

A NOTE FROM THE DIRECTOR

Meet Dina the Dinosaur! She is a puppet used in our Dino Club Social Skills & Problem Solving Group for Children. Thanks to a generous donation from Bloomington Anesthesiologists we were able to purchase Dina plus several additional puppets (including Molly and Wally, seen with Dina at right), DVDs, and training materials used in *The Incredible Years Program*. This summer Milestones will be conducting two Dino Detective Club groups for children ages 4-6 and 7-9 years. The groups will promote the use of self-control strategies, strengthen social and play skills, and to reduce defiance, aggressive behavior and related behavioral challenges. We are presently seeking grant funding to complete the purchase of the remaining *Incredible Years* curriculum and to give parents an opportunity to learn the strategies used in Dino Club.

This spring Milestones voluntarily went through a rigorous peer review process by CARF-CCAC to receive accreditation in Behavioral Health Services for the first time. We are pleased to announce that Milestones has been awarded a three-year accreditation which is the highest level certification awarded by CARF. The CARF survey team reviewed our policies, procedures, personnel qualifications and training, psychiatric and therapy treatment protocols, patient outcomes and client satisfaction instruments, and also conducted interviews with patients, clients and family members.

2009 graduates and students leaving school may be eligible for Priority Support Services Waivers. Young adults with disabilities between the ages of 18-24 who are graduating with the class of 2009 may bypass the waiver waiting list and apply for an Indiana Home and Community-Based Medicaid Support Services Waiver. The Support Services Waiver provides non-residential assistance such as employment follow-along, behavior management, day services and respite support for families. There is a cap of \$13,500 per year. For more information, we encourage you to contact your local Bureau of Developmental Disabilities Services (BDDS) office. BDDS office locations: www.in.gov/fssa/files/BDDS_District_Offices_20080929.pdf or BDDS Help Line/Phone: 317-234-5222 or 1-800-527-0008.

Have you visited our Web site www.milestonesclinic.org? Log on to find out the latest news, most updated events and a complete list of staff members. You can also find PDFs of past newsletters, contact information and information about our many services. Make sure you visit the site today to fully experience the wealth of information.

We look forward to seeing you this Spring!

Maureen Gahan

milestones director



MILESTONES NEWS BRIEFS

STAFF UPDATES

The spring brings several updates to Milestones' staff:

Jason Linville, MA has joined the Milestones staff as a Behavioral Therapist. He most recently worked at Stone Belt as a Group Home Coordinator. Jason received his Master's Degree in Psychology from Middle Tennessee State University. Before joining Stone Belt, he worked as a Licensed School Psychologist. He has experience in assessment and placement of children in school settings, and providing therapy to individuals with behavioral challenges. Welcome Jason!



Lynetta Jenkins, RN has joined the Milestones staff as the nurse serving our Bartholomew & Jackson County clients. She works out of Stone Belt's Columbus office. She received her LPN degree in 1991 and her RN degree in 2001. She has extensive experience as a hospital nurse in surgery, cardiac care and emergency room medicine. Prior to nursing Lynetta worked in home health and with individuals with developmental disabilities for six years.



Milestones would like to extend a warm goodbye to Behavioral Therapist **Jennifer Sipp**. She will be moving to North Carolina with her husband. We thank Jennifer for her hard work and dedication. She will be missed.

Congratulations to Behavioral Therapist **Pam Larr** who has passed the State Boards to become a Licensed Mental Health Counselor (LMHC).

Milestones welcomes **Hailee Carter** who joins us as a Summer Intern. Hailee received her BA degree in Psychology at Earlham College and is currently enrolled in the Master's Program in Counseling at Indiana University. We look forward to having her!

BUILDING CLINICAL EXPERTISE

A number of Milestones staff members were involved in acquiring education and skills this Spring to build their clinical expertise.

Therapists **Deb Mishler & Cindi Winegardner** attended a session entitled *Obsessive Compulsive Disorder: Signs, Symptoms and Treatment* on June 1.

Medical Director **Dr. M. Melinda Weakley** attended a session entitled *Appropriate Usage of Stimulants and Psychotropics in Unique Pediatric Populations* during the Indiana Psychiatric Society Spring Symposium at Indiana University Medical Center on April 25.

