

Connections

The Newsletter of the Connections Program

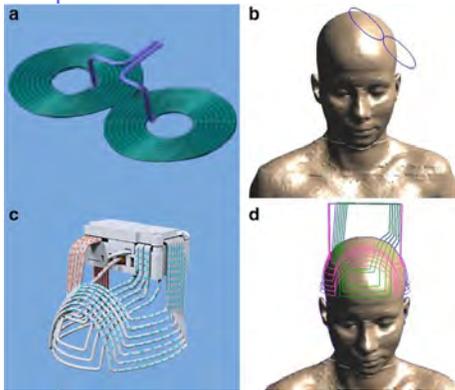
A Partnership between the Health District of Northern Larimer County and SummitStone Health Partners

Transcranial Magnetic Stimulation, an Overview

Submitted by: Rose George, MD, Brighter Day Psychiatry

Transcranial Magnetic Stimulation, or TMS, is a fairly new tool for mental health providers. In the United States, it has been FDA approved for treatment resistant depression and OCD. In Europe, it has been approved for many other additional disorders such as PTSD, bipolar disorder, chronic pain, etc. TMS is an alternative to medication treatment due to no systemic side effects and unlike ECT, which is also a non-medication treatment, TMS has no associated side effects of memory loss or cognitive deficits.

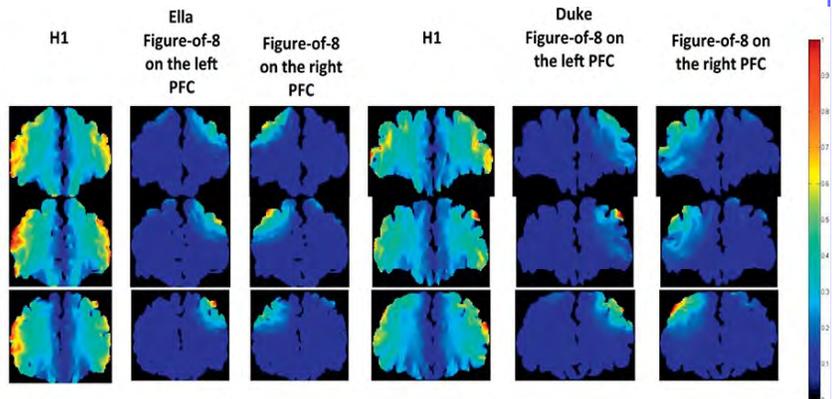
TMS utilizes a coil of wire to create a magnetic field which when moved back and forth (pulsed) induces a current in the underlying area. Since a magnetic field can penetrate the skull, TMS has been developed to treat various psychiatric disorders. Repetitive TMS mean repetitively pulsing the treatment area of the brain and is referred to as rTMS. There is significant technology and engineering that needed to come together to create the TMS treatment equipment and protocols.



The first TMS machines used a figure 8 coil. In 2008, the first rTMS machine (one with a focal iron core coil produced by Neuronetics Inc) received FDA approval for treatment resistant depression. The Brainsway deepTMS H1 coil, which is not a figure 8 coil but has more tangential-to-the-scalp coil components, was FDA approved in 2013. In 2015, two more figure 8 coil TMS machines were FDA approved, (Magstim and MagVenture).

Design of Figure 8 coil (a,b) and H1 coil (c,d). Image source: <https://www.sciencedirect.com/science/article/pii/S0924977X19302676#bbib0114>

The Brainsway deep TMS H1 coil, because of its greater number of tangential coil components, generates a larger area of magnetic field effect and has been shown to penetrate 1.8 to 2.8 cm into the brain whereas the figure 8 coils have a maximum penetration depth of 1.1 cm. This greater penetration and larger area of magnetic field effect allows for a greater area of the brain to be stimulated during treatment with the same energy constraints so that safety limits are not violated.



