

(continued from page 3) (the newer form of e-cigarettes) has issued an apology to parents whose kids are using his product. According to the company's website one JUUL "pod" is equal to 1 pack of cigarettes.

Vaping occurs when vapor from heated nicotine in liquid form (more commonly called "juice") is inhaled and exhaled. The liquid nicotine is inside a replaceable cartridge which is placed inside an e-cigarette or vape pen. These devices were created for cigarette cessation. However, the design of these devices and the fact that the "juice" can be purchased in sweet flavors has made it more appealing to teens and younger adults.

A common misconception among teens is that it is not as bad as for you as cigarette smoking, which can be attributed to the sweet flavors, design and that they are inhaling vapors and

not smoke. It is important for parents and their children to know the risk factors of vaping, which are very similar to cigarette smoking. Childmind.org lists risk factors associated with vaping...

#### Risk Factors:

- E-Cigarettes contain high levels of nicotine.
- Vaping is highly addictive due to the levels of nicotine.
- The physical effects from vaping causes an individual to have an increase in alertness immediately after vaping but soon experiences a decrease in alertness and attention. Thus, creating a dependence on the substance.
- They contain carcinogens (which is a substance capable of causing cancer.)
- Increases heart rate and blood pressure.
- Causes lung irritation.

It is fairly easy to hide vape pens and e-cigarettes since

some of them can resemble a USB drive. Keeping yourself educated and keeping an open communication with your child on those risk factors is important in the prevention of vaping. If you have concerns that your child is vaping and would like assistance, please contact Affiliated Clinical Services at 262-338-2717.

Sources: <https://childmind.org/article/teen-vaping-what-you-need-to-know/>



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111 E. Washington Street  
West Bend, WI 53095

# Affiliated Clinical Services

A State Certified Mental Health & Alcohol/Drug Abuse Clinic

*Finding Solutions to Life's Challenges*

## ACS is Celebrating 35 years & Expanding Again!!

Affiliated Clinical Services is excited to be celebrating 35 years in business! We feel incredibly fortunate to have helped serve the needs of so many individuals, couples and families in Washington County -- probably over 60,000 clients! Our entire staff remains committed to decreasing the stigma associated with mental health treatment and helping our many clients create a happier, healthier future!

We are expanding (again) to offer key services to the community. Specifically, we are excited to be building another large group room to offer group programming in



multiple high-demand areas, including Dialectical Behavior Therapy, Adolescent Mental Health, Trauma Informed Care and support groups for Eating Disorders. Construction will be complete in December of 2019.



We are also very excited to partner with NeuroStar to offer Transcranial Magnetic Stimulation (TMS) therapy for treatment-resistant depression in adults. This innovative procedure has been FDA-approved since 2008 and helps activate the natural function of the brain's neurotransmitters using a non-invasive magnetic wave. This is very different

from shock therapy (ECT) and strength of the magnetic wave is very similar to an MRI machine. The therapeutic use of TMS has been studied for the past 17 years; a review of 173 studies (Janicak & Dokucu, 2015) found that the overall effectiveness to be comparable to antidepressant medication with very good safety and tolerability data. Individual response will vary and TMS is only part of a comprehensive treatment plan, but on average, approximately 32% to 37% of patients will find their depression to go into full remission and 38% to 58% of clients will have a significant response to treatment (defined as a symptom decrease of at least 50%). These are very good results with highly treatment resistant clients that have not responded to 3 or 4 medications. Success rates are even greater as treatment resistance goes down. The majority of clients (62%) remained (continued on page 2)

Affiliated Clinical Services [www.affiliatedclinical.com](http://www.affiliatedclinical.com) 262-338-2717 262-673-0301 [acs2001@affiliatedclinical.com](mailto:acs2001@affiliatedclinical.com)

(continued from page 1) not depressed at 12 month follow up and the clients that needed booster sessions typically responded very well. TMS is covered by most insurance plans. Overall, TMS is still a relatively new and novel treatment approach that offers a great promise in helping depressed clients find happier and healthier lives without the side effects found in many medications. Please contact us at [acs2001@affiliatedclinical.com](mailto:acs2001@affiliatedclinical.com) if you have questions.

