police officer sees a comrade shot during a routine traffic stop. Several weeks later, he still finds himself hesitant to go after late-night speeders.

A hospital nurse clearly is unable to concentrate. Her lack of focus and depressed mood worry her colleagues.

A student suffering from extreme anxiety requires intensive treatment to acquire cognitive behavioral skills before he can return to college. The semester starts in six weeks.

A man suffering from heart disease worries about his future. His concern over his condition induces panic attacks and diminishes his quality of life.

Tens of thousands reel from the effects of an overseas natural disaster. Orphaned children roam the streets unsupervised. Parents struggle to overcome their own shock and grief, and feel ill-equipped to help their surviving children cope.

Although the treatments vary in every instance, there is one constant answer: a team committed to partnering with those who care for or serve others, including parents, spouses, lawyers, physicians, law enforcement officials, government and business leaders.

PARTNERING WITH COMMUNITY LEADERS

Over the last three decades, the team at Peninsula Mental Health (PMH) has responded to countless individuals as well as national, state and local government agencies to help fight off the despair that can result from crisis and trauma. PMH has partnered with well-respected institutions like U.M.E.S. and Nanticoke Memorial Hospital as well as international organizations like the U.S. Drug Enforcement Agency, international aid groups and senior decision makers to train and intervene with personnel.

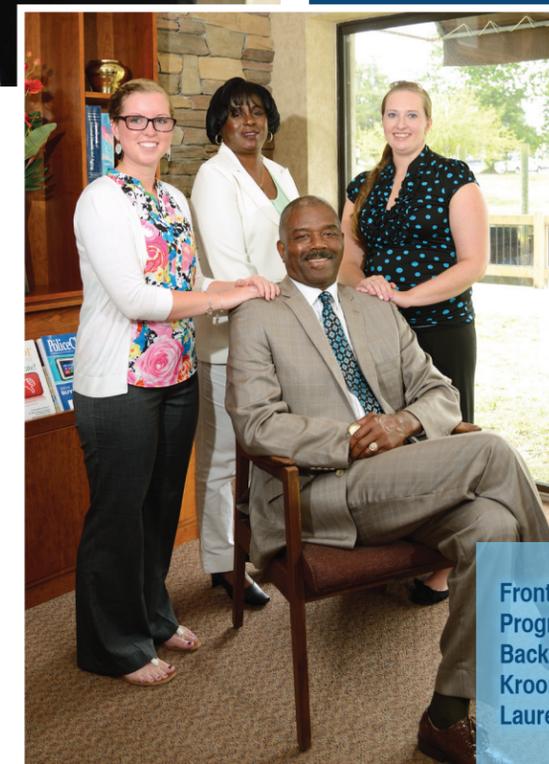
The same growing feeling of hopelessness experienced by a rescue team searching for survivors as hours turn into days, is similar to the experience a couple may face after losing interest in their relationship. It can seem like a long dark tunnel, but PMH provides the tools and vision for a better tomorrow.

As part of the PMH team's commitment to the community, *pro bono* consulting to local clergy assisting them with their congregation is provided.

PARTNERING WITH PHYSICIANS

Physicians have begun to incorporate the notion that psychological issues can be an integral factor in physical maladies. "Diabetes, heart disease, cancer, thyroid disease, chronic pain, obesity, musculoskeletal complaints — they all relate to the whole body and sometimes require appropriate mental health treatment," explained family practitioner Dr. Jonathan Patrowicz.

Partnering with psychologically-minded physicians, such as Dr. Jose Alvarado, Jr. and Dr. Jonathan Patrowicz, the professionals at





Dr. Jonathan Patrowicz, Dr. Michael Finegan & Dr. Jose Alvarado, Jr.

By participating with local physicians and taking adequate time to assess an individual's holistic needs, the PMH team integrates behavioral and physical health solutions.

PMH provide treatment-based research solutions that best complement pediatrician and family practitioners' objectives.

"In 10 years of working with Dr. Finegan, I've seen outstanding success with the treatment of patients I've referred to him," expressed Dr. Patrowicz.

