

# NOVEMBER 2017

ELITE DNA THERAPY



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## BOOK, RESOURCE, AND INFORMATION SHARING (BRIS)

At one point in the last month, Lizy was introduced to a group of mental health advocates and enthusiasts from around the world. This particular group meets up for lively Skype conversations about important and influential books pertaining to psychology. After an illuminating conversation Lizy was inspired to create a “book club” of sorts and raised an important question. How might we better facilitate our own organization and inspire our esteemed employees to delve deeper into current trends, titles,

and popular titles in the world of mental health?

As part of our professional growth and wellness initiative, we are excited and proud to introduce a new initiative. Our brand new Book, Resource, and Information sharing (BRIs for short) initiative sets out to ensure that our clinicians are on the cutting edge of research and constantly pushing their own boundaries. Each clinic will have a bookshelf that is set aside for clinicians and staff; this area will display a

collection of books and other resources which have been recommended, shared and introduced to Elite DNA by venerated professionals. The goal is to select and share books that inspire, motivate and challenge us to reflect on our experiences and perceptions of the world. We hope the books create communication, creativity and enjoyment. Below we’ve compiled a shortlist of titles we’ll be including as crucial components of BRI, and we welcome suggestions on additional content!

Fun Fact: In the month of October Elite DNA performed 7,399 patient visits!



Your success is  
our goal!

## BRIs Shortlist:

## Assorted Content:

- *Born to be Wild* – Jess P. Shatkin,
- *The Power of Different* - Gail Saltz
- *Capture* - David Kessler

## New York Times Best

Children's books for  
inspiring empathy:

- *Come with Me* – Holly M. McGhee
- *No one else like you* – Siska Goeminne
- *Lovely* – Jess Hong

NOVEMBER BOOK OF THE  
MONTH

For the month of October, we are pleased to share the book entitled *Born to be Wild*. This impactful investigation into the psychological processes of youth is also part of BRIs. The author, Dr. Shatkin, is a Child and Adolescent Psychiatrist as well as a professor at NYU School of Medicine. Shatkin gives parents an accurate and deep look into adolescent brain development, explaining why kids in this age group take so many risks. He provides creative and realistic ideas on how to best communicate with adolescents, skills with which we believe are vital. Shatkin affords readers with an honest research-based guide that presents new information to better understand the reasons why adolescents make dangerous choices. He explains that the adolescent brain is

shaped by evolution to explore and take risks. Specifically, he argues that the emotional turbulence that many adolescents are going through is the result of normal evolutionary callings. Furthermore, how this risk taking behavior is encoded into our DNA is also examined. Shatkin takes on many important topics: Bullying, unprotected sex, peer pressure, social acceptance and screen time. These concepts, as well as others, are some of the risky behavior Shatkin investigates in *Born to be Wild*. Decoding the adolescent brain is no easy or straightforward endeavor, however, Shatkin's insightful book is certainly a good starting point.

DECODING THE ADOLESCENT BRAIN, AGES 12-26

# BORN TO BE WILD

Why Teens Take Risks,  
and How We Can  
Help Keep Them Safe

JESS P. SHATKIN, MD, MPH

Professor, Child & Adolescent Psychiatry and Pediatrics, NYU School of Medicine

## New Employee Bios:

At Elite DNA we're so privileged to constantly be welcoming new clinicians into our family. Below are the names of bios of this month's new employees.

**Christian Romero, Psy.D:** Christian is originally from the Boston area of Massachusetts where he got his Masters and my Psy.D. He has over 20 years of experience in behavioral health. Most of his career has been spent serving the underserved. He came to Florida in 2008 to join a private practice that, in his own words, he failed miserably at. He did however learn about a lot about things he was not good at, but as it turns out he did not want to be good at them since then, Christian has had a variety of experiences that have spanned the good, bad, and the ugly and gained invaluable experience. The people he's worked along side with have been amazingly dedicated to their work and this inspires Christian. He's also been honored to serve the patients he's seen and is awestruck by the resilience of the human spirit. Christian is very pleased to bring all of this to the Elite DNA team and is looking forward to being part of a great and growing organization and to doing more great work with more great people.

