



Newsletter

As the temperature begins to drop and the fall season approaches, this issue of the PERC Newsletter highlights some events & activities to help you celebrate these seasonal changes.

Regardless of whether you're most looking forward to the return of football season, or taking in the colorful fall foliage, we hope this issue helps each of you make the most of this fall season!

CT-R TIP OF THE SEASON BY DR. ELISA NELSON, PHD

"Find a meaningful way to contribute to your family and friends as the holiday season approaches."

PERC PROGRAM UPDATES

WELCOME STUDENT-PRACTITIONERS!

Please join us in welcoming our new cohort
of student-practitioners!

Katey O'Brien, MA
Clinical Psychology Extern

Ariana Rivens, MA
Clinical Psychology Intern

Chelsea Jackson, MS, JD
Clinical Psychology Extern

Thandwa Mdluli, BA
Counseling Practicum Intern

Join the PERC team at NAMIWalks Philadelphia 2023!



Saturday, October 7th, 2023
10:00AM - 2:00PM
Friends Hospital
4641 Roosevelt Blvd
Philadelphia, PA 19124

TO SUPPORT PERC'S FUNDRAISING EFFORTS

USE QR CODE :



PERC PROGRAM UPDATES

UPCOMING PERC GROUPS

Family Support & Education Group

Time/Date: Monday, October 9th, 2023, 5:10 - 6:30 PM

Topic: Recovery Oriented Cognitive Therapy (CT-R)

Speaker: Elisa Nelson, PhD and Ariana Rivens, MA

Time/Date: Monday, November 13th, 2023, 5:10 - 6:30 PM

Topic: Healthy Eating (Combined w/ Participant Group)

Speaker: Kelly C. Allison, PhD, FAED, FTOS

Time/Date: Monday, December 11th, 2023, 5:10-6:30PM

Topic: Supporting Autonomy

Speaker: Ariana Rivens, MA

Time/Date: Monday, January 8th, 2023, 5:10-6:30 PM

**Topic: Understanding and Promoting Sleep (Combined w/
Participant Group)**

Speaker: Jerome H. Taylor, MD

Time/Date: Monday, February 12th, 2023, 5:10-6:30 PM

Topic: Crisis Intervention

Speaker: Arielle Ered, PhD

Participant Process Group

Time/Date: Monday, October 9th, 2023, 5:10 - 6:30 PM

Topic: Activating the Adaptive Mode

Speaker: Steven Lawley, MA

Time/Date: Monday, November 13th, 2023, 5:10 - 6:30 PM

Topic: Healthy Eating (Combined w/ Family Group)

Speaker: Kelly C. Allison, PhD, FAED, FTOS

Time/Date: Monday, December 11th, 2023, 5:10 - 6:30 PM

Topic: Developing Independency

Speaker: Steven Lawley, MA

Time/Date: Monday, January 8th, 2023, 5:10-6:30 PM

**Topic: Understanding and Promoting Sleep (Combined w/ Family
Group)**

Speaker: Jerome H. Taylor, MD

Time/Date: Monday, February 12th, 2023, 5:10-6:30 PM

Topic: Seeking Safety

Speaker: Steven Lawley, MA



Staff Spotlight

AN INTERVIEW WITH DR. PHILIP CAMPBELL, MD, PHD

BY THANDWA MDLULI



Tell us a little bit about your training & professional background?

"I obtained my undergraduate degree in Chemistry from McGill University in Montreal, Canada. I then received my MD and PhD in Developmental and Molecular Biology from the Albert Einstein College of Medicine in Bronx, NY. I then came to Philadelphia and completed my Psychiatry residency at the University of Pennsylvania and have been working at PERC since."

What areas of research are you most interested in?

"In addition to working at PERC, I also conduct research focused on the molecular and cellular mechanisms of neurodevelopmental disorders at Penn. Most of this research uses zebrafish as a model to study genes that have been associated with brain disorders in humans. The ultimate goal of this research is to identify novel mechanisms that might be harnessed to design new therapeutics."


What do you enjoy most about working at PERC?

"One of the most enjoyable parts about working at PERC is the family involvement. Not only does having families closely involved improve outcomes for participants, but it also allows us to provide support for the families through the recovery process."

What do you like to do in your spare/free time?


"In my free time I enjoy being outdoors, watching sports, and spending time with family and friends."





LIVED EXPERIENCE: TESTIMONIAL FROM A FAMILY MEMBER


BY AMENIA COLEMAN, M.S.ED, M.PHIL.ED




What advice would you give other support persons trying to find care for their loved one?

The advice I would offer is to find a program where they can actively communicate with the individuals who will be supporting their loved one. What proved most beneficial for my son in this program was the open communication I maintained with the team of care professionals at Penn. Right from the beginning, we ensured that all necessary forms were filled out, enabling direct communication between the team and me, fostering effective teamwork. Accountability both at home and within the program is of utmost importance.

Additionally, I would suggest joining online support groups. I had the opportunity to join a Clubhouse group for supporters of individuals diagnosed with bipolar disorder. While most of the members were individuals suffering from this condition, I participated as a supporter.



What I heard and observed before speaking was profoundly eye-opening, honest, and thought-provoking. It allowed me to comprehend that my son's mannerisms and behaviors were typical for someone with this diagnosis. The ability to listen and educate myself granted me greater patience, understanding, and care as I supported my loved one through this challenging experience."








What has been the benefits of enrolling your loved one in an FEP Coordinate Specialty Care program?

