

April  
2017



# SAINT PETER'S HEALTHCARE SYSTEM

*Treating you better...for life.*

**April is National Child Abuse Prevention Month**



## Protecting Children

Children dealing with the trauma of physical, mental or sexual abuse are examined and treated at the Dorothy B. Hersh Regional Child Protection Center (CPC), a facility staffed by specialists of The Children's Hospital at Saint Peter's University Hospital. The Center is one of New Jersey's four state-designated centers dedicated to this work. Staff is charged with providing specialized medical, mental health, education and support services for children healing from child abuse and neglect. Therapeutic counseling services are also provided to parents or caretakers identified as having neglected a child.

"Our Center engages in a multidisciplinary approach to address the early identification of mistreatment and provides comprehensive medical and mental health services to ensure the best possible recovery. Medical resources available to families include comprehensive physical examinations, infection screening, immunization updates, and an assessment of each child's medical and academic needs to determine appropriate referrals to pediatric specialty care services within Saint Peter's," says Gladibel Medina, MD, CAP, medical director of the Center. "Given the challenges these children experience, we consult with the outpatient pediatric medical specialties at Saint Peter's to meet their needs."

Children are treated at the Center after being identified by the Division of Child Protection and Permanency (DCP&P), formerly known as the Division of Youth and Family Services or DYFS. The Center provides both medical and mental health evaluations. "In order to treat and support a child who has experienced abuse, ideally family support should be part of the treatment plan," says Brett Biller, PsyD, one of five psychologists who works at the Child Protection Center. Some children receive only medical evaluations and during that evaluation a physical exam is conducted, and in some cases blood work is necessary to determine the child's overall health, including the possibility of sexually transmitted disease. Mental health evaluations are conducted to assess the impact of the abuse or maltreatment so that recommendations can be made to appropriately support the child. Comprehensive Health Evaluation for Children (CHEC) exams are evaluations of children who have been recently removed from their permanent residence. They are intended to assess the child's immediate needs, including their response and adjustment to the removal. The CHEC exams include medical and mental health assessments.

According to Dr. Biller, the only staff member to have worked at three of the four centers in the state, children receive counseling treatment for an average of 12 weeks. Individual and group therapy services are available for children and adults. Saint Peter's Children's Hospital had been providing these services for children and their families since the 1990's; however, the Center was dedicated as the Dorothy B. Hersh Child Protection Center in the year 2000 in the New Brunswick building now known as the Saint Peter's University Hospital's Family Health Center. The Dorothy B. Hersh Foundation, which supported the expansion of the Child Protection Center, also supported the recent complete renovation of Saint Peter's new Pediatric Emergency Department, now known as the Dorothy B. Hersh Pediatric Emergency Department.

Recognizing the need for the Center, longtime Saint Peter's pediatrician Bipin Patel, MD, chair, Department of Pediatrics, worked with then-state Assemblywoman Rose Marie Heck to create legislation that would establish regional diagnostic treatment facilities. The law that established the four centers in existence today established a perpetual grant to fund the centers and outline the services the centers would provide, adds Dr. Biller.

The Center serves seven counties in New Jersey – Hunterdon, Mercer, Middlesex, Monmouth, Ocean, Somerset, and Union. Its multidisciplinary team of pediatricians, nurses, psychologists and clinical social workers is trained to recognize abuse and work with children and their families to try and prevent future abuse. They provide medical and mental health support to community resources. In addition, the staff provides expert consultation to social agencies, reviews sexual and physical cases for the prosecutor's office, and testifies in court cases of child abuse and neglect.

Education is also a major part of the Child Protection Center's mission. The staff delivers presentations to diverse audiences, including medical students and residents, hospital staffs, law enforcement personnel, prosecutors, social workers, and school personnel about how to identify abuse and respond to victims and their families. The staff works closely with the Division of Child Protection and Permanency and the county's prosecutors offices, providing reports needed to assess a child's health and recommended treatments for children and their caretakers. Most recently, the Center became home to a training program in which students completing their psychology doctoral degrees are provided clinical experience during their fourth and fifth years of training. The students, who come from around the country, remain at the Center for at least one year.



According to research published in a report titled, *Supporting Families and Communities in New Jersey; Preventing Child Abuse and Neglect, 2014-2017*, "research shows that prolonged periods of excessive or toxic stress in early childhood can actually change brain chemistry and seriously impact the developing brain, subsequently contributing to lifelong problems with learning, behavior, and both physical and mental health.