Visual simulation of area of stimulation in brain of H1 vs figure 8 coil. Colors show level of activation, with dark blue being lowest and red being highest. Image source: <https://www.sciencedirect.com/science/article/pii/S0924977X19302676#fig0003>

TMS treatment has significant evidence of effectiveness from three Level 1 randomized controlled trials which demonstrated clinical benefit in treatment courses up to 6 weeks in duration. In clinical practice, 75% of patients treated with deepTMS improved (at least 50% of symptoms alleviated) and 50% remitted. In studies, patients were treated with TMS monotherapy which was significantly effective but pairing treatment with antidepressants and TMS has shown greater effectiveness.

(continued on page 2)

In this issue

Transcranial Magnetic Stimulation.....	1-2
Resources for the Professional	2-4
Resources for the Community	5-8
Connections Community Education.....	9

We encourage you to submit short articles (50-600 words) on therapeutic approaches, mental health topics, case studies, or therapeutic book/movie reviews, etc., & will publish them as space allows. We reserve the right to edit all submissions.

January-February 2020

Connections

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Submissions printed in *Connections* do not necessarily reflect the views of the Connections Program. Our editorial staff do not check the credentials of individuals wishing to submit groups or other listings. If you have concerns regarding credentials or other issues, please contact the group leader or author of the article directly. The purpose of the newsletter is to offer information on community happenings of interest to mental health and human services providers and updates on services available through the Connections Program. Thank you.

Transcranial Magnetic Stimulation

(continued from page 1)

Currently, most insurances will cover TMS treatment in adults who have treatment resistant depression if they have had adequate trials of medication (usually 4 medications of which there have been trials from 2 different medication classes including 2 medications from the anti-depressant class) and a trial of recommended therapy of adequate frequency and duration. A course of TMS treatment consists of 20 minute daily treatments, 5 days a week for 4-6 weeks, then 6 taper treatments over the next 3 weeks. Since there are no systemic side effects or cognitive side effects, a person can drive to and from treatments and return to their normal daily activities after a treatment.

For best results during TMS treatment series, it is recommended that the patient keep consistent with daily schedules (sleep and work schedules), medication dosages, etc., and if changes are made, notify the TMS technician to determine if adjustments to the treatment are required. Seizures are a rare side effect of TMS. In clinical trials, there was approximately one seizure for every 90,000 TMS treatments.

Currently OCD treatment, although FDA approved with TMS, is not usually covered by insurance; however TMS treatments for OCD can be partially covered by therapy billing since exposure therapy is part of the TMS procedure. There are other off label applications for TMS that are currently available including bipolar depression, PTSD, anxiety, and negative symptoms of schizophrenia.

Rose George, MD provides psychiatric care and TMS treatment to children, adolescents and adults in her private practice, Brighter Day Psychiatry, PC. To learn more about TMS or her practice, or for references noted in this article, contact Dr. George at 970-568-8324 or by email at rgeorge@brighterdaytms.com. You can also learn more on her website at <https://brighterdaytms.com>.

Resources for the Professional

Job Opening at Connections

The Connections Adult Team is looking for a Substance Use Disorder Specialist to join their team of Behavioral Health Providers!



The Behavioral Health Provider is responsible for responding to needs presented by clients who telephone, walk-in, or make an appointment for mental health assistance. The Adult Team Substance Use Disorder Specialist will be specifically focused on assisting clients with substance use disorders. This role will provide in-depth substance use disorder screening and assessments, referrals to appropriate care, education about emerging brain science and medication assisted treatments, and staff support and consultation regarding addiction issues.

The Behavioral Health Provider is often the first person a client talks to when considering mental health help. Clients may present in crisis or may need general mental health and/or substance use information; referral to providers and/or agencies meeting specific sets of criteria; in-depth care coordination; linkage to low-cost services; brief intervention; and/or help with decision making and overcoming obstacles to care.

For more information, contact Kristen Cochran-Ward at kcochran@healthdistrict.org.

Resources for the Professional

Undue Influence: Manipulation & Exploitation in Sex Trafficking, Cults and Gangs

How are individuals enticed to join a gang, be trafficked sexually or join a cult? How can you as a community member protect yourself or your loved ones from being recruited? How do law enforcement officers and professional counselors interact with exploited victims and inform their employees about sex trafficking effectively?