The most significant benefit of enrolling in your program has been the outstanding communication provided by the entire team. The professionalism and responsiveness we've encountered in this program are truly unmatched. I consider myself incredibly fortunate that our journey led us in this direction, guided by God.


From the very first visit with Dr. Kohler and throughout our experience, it has been consistently welcoming and comforting. Bridgette, Dr. Rossano, and Amenia, under his guidance, have, in my opinion, executed their roles flawlessly.

Bridgette ensures that my son never misses an appointment. While it may seem like a small detail, when you're dealing with a loved one who may be in denial or trying to avoid necessary care, having someone like Bridgette is invaluable. I'm incredibly grateful for her persistence and genuine concern. If she couldn't reach my son after a couple of attempts, she would contact me, demonstrating a level of care that meant a lot to me. Together, we were able to ensure he continued to receive the care he needed. Bridgette has also been instrumental in helping him explore vocational options and continues to do so as he determines his next steps.






LIVED EXPERIENCE: TESTIMONIAL FROM A FAMILY MEMBER BY AMENIA COLEMAN, M.S.ED, M.PHIL.ED




Dr. Rossano has genuinely been a lifesaver. He provides thorough explanations for any questions I may have and goes the extra mile. Even after hours and on weekends, during episodes, he has been there to keep me calm. He has also risen to the occasion to help soothe and support my son when needed, ensuring his well-being.

Amenia has been the voice of reason for my son. She possesses patience, positivity, practicality, and presence. Whenever there was a misunderstanding or confusion for my son, the first person he sought to speak with was her. She connected with him on a level that allowed him to express himself and brought a sense of calm to his worries. Her level of professionalism exceeds anyone I've seen in her role. You can genuinely feel her care and investment in his well-being. This greatly reassured me as a mother, and, of course, my son cherished her support.

My son has regained his goals and desires, started caring for himself, and this transformation was truly the result of the partnership with the entire team at Penn.



Are there any improvements you hope to see in the mental health field in the future?



Certainly, I believe that as time goes on, there will be a growing need for programs like this one for our younger adults. I hope to see more comprehensive programs that cater not only to those experiencing their first mental health challenges but also to individuals in need of long-term care. What I've discovered is that there are numerous loopholes and constraints within hospitals and facilities. Frequently, when a person requiring care displays even slight signs of improvement, they are discharged, regardless of their actual state of health. This often results in them returning to the facility repeatedly for additional care. This cycle is counterproductive and exacts a heavy toll, not only financially but also mentally, physically, and emotionally.

What would you tell someone who's considering our program?

I would inform them that this program in Pennsylvania is the best I've come across. Despite having numerous connections, I faced difficulties in finding appropriate care and a dedicated team for my son. Through resourcefulness and determination, I eventually reached out to your program, which has been a true blessing. I genuinely appreciate everything this program has provided for my son and myself, and I hold immense gratitude for all of you.



COMMUNITY ACTIVITIES



PERC GROUPS & ACTIVITIES SURVEY

The PERC team is interested in your feedback about some exciting new groups and community activities to consider including in our programming!

Use the QR code below

or

[Click here for the link to our survey.](#)



COMMUNITY ACTIVITIES

FUN FALL EVENTS FOR THE WHOLE FAMILY



- [OUTDOOR MOVIE NIGHT AT PEDDLER'S VILLAGE](#) - SELECT SATURDAYS THROUGH OCTOBER 21
- [AWBURY ARBORETUM'S ADVENTUREWOODS](#) - 10:00 AM - 2:00 PM THROUGH OCTOBER 31
- [FALLFEST AT SHADY BROOK FARM](#) - SEPTEMBER 8 - OCTOBER 29, 2023 (SELECT DATES)
- [SCARECROWS IN THE VILLAGE AT PEDDLER'S VILLAGE](#) - SEPTEMBER 11 - OCTOBER 29
- [FALL HARVEST FESTIVAL AT HELLERICK'S FAMILY FARM](#) - SEPTEMBER 14 - NOVEMBER 27
- [FALL FEST WEEKENDS AT HIGHLAND ORCHARDS](#) - WEEKENDS - SEPTEMBER 16 - OCTOBER 29
- [PUMPKINLAND AT LINVILLA ORCHARDS](#) - SEPTEMBER 16 - NOVEMBER 5
- [HARVEST HAYRIDE AT ARASAPHA FARM](#) - WEEKENDS - SEPTEMBER 23 - OCTOBER 29
- [PUMPKIN HARVEST AT MILKY WAY FARM](#) - SEPTEMBER 23 - OCTOBER 29
- [FALL HARVEST WEEKENDS AT CHARLANN FARMS](#) - WEEKENDS - SEPTEMBER 23 - OCTOBER 29
- [FROEHLICH'S FARM FALL FESTIVAL](#) - WEEKENDS - SEPTEMBER 30 - OCTOBER 29
- [FALL FESTIVAL AT SNIPES FARM & EDUCATION CENTER](#) - WEEKENDS - OCTOBER 1-29
- [SPOOKY MINI GOLF AT FRANKLIN SQUARE](#) - OCTOBER 1-31
- [PUMPKIN PLAYGROUND AT LONGWOOD GARDENS](#) - OCTOBER 6-30
- [BRECKNOCK ORCHARDS FALL FESTIVAL](#) -- SATURDAYS 9AM - 4 PM THROUGH OCTOBER 28TH

Click titles for link to website