"I deal in pediatrics, but often see complex situations involving the entire family dynamic. It's important that we meet the mental health needs of the parents to improve the environment of the children," said pediatrician Dr. Alvarado. "As providers working together, we each bring a different perspective. I get to see families over many years and develop relationships with them. Providing background information to Dr. Finegan helps him provide more targeted care."

Stressors aren't always obvious, but over extended periods, stress can be pervasive, presenting as anything from anxiety attacks to sleeplessness and irritability. By participating with local physicians and taking adequate time to assess an individual's holistic needs, the PMH team integrates behavioral and physical health solutions.

"The interface between physical and behavioral health can help achieve better outcomes, but it requires several providers to take the time to collaborate," continued

Dr. Alvarado. "You're not just correcting the medical illness. From the gastric pain of colitis to the challenge of a child with diabetes, the partnership of a pediatrician working with a behavioral health expert makes all the difference in the quality of life of the family and child."

PARTNERING WITH LAW ENFORCEMENT AND C.O.P.S.

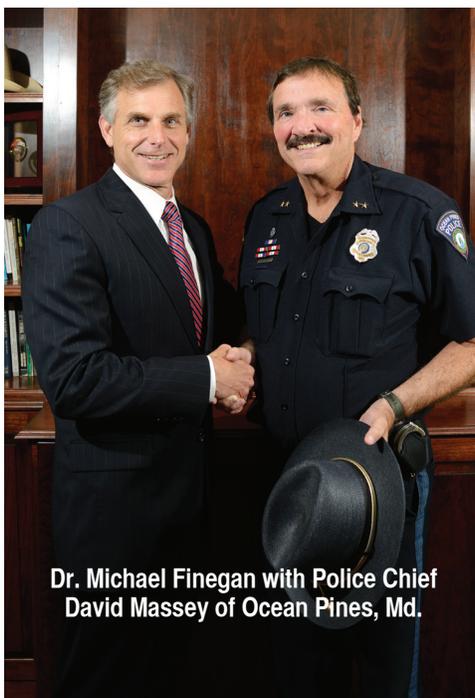
The PMH team supports Concerns of Police Survivors (C.O.P.S.), an organization helping families and colleagues of fallen heroes come to terms with the tragedy while embracing the officer's memory and contributions.

PMH also responds to the needs of law enforcement officials and organizations across Md., Del., Va., and D.C. through partnership and direction of a select team of psychologists, social workers and psychiatrists across the region. The PMH team responds

to the scene of major incidents involving traumatic loss of life anywhere in the state of Maryland within two hours of activation. In fact, Dr. Finegan is the lead psychologist for the Maryland State Police. Additionally, the team is responsible for assisting police executives in screening potential public safety officers utilizing International Association of Chiefs of Police Guidelines (IACP).

PARTNERING WITH LEGAL TEAMS AND EMPLOYERS

PMH doctors also partner with legal teams in cases ranging from competency hearings to providing expert forensic testimony on psychological matters includ-



Dr. Michael Finegan with Police Chief David Massey of Ocean Pines, Md.

For nearly **30 years**, Peninsula Mental Health has been providing a full array of behavioral healthcare, focusing on solution-oriented treatment.

BEHAVIORAL HEALTH

- Mood and anxiety disorders
- Behavioral and attention disorders
- Impaired sexual functioning
- Relational conflicts for couples and families
- Life coaching

ADDICTION SERVICES

- Individualized treatment plans and interventions
- Outpatient and intensive outpatient programs for adults and adolescents
- Adolescent partial hospital program
- In-hospital assessments and treatments
- Outpatient alcohol and other drug programs
- Drug and alcohol screening
- MVA social drinker education