**Cecily Monroe, RN:** Cecily Monroe is a Family Nurse Practitioner who joined Elite DNA Therapy in November 2017. Cecily was born in New Orleans, LA and was raised in the Florida Panhandle. She completed her Bachelor of Science in Biology at Florida A&M University and then earned her Bachelor of Science in Nursing from Clayton State University in Morrow, GA. After practicing as a RN for ten years, she completed her Master of Science degree at Walden University in Minneapolis, MN. Cecily has experience working in the Pediatric Intensive Care Unit, Pediatric Ear, Nose, & Throat specialty clinic, and adult Telemetry Unit. She holds a certification with the American Academy of Nurse Practitioners.

**Barbara Tackett, NP:** Barbara Tackett is a Family Nurse Practitioner board certified by the American Nurse Credentialing Center. Barbara completed her Bachelor of Science in Nursing and Master of Science degree at Wheeling Jesuit University in Wheeling, WV. Barbara has a unique combination of strong nursing skills and strives to provide the best health care possible. She believes in building a long lasting and trusting relationship with patients and customers. She seeks to acquire a comprehensive evaluation of patients by taking time to listen and understand their particular needs. Her true desire is to enhance a positive healing experience and confidence to those in need while providing quality patient care. Barbara was born and raised in central West Virginia and started moving to the southeast coast so that she could enjoy warm weather and beautiful beaches. Barbara recently moved to Cape Coral, FL from Murrells Inlet, SC. She enjoys swimming, boating, fishing, gardening and cooking

## Bios (continued):

### **Jacqueline Bannister, RN, BSN, MSN, NP-C:**

Jacqueline Bannister has been a Family Nurse Practitioner for six years. Prior to working at Elite DNA, she worked in public health at the Department of Health in Lee County for almost five years. Jacqueline initially received her Associates degree in nursing from Palm Beach Community College in 2003. She then immediately returned to school and followed that up with her Bachelors degree from Florida Atlantic University in 2005. After earning this credential, Jacqueline took a break from school but eventually returned and she received her Masters degree from Florida Atlantic University in 2011.

**Hanna Thielman:** Hannah Thielman is a Registered Clinical Mental Health Counseling Intern who works with many different client populations to assist them in overcoming life's obstacles. She believes in a holistic approach to counseling and sees each client as unique and deserving individualized care. Hannah holds a Master's degree in Clinical Mental Health Counseling from Florida Gulf Coast University. She has interned at several counseling agencies in Southwest Florida. Her experiences in the field and her education have equipped her with advanced knowledge in the following areas: stress reduction, Cognitive Behavioral Therapy (CBT), addiction counseling, trauma-informed therapy, depression, grief counseling, animal assisted therapy, mindfulness/ meditation, and Solution Focused Brief Therapy (SFBT). Hannah is dedicated to her clients and to the pursuit of meeting mental health needs in her community.

**Shane Walters Sr. BAS:** Shane graduated from Edison state college in 2012 with a BAS in supervision and management. Prior to graduate school he worked as an intervention specialist for at risk youth in foster care. He began his master's program at Kaplan University and completed his degree in 2015 with a master's in psychology with a specialization in behavior.

Toy/Reward Project:

“Positive reinforcement is the process whereby desirable behavior is encouraged by presenting a reward at the time of occurrence of such behavior.”

Here at Elite DNA our main objective is to help our clients succeed. We know success won't look the same to everyone, and we certainly know it isn't measured or achieved the same way for any given individual. This being said, we do believe in setting our clients up for success and we constantly push ourselves to better serve our clients. Our service of our pediatric clients is especially important to us as we strive to help them establish healthy and effective habits. In this vein, we have decided to focus on an important aspect of treatment and to help our clients understand how they can be part of the solution and instrumental in their ultimate success. We have developed a brand new and exciting reward program that each child can plug into. Every one of our pediatric clients will receive an Elite DNA punch card, and for each time they arrive early to their appointment, ten minutes or more, they will get a punch on their card. When the entire card is used the children can trade the card in for a variety of rewards/toys. We know healthy habits, such as commitment and discipline will help pave the way and ensure long term success as well as development of self esteem, compliance and a sense of self agency!



“WHEN WE WERE SMALL CHILDREN WE ALL PLAYED DRESS-UP AND EVERYBODY HAD A GOOD TIME. SO WHY STOP?”

- IRIS APFEL



Our clinicians take Halloween, and their work, very seriously! Some of our lovely therapists dressed up to celebrate Halloween with clients and their families