

ELITE DNA THERAPY SERVICES

QUARTER THREE
NEWSLETTER



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CENTER FOR PROGRESS AND EXCELLENCE

Affiliate Nonprofit Update – Alex Olivares, Executive Director

We want to take a moment to provide quite a few updates for our affiliate nonprofit program, Center for Progress and Excellence (CPE). Alex Olivares, Executive Director of CPE, has done a magnificent job of assembling a strong board of directors; each director is versatile and knowledgeable in their area of expertise. CPE is the ideal platform to ensure the provision and accessibility of mental health and behavioral health services to the Southwest Florida Community. CPE will focus on providing evidence-based care to our most vulnerable populations, including but not limited to: families and individuals of low socio-economic status, victims of crime, individuals suffering from co-occurring disorders, migrant workers and individuals suffering from substance abuse. CPE is now

seeing patients in Labelle, Clewiston, and Fort Myers.

No cost services for adult mental health patients are now available in Hendry & Glades County. CPE is licensed by DCF to provide outpatient substance abuse treatment for adults in Lee County.

In partnership with the 20th Judicial Circuit of Courts, CPE has developed psychiatry services, counseling, and case management in the Hendry County Jail. These services will become available on July 1, 2018. Adult substance abuse treatment will also be available through a court referral.

In 3-4 weeks' time, CPE will be offering in-home services in Clewiston and Labelle. Dr. Jeri Hosick is offering on-site therapy services in Glades County schools.

Through a contract with the Department of Juvenile Justice, CPE will provide mental health and substance abuse services to juveniles in the Circuit 20 DJJ system of Lee, Collier, Charlotte, Hendry, and Glades county.

For any further clarification or inquiries about the mentioned services, please take a moment to browse their website, www.ProgressAndExcellence.com, 'Like' them on Facebook, or call 863-342-4942.

Also, please join us for 'An Evening in Wonderland' to help support a Mobile Crisis Team and a LGBTQ Transitional Home on November 3, 2018, in honor of The Center for Progress & Excellence, Inc.. More information as well as tickets are available on their website.

SUMMER LETTER FROM ELIZABETH DOSORETZ

CEO & Owner of Elite DNA Therapy Services

As a mother to three young children, summertime means adapting to a change of pace. The highly anticipated lax structure of our summer days stands in stark contrast to the more rigid school year routine. I enjoy the summer time schedule. However, amidst the slower pace, I recognize my own tendency to grow restless and search for my to do list. (Safe to say I have a long way to go in my own mindfulness practice.)

This year, in May, I was serendipitously gifted Arianna Huffington's book, titled 'Thrive'. I was introduced to this poignant and highly personal book just around the time I would grow anxious about the summertime slow down. This would normally be the time I would begin to frantically schedule a plethora of activities and appointments to keep my families' boredom at bay.

Huffington, who recently launched Thrive Global, a startup dedicated to reducing stress and improving wellness, makes an extremely compelling case for slowing down and redefining what success truly means. In the epilogue, Huffington's words remind readers of the immeasurable value of slowing down to forge meaningful human connections. "But remember that while the world provides plenty of insistent, flashing, high-volume signals directing us to make more money and climb higher up the ladder, there are almost no worldly signals reminding us to stay connected to the essence of who we are, to take care of ourselves along the way, to reach out to others, to pause to wonder, and to connect to that place from which everything is possible."

In June, I was fortunate enough to spend some time with the Founder of Valerie's House, Angela Melvin. Valerie's house is an organization that focuses on providing children and families who have lost a loved one, a loving place where they can grieve together and learn the tools to go on and live fulfilling lives. Remnants of Angela's personal story of loss and healing can be found within every detail of the carefully planned activities for grieving children. Visiting Valerie's House was a wonderful reminder of the valuable opportunities we have in our very own community; opportunities to partner and collaborate with passionate people and their mission.

In this vein, I am excited to report that beginning May 1st, Elite DNA partnered with Park Royal Hospital to provide physician services. Transitions from points of care pose substantial obstacles to successful treatment outcomes. Our goal is to provide an increased level of continuity and coordination of care. This has been an exciting development and I'm hopeful that our clients, their transitions and our entire community will benefit tremendously from our partnership.

As always, our efforts would not be possible without our wonderfully committed and hardworking Elite DNA team. We are grateful for Dr. Omar Rieche's continued commitment to our community's well-being. In April, Dr. Rieche accepted the position as Elite DNA's Medical Director. Dr. Rieche's expertise has allowed Elite DNA to continue to grow and strengthen our evidence-based approach in providing mental health services. We are also thrilled to announce that under Dr. Toledo's leadership, we opened a Venice, FL outpatient clinic in May. We are eager to serve this community and we know our team will do everything possible to ensure our patient's behavioral health needs are met. We extend a warm welcome to Dr. Karis Knight, who will be joining us in July. Dr. Knight, a Child and Adolescent Psychiatrist, comes to Elite DNA from Alabama where she has spent almost 20 years serving her community.

