

ARBOUR  
COUNSELING SERVICES  
A Division of Arbour Health System presents

“MEDICATION ASSISTANCE IN THE  
TREATMENT OF OPIOID DEPENDENCE”

September 25, 2008  
7:00 – 9:00 p.m.  
Radisson Hotel  
929 Hingham Street  
Rockland, MA

The seminar will be led by the following:  
MICHAEL GAUDET, LICSW

Mr. Gaudet is currently the Director, Substance Abuse Services, at Arbour Counseling Services, Rockland. He has extensive clinical and supervision experience in the area of substance abuse treatment, and trains and consults across the country on clinical and professional growth topics. Mr. Gaudet graduated from Bridgewater State College with a BS in Social Work, and earned his MSW from Rhode Island College. He is currently a faculty member of the New England Institute of Addiction Studies.

JOHN PAUL KRUEGER, MD

Dr. Krueger is currently working at Arbour Counseling Services, Rockland, focusing on management of substance abuse treatment. Previously, he worked with disadvantaged and drug-addicted populations in South Boston and Dorchester, MA. Dr. Krueger is a graduate of the University of Missouri, Columbia College of Medicine, and received training in Family Medicine at the University of Colorado.

COLLEEN LABELLE, RN, CARN

Ms. Labelle has worked in the field of HIV and Addictions for 20 years. She is the Program Director for the MA Department of Public Health's 20 community settings treating patients with Buprenorphine. Ms Labelle is a member of the National Advisory Committee for Buprenorphine for HRSA and a trainer for the American Society for Addiction Medicine physician trainings.

WHO SHOULD ATTEND

Physicians, Psychologists, Nurses, Licensed Mental Health Counselors, Social Workers, Alcohol and Drug Abuse Counselors and other healthcare providers working with substance abuse patients

OBJECTIVES

This workshop will provide a brief overview of the medical, psychological and behavioral aspects of opiate abuse/dependence, provide information on the medications used to treat opioid dependence, and identify socio-cultural patterns of use.

**Please RSVP to Mike Gaudet at 781-871-6550.**

There is a \$10 fee for the program; AHS clinicians may attend for no fee.  
A refund will be provided with 5 days prior notice or if program is cancelled for any reason.

This program is being co-sponsored by Bridgewater State College;  
they have been approved by the NASW to provide 2 CEU credits for Social Workers.

For information regarding the status of CEUs for clinicians including RNs,  
LMHCs and CADACs, please contact Mr. Gaudet directly.



## Latino PHP Honored by Local Community Group

*The Esperanza Times* of Boston honored the Latino Partial Hospitalization Program (PHP) at Arbour Hospital was recently with the 2007 Community Award for its programs commitment to excellence in providing mental health services for men and women. “It is so wonderful for the Latino Program to receive the Community Award, an honor from the community we serve,” says Director Rodrigo Barahona. “*Esperanza Times*’ Community Award ceremony provides an opportunity to educate participants about our organization and the vital role we play in the community.”

The Latino PHP at Arbour Hospital consists of a five-day per week, intensive short-term treatment program for Latino adults with psychiatric disorders or dual diagnosis. Psychotherapy and psychoeducation groups are all conducted in Spanish, and bilingual and bicultural staff are available to address cultural and societal issues within the context of treatment. An intensive focus on short-term goals aims to lead to the patient’s return to long-term maintenance and stabilization in the community. The case manager, who is sensitive to patients’ cultural issues, is available to provide support to the patient and his or her family during the partial hospitalization stay as well as after discharge.

For further information, please contact Rodrigo Barahona, Psy.D., Director, at (617) 390-1236. In addition to the Arbour Latino PHP, there is another AHS Latino program located at Arbour Counseling Services, Lawrence at (978) 686-1281.

## Dr. Garcia Appointed Medical Director at Westwood Lodge

Byron Garcia, MD was recently appointed medical director at Westwood Lodge and Lowell Treatment Center. Many AHS staff know Dr. Garcia from his prior work at Arbour Hospital and Arbour Counseling Services, Jamaica Plain. Dr. Garcia most recently was the Chief of Psychiatry at Caritas Carney Hospital. Dr. Garcia maintains outpatient practices including at the MGH Primary Care Outpatient Clinic. Dr. Garcia is Board Certified in both adult and child psychiatry; he received his medical degree at the Universidad Pontificia Bolivariana School of Medicine in Colombia. Please join the Westwood Lodge and Lowell Treatment staff in welcoming Dr. Garcia!