Services provided at the Dorothy B. Hersh Child Protection Center include:

**Medical Evaluations**

**Comprehensive Health Evaluation for Children (CHEC)**

**Family Life Education**

**Mental Health Therapeutic Services**

**Parenting Assessments**

**Psychosocial Mental Health Evaluations**

**Dorothy B. Hersh  
Child Protection  
Center  
732.448.1000**



# Special Events

# Community Calendar

For more information or to register for a program, call the contact number listed or visit [saintpetershcs.com/Events](http://saintpetershcs.com/Events).

## EMS Education Series

APRIL 27 • 7:00 PM  
**TOPIC: MEGA CODE**  
 Call 732.745.8600, x6671 to register.  
 Free parking and free light dinner.



Community Mobile Health Services staff will provide screenings and health education for the following events:

## Diabetes Alert Day II

Monday, April 3  
 Noon - 2:00 PM

Saint Peter's University Hospital's Family Health Center



## Ciclovía

Annual spring event where New Brunswick city streets close down for pedestrian and sport activities.

Sunday, April 23  
 11:00 AM to 4:00 PM  
[newbrunswickciclovía.com](http://newbrunswickciclovía.com)

## Rutgers Day

Saturday, April 29  
 10:00 AM to 4:00 PM  
[rutgersday.rutgers.edu](http://rutgersday.rutgers.edu)

SAVE THE DATE!



SATURDAY, MAY 6

FOR INFORMATION, CALL SAINT PETER'S FOUNDATION AT 732.565.5465.

## Diabetes Support Group June 14

Saint Peter's University Hospital's Center for Ambulatory Resources (CARES)

## Cancer Support

### Breast Cancer Support Group

April 3 and 17 • 7:00 PM-8:30PM  
 Registration required.  
 Rutgers Cancer Institute of New Jersey  
 Deborah Leif, MSW, LCSW  
 732.235.7011

### Gynecologic Cancer Support Group

April 11 • 7:00PM-8:30 PM  
 Rutgers Cancer Institute of New Jersey  
 732.235.6792

### Latinos with Cancer Support Group

April 8 • 10:00AM-1:00 PM  
 Sister Marie de Pazzi Conference Center  
 Light lunch will be served. Free, but registration requested. Sessions conducted in Spanish. Call 908.658.5400 for more information.

### Living with Cancer Support Group

April 12 and 26 • 7:00 PM - 8:30 PM  
 Rutgers Cancer Institute of New Jersey  
 Barbara Hale, LCSW • 732.235.7557

## Support Groups

### Alzheimer's/Dementia Caregivers Support Group

April 11 • 10:00 AM - 11:30 AM  
 Saint Peter's Adult Day Center  
 200 Overlook Drive, Monroe Township  
 Rachel Kallish, MPA, CSW, CALA  
 609.655.6853

### Caregivers Support Group

April 13 • 1:30 PM - 3:00 PM  
 Saint Peter's Adult Day Center  
 Stephanie Fitzsimmons, EdN, MSN, RN, APRN-BC  
 732.745.8600, x8662

### SHARE Support Group

(for those who have suffered miscarriage, stillbirth or neonatal death)  
 April 13 • 7:00 PM - 9:00 PM  
 Irina Mariano-Brown, MSW, LCSW  
 732.745.8522

## Share Your Baby's Photo on Our Billboard!

Parents of babies born at Saint Peter's University Hospital can post photos of their newborn, or in the case of multiple births, their newborns, on our digital billboard on Route 1.

For more details visit [facebook.com/saintpetersuniversityhospital](http://facebook.com/saintpetersuniversityhospital)



## Community Mobile Health Services



For more information about screenings and educational programs, or the CMHS corporate flu shot program, please call 732.745.8600, x8903

### Blood Pressure/ Blood Sugar Screenings

April 5 • 2:00 PM - 3:30 PM  
 DeForest B. Soaries, Jr.  
 Residences at Somerset, Franklin

April 6 • 3:00 PM - 4:30 PM  
 Cedar Village, East Brunswick  
 Residents only

April 7 • 9:30 AM - 10:30 AM  
 New Brunswick Senior Center,  
 New Brunswick

April 7 • 11:00 AM - Noon  
 Elijah's Promise, New Brunswick

April 11 • 10:00 AM - 11:00 AM  
 Hillsborough Senior Center, Hillsborough

April 12 • 10:00 AM - 11:00 AM  
 South River Food Pantry, South River

April 19 • 5:00 PM - 6:30 PM  
 Saint Peter's Episcopal Church  
 Soup Kitchen, Spotswood

April 21 • 11:45 AM - 1:15 PM  
 Milltown Public Library, Milltown

April 26 • Noon - 1:30 PM  
 SHIPS at St. John's Church, Somerville

### Blood Pressure/ Blood Sugar/ Cholesterol Screenings

April 25 • 2:30 PM - 3:30 PM  
 Francis E. Parker Memorial Home  
 at Piscataway  
 Staff only.

