



BELMONT PHYSICIANS MAKE 'TOP DOCTORS' LIST

for Second Year in a Row

Two physicians from Belmont Behavioral Health Hospital have been included in Philadelphia Magazine's 2019 Top Doctors list for the second year in a row!

Sachin Mehta, M.D., and Thomas Richardson, D.O., are featured in this year's list, which identifies premier healthcare providers in 66 separate specialties. Professionals from southeastern Pennsylvania, Delaware, and southern New Jersey were eligible for consideration. This is the second year in a row that both Dr. Mehta and Dr. Richardson have been featured on the list.

Dr. Mehta, Belmont's Medical Director of Outpatient Services, is one of 10 physicians from Philadelphia who were recognized in the psychiatry category. Dr. Richardson is one of only five doctors who were honored in the addiction psychiatry category.

The article that accompanied the release of the Top Doctors list noted that all honorees "have been nominated by their peers as the very best in their fields."

"We're proud of Dr. Mehta and Dr. Richardson for achieving recognition from their peers for the terrific work they do," said Belmont CEO Laura Longstreet. "The fact that they have both received this honor two years in a row demonstrates their ongoing commitment to the people they serve and their dedication to excellence in their fields."

Congratulations to Dr. Mehta and Dr. Richardson for embodying our commitment to quality care!

For More Information

Please contact our marketing department at CommunityLiaison@BelmontBehavioral.com

4200 Monument Rd
Philadelphia, PA 19131

215.515.7641

New Hires

January 2019

Employee Name	Title	Hire Date
Jose Amaro Jr.	Admissions Counselor	1/7
Dawn Brown	BHA	1/7
David Goode Jr.	BHA	1/7
Marianne Judge	RN	1/7
Kathryn Miller	Dietician	1/7
Rachel Pellecchia	RN	1/7
Amanda Petit	BHA	1/7
Iliana Rivera	Case Manager	1/7
Novellette Sanford	BHA	1/7
Mercedes Smith	RN	1/7
Nijah White	BHA	1/7
Akea Williams	BHA	1/7
Rachel Wilson	Social Worker	1/7
Kim Corbin	RN	1/21
Kareem Fogan	BHA	1/21
Michele Gordon	Manager-Admissions	1/21
Michaela Livewell	RN	1/21
Joseph Johnson	Dietary Aide	1/28

February 2019

Employee Name	Title	Hire Date
Yvonne Caines	BHA	2/4
Meryl Geissler	BHA	2/4
Stephanie Gimeno	Business Dev Rep	2/4
Selah McGill	BHA	2/4
Tiffney Rivers	BHA	2/4
Brandt Williams	BHA	2/4
Rhyan Putman	BHA	2/6
Clinton Barnhill	BHA	2/18
Kashief Edwards	BHA	2/18
Keyona Hendricks	BHA	2/18
Ashton James	Case Manager	2/18
Terrell McClure	BHA	2/18
Katina Philmore	BHA	2/18
Terence Small	BHA	2/18
Zachary Smith	BHA	2/18
Deborah Starks	BHA	2/18
Ivory Sutton-Sharp	BHA	2/18
Karla Turner	BHA	2/18
Tramain White	BHA	2/18
Keshia Winningham	BHA	2/18

ANNOUNCING THE RENEWAL PROGRAM

Child & Adolescent PHP

Belmont Behavioral Hospital is proud to announce the Renewal Program, a child and adolescent partial hospitalization program opening in spring of 2019. This exciting new program will provide stabilization to youth experiencing mental health concerns as they "step down" from inpatient services or "step up" from outpatient services. Through access to an intensive, structured environment, participating youth and their families will receive support from a team of compassionate and understanding professionals trained in child and adolescent behavioral health.

The Renewal Program is a full-day therapeutic program that incorporates dialectical behavior therapy (DBT) as its core component. The use of DBT in conjunction with all other modalities aims to help our youth understand and accept their feelings, and to learn and utilize skills and techniques to manage these feelings. The PHP will offer an integrated trauma-informed treatment program to address the whole individual, beginning with a community meeting before the youth transitions into a variety of treatment modalities, including skills groups, individual therapy, family therapy, art therapy, music therapy, movement therapy, and educational services. Belmont is also excited to offer a sensory modulation room to individuals receiving services, which offers a nurturing, person-centered, and sensory supportive environment. This element will facilitate empowerment, self-organization, relaxation, and much more!