Please join us for a one-day conference where cultic experts, trauma counselors, Colorado information analysis center analysts (intelligence analysts), a detective from the Greeley PD Gang Unit, a trooper with the Colorado State Patrol - Human Trafficking Division and a sex trafficking research expert share their knowledge. A panel of survivors will share their story and answer audience questions.

Attend different tracks! Tracks available for law enforcement, professional counselors and general community.

Hosted by Connie Mitchell, LPC of Freedom's Hope Counseling, LLC.

Keynote speakers:

- William Douglas Woody, Phd, Professor of Psychological Sciences, UNC—*Undue Influence on a Massive Scale: POWS and Lessons for Communities*
- Diana Laws, BS, Retired Emeritus, AIMS Community College—*Human Trafficking 101*
- Survivor's Panel—*Survivors will share their experiences and answer audience questions*

When: Saturday, February 8th, 8:00am-5:00pm.

Where: The Ranch, First National Bank Building, South Exhibition Hall
5290 Arena Circle, Loveland, CO 80538

Cost: \$40 (includes turkey sandwich box lunch)
NBCC CE 6 hour certificate additional \$15

To register, visit www.freedomshopecounseling.com/events/undue-influence. For more information, contact Connie at 970-829-1968 or by email at director@freedomshopecounseling.com.



CAC Supervision

Coming in February 2020, CAC Supervision!

Facilitated by Stepheny Chapple, MSCJ, LACC, LPCC of Hygieia Wellness.

Cost: \$75 per session

Stepheny will be offering CAC supervision services following the completion of her LAC in January. For more information or to schedule, contact Stepheny at hygieiawellness@yahoo.com.



Resources for the Professional

Group Supervision



Maggie Tibbetts, LCSW and Rachel Isenberg, LCSW are running two supervision groups that have openings. These groups are for master's level social workers or counselors who are needing hours to qualify for licensure. The group is structured so that we spend the first part discussing professionally relevant topics through the use of articles and online resources. We might cover a particular diagnosis, review counseling theories or go over case vignettes.

The second half of the group is dedicated to case consultation where members can discuss clients, workplace issues, or any other topic affecting them and their work. The group is a great place to network, get support from other professionals who are newer to the field and continue learning. Both groups meet for 2 hours once a month in our Old Town office. This is not a drop in group. The cost is \$80 per group.

Please call Maggie Tibbetts at 970-988-4173 or email maggiestibbetts@gmail.com, or Rachel Isenberg at rachelisenberglcsw@comcast.net or 970-297-8907 if you are interested in joining!

Consult Group for Couples Therapists

Need new strategies, feedback, and problem solving in your work with couples? Dr. Beth O'Brien, Licensed Psychologist, is offering consultation in group format in 2020. Dr. O'Brien is a PACT (Psychobiological Approach to Couple Therapy) Level 3 Therapist with over 20 years' experience counseling couples. She has also trained with relationship experts Harville Hendrix and Terrence Real.

Questions? Call 970-491-9689 or email Beth at obrienphd@comcast.net.

Burnout Prevention Program

Did you know that 2 in 3 mental health providers are experiencing high levels of burn out? IOME offers a program specific in PREVENTING burn-out. Don't let yourself be a part of the statistic; don't allow your work to effect those you love most at home; don't wait until you are already burnt out. Taking care of yourself is a necessity, not a luxury!

IOME is a membership program. Members receive an initial consultation with your assigned trained supporter to identify individualized goals based on your story. Each month, you will receive one on one accountability sessions to review and encourage goal accomplishment. In addition, monthly events are available. Allowing you to connect, learn more about local resources, and be educated on improving overall self care. Members also receive discounted products and services, giving you access to bettering your mind, body, and soul (massages, therapy, gym memberships and more!)

The program includes individualized goals, weekly check-in, monthly accountability session, event invitation, and discounted self care services.

Cost: \$85/month or \$495/6 months

For more information and a free consultation, contact Becky Lauridsen, LPC at becky@iowemenow.com. You can also learn more at the website www.iowemenow.com.