ADDITIONAL SERVICES

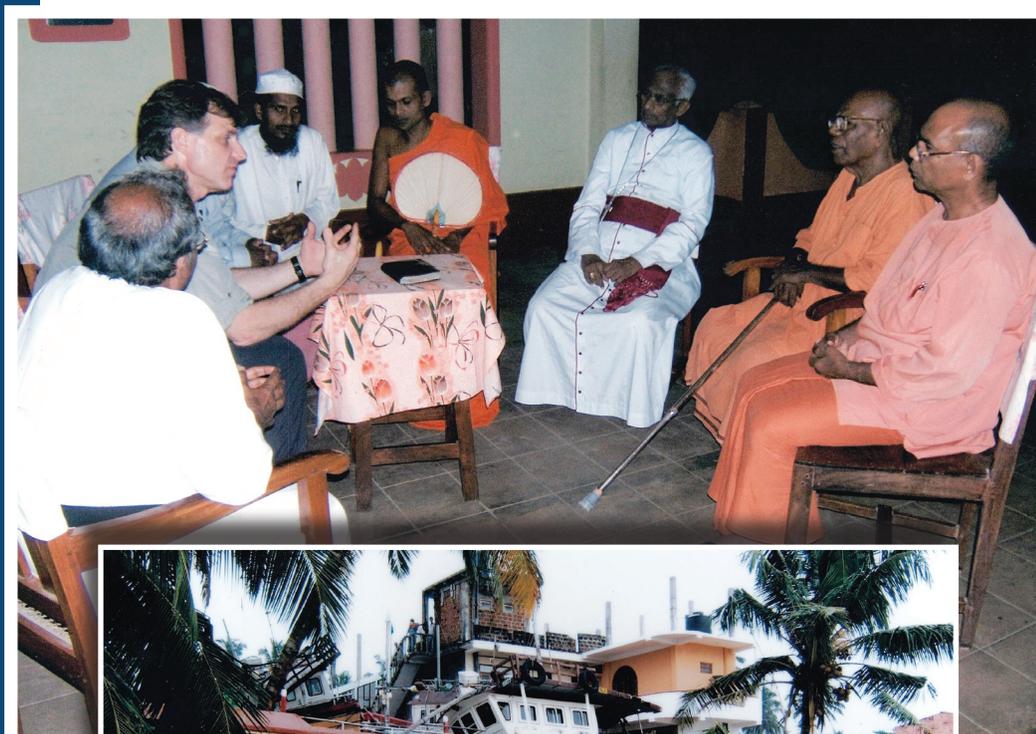
- Pre-trial forensic evaluations
- Public speaking and training
- Employee assistance programs
- Pro bono consultation for local clergy
- Spanish translation services

ing personal injury and criminal trial preparations. The psychological services the PMH team provides extend to the private sector as well. Even outstanding employees can experience challenges. The PMH Employee Assistance Program is designed to help employers identify and resolve potential personnel issues, and increase workplace safety, productivity, morale and retention. Agencies such as the Worcester County Government and Maryland State Police utilize PMH to strengthen the psychological health of their valued employees. To accommodate patients' schedules, the practice is open 6 a.m. - 8 p.m.

"We're grateful for the individuals and institutions we've served," expressed Dr. Finegan. "They have helped sustain our passion for changing lives."

For more information on C.O.P.S., visit www.nationalcops.org. To make an appointment with psychologically minded physicians, Dr. Jose Alvarado, Jr. or Dr. Jonathan Patrowicz call 410-742-7660 and 410-334-3788, respectively.

Peninsula Mental Health Services can be reached at 410-860-2673, or visit their website at www.PMHS.co or www.PeninsulaMentalHealthServices.com, 102 W. Market St., Salisbury, Md. (Downtown between the Public Library and Wicomico River)



Dr. Michael Finegan (above) speaks with regional leaders in post-tsunami Sri Lanka. Dr. Finegan was tasked with directing psychological relief efforts. He's also led similar operations in the Philippines, Haiti and India, assisting community religious leaders and medical personnel trying to rebuild after major disasters. In addition, Dr. Finegan has advised national directors of drug enforcement agencies from the former Soviet Block nations and regional commanders across Southeast Asia on coping with the challenges of the war on drugs. Dr. Finegan speaks nationally and internationally on strengthening leadership and courage in times of great adversity. He has been featured on local and national news including CNN and Dateline NBC and was featured in the Washington Post article *Healer in a Broken Land* (a Google search using the aforementioned title will lead you to the electronic article.) In reference to worldwide disaster efforts, Dr. Finegan stated, "We've saved their lives, but now we need to protect their hearts and minds." That continues to be his lifelong mission both at home and abroad.