Personal Counseling Services, Inc Personal Counseling Services, Inc.

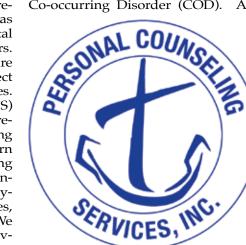


Bridging the Gap

ing an unprecedented chalnational public health crises: drug overdoses and the Covid-19 health illness combined with a subpandemic. The adverse effects of COVID-19 and our communities' response to mitigate the pandemic has increased isolation, stressors, mental health and substance use disorders. Local mental health agencies are tasked with the challenge to protect the wellness of our communities. Personal Counseling Services (PCS) has been on the front lines of this responsibility since 1959 supporting the behavioral health of our Southern Indiana communities by providing marriage/couples counseling, mental health and music therapy, psychological and psychiatric services, and substance abuse treatment. We remain active in the community, serving on boards, meeting with legislators, listening to clients, primary care physicians and measuring the pulse of the communities we serve. As we partnering with other agencies to illness abuse alcohol or drugs. Likehelp bridge the gap, we are seeing a wise, 37 percent of alcohol abusers significant positive impact in reach- and 53 percent of drug abusers have

outhern Indiana is experienc- and those with addictions. Currently, PCS serves seventeen counties in Inlenge with the merging of two diana and four counties in Kentucky.

> When a person has a mental stance use disorder, this is called a Co-occurring Disorder (COD). Ac-



cording to New England Journal of Medicine, 29% of all people who have been diagnosed with a mental health ing those with mental health issues at least one serious mental illness.

Common mental health disorders that are likely to co-occur with addiction include depression, bipolar, posttraumatic stress disorder (PTSD), anxiety, and Attention-Deficit Disorder. Significant gaps exist between the treatment needs of people with CODs and the actual care they receive. This can be contributed to addiction counselors' lack of training in CODs, labor shortages, and many treatment programs not designed to support this unique population. SAMHSA (Substance Abuse and Mental Health Services Administration) attributes this gap to the failure of agencies to routinely screen and assess clients when providing behavioral health services.

Our Southern Indiana communities are experiencing this service gap first hand. According to Priorities for Progress: Assets and aspirations of Southern Indiana 2021 (Clark and Floyd Counties), 75% of the survey respondents selected adult drug or alcohol use as the social issue of most concern. More than a quarter of the respondents cited outpatient substance abuse treatment as a mental health priority.

PCS is proactively attempting to

bridge that gap between an increasing need for Co-occurring treatment services and available treatment options in our southern Indiana Communities. First, PCS added psychiatric medication management to complement their current mental health therapy services. Dr. Rosalind Williams, a board certified psychiatric mental health nurse practitioner (DNP, APRN-PMHNP-BC), has been added to the staff to conduct these services. Dr. Williams has been as a psychiatric nurse practitioner since 2018 in mental health inpatient, outpatient, and medication-assistanttreatment programs. Dr. Williams by combining the evidenced-based assessment. Based upon the individ-

clients in developing a self-directed ysis, songwriting, active-music makdrug-free lifestyle that promotes the restoration of relationships, improvement of self-esteem, re-connection with a community, and improving the ability to manage psychiatric and physical concerns. Bill Zenor, the program's Director, is a Licensed Clinical Addictions Counselor who has been practicing addiction counseling for 15 years. Bill's experience in the substance abuse field varies between counseling, regulatory compliance, program development and commu-

ing etc.) that will be used as a strategy to promote wellness, manage stress, expression of feelings, improve communication, and cope with triggers and cravings for drugs. PCS is taking another step across the co-occurring disorder service gap by combining Dr. Rosalind's medication management services with the Substance Use Disorder Program to create a comprehensive holistic intensive outpatient program. Clients will be screened for mental health and recovery needs nity outreach. The program's cur- at admission while receiving both a riculum provides a unique approach substance abuse and mental health comes with 20 years of experience in strategies of Interactive Journaling ualized treatment plan of the clients,

When a person has a mental health illness combined with a substance use disorder, this is called a Co-occurring Disorder (COD). According to New England Journal of Medicine, 29% of all people who have been diagnosed with a mental health illness abuse alcohol or drugs. Likewise, 37 percent of alcohol abusers and 53 percent of drug abusers have at least one serious mental illness.

psychiatric nursing. An integrated treatment management approach is best practice for giving those, who experience co-occurring disorders, the greatest opportunity for positive recovery outcomes.

Second, PCS has developed a new Substance Use Disorder Program providing services to those who have been diagnosed with Substance Use Disorder. Within this program is an Intensive Outpatient Program (IOP) that provides 9 hours of group therapy combined with two individual counseling sessions a month for 12 weeks. This program highlights SAMHSA's Eight Dimensions of Wellness having the goal of assisting

cess (Open discussion that provides varying perspectives, feedback and support) format. Interactive Journaling is a structured writing process that motivates and guides participants toward positive life change. This intervention uses recovery journals that utilize evidence-based practices of motivational interviewing, trans-theoretical model of behavior change, structured expressive writing and cognitive-behavioral therapy. Use of music therapy in a Substance Use Disorder IOP program is a revouse of music interventions (lyric anal- *mental health*.

and music therapy with a group pro- they will have access to psychiatric medication management, mental health therapy, and family counseling at one location while attending the IOP program.

In conclusion, PCS is taking bold steps in addressing the growing Co-Occurring Disorder treatment gap in our Southern Indiana communities by developing a holistic wrap-around substance abuse program. •

If you or someone else you know has a mental health concern or substance use problem, please seek services somewhere. lutionary step in providing compre- COVID has not made anyone's life easier hensive services. Music therapy is the and remember, there is no health without

Authors

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