Resources for the Community

Women's Seeking Safety Group

Group designed for women with a history of trauma and addiction. It focuses on coping skills to help you become safer in your relationships, thinking and actions.

When: Tuesdays, 10:00am

Where: Triple T Haven
40047 CR 31
Ault, CO 80610

Cost: \$20.00 per session (Sliding fee scale available)

To sign up for the group, please contact Pam Rich, CACIII at 970-218-9489 or by email at prich_ccs@yahoo.com.



Trauma Informed Yoga for Depression and Anxiety

Taught by a Licensed Clinical Social Worker/Trauma Informed Yoga Teacher.

A safe space to move at your own pace and process what your mind and body need.

Reduce stress, anxiety and depression symptoms, treating the whole body.

When: Mondays from 6:00-7:00pm

Where: 300 E. Horsetooth Road, Suite 200
Fort Collins, CO

Call to register ahead at 630-708-7938. For more information, contact Kelly Thielk at SoulShine Integrative Wellness at thielkkelly2@gmail.com. You can also learn more at www.soulshineintegrativewellness.com.



3 Hopeful Hearts Support Groups

3Hopeful Hearts invites you to attend any of their monthly support groups, each designed for grieving parents:

Child Loss Support Group	Pregnancy & Parenting After Loss Support Group
Child Loss by Suicide Support Group	Dad Support Group
Child Loss by Substance Passing Support Group	Grandparent Support Group
Perinatal/Infant Loss Support Group	
Miscarriage Support Group	

To check out the dates and times these support groups are held, visit <https://www.3hopefulhearts.com/support-groups>.



Resources for the Community

LGBTQ+ Teen Support Group

Bi-weekly support group discussing a variety of topics including coming out, being out, developing community, and mental health.

Facilitated by Adam-Jon Aparicio, LPC and Jessie Charbonneau, LPC.

When: Tuesdays

Where: Fort Collins

Cost: \$40 per session

For more information, call or text 970-795-2720 or email Jessie at jcharbonneaulpc@gmail.com.

Aging and Identity

This 10-week therapy group will consist of 6-10 women, 60 years of age or older, who are struggling with changes in personal identity as a result of life changing events or circumstances, and who are experiencing difficulties with the disconnect between who they were and how they experience themselves now. The group will explore the before and after, acknowledge the changes, and build upon present circumstances. The goal is to promote a self-image that is consistent with current reality and supportive of a renewed sense of competence, purpose, well being, and future possibilities.

Facilitated by Bonnie Shetler, PhD and Carolyn Bartlett, LCSW

When: Wednesdays from 12:30-2:00pm
Start date: January 22nd

Where: 649 Remington Street, Fort Collins

Cost: \$250 payable in advance. A sliding scale or payment plan based on financial need is available.

Interested participants will schedule a half-hour interview with Bonnie Shetler to learn more about the group and determine its appropriateness for their needs. There will be no charge for the interview.

For more information or to register, contact:

Bonnie Shetler: 970-217-6800 or bshetler@icloud.com

Carolyn Bartlett: 970-484-7868 or

carolyn@insightforchange.com



Resources for the Community

Group for High Schoolers on the Autism Spectrum

This group provides support to high schoolers on the autism spectrum and gifted/talented, with topics derived by group member's needs and interests. Come join others, socialize, and have some fun. Topics include making and keeping friends, organizing, managing conflict, and other pressing concerns of the group members.

Group facilitated by Dr. Hecker and Dr. Colorosa

When: Wednesdays from 4:40-5:30pm
Starting January 22nd

Where: 1302 S. Shields Street, Suite A2 (upstairs)
Fort Collins, CO

Cost: \$40/session. First session is free to try!



For more information or to register, contact Dr. Lorna Hecker at lorna@heckercounseling.com or call 970-617-4035.

Young Adult Group

If you have questions such as:

- How will I get out of my parent's home and be able to live on my own?
- How do I handle conflict with a roommate or coworkers?
- My parents are so pushy, how do I manage that without being so mad?
- How much money do I need to make?
- How do I increase my independence?

