



# Cape Connections

Cape Counseling Behavioral Health Services ~ 128 Crest Haven Road, Cape May Court House, NJ 08210  
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## CEO's Corner!

### **CCS Continues to Grow: Involuntary Outpatient Commitment and Hurricane Sandy Supportive Housing Bed.**

**By: Greg Speed CEO**

The CEO is pleased to report that 2 proposals recently submitted to the Division of Mental Health & Addiction Services have been approved for funding.

The first newly funded proposal is to provide Involuntary Outpatient Commitment in Cape May County. Staffing for this service will include 1 full time BA Level and 1 Full time Masters Clinician. There will be 16 hours of Psychiatry designated to the IOC program, if approved. The program will be implemented no later than July 1, 2014. Involuntary Outpatient Commitment will serve 40 individuals annually. Referrals will come from Screening Centers, Short Term Care Facilities and the State Psychiatric Hospital. In Cape May County, it is anticipated that most of our referrals will come from the Screening Center. All patients referred will be engaged no later than 48 hours subsequent to the referral. Enrollment in the IOC program will be no later than 72 hours from the original order of commitment or from the time that the patient was evaluated in the Screening Center. Referrals from the Hospital will be effective the moment the Judge signs the commitment order. There will be capacity of serving 20 individuals at any given time. The average length of the stay is 6 months. The goal of this program is to decrease time spent in Screening Centers and hospital bed days by 50% with the first 3 months of enrollment compared to the 3 months prior to enrollment. Involuntary Outpatient Commitment Case Managers will spend 50% of their time providing face to face services. There will be, at a minimum, weekly communication with the Short Term Care facility. Outreach services will be provided by IOC staff to the Emergency Department (Cape Regional Medical Center) Short Term Care Facility (ARMC) or State Hospital (Ancora) as needed. The IOC Case Manager will assist with all necessary community linkages and entitlements in addition to specific commitment order linkages, and assisting in navigating the Justice System, coordinate with the County Adjustors Office and assigned Public Defenders. The Psychiatrist will complete all assessments prior to the court dates and on occasion may be required to provide expert testimony in court.

### **CCS Hosts Judge Rauh to learn About Children's Services**

**By Sam Tatora, Director of Children & Family Services**

On April 4<sup>th</sup>, 2014, Children's Services hosted a meeting with Judge John Rauh at the Family Success Center/Children's Service Complex in order to provide the Family Part Judge information about the many services available to youth in Cape May County. The Judge was accompanied by his Court Clerk, Dan McCann, and Brian Hamilton, Juvenile Probation.

While the Judge was very familiar with Cape Counseling's Juvenile Justice programs, which include the Intensive Supervision program (Blake Moore), and the Community Service program (Nichole Boileau), this meeting gave the Judge the opportunity to meet with the Cape Counseling program managers (or their representatives) and other invited children services providers. One program, presented by Lauren Ruef, to the Judge was the Functional Family Therapy Team, a shared program with Jewish Family Services of Atlantic and Cape May Counties, which is an evidenced-based intervention specifically validated for youth involved in the Juvenile Justice system. The Judge also heard about the Rainbow of Hope Psychiatric Community Home (Lauren Wisdom, Case Manager, presented), our 9 bed facility for youth stepped down from or at risk of admittance to psychiatric hospitals. Children's Partial Care, an afterschool program for children ages 8 to 18 who have emotional and behavioral problems was presented by program Manager Linda Burch. Allison Raisch advised the Judge of the many services provided by the Family Success Center of Cape May County, including assistance in obtaining Health Insurance, parenting skills and parent-children activities, social services assistance, and access to a well stocked Food Pantry. Molly McKeefery discussed several programs, including Family Preservation Services, a 4 to 8 week intervention for child protective services clients who are at risk of out-of-home placements, the Life Skills program for youth ages 16 and older, and the Youth Outreach Services program which provides Intensive In-Community and Behavioral Assistance workers for trouble youth. She also talked about parent classes for DCP&P mandated clients, and the Supervised Visitation program for parents needing temporary monitoring with their children. Vickie Smith and Noel Hiers described School-Based Youth Services – Vickie is in charge of the program at Cape May Regional High School, and Noel runs the program at the Cape May Technical High School. The programs do "whatever it takes" to help youth successfully navigate adolescence and graduate high school. The meeting was also joined by Eleanor McBride, Vice President of Clinical Operations, and Stephanie Langley, Director of Access, Screening, and Clerical Services. Stephanie spoke about the services provided by FAAP – the Family and Adolescent Addiction Program. Emily Lattimore, from Jewish Family Services of Atlantic and Cape May Counties described her evidenced-based treatment for

