

SEPTEMBER 2017 ISSUE

ELITE DNA THERAPY



Elite DNA
Therapy Services
a comprehensive approach

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WEIGHT LOSS CHALLENGE

We are excited to share the news about our imminent weight loss challenge! The weight loss challenge will start on the thirteenth of September. In the days leading up to the eleventh there will be weigh-ins held at the clinics by the clinic manager. Weigh-ins are scheduled at times that are convenient for everyone! The information gathered in the weigh in is confidential and will only be shared with HR for record keeping. As a company, we must score 550 total points to successfully complete the challenge. A point is equivalent to a weight loss of one pound.

Additionally, there's an added incentive/ challenge for those employees trying to quit smoking...thirty consecutive days without smoking constitutes five points! If after the fourth weigh-in on December 11th, the Elite team has met the 550 total point goal, employees who completed the challenge will enjoy January 2nd as a paid day off!

Who is eligible? Every full-time employee is eligible. To maintain eligibility the employee must weigh-in at each of the four points during the course of the challenge. At each point, the employee must have lost at least one pound from the previous weigh-in.

Things to consider: There are 134 or so employees in our company, so meeting the minimal requirements per employee will not ensure that we reach our goal. This is a team effort that will require a health infused culture to help support each other's individual's goals. To help provide resources and to ensure the success of our employees, Jason and Lizy have hired a nutritionist who will be able meet with employees underdoing the contest, and will provide one free personal training session as well. For those who aren't currently members at IronDNA, Lizy has offered two free weeks of unlimited group classes at IronDNA.

We, at Elite DNA, are excited to promote a new weight loss challenge by partnering and recruiting health and fitness experts to come and present on important topics.

Our goal is to begin this challenge in our office, with our clinicians and employees. However, our long-term goal is to encourage our clients, families and the greater community to be accountable for their weight and to live a healthy lifestyle. In order to inspire change, we must become the models and change makers! We are looking forward to imparting new knowledge; such as a healthy mindset and lifestyle modifications to promote guidance for our clients.

The Research:

Studies have shown that the most encouraging and supportive resource for people who have permanently lost weight was watching others around them lose weight as well. We want our employees to be healthy and part of this objective means setting them up for success. Working together with a group of individuals toward a common goal is inspiring and promotes accountability.



Drum Night!

Elite DNA employees recently took some time out of their busy and enriching schedules to attend a stress management program. Creative Connection hosted the event; Creative Connection is a creative Arts program for groups and businesses. We at Elite DNA recognize that wellness is a multidimensional variable. As such, our approach to wellness must be comprehensive as well as constantly evolving. As we get to know our clients, communities and colleagues, we are constantly exploring and learning unique ways to improve quality of life.

Drum therapy is an ancient approach that uses rhythm to promote healing and self-expression. Recent research reviews indicate that drumming accelerates physical healing, boosts the immune system and produces feelings of well-being, a release of emotional trauma, and reintegration of self. Our team had a great time participating in this interactive program. We are pleased to support and learn more about local programs. Our goal is to advocate on behalf of our community. We look forward to many more rewarding partnerships. Elite DNA employees had fun, relaxed and learned about a new therapeutic option available to our communities. Although it won't happen overnight, we would love to pursue new ways to advocate for insurance coverage of these incredibly helpful public opportunities for stress relief and management. It is our hope that we educate ourselves and begin to see the benefits and create the foundation for more progressive and inclusive therapeutic techniques surrounding stress and stress management.



EMPLOYEE APPRECIATION

“Your work is going to fill a large part of your life, and the only way to be truly satisfied is to do what you believe is great work. And the only way to do great work is to love what you do. If you haven't found it yet, keep looking. Don't settle. As with all matters of the heart, you'll know when you find it.”

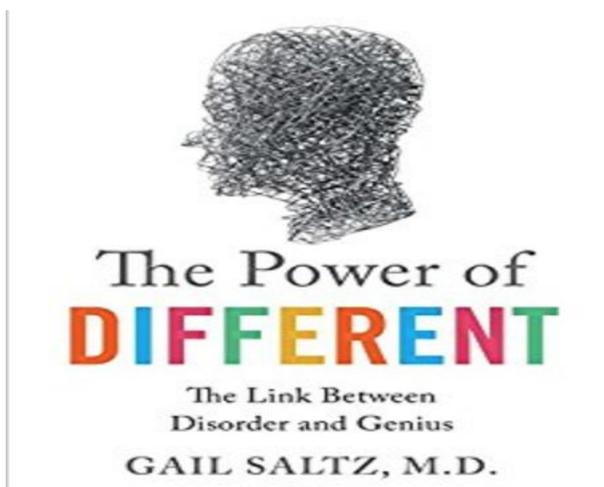
-Steve Jobs

We recently took some time to acknowledge the efforts of outstanding therapist in our organization. This is a monthly appreciation event where we celebrate our employees, and each month's celebration is distinct. For the month of August, a group of our highest performing therapists enjoyed a lunch out at Cantina Laredo and an exciting “mystery” to solve at the Escape Room in Fort Myers. We recognize the work our providers do is not easy; the topics they tackle and the

information with which they help clients grapple is often riddled with emotion, trials and many tribulations. Work-life balance is essential and important to all of us. Through our monthly recognition program, we hope to encourage our providers to relax and take time to recharge and provide them with evidence of our appreciation for their exemplary efforts.

Our most valuable assets at Elite DNA are the men and women who work with us; we strive to create a culture that promotes recognition and appreciation for their hard work. The ability to come to work, stay positive and hopeful and serve our clients and community is no small feat. It was a pleasure to enjoy the lunch and afternoon together, and it was a great opportunity to celebrate the remarkable work our team is doing!