Behavioral Therapist **Connie Thornton** received *CPI Trainer Recertification Training* on March 27.

Therapists **Rosie Falls, Bree Russo & Lynda Ransburg** attended *Registered Play Therapist Certification Training* on January 22, February 19 and March 19.

Clinical Supervisor **Maureen Kipp** attended a session on *Combat Stress Disorder* in March.

Manager of Behavior Support Services **Mari Shawcroft** and Behavioral Therapist **Pam Larr** attended a session entitled, "*Bringing Worlds Together – Intellectual Disabilities and Mental Health*," sponsored by Meridian Services in association with NADD (National Association for the Dually Diagnosed) on March 19.

Therapist **Cindi Winegardner** attended a session entitled *The Ten Best-Ever Anxiety Treatment Techniques* on January 23.

IN DEPTH: OBSESSIVE-COMPULSIVE DISORDER

By **Cindi Winegardner, MSW, LCSW** | Milestones Therapist

What first comes to mind when you think of someone with Obsessive-Compulsive Disorder (OCD)? Maybe it's the television character Monk or Howie Mandel from "Deal or No Deal" bumping fists rather than shaking hands. Maybe you laugh out loud thinking "those people..."

What is OCD? It is a disorder best viewed from a neurobehavioral framework ("neuro" = neurological; "behavioral" = manifested in thoughts, feelings and behaviors). Those with OCD have intrusive, unwanted thoughts (obsessions) and feel they must perform repeated, ritualistic behaviors and routines to try to decrease their anxiety. It is not something that is under their control if only they would "try harder." Common obsessions include: contamination, harm to self or others, aggression, sex, honesty/religiosity, forbidden thoughts, symmetry urges, and the need to tell, ask or confess. Common compulsions include: washing, repeating, checking, touching, counting, ordering/arranging, hoarding and praying.

For a child or adolescent with OCD, it is an often frightening experience. They feel embarrassed and alone and frequently attempt to hide their thoughts and actions. They may be punished and/or humiliated for behaviors over which they have no control. These symptoms cause significant interference in their usual daily activities.

According to the Anxiety Disorders Association of America, as many as 1 in 100 children may suffer from OCD while other sources place the frequency closer to 1 in 50. The peak age for diagnosis is 10 years old. It can strike as young as 2 or 3. Boys are more likely to develop OCD before puberty while girls tend to develop it during adolescence.

Since children and adolescents may go to great lengths to hide their symptoms, what are signs to watch for? Some common indications include: rough, red hands from incessant washing; a sudden increase in laundry; an inordinately long time spent completing homework; holes erased through tests or on homework; pleas to family members to repeat phrases over and over; recurrent fears that something bad will happen; and extreme distress or tantrums if a ritual is interrupted.

There are, of course, other factors to be considered in diagnosing OCD. It is crucial to have an evaluation conducted by a trained mental health professional. Once diagnosed, OCD typically responds well to treatment. Treatment options include: cognitive-behavioral therapy (CBT), exposure and response prevention therapy (E/RP) and medication. Recent research indicates that CBT and E/RP alone or in combination with medication is more effective than medication alone. Another important factor when seeking treatment for a child or adolescent with OCD is the individual's comfort level with the provider. Several of our clients have had multiple trials of therapy before finding someone with whom they felt comfortable enough to share all their symptoms.

Milestones currently has two therapists who have completed 16 hours of continuing education in the treatment of OCD (10 of those hours are specific to treating children and adolescents) and one therapist with 6 hours of continuing education in treating OCD. All three of these therapists are providing CBT and E/RP therapies. We have also begun a bi-monthly peer supervision group to staff cases and further our knowledge. Additionally, Milestones has two board-certified psychiatrists who can provide psychiatric assessments and medication management.

➤ If you have any additional questions about OCD or its treatment, please contact **Cindi Winegardner** (cwinegar@stonebelt.org) or **Deb Mishler** (dmishler@stonebelt.org). Both can be reached by phone at 333-6324.