The second added service involves Supportive Housing Expansion. CCS has been awarded 10 scatter beds apartments (1 bedroom apartments). Funding will last through September 30<sup>th</sup>, 2015. CCS will implement the program by July 1, 2014. Eligible individuals to receive housing will have resided in one of the 10 effected counties during Hurricane Sandy between **10.28.13 and 10.30.13**. Staffing for the Supportive Housing funding will include one Masters Level Clinician. Within 30 days of admission to the program/apartment, referrals and linkages will be made with a number of organizations such as the Division of Vocational Rehabilitation, One Stop (Employment Services) Robins Nest or similar employment assistant centers in order to help consumers become gainfully employed. Consumers need to be gainfully employed since the funding goes away in 2015. CCS staff will also work with the local housing authorities to help secure housing options once a client's funding is nearing completion.

## Greetings from Project Restoring Hope

### By Marge Linn

It is hard to believe that almost a year has passed since Project Restoring Hope has been in full operation. This worthwhile program funded by the Hurricane Sandy NJ Relief Fund and offered here at Cape Counseling, provides Trauma Based care and supportive services to those residents in Cape May most impacted by Hurricane Sandy. All services are provided free of charge to the consumer.

In keeping with Cape Counseling's mission to "Promote and Provide Superior Behavioral healthcare..." Project Restoring Hope has been actively striving to meet the goals and objectives of assisting those still struggling to recover after Hurricane Sandy. This program has had a positive impact on the individuals and families identified as needing help. Many of our clients chronicle the impact Hurricane Sandy has had on their lives, including the continuing difficulty obtaining resources to rebuild their lives, and develop a new sense of normalcy.

In addition to free Trauma Based care and case management services, Project Restoring Hope held 3 community presentations on Psychological First Aid. The presentations were developed to assist the community in developing positive coping skills, implementing meditational techniques to decrease anxiety, and methods to deal with the trauma of everyday living. The following presentations were held at the Cape May County Library.  
 January 29<sup>th</sup> *External vs Internal Locus of Control*  
 February 26<sup>th</sup> *Stress Reduction Techniques (Meditation, Visual Imagery, Deep Breathing)*  
 March 31<sup>st</sup> *Cognitive Distortions*

Judging from the feedback of the attendees, the presentations were a great success, and shed positive light on this valuable program. Several attendees stated that they found the information provided to be highly beneficial, empowering, and personally meaningful.

As we approach the 2-year anniversary of Hurricane Sandy, Project Restoring Hope will continue to work diligently helping those dealing with emotional and psychological trauma, and provide direction accessing appropriate services in the Cape May Community.

For further information, or to submit a referral for services, please contact Kathy Reeves, LCSW Director of Performance Improvement, Compliance and Disaster Services at 609-778-6119 or email at [kreeves@capecounseling.org](mailto:kreeves@capecounseling.org).

traumatized children, which operates at the Family Success/Children's Services Complex.

It was a pleasure hosting Judge Rauh and his team, and Cape Counseling Services' Children's Services team stands ready to assist the Judge make dispositions geared towards helping Cape May County youth make healthy decisions and achieve full-filling lives.

## Family Success Center Updates

### By Allison Raisch, Program Manager

### FSC Fundraiser and Family Fun Run!

The Family Success Center and the Atlantic Cape Family Support Organization co- hosted our first Beef and Beverage fundraiser back in February. Held at the Bayview Inn in Wildwood Crest, we had a terrific turnout for our first event. We raised just over \$2000, with all proceeds to be used to help provide direct assistance to families utilizing the services of the FSC and/or the ACFSO. Not only did we have a great turnout of families and volunteers, but also the contributions made by Cape Counseling employees really helped make the night a success. Staff throughout the agency called to ask how they could help with the fundraiser, from making baskets for the Chinese Auction to selling tickets at their sites, and making donations even if they knew they could not attend. Thank you to everyone for showing your support for the program and also for the Cape May County families we all work so hard to serve!

On April 26<sup>th</sup>, the Family Success Center was one of several county organizations to host the Family Fun Run, to raise awareness about Child Abuse Prevention. Held on the Wildwood boardwalk and kicked off by Wildwood Commissioner Peter Byron, the purpose of the walk was to raise awareness about child abuse and neglect, share county resources with families, and give families a chance to socialize with one another for a fun event! The walk was well attended with about 100 participants, and ended with gift basket give-aways for six lucky families. Hosted by the Prevention Partnership ( a collaboration between the FSC, DCP&P, Family Promise, Caring for Kids, Social Services, and Quality Care Resource and Referral), we hope to make the April walk an annual event.