## CANS Tool to be Required for Child/Adolescent Clinicians

Beginning November 30, 2008, BMC HealthNet Plan, Fallon Health Plan, Network Health, Neighborhood Health Plan, and the Massachusetts Behavioral Health Partnership will require a uniform behavioral needs assessment process for members under age 21. This needs assessment will be done using the Child and Adolescent Needs and Strengths (CANS) tool.

CANS organizes clinical information collected during a behavioral assessment in a consistent manner to improve communication among those involved in planning care for a child or adolescent.

There are two forms of Massachusetts CANS — “Birth through Four” and “Five through Twenty.” The CANS will be required as part of an initial behavioral health assessment and updated at a minimum of 90 days as the treatment plan is reviewed on outpatient therapy and family stabilization team services.

CANS must also be completed as part of the discharge planning process for inpatient hospitalizations; PHP is not included at this time. When a member is treated by more than one provider, each provider is required to perform their own assessment which will include the CANS.

Clinicians who are required to use CANS must pass a certification exam. This includes Psychologists, LICSWs, LMHCs, LMFTs, LCSWs, or unlicensed Masters level clinicians working under the supervision of a licensed clinician. CANS training can be done online; trainings are also offered at various MA locations and may be scheduled on-site.

Information on CANS training and certification can be viewed on the web at: <https://masscans.ehs.state.ma.us>. Participation is in-person and web-based trainings are free of charge and include CEUs. Recertification is required every two years.

We welcome your story ideas for AHS News — those that would be of interest to all staff of AHS organizations.

Send your news items to:  
Fax: (617) 390-1576  
Phone: (617) 390-1424  
Or e-mail: [megan.bradshaw@uhsinc.com](mailto:megan.bradshaw@uhsinc.com)

## Enhanced Loss Control Program Implemented for UHS

Earlier this year, UHS staff welcomed Eric Lewis to the position of Regional Loss Control Manager. In this new regional position for UHS, Mr. Lewis will oversee loss control activities for organizations, Stonington Institute, CT and King George's School, VT. Previously, Mr. Lewis was the Northeast Division Director of Risk Management for Life Care Centers of America, a group of 30 nursing homes, assisted living and hospice locations.

Since he started, Mr. Lewis has met CEOs and Departments Heads to review his role and objectives. Some of his accomplishments include completing loss control analyses for each organization, participating in safety inspections at each facility, and reviewing root cause analyses so interventions can be identified to avoid or reduce employee injuries. One of Mr. Lewis upcoming goals is to implement a Fall Prevention Program. The Fall Prevention Program includes a focus on target fall issues including inclement weather, housekeeping practices and unsafe behaviors. With an aggressive, systematic, and sustained prevention push, Mr. Lewis hopes to achieve and maintain a zero fall injury record for each organization.

Mr. Lewis received a Bachelor of Science from Northeastern University in Business Management. He has a long history of working with insurance companies in the area of workers' compensation. Mr. Lewis' office is located at Pembroke Hospital; he can be reached at 781-829-7209.

## In Remembrance of Bob Spiegel



Westwood Lodge recognized the contributions of Bob Spiegel, CEO, who passed away on November 28, 2007, with the creation of an outdoor seating area. Present at the memorial dedication and remembrance were staff including (from left to right back row): Diane Airosus, Chief Financial Officer; Gary Jacobson, MD, Chief Medical Officer; Lenny Pearlstein, pharmacist; Medhad Migeed, MD, Dual Diagnosis Medical Director; Gary Gilberti, AHS Chief Executive Officer; and Sherri McKee, Chief Executive Officer, Westwood Lodge. Staff was joined by Mr. Spiegel's family including wife Betsy and children Randi and Jeremy.

## Arbour Latino PHP Director Interviewed on BNN

Boston News Network (BNN) recently interviewed Rodrigo Barahona, Director of the Latino Partial Hospitalization Program. The Spanish language program centered around Arbour Hospital's Latino PHP. Fernando Castiblanco, MD hosted the interview, which covered topics including how to recognize mental health and addictions problems in oneself, family members and friends and how to obtain help and services for these problems. Most of the interview was dedicated to the work the Latino PHP does with the community and how to contact the program if one is in need of services. For further information, please contact Rodrigo Barahona, Psy.D., Director, at (617) 390-1236.

## Melissa Savage Testifies in Support of Legislation

As Chair of the Massachusetts Chapter of the National Association of Social Workers LGBT Issues Committee, Melissa Savage, LICSW, Director, Triangle Program, Arbour-HRI Hospital, testified in support of An Act Relative to Gender Based Discrimination and Hate Crimes. As part of her testimony to members of the Joint Committee on the Judiciary, Ms. Savage said that she has "an interest in supporting the legislation because (she) believes in the dignity and respect for all people" and noted that "effects of gender identify-based hate crimes permeate all aspects of life".