OUR STAFF

DIRECTOR

- **Maureen Gahan, MAMFT**
Milestones Director, Therapist

PSYCHIATRY

- **M. Melinda Weakley, MD**
Medical Director
Board Certified in General Psychiatry
- **Lia Kettens, MD**
Psychiatrist
Board Certified in General Psychiatry

THERAPY/COUNSELING

- **Maureen Kipp, MSW, LCSW**
Clinical Supervisor
- **Cindi Winegardner, MSW, LCSW**
Therapist
- **Bree Russo, MSW, LCSW**
Therapist
- **Rosie Falls, MSW, LCSW**
Therapist
- **Lynda Ransburg, MSW, LCSW**
Therapist
- **Deb Mishler, MSW, LCSW**
Therapist

BEHAVIOR MANAGEMENT

- **Mari Shawcroft, MA**
Manager of Behavior Support Services
- **Connie Thornton, MSW, LCSW**
Behavioral Therapist
- **Jason Linville, MA**
Behavioral Therapist
- **Pam Larr, MS, Ed.S**
Behavioral Therapist
- **Craig Barnhart, MS**
Behavioral Specialist
- **Dan Button, MA**
Behavioral Specialist

SOCIAL WORK

- **Carrie Koons, MSW, LCSW**
Manager of Social Work Services
- **Erica DeHart, MSW**
Social Worker

NURSING

- **BJ Bennett, LPN**
Manager of Health Care Services
- **Bobbi Wigley, LPN**
Nurse
- **Mary Jo Brooking, LPN**
Nurse
- **Tammy Barger, LPN**
Nurse
- **Lynnetta Jenkins, RN**
Nurse