### Blood Pressure/ Blood Sugar Screenings/ Heart Health Lecture

April 13 • 11:00 AM - 12:30 PM  
 Manville Senior Citizen Meeting,  
 Manville VFW 2290, Manville

### Osteoporosis Screening

April 4 • 9:30 AM - 11:00 AM  
 Edison YMCA, Edison  
 Members only.

April 12 • 5:00 pm - 6:30 pm  
 East Brunswick Public Library,  
 East Brunswick

### Health Fairs

April 8 • 9:00 AM - Noon  
 Woodbridge Township Public Health Day,  
 Municipal Complex, Woodbridge

April 20 • 10:00 AM - 1:00 PM  
 Bridgewater Spring Senior Health Fair,  
 Bridgewater Senior Center, Bridgewater

April 30 • 9:30 AM - 12:30 PM  
 Immaculate Conception Church Health Fair,  
 Somerville

### Hearing Screening

April 12 • 11:00 AM to 1:00 PM  
 Franklin Senior Center, Franklin

April 25 • 10:00 AM - 11:30 AM  
 Alliance Center for Independence, Edison  
 Employees only.

## Diabetes Support/ Education\*

### Diabetes Self-Management Education

Mondays or Tuesdays  
 Registration and doctor's prescription required. • 732.339.7630

### Gestational Diabetes Self-Management Education

Wednesdays or Thursdays  
 Registration and a doctor's prescription required. 732.339.7630

### Diabetes Support Group

The Diabetes and Hypertension Center at Saint Peter's University Hospital's Family Health Center • 123 How Lane, New Brunswick  
 Call 732.339.7672 for more information.

### English

April 11 • Noon - 1:00 PM

### Spanish

April 4 • Noon - 1:00 PM

## Parent Education

For information, fees and registration, call Parent Education at 732.745.8579, unless otherwise indicated.

### Baby Care

April 23 • 9:00 AM - 1:00 PM

April 3 and 10 • 7:00 PM - 9:30 PM

### Breastfeeding Class

April 8 • 9:00 AM - 11:30 AM

### Breastfeeding Support Group

April 7 • 1:00 PM - 2:30 PM

### Infant Massage

April 8 • 1:30 PM - 2:30 PM

### New Daddy

April 27 • 7:00 PM-9:00PM

### Prenatal Yoga and Exercise Class (four-week sessions)

Wednesdays and Fridays  
 7:00 PM - 8:30 PM  
 Registration required.

### Prepared Childbirth/ Lamaze Classes

Wednesday and Thursday Evenings (Series)

Saturday and Sunday (Single Day)  
 Registration required.

### Sibling Class

April 8 • 12:30 PM - 1:30 PM

## Maternity Tours

View our interactive maternity tour, which includes pictures of our private labor and delivery suites and our modern mother/baby units, at [saintpetershcs.com/MaternityTour](http://saintpetershcs.com/MaternityTour) to get an idea of what you can expect when you deliver at Saint Peter's. To schedule a tour, call Parent Education at 732.745.8579.

Need a doctor? To find a Saint Peter's physician, call 1.855.SP.MY.DOC (1.855.776.9362).

Also available, online scheduling with select Saint Peter's Healthcare System physicians via Zocdoc at [BookMySPDoc.com](http://BookMySPDoc.com)

This calendar is for information only. Do not rely on it to make healthcare decisions on your own; instead, talk with your healthcare provider for advice and treatment. Do not ignore medical advice or delay seeking it because of something you read here. We do not suggest or endorse that you have any tests, use products, or use other information in this document without advice from your healthcare provider.



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 732.745.8600 | 800.269.7508 | [saintpetershcs.com](http://saintpetershcs.com)

Catholic hospital sponsored by the Diocese of Metuchen

State-designated children's hospital and regional perinatal center