## Outpatient Psychiatrist Featured in Lowell Article

Devon Hinton, MD, a psychiatrist at Arbour Counseling Services, Lowell, who works with the Cambodian immigrant population, was interviewed for an article in *The Boston Globe* Lowell edition. Dr. Hinton specializes in the treatment of southeast Asian patients, and a key part of Dr. Hinton's work with immigrants is properly diagnosing mental illness that patients often first articulate as body pain or other physical ailments. Among newcomers to this nation, mental illness can be alien, stigmatizing and many are more likely to talk initially about physical symptoms that seek psychiatric services.

## Laura Howe of Arbour Counseling Services Honored

Arbour Counseling Services, Worcester, Office Manager Laura Howe was honored by the Girl Scouts of Central and Western Massachusetts at the 16th Annual Women of Distinction Luncheon. In addition to working at Arbour Counseling Services for over twelve years, Ms. Howe volunteers in the community as a New England Aid Dogs volunteer and provides a foster home for New England Dog Rescue.

## AHS Staff in the News

### New Director of Nursing at Arbour-Fuller Hospital

Susan Kimper, MSN, RN brings 30 years of nursing experience to her new position as Director of Nursing (DON) for Arbour-Fuller Hospital. Most recently, Ms. Kimper served as the Director of Behavioral Medicine for Roger Williams Medical Center in Providence, Rhode Island. At Roger Williams, Ms. Kimper supervised a Level IV Detoxification Unit, Dual Diagnosis Unit, Geriatric Psychiatry Unit, Addictions Medicine Day Treatment Program, IOP, Access Team for the Emergency Room, and Department of Corrections Collaboration Project. Prior to that, she worked as the Director of Nursing and Inpatient Services for Natchaug Hospital, a behavioral health facility in Connecticut.

Ms. Kimper also was the Director of Behavioral Health at Elliot Health Systems where she oversaw inpatient and geropsychiatry units in addition to a variety of partial hospitalization and outpatient psychiatric services for both children and adults. Earlier in her career, Ms. Kimper served as a nurse manager at a state-operated, publicly funded hospital where her responsibilities included management of the Intermediate Care, Neuropsychiatric Assessment and child and adolescent inpatient units.

She received her MSN and BSN from University of Southern Maine and her ADN from Middlesex Community College, Bedford, Mass.

### Director of Education Hired at Pembroke Hospital

Cindy Getman, RN, BS, BA, has started at Pembroke Hospital as the Director of Education. Ms. Getman was previously employed at the Massachusetts Department of Public Health as a sexual assault nurse examiner. In addition, her prior positions included as school nurse in Weymouth, as a clinical nurse on the Inpatient Psychiatry Unit at Beth Israel Deaconess Medical Center and staff nurse at South Shore Hospital and Pine Street Inn. Ms. Getman received a Bachelor of Science in Nursing and a Bachelor of Arts in Psychology at Simmons College.

### AHS Marketing Communications Coordinator Hired

Megan Bradshaw has filled the position of AHS Marketing Communications Coordinator. She worked most recently as an assistant director in the Boston University Athletic Communications department. She has worked in communications and media relations at Villanova University and Towson University. She has also worked at advertising agencies in account services and copywriting in Baltimore and Dublin, Ireland. Ms. Bradshaw graduated from the Boston University College of Communication with a BS in Communication and Advertising.

### New Community Relations Coordinator for AHS

Courtney Greenwood took on the expanded position of AHS Community Relations Coordinator for southeast Massachusetts and Rhode Island, including assisting in referral development for Stonington Institute. She is based at Arbour-Fuller Hospital. Courtney resides in Providence, R.I. and is very familiar with the Rhode Island marketplace. Previously, she worked in fund and grant development at Butler Hospital and prior positions were in Rhode Island doing marketing communications and public relations, including for health-related organizations. She also served as an intern in the Hartford Hospital Public Relations Department. Ms. Greenwood graduated from University of Rhode Island with a BA in Journalism and is completing her Masters in Business Administration at Suffolk University.

### New Women's PHP Director

Aimee Moreno, MA, has been promoted to Director, Women's Partial Hospitalization Program, Arbour-HRI Hospital. Ms. Moreno spent several years as the clinical coordinator of the WPHP prior to her appointment. She holds a Master's Degree in Clinical Mental Health Counseling and completed Lesley University's program with an emphasis on Holistic Theory and Practice. Prior to Arbour-HRI, Ms. Moreno worked at the Boston VA Outpatient Clinic and Windsor House Adult Day Health, Cambridge.