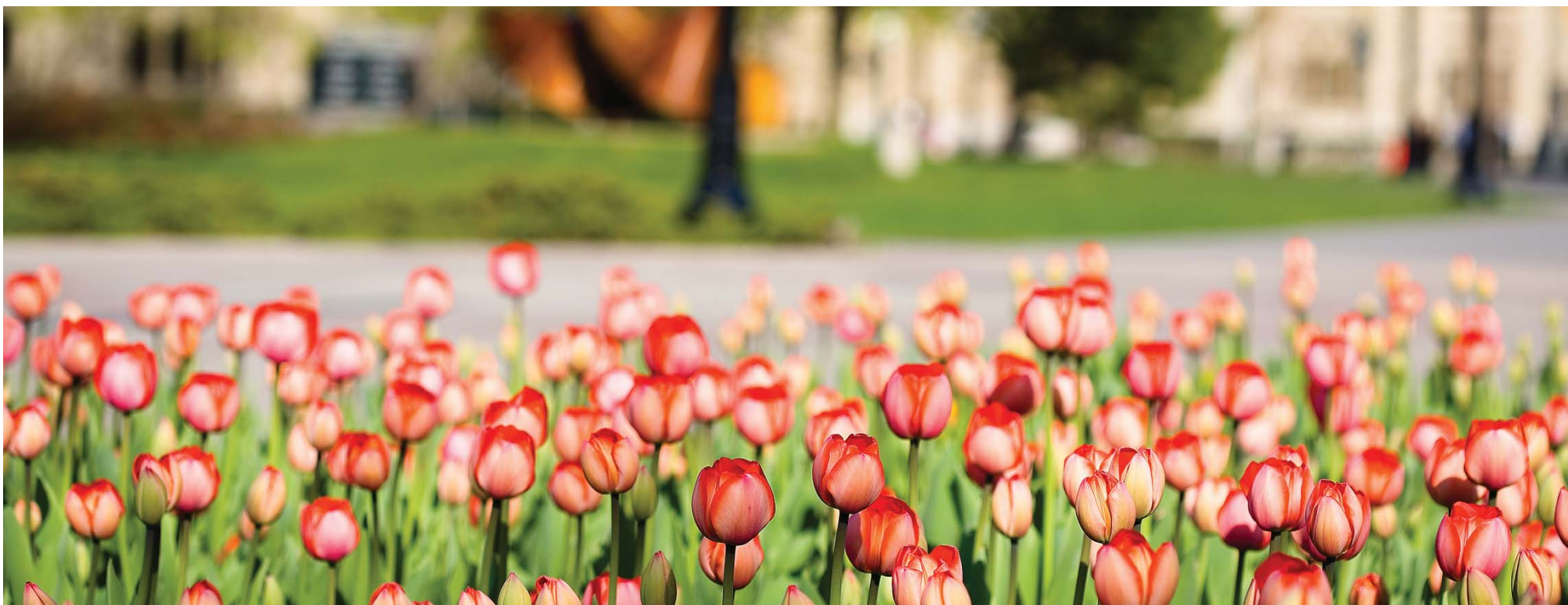
OFFICE STAFF

- **Lisa Minnick**
Office Manager
- **Shay Gooden**
Administrative Assistant
- **Phil Lyons**
Administrative Assistant
- **Dixie Jenkins**
Administrative Assistant
- **Bertha Wiles**
Administrative Assistant

SUPPORT MILESTONES

Milestones Clinical & Health Resources is a not-for-profit out-patient clinic. If you would like to find out more about Milestones' programs of excellence or make a donation to the program, contact Stone Belt Development Director Amy Jackson at 812.332.2168, ext. 314 / ajackson@stonebelt.org.

Name
Address
City, State ZIP



EVENT CALENDAR



Financial Planning Seminar

Thursday, June 11 • 6:30 to 8 pm
First Presbyterian Church • 221 E 6th Street, Bloomington

The Down Syndrome Family Connection and MetLife Insurance will host a free workshop on "Planning for the Future of Your Child or Dependent With Special Needs." The seminar will run approximately 90 minutes with time after for questions.

The session will address legal, financial and family issues including: wills & trusts, special needs trusts & guardianships, special needs trust fund and Medicaid & SSI. The seminar will be led by Gordon Homes, Jr., a financial advisor with MetLife MetDesk.

For more information contact Gordon at ghomes@metlife.com / 1-800-903-6380, ext. 2005 / www.gordonhomes.metlife.com.

Teens Coping Together

Mondays or Wednesdays • 15 to 17 year olds

Teens learn about problem solving, choices, grief & loss, peers, anxiety, and social skills. Facilitated by Deb Mishler, MSW, LCSW and Lynda Ransburg, MSW, LCSW. For more information contact Deb at dmishler@stonebelt.org or Lynda at lransbur@stonebelt.org.

Aspie Group

Wednesdays. 4:30 to 5:30 pm • teens

Evidence-based group therapy for teenagers with Autism Spectrum Disorders. Facilitated by Rosie Falls, MSW, LCSW and Craig Barnhart, MS. For more information contact Rosie at rfalls@stonebelt.org or Craig at cbarnhart@stonebelt.org

Dino Detective Club

Mondays • 4-7 year olds | Thursdays • 7-9 year olds

Promotes positive social skills and peer relationships with a focus on reducing problem behaviors. Facilitated by Deb Mishler, MSW, LCSW and Erica DeHart, MSW. For more information contact Deb at dmishler@stonebelt.org or Erica at edehart@stonebelt.org.

Parent Support Group

Thursdays. 5:30 to 6:30 pm • parents

Meet fellow parents of Milestones clients & patients. Facilitated by Maureen Kipp, MSW, LCSW. For more information contact Maureen at mkipp@stonebelt.org.

Play Therapy Group

Mondays. 10:30 to 11:30 am • 4 to 5 year olds

Focuses on building children's social skills through play and role playing. Facilitated by Bree Russo, MSW, LCSW and Rosie Falls, MSW, LCSW. For more information contact Bree at brusso@stonebelt.org or Rosie at rfalls@stonebelt.org.



MILESTONES CLINICAL & HEALTH RESOURCES, A DIVISION OF STONE BELT PROVIDING PSYCHIATRIC, COUNSELING, HEALTH AND BEHAVIOR MANAGEMENT SERVICES INCLUDING:
psychiatric assessment • medication management • individual/group/family/play/couples therapy • depression screening & counseling • stress management • support groups • CPI training
behavior assessment & management • behavioral support plan development • school-based supports through DOE • staff/family/caregiver training • case coordination & planning • nursing assessment

550 South Adams Street • Bloomington, IN 47403 • Appointments Available Monday – Friday, 8 am to 6 pm • For appointments call 812.333.6324 • www.milestonesclinic.org