This group is for you! Topics will be driven by the group so everybody can learn together.

When: Wednesdays, 6:00-7:00pm (come as often as you would like!)
Starting January 22nd

Where: 1302 S. Shields Street, Suite A2 (upstairs)
Fort Collins, CO

Cost: \$40/session. First session is free to try!

For more information or to register, contact Dr. Colorosa at scoloroda@theengagementcatalyst.com or call 970-682-4665.

Resources for the Community

Banner McKee Medical Center Senior Services

Banner Generations—Structured Outpatient Behavioral Health Program

An outpatient program for seniors who are experiencing:

- Life change
- Feelings of sadness
- Frequent crying spells
- Loss of appetite
- Excessive Worry
- Feeling afraid or panicked
- Irritability
- Hearing voices
- Difficulty concentrating
- Problems with family members
- Loss of loved one



The treatment team at Banner Health works with clients to provide them with the best treatment plan, the latest treatment options, and offers the support services they need. Psychiatric services and group therapy is also available.

For more information, or to schedule and appointment, call 970-820-2640.

Inpatient Senior Adult Behavioral Health Services

McKee Medical Center is pleased to offer a 17 bed inpatient unit which includes 3 private and 7 semi-private rooms. A group room for therapy and activities is available along with two dining and multi-purpose rooms.

Treatment Components

- Comprehensive multi-disciplinary assessment and evaluation
- Medication management and education
- Group, individual and family therapy
- Psycho-educational skill building groups
- Nutritional services
- Milieu therapy
- Case management and discharge planning

General Admission Criteria

- Suicidal crisis or attempt
- Other imminent risk to self or others
- Grave disability due to psychiatric problems
- Unable to function or maintain safety in outpatient psychiatric services

McKee Medical Center
2000 N. Boise Avenue
Loveland, CO 80538

For more information or to learn about the referral process, call Pete Snyder at 970-820-2639 or email peter.snyder@bannerhealth.com.

Connections Community Education

Parent Education Speaker Series

CAYAC (Child, Adolescent and Young Adult Connections) is hosting 3 weeks of dinner and educational courses for parents or other individuals who interact with youth.

Training dates and topics:

- ◆ **February 12th**
Childhood Irritability - What is Normal?
Presented by: Aaron Meng, MD
- ◆ **February 19th**
Bipolar Disorder - Signs, Symptoms, and Treatment
Presented by: Joseph Gottfried, MD
- ◆ **February 26th**
Role of Medication in Children - Risks and Benefits
Presented by: Usha Udupa, MD

All classes held from 5:30-6:30pm at the Community Foundation Building, 4745 Wheaton Drive, Fort Collins.

To register for a class or request a flyer, please contact Ana Pasini at apasini@healthdistrict.org or call 970-530-2842.

TNT Save-the-Dates

If you are interested in attending future TNT's, please be sure to add these dates to your calendar!

January 16, 2020 (TNT Talk) To register, visit <https://www.eventbrite.com/e/tnt-tnt-talk-tickets-86174842273>

April 16, 2020 (Presentation on couples work)

July 16, 2020

October 22, 2020

TNT stands for "**Therapist Networking & Training**" and is held quarterly for behavioral health professionals. This free event is a time for providers to learn from each other through trainings and also gives attendees the time to network and catch up with fellow colleagues. TNT's are held from 7:45-9:30am. Look for invitations to come!

If you have any questions about the TNT events, contact Emily Leetham at eleetham@healthdistrict.org.



Youth Mental Health First Aid

Youth MHFA: Thursday, February 6th

This free 1-day training is designed to assist those who work and interact with youth to identify symptoms or behaviors of developing mental illness and equip them with the tools they need to reach out and offer help. The course introduces common mental health challenges for youth, reviews typical adolescent development, and teaches a 5-step action plan for how to help young people in both crisis and non-crisis situations.

For more information or to register, contact Emily Leetham at eleetham@healthdistrict.org. You can also visit www.mentalhealthfirstaid.org to learn more about Mental Health First Aid.