The team successfully escaped Brandon's Room!



As an additional gesture of our gratitude for their hard work, each therapist received a copy of the book, “The Power of Different: The Link Between Disorder and Genius.” The author, Dr. Gail Saltz uses stories from her most memorable clients to reframe and begin to question what we know as diagnostic labels. Each chapter looks at a particular child and his/ her unique experiences, as they relate to a diagnostic label. Saltz challenges her readers to rethink and ultimately redefine what it means to be “different.” What is commonly seen as a weakness or a disability is discussed in context and in conjunction to extreme gifts of aptitude. Often unrecognized and commonly misunderstood, Saltz sheds light on the many unique gifts and talents her clients have demonstrated. Saltz is a skillful and persuasive storyteller; she is able to shift the paradigm and effectively turns it upside down. Her writing begs the readers to question the definition and understanding of the most common developmental disorders. After reading her book, one begins to understand the inherent value of grit, determination and perseverance. Talent and genius, without a dash of madness as we know it, seems to be at the crux of this conversation. Have we been fair to the many children who are diagnosed early on as having a disability? Perhaps we have focused a bit too much on the deficits within the disability and have missed some of the wonderful, inspiring and amazing talents hidden within the stigmas and labels commonly used.

Our new Medical Director!

Dr. Omar Rieche is the Medical Director of the Intensive Out Patient Services at Park Royal Hospital in Fort Myers Florida. In addition, he has maintained his private practice, providing for the mental health care needs of the community in Southwest Florida since 1996. He is board certified in child, adolescent and adult psychiatry by the American Board of Psychiatry and Neurology.

He also serves as a volunteer faculty for the Department of Behavioral Health School of Medicine at the University of South Florida, providing lectures to third and fourth year psychiatric residents at USF. Dr. Rieche additionally participates on a number of non-profit Board of Directors including C.A.R.E.S. Suicide Prevention, and Lee County Drug Free Coalition, Autism Task Force Lee County School Board and CHADD. Dr. Rieche has also provided services for children in specialized therapeutic foster care settings and has become active in mental health advocacy, has provided numerous lectures to the Department of Children and Families and local organizations.

Dr. Rieche serves on several non-profit boards including Southwest Florida Drug Free Coalition, Hope Club. He also supports many other organizations and charities including N.A.M.I. & F.G.C.U. As part of his extensive experience in the community, he developed and trained the staff for the Children's Crisis Inpatient Unit during its inception for SalusCare. He has also served in the past as the Medical Director for Lee Memorial Behavioral Health Clinic, and, as Medical Director for the State of Florida Children's Medicaid and Welfare services for Magellan Health.



TF-CBT Certification

This Certification is Hereby Awarded to:

Jeffrey Lapham

**For successfully completing the
Trauma-Focused Cognitive-Behavioral Therapy
Therapist Certification Program**

Presented by Allegheny Health Network
and the Rowan University CARES Institute

AP Mannarino, PhD
Anthony P. Mannarino, PhD
Director Center for Traumatic Stress in Children and Adolescents

This certification is effective until
the date listed below:
Monday June 27, 2022

Our New Providers:

Jen Moes (Moose) ARNP-BC: Jen recently moved to SW Florida from SW Michigan. Jen is a certified Pediatric Nurse Practitioner with experience in Child and Adolescent Psychiatry. She has been a Nurse Practitioner for the past 19 years. She lives with her husband Ross and their 2 children Kennedy (15) and Kaylin (13). She completed her Bachelor of Science in Nursing at Andrews University and her Masters Degree at Grand Valley State University, both in Michigan. Jen has a strong passion for Suicide Prevention and Awareness as well as helping restore families to mental fitness.

Sonica Sharma MSW: Born in India, Sonica immigrated to Orlando, FL at the age of 2 with her family. She graduated from USF in 2014 with her bachelors in psychology and from UCF with her MSW in 2017. Sonica enjoys going to the beach, discovering new restaurants, and traveling. On the weekends, you can find her hanging out with her dog, Jar Jar Binks, and listening to psychology podcasts. She is very excited to start with Elite DNA and welcomes any suggestions for local places in the Fort Myers area!

*Congratulations to
Jeffrey Lapham for
earning this
impressive new
certification!*

*Check out the new groups
supported at Elite DNA!*



Group Therapy - Fort Myers Location

Due to limited space and the need for insurance coordination, all group participants will need to sign up ahead of time and be scheduled before attending any groups. If interested, please ask front desk to fill out a referral form. Thanks!

Adult Co-ED group (Judith Lenz LCSW)

This is an adult support group. Group topics may include goal setting, developing an effective routine, relaxation skills, building healthy relationships, and increasing positive coping skills. Meeting time is Thursday at 9am.

Social skills group for ages 4-7 (Tiffany Scott LCSW)

This is a children's group. Group topics may include making friends, coping with disagreements, sharing, listening, solving problems and positive ways to handle the answer "no". Meeting time is Tuesday at 3:30 pm.

Social skills group for ages 9-12 (Jeff Lapham LMHC)

This is a children's group. Group topics include recognizing cues, developing friendships, coping with stress/anxiety and overall learning to feel less awkward and more comfortable around others. Group time is Thursday at 4pm.

Teen girls group for ages 13-17 (Tiffany Scott LCSW)

This is a group for teen girls. Group topics include dealing with peer related issues, communication skills, relaxation, positive thinking and building self esteem. Group time is Thursdays at 3:30 pm.