New Hires

March 2019

Employee Name	Title	Hire Date
Waynesha Brown	BHA	3/4
Brittney Crawford	BHA	3/4
Tanisha Davis	BHA	3/4
Kenneth Lenhardt	Therapist	3/4
Malcolm Poindexter	BHA	3/4
Kimberly Williamson	BHA	3/4
Rahshemiah Yates	BHA	3/4
Eugene Young III	BHA	3/4
La-Shaunna Crockett	BHA	3/18
Grace Gara	Social Worker	3/18
Myndi Ragan	Admissions Counselor	3/18
Marcel Reynolds	BHA	3/18
Jaasmiyn Segers-DeSuze	BHA	3/18
Darren Watson	BHA	3/18
Khadijah Williams	Registered Nurse	3/18
Lans Wright	BHA	3/19
Gregory Graham	Security Guard	3/25

April 2019

Employee Name	Title	Hire Date
Ashley Bell	BHA	4/1
Jahkal Curry	BHA	4/1
Kelly Dixon	BHA	4/1
Tiffany Granger	BHA	4/1
Jerry Holt	BHA	4/1
Teresa McCoy	BHA	4/1
Sheree Murphy	BHA	4/1
Rose-Anna Watson	BHA	4/1
Asia Williams	BHA	4/1
Deeanna Compton	BHA	4/15
Brittany Davis	BHA	4/15
Hassan Muhammad	BHA	4/15
Young Nguyen	Maintenance Assistant	4/15
Nadira Paramore V	BHA	4/15
Nicole Smith Bey	BHA	4/15
Shadonna Washington	BHA	4/15
Ayana White	BHA	4/15
Duane Glover	IT Manager	4/22



TRAUMA-INFORMED CARE IN ACTION

In 2019, our Trauma-Informed Care (TIC) initiative from 2018 has evolved as we work towards ensuring we offer TIC in action. One of the many ways we are driving this initiative forward is through offering Child-Adult Relationship Enhancement (CARE) to all staff. CARE, which is based on Parent-Child Interaction Therapy (PCIT) and other evidence-based parent training programs, is a trauma-informed set of skills designed to improve interactions between adults and children and adolescents. It is an investment in both our staff and in the PRS we serve, ensuring that our staff have the skills necessary to successfully engage with the children, adolescents, and adults we work with, as well as helping our PRS feel heard and understood. We currently offer CARE to all new hires during orientation, but will be rolling this interactive, strengths-based training to existing staff throughout the second quarter of 2019.



HOW MUSIC THERAPY HITS THE RIGHT NOTES

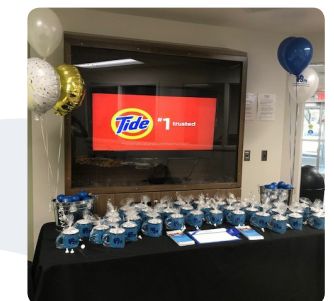
At Belmont, music therapy is one of the beneficial creative arts therapies offered by the Clinical and Education Services Department. Our music therapists work with all of the inpatient units, as well as our outpatient and partial programs, using music in many forms – songwriting and composition, playing instruments, and listening – to create opportunities for the expression of feelings,

beliefs, and identity. The music at the heart of the therapeutic process speaks to who people are and what matters to them, and allows them to transcend the limitations created by trauma and mental illness. Through the improvisational process of creating music, people have the chance to communicate their strengths and goals while collaborating with others. Listening experiences are an opportunity to regulate mood, manage stress, and build empathy and understanding about the self and others. These and many other ways of using music are the toolbox from which music therapists draw.

Belmont therapist Scott MacDonald, MMT, MT-BC, published an article outlining the many benefits of music therapy and exploring the perspectives of those who have received music therapy in an inpatient behavioral health setting. Click here to read the full research article or view it at belmontbehavioral.com/about/newsletter/.

PCCRC CELEBRATES FIRST ANNIVERSARY

On February 9, staff at the Philadelphia Children’s Crisis Response Center celebrated an exciting milestone for the location – its first anniversary! A delicious spread was made available to all while Director Jennifer Polen acknowledged the tremendous work of many staff members that has made the PCCRC’s first year such a wonderful success. Congratulations to Jennifer Polen and the PCCRC for an incredible inaugural year!



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