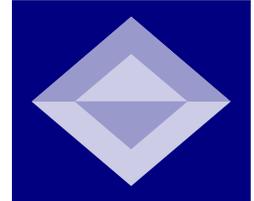


A communication periodical for our clients, staff & the community at large

# The Chronicle

A Paterson Counseling Center Newsletter



## Special points of interest:

- Paterson Counseling Center is going mobile with treatment center on wheels.
- Needle exchange program sees an exponential increase in participation.
- Paterson Counseling is aggressively pursuing certified counselors to join the staff.
- Paterson Counseling Center has 3,000 hits year to date 2014 on its website

## 2013 Survey Analytics a Success

Our 2013 Client Satisfaction Survey analytics a success. We had two goals with the launch of this survey, 1) to receive a larger response rate than last year and 2) create a comparative analysis of results comparing 2013 to prior years. We were successful on both fronts.



Our survey questions exceed the minimum standards required by many agencies as we seek to understand more about our clients' perception of care and our execution of services in line with established policies and procedures. Our success will be dependent not just on client feedback but our response to that feedback as we seek to enhance and sustain an optimum level of care throughout our facility. Last year over 120 associates responded to our survey and we worked hard to address feedback related to our facilities and admissions process and we added additional services in support of women and children in response to specific feedback from our clients.

## Internet & School

What would you say to an opportunity to earn a college degree from the convenience of your home. Yes, you can earn a fully accredited college degree in a fraction of the time by taking courses over the internet.

You can also translate your professional experience into college credit towards a degree as well. To find out more about this opportunity log onto



[www.tesc.edu](http://www.tesc.edu) to learn about the degree programs at Thomas Edison College.

We have employees in the organization who received college degrees by participating in these programs and received college credit for career experience. If you are interested in finding out about more information please contact Audrey Garris for more information on how the program works.

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Next Issue:  
Survey Is Coming

## Community Feedback On The Way

The center is in the process of inviting community leaders and local citizens to the facility to garner feedback on the value of the center and what we can do to continue to improve on services. This is an annual event that yields valuable feedback from the community at large. It provides us with an opportunity to explain what we do and how we help others in the community as well as build alliances with other agencies and service providers. If you would like more information on this even please reach out to one of our counselors.

Source: TopHealth Newsletter

## Asthma & Suicide Link

People with asthma may be at increased risk for suicidal thoughts with attempted suicide, but not for suicidal thoughts without suicide attempts, according to a U.S. study.

Researchers at the Johns Hopkins University School of Public Health in Baltimore analyzed data on 5,692 people, aged 18 and older, from the U.S. National Comorbidity Survey Replication.

They found that about 12 percent had a history of asthma. Estimates of lifetime prevalence for suicidal thoughts and attempts without asthma were 8.7 percent, 4.2 percent and 12 percent, respectively, and occurred more frequently in women than in men.



Cigarette smoking and concurrent mental health conditions may independently account for a large part, but not all, of the association between asthma and suicidal thoughts with attempts, said the

study authors.

After they adjusted for cigarette smoking, concurrent mental health conditions and common socio-demographic factors, they found there was still a significant association between asthma and suicide thoughts and attempts.

"Researchers have speculated that the relationship between asthma and suicidal behaviors is possibly because of ensuring mood and anxiety that results from disability and discomfort associated with asthma, which can be a lifelong disease," the study authors wrote. "Individuals might have frequent thoughts of death with increasing severity solely because they have a potentially life-threatening illness."

The findings suggest that people with asthma who express suicidal thoughts should be referred to mental health services.

The study was published in the May issue of the *Annals of Allergy, Asthma & Immunology*.

Source: everydayhealth.com

## Security

Please note that the Paterson Police Department has been contracted to provide security services on behalf of PCC. We expect all clients to abide by the rules and regulations of the clinic. In the event of a safety threat or unruly behavior, the security team is authorized to protect the staff, clients and visitors at all time. Please abide by the rules and address any grievances in a courteous and non-threatening manner. Thank you in advance.



## Web Site

Our website continues to be an active source of information for prospective clients and the community. We continue to receive feedback from the site and quite a number of agencies also research the site to find out more about the clinic.



In addition, we have also noted that visitors from other countries frequent our site on a regular basis as well.

[www.patersoncounseling.org](http://www.patersoncounseling.org)

## Don't Suddenly Stop Taking Antidepressants

If you want to stop taking an antidepressant, it's important to speak with your doctor first, the American Academy of Family Physicians says. The doctor may recommend weaning your body off the medication gradually.



People who stop an antidepressant too quickly may trigger a host of

symptoms that doctors call antidepressant discontinuation syndrome. Symptoms may include:

- Anxiety.
- Feelings of depression or sadness.
- Moodiness and irritability.
- Tiredness.
- Headaches and dizziness.
- Nausea and vomiting.

- Diarrhea.

If an antidepressant is causing an unpleasant side effect, your doctor may opt to lower your dose or prescribe a different type of antidepressant altogether.

Source: everydayhealth.com