### It's Not Really Called ObamaCare!

It's called the Affordable Care Act, and the Family Success Center staff are Certified Application Counselors for the Health Insurance Marketplace. From October through March we assisted about 100 families in applying for coverage through the Marketplace. Although the period for open enrollment has ended, families may still be eligible to get coverage. The Marketplace is still open to those who have experienced a life-changing event (for example if they got married or divorced, they had a baby, or lost insurance through their employer) or if they were covered by March 31<sup>st</sup> but want to look for something more affordable. For those individuals not eligible to get coverage through the Marketplace, we can still assist with NJ Family Care Applications and health insurance in general. To ask questions or make an appointment, call the center at 778-6226.

# CLINICAL CORNER!

## Effecting Transformational Change in Therapy

By Sam Titora, Director of Children & Families

Brain science is beginning to inform psychotherapy practice, especially in the area of traumatic memories.

A traumatic memory forms when the neural pathway becomes locked and the cognitive learning that needs to take place becomes fused with the overwhelming emotions arising from the traumatic event. When this happens, the memory gets incompletely processed, and, each time the memory is triggered, an intense emotional state is also triggered, effectively re-traumatizing the individual and continuing to disrupt the complete processing of the memory. This locked neural circuit has been thought to be “un-lockable” until recent brain studies in memory reconsolidation.

Processing an experience and encoding it to memory is called memory consolidation. Some research suggests that REM (rapid eye movement) sleep is a process of memory consolidation of the day's events.

Reconsolidation occurs when a locked neural circuit is unlocked, and new learning is integrated. Reconsolidation research suggests that, once the neural circuit is unlocked, it remains so for approximately five hours, and the memory trace can be modified or erased during this time.

This type of change is called “Transformational Change” because it transforms the memory trace underlying symptomatic behavior, rather than creates new learning that competes with the trauma memory.

“Counteractive Change” is exemplified by cognitive behavioral therapy techniques, often geared towards teaching emotional regulation skills. The trauma memory remains intact, and the new learning, competes with the trauma memory to subjugate it. The new learning is incremental, so it needs many repetitions to gain superiority over the trauma circuits (“neurons that fire together, wire together”). As it becomes primary, it exerts its influence by becoming stronger than the trauma memory circuit – it competes for behavioral expression. Transformational change, on the other hand, erases the negative emotional learning and allows the trauma memory to reconsolidate with new learning. The client remembers the event but is not emotionally triggered by the memory, and symptoms cease as they are no longer needed. The symptoms were the brain's attempt to deal with the emotional trauma – when the memory trace is modified and the emotional learning is erased, the symptoms no longer are expressed.

The brain, however, has a core sequence of events that need to occur for reconsolidation to take place. This core sequence is sometimes inadvertently achieved by a number of different therapies, resulting in the “aha” moment in therapy that occurs occasionally but not frequently enough.

Bruce Ecker, Robin Ticic, and Laurel Hilley, in their book “Unlocking the Emotional Brain” details the core sequence, as well as the therapeutic preparatory work needed to occur to bring reconsolidation out of the laboratory and into the psychotherapy consulting office.

The three core experiences the brain needs to unlock the neural circuit and allow reconsolidation to occur is as follows:

1. Emotional reactivation of the trauma memory neural circuits, which they call target learning or symptom-requiring schema. This reactivation within the therapy session is crucial to “fire” the circuit.
2. Creation of an experience that sharply contradicts what the schema expects – an incongruent event. The juxtaposition of two contradictory experiences is a mismatch experience, or a prediction error. This is similar to cognitive dissonance but is fully experiential. The target schema is unlocked and labile and can be replaced or modified by the activation of disconfirming knowledge.
3. A few repetitions of the same contradictory experience in juxtaposition with the target schema allow the brain to reconsolidate the memory into a new schema.

The preparatory work that a therapist needs to do prior to attempting to trigger reconsolidation is as follows:

1. The therapist needs to identify symptoms – when and what are its features.
2. The therapist needs to find the emotional learning underlying the symptom-requiring schema.
3. The therapist needs to identify disconfirming knowledge - a contradictory experience that the client already has within their personal experiences.

The final step of the process which he labels V (for verification) is to try to reactivate the target schema using the trigger in order to see if in fact the memory trace has been modified or erased.

Brain science is beginning to give us the tools to effect rapid and effective changes for our clients. To learn more about reconsolidation research and how to apply it within your therapy modality, you may check out, from the Cape Counseling library, the CD of the workshop presented by Bruce Ecker and Sara Bridges at the 2013 Psychotherapy Networker Symposium entitled “The Key to Therapeutic Breakthroughs” (Part 1 and 2 - Disk # 410 and # 510), or read “Unlocking the Emotional Brain: Eliminating Symptoms at Their Roots Using Memory Reconsolidation” (Amazon: \$34.42).