In August, Elite DNA is proud to be hosting our own Dialectical Behavior Therapy (DBT) Training. DBT is an empirically validated approach to help empower clients to establish mindfulness, distress tolerance, emotional regulation, and interpersonal effectiveness. DBT assists clinicians in treating clients with emotional problems, suicidal, self-harm, and self-sabotaging urges and behaviors, and challenging interpersonal styles. Thank you to Dr. Sharon Bloom for organizing this highly sought after two-day training.

In closing, I will leave you with a quote from Iain Thomas which serves to remind us that we mustn't become lost or immersed in the glorification of being busy: "And every day, the world will drag you by the hand, yelling, 'This is important! And this is important! And this is important! You need to worry about this! And this! And this!' And each day, it's up to you to yank your hand back, put it on your heart and say, 'No. This is what's important.'" —

Here's to hoping each and every one of you, our friends, families and community members, enjoys a happy, safe and a slightly slower summer.

-Lizy Dosoretz

LAPHAM'S GROUPS – FORT MYERS

Parenting Groups

Wednesdays from 5pm - 6pm

Saturdays from 4pm - 5pm

-Both groups are closed groups that are held for 10 weeks. Participants can enter anytime in the first three weeks, but after that they are closed and no participants will be able to join. New participants can get into the next session which will take place within a week or two after the conclusion of the current group. These are held either on Wednesdays or Saturdays.

Social Skills Groups

Thursdays from 4pm – 5pm

-These groups are for children ages 9 – 12 years old, whom have deficits in social skills with diagnoses ranging from Autism, ADHD, Anxiety Disorder, Depressive Disorder, or anything that may hinder social/emotional development. This group is for anyone that has not attended one of the social skills groups in its entirety in the past. This group will be held for 10 weeks and is a closed group. New participants can be added up until the third meeting. After that, they will have to wait until the next group, which will start within one to two weeks following the completion of the current group.

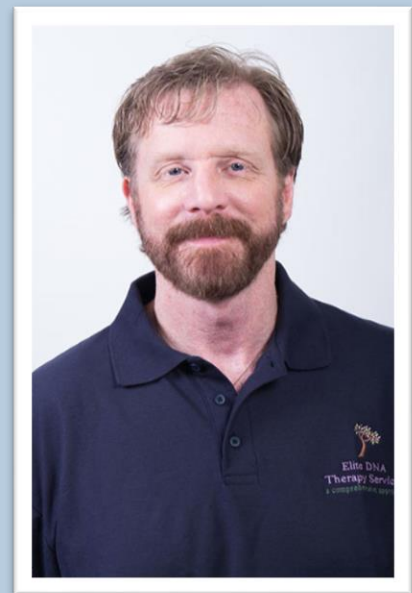
Advanced Social Skills Groups

Thursdays from 5pm – 6pm

-These groups are only for those children ages 9- 12 years old whom have completed the above-stated Social Skills Group to advance to this group. Participants will be asked if they have attended and completed the 10-week Social Skills Group before they can be placed into this group. This group will be held for 10-weeks and is a closed group. New participants can be added up until the third group. After that, they will have to wait until the next group, which will start within one to two weeks following the completion of the current group.

Future Groups

- The next Parenting Group on Wednesday will start: August 15th
- The next Parenting Group on Saturday will start: August 18th
- The next Social Skills Group on Thursday will start: August 16th
- The next Advanced Social Skills Group on Thursday will start: August 16th



For further information, contact us at www.EliteDNATherapy.com or 239-223-2751.



Follow us on Facebook for helpful articles and videos from our staff.

2018 Elite DNA Retreat



In May, we hosted our 2018 Elite DNA Corporate Retreat at Hodges University. A day full of education, innovation, and celebration! 71 new faces from last year, including 55 new clinicians. We cannot wait to see all the growth between now and next year's event. Thank you so much to our staff for dedicating another year to serving the SWFL community!

Transcranial Magnetic Stimulation – TMS

FDA-cleared safe and effective non-drug depression treatment

Elite DNA is proud to now offer Transcranial Magnetic Stimulation at our Fort Myers, Port Charlotte, and Venice clinics. TMS services will also be offered at our Naples location by the end of 2018.

NeuroStar Advanced Therapy is an innovative, FDA-cleared therapy that can help people who struggle with Major Depressive Disorder even after taking antidepressant medication. It helps activate the natural function of the brain's neurotransmitters using a non-invasive magnetic field.

Because TMS is a non-drug treatment, patients do not experience side effects like those associated with antidepressant medications. The most common side effect is temporary pain or discomfort at or near the treatment site. These effects are temporary and do not occur for most people after the first week of treatment.

Precisely targeted NeuroStar Advanced Therapy makes long-term remission possible—which is why it's the #1 choice of doctors.

Our most recent report for the response rate from TMS, including patients that have completed their full cycle of treatments as well as current patients who have completed 20 or more sessions, have responded with a 77% response rate, which means the patients have seen at least a 50% reduction in depression symptoms, based upon their PHQ9 score. (Patient Health Questionnaire – 9) Regarding remission rates, our patients have obtained a 53% remission rate. Patients must score a 5 or less on their PHQ9 to reflect remission. Many of these patients began their treatment with a PHQ9 score greater than 20.

Elite DNA Therapy Services has received the highest remission and response rates in South Florida, as well as the highest volume of patients. For more information on TMS call us at: 941-883-4518 x550 – Ask for Jennifer Bullstron