

CHANCE Program Information

By Joumana Elkhansa



Prestera Center for Mental Health Services, Inc.

PC NEWS

The CHANCE (Caring and Helping Academically while Nurturing Children Emotionally) program is an intervention program of Kanawha County Schools for Elementary aged students. This program is about working with students that need another chance to improve their behaviors so they can be successful at their home school. These are students that for some reason are experiencing behavioral and emotional issues in the classroom, which can lead to academic problems. This is an eight week program that will consist of academics and therapy. The students will attend four days per week. Half of their time will be devoted to academics and the other half to therapy. Fridays will consist of family counseling. Students transitioning back to their home school will be referred to the SOCRATES Kanawha Elementary School-Based Program for follow-up in order to maintain the level of functioning achieved while in the Intensive Services program.

Prestera Center is collaborating with Kanawha County Schools on this grant project to provide the mental health component of the program. Jenni Durham is the school-based supervisor who provides daily administrative and clinical supervision for the program. We have hired 4 staff for this program: Mindy Stanley, therapist; Rebecca Wendell, therapist; Kaitlyn Bone, Case Manager; and Ashley Dunlap, BRS. The program began operating on 8/27/12. This program received their OHFLAC licensure on 11/30/12 and can now bill for all intensive services.

CHANCE Program is located at 157 2nd Ave, South Charleston. This will be the location until the construction of the new elementary school on Edgewood Rd. is complete.

FLU SEASON!

BY CRAIG ZAPPIN

Flu Season is here and it's time to take action. Flu is a serious contagious disease that can lead to hospitalization and even death. The CDC urges you to take the following actions to protect yourself and others. For more details and information, take a moment and visit www.flu.gov.

Preventative Actions to Stop the Spread of Germs

- ☺ Try to avoid close contact with sick people.
- ☺ If you are sick with flu-like illness, CDC recommends that you stay home for at least 24 hours after your fever is gone except to get medical care or for other necessities. (Your fever should be gone without the use of a fever-reducing medicine.)
- ☺ While sick, limit contact with others as much as possible to keep from infecting them.
- ☺ Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- ☺ Wash your hands often with soap and water. If soap and water are not available, use an alcohol-based hand sanitizer.
- ☺ Avoid touching your eyes, nose and mouth. Germs spread this way.
- ☺ Clean and disinfect surfaces and objects that may be contaminated with germs like the flu.
- ☺ If you get the flu, antiviral drugs can treat your illness.
- ☺ Antiviral drugs are different from antibiotics. They are prescription medicines (pills, liquid or an inhaled powder) and are not available over-the-counter.
- ☺ Antiviral drugs can make illness milder and shorten the time you are sick. They may also prevent serious flu complications. For people with high risk factors, treatment with an antiviral drug can mean the difference between having a milder illness versus a very serious illness that could result in a hospital stay.
- ☺ Studies show that flu antiviral drugs work best for treatment when they are started within 2 days of getting sick, but starting them later can still be helpful, especially if the sick person has a high-risk health or is very sick from the flu. Follow your doctor's instructions for taking this drug.



Flu-like symptoms include fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills and fatigue. Some people also may have vomiting and diarrhea. People may be infected with the flu, and have respiratory symptoms without a fever.

Medical Services Update

By Beth Welsh

Pretera Center is actively recruiting medical staff to cover the vacancies left by Dr. Belgrave in Wayne and Lincoln Counties, and by Dr Bodala at 511 Morris Street. In addition to the existing open positions, Dr Puzzuoli has also resigned effective April 1, 2013.

We are pleased to announce Dr. Susanne Choby will begin providing out-patient services at 511 Morris Street three days a week starting February 4, 2013. She comes to Pretera from WVU Psychiatry Department where she taught and provided telepsychiatry for Westbrooke Behavioral Health. Please welcome her to our team!

All medical staff have begun utilizing the Qualifacts electronic health record. Many are just beginning to use the ePrescribing system Dr First. Kim Ellis and Beth Welsh are working with Qualifacts to set up additional training with the electronic prescribing system in February. Look for training announcements in the near future.