## Happy 1<sup>st</sup> Birthday Genoa Healthcare!

On Tuesday, June 24<sup>th</sup> Genoa Healthcare celebrated the 1 year anniversary of the opening of the Genoa Pharmacy at Cape Counseling Services' Main Site location at 128 Crest Haven Road in Cape May Court House. Gargey Bhatt, the onsite Pharmacy Manager said "It has been a wonderful year for us and the support from the medical and administrative team at Cape Counseling has been amazing. I am looking forward for many more years of partnership like this one." As are we at Cape Counseling Services. If you have questions regarding pharmacy needs please feel free to call the pharmacy at 609-536-9227 or stop in at our location at Crest Haven.



Pictured above: Michelle Marucci and Gargey Bhatt.

## Project Restoring Hope Contract Update! By Kathy Reeves

Cape Counseling Services is pleased to announce that Project Restoring Hope has been awarded a renewal grant from the Hurricane Sandy New Jersey Relief Fund to continue providing Trauma Care and Case Management services through June 2015.

Individuals and families affected by Hurricane Sandy may be referred by calling Kathy Reeves, LCSW, Director of PI, Compliance, and Disaster Relief Services, at 609-778-6119. Services are free of charge and may be delivered in the client's home, CCS office, or in the community.

## Cape May County Long Term Recovery Group Help Residents to Rebuild Homes

Seven more Cape May County families received assistance from the Cape May County Long Term Recovery Group and other partners to restore their homes damaged by Super Storm Sandy.

The Cape May County Long Term Recovery Group (LTRG) was organized after Super Storm Sandy to help Cape May County residents who needed additional assistance to make their primary homes safe and habitable. The primary target populations are low income and elderly or disabled. The LTRG received funds from various sources to assist eligible individuals and families who have found that their FEMA, insurance and personal resources are not enough to fully restore their primary home to a safe condition.

New roofs, electrical work, mold remediation, appliances, general repair of chimneys, crawl space and drywall, rent, storage and moving costs were funded through the LTRG to families who live in Ocean City, Wildwood, Erma, Villas, and West Wildwood. All of the recipients were extremely grateful for the assistance they received. The partners who shared the costs of assistance were the Salvation Army, the Catholic Charities of the Diocese of Camden and Cape Counseling Services. Minor repair work was donated by Fox and Fox LLC of Upper Township.

Greg Speed, Chairperson of the LTRG, stated "It is really gratifying to see people being helped. There has been a lot of confusion with all of the programs available and we are glad that all the partners work together so well in Cape May County. Our funds are the last dollar in and we have seen the other agencies and case managers really step up to assist homeowners. The Cape May County Long Term Recovery Committee has obligated over \$115,000 so far to 11 needy families, many of whom are senior citizens with minimal resources. We are even helping families who have received RREM and we are expecting more aid to follow."

The Cape May County LTRG has received funds from the Robin Hood Foundation, the United Way Hurricane Sandy Relief Fund, the American Red Cross, the Hurricane Sandy New Jersey Relief Fund, Church World Service and the United Church of Christ. Also, the LTRG works with other sources of assistance such as SSBG Home Repair And Advocacy Program and other state programs, as well as, Salvation Army, Catholic Charities, Cape Counseling, A Future with Hope and the Community Law Project and South Jersey Legal Services.

Cape May County residents whose primary home was damaged by Super Storm Sandy can call Matt Morrison, LTRG case manager at 609-675-1879 for further information.

## Child Psychiatrist Coming to CCS By: Greg Speed CEO

The CEO is pleased to report that Dr. Hilton Rodriguez will join the CCS staff on Wednesday, September 24<sup>th</sup>. Dr. Rodriguez is in the process of completing the credentialing packet for privileges at Cape Counseling Services as well as applying for his New Jersey License. Dr. Rodriguez is double board certified. His professional experience includes working as the Medical Director at Cincinnati Children's Hospital Medical Center in Cincinnati and the Children's Medical Center in Dayton, Ohio. He also proudly served our Nation for 12 years in the United States Air Force.

Hilton graduated from Hahnemann University, School of Medicine (now Drexel University College of Medicine) in Philadelphia in 1987. He received his Bachelor of Arts Degree from Loyola College in May 1976.

CCS is thrilled to have him join our dedicated staff of psychiatrists, including Dr. Marie Hasson, Medical Director, Dr. Charles Dick and Dr. David Harrison and Advanced Practice Nurses, as we serve the children of our Cape May County community.



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If you or someone you know is in crisis and needs help immediately, please go to your nearest Emergency Room, call 911 or call 609-465-5999.