## Happenings at ACS

### Welcome New Providers



**Alyssa Sekadlo,  
MSN, PMHNP-BC**

I would like to introduce myself as one of the newest members of the elite staff at Affiliated Clinical Services. As a Psychiatric Mental Health Nurse Practitioner (PMHNP), I will be offering a variety of services such as assessment, diagnosis, and treatment of those with mental health conditions. I will be working closely with patients to prevent, identify, and manage

symptoms resulting from psychiatric and or substance use disorders. I will be starting at Affiliated Clinical Services in Fall 2019, offering daytime and evening hours, Tuesday through Friday, between the West Bend and Hartford offices.

Over the past three years, I have worked in a correctional setting as a Family Nurse Practitioner. While I have experience in the hospital and community setting as well, this role has served as a testament of the dire need for more mental health providers, as well as the interconnectedness of medical and psychiatric conditions. Subsequently, I decided to obtain my PMHNP certification to further develop my knowledge and skills to better serve the community I have grown to love.

My approach to patient care is open and non-judgmental, with the intention of meeting patients where they are at in life to provide individualized, goal-oriented treatment plans. I am looking forward to working closely with my patients and collaborating with the talented staff at Affiliated Clinical Services to help our clients achieve and maintain their optimum level of wellness.

### Shelby Brandsma, MSW, APSW

I would like to introduce myself as a new member of Affiliated Clinical services. I will be working out of the West Bend office on Tuesdays with afternoon and evening hours available. I will be looking to expand my practice to one additional evening per week in the Hartford office.

I have over 25 years of social work experience working with individuals, children and families. I am passionate about working in the field of divorce and improving the co-parenting relationship, including specialized work with families on reintegration issues. My background in working with individuals includes older adults and specific life issues they may face. I have experience in working on cases involved in Family Court, juvenile justice, child protective services and with individuals working with Comprehensive Community Services and with the Children's Long-Term Support programs. I have experience with groups in the area of memory care for individuals with dementia and their caregivers and with adolescents with a focus on skill building. I have provided speaking engagements on parenting, co-parenting, ethics

and boundaries and issues and services involving the Family Court and I currently instruct an adult divorce education program.

I provide an eclectic approach to practice using family systems and cognitive behavioral therapies, motivational interviewing, mindfulness, trauma-informed therapies, and the use of art and play in the therapeutic setting and psychoeducation.

I look forward to working with you, your agency and individuals and families you serve.

## How to Stay Together



**By: Craig  
Groskreutz, MS,  
LPC, SAC-IT**

Let your mind create a story, picture two little rowing boats pushing off to cross a choppy lake. A man sits in one, and a woman sits in the other. They start off with the intention of rowing in their boats side-by-side, but as they move further out into the water they begin drifting apart in opposite directions until they can hardly hear each other

above the howling winds.

Soon the man finds himself at one end of the lake and the woman at the other. Neither the man nor the woman knows how they drifted apart, or how to reconnect. Now, picture two people standing side-by-side being united in marriage and vowing to spend their lives together. They stand as one and pledge to live together in love and harmony. Unfortunately, fifty percent of marriages don't work out that way. Unless a relationship is maintained, cultivated, and nourished, they will grow secluded from each other. That is why the two row boats often drift towards the opposite sides of the lake.

How can a couple stay in love? How can a couple stay together for a lifetime? The answer.... row like crazy. Take out time for romantic activities. Think about your significant other throughout the day. Avoid those activities that foster conflict, resentment, and distance. Be aware of each other's needs, wants, and desires. These are the keys to harmony, friendship, and companionship.

Yes, it goes without saying that it takes work and dedication to keep the rowboats together. However, with determination

and effort, each partner can keep rowing. A strong marriage, or relationship is a blessing, but it takes work. The pressures of work and life can create undercurrents that stir up stress that can cause you to drift apart. When rowing together, understand and support one another through listening, compassion, and honor. A final thought, go all out for the love of each other.

## Teen Vaping

By: Margo Diamond-Robertson,  
AODA Intern

Vaping among teenagers is a fairly new, dangerous trend, which has increased in the past several years. In 2017, 2.1 million high school students were vaping, and that number has been increasing. The Food and Drug Administration has declared teen vaping an epidemic and recently Kevin Burns, the CEO of JUUL (continued on page 4)

