

# Spring 2010 Newsletter

TMS Psychological Services, P.C.

The Office of Theresa M. Schultz, Ph.D., & Associates

MARCH-APRIL 2010

## Implementation of the Wellstone-Domenici Behavioral Health Act

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You may recall from our previous issue that the Wellstone-Domenici Mental Health Parity Act went into effect on January 1, 2010. In short, this law mandates that coverage for behavioral health benefits can be no more restrictive than for medical benefits for groups of 50 or more employees.

BlueCross BlueShield of Illinois (BC/BS-IL) has recently released a newsletter indicating that for BC/BS-IL subscribers, limitations on the number of visits per year or

per lifetime will no longer be included on mental health policies.

Thus, the common stipulation that benefits are subject to a maximum of 30 visits per calendar year or 100 visits per lifetime are no longer applicable to BC/BS-IL policies. However, each group has until the end of this year to comply with this law. While some policies have already implemented these changes in their benefits, other groups may choose a separate date (such as the anniversary date of the policy) to begin

compliance with the act.

For further information regarding this Act and how it pertains to your individual policy, please feel free to call or stop by the Administrative Office. Our office makes it a policy to verify behavioral health benefits at the beginning of the calendar year, and will have the most current information available to you.



## A Note Regarding Our Office Fees

You may have noticed that our office has not raised fees for our services in over two years. As a courtesy to you, and in consideration of the current eco-

nomic climate, our office has opted to maintain our current charges, rather than increasing our fees for service. Should you have any questions or con-

cerns regarding our current fees, please contact any one of our administrative staff. We are always happy to assist you.

## Group Offerings: Update for Spring 2010

Our office is pleased to announce that Dr. Kelly's *Wii*-Based Social Skills Group will have a fourth installment beginning on April 15th, 2010, from 6:30 to 7:30pm. The group will meet for eight weeks and is intended for boys and girls from ages 11 to 14.

A primary goal of this group is to help children understand how to create, nurture, and sustain quality relationships. The creation of these relationships will be facilitated by a shared interest in the *Wii*. Problem solving, conflict resolution, de-escalation and sharing will be targeted as spe-

cific skills to be established through the group experience.

If you are interested in learning more about the *Wii*-Based Social Skills Group and/or our other group offerings, please contact Ms. Melissa Lofton at extension 11.

## Important Information for Clients Seeking Low-Cost Prescription Medication



Many of us are well aware of the rising cost of prescription medication, both with and without the assistance of medical insurance. Our office has recently become aware of a website which includes information for those who are searching for a better option. This website lists methods of obtaining low-cost or free medications. You may access this website at:

<http://kspope.com/medications/index.php>

We recommend that you visit the website to explore alternative options for obtaining prescription medications at a lower cost. You may contact our office if you have any questions or comments.

## Our Tourette Syndrome Support Group Begins in April 2010

**APPROXIMATELY  
200,000  
PEOPLE IN THE  
UNITED STATES  
HAVE BEEN  
DIAGNOSED  
WITH TOURETTE  
SYNDROME**

As you may be aware, our office specializes in treatment for Tourette Syndrome (TS). This neurological disorder is characterized by repeated, involuntary movements or vocalizations-called tics. While the severity and frequency of these tics may vary over time, they have been know to co-occur with stress or tension. The disorder typically first appears in childhood and persists throughout a person's lifetime. While the disorder is not in itself life-threatening, the social stigma one bears as a consequence of tics can have a long and lasting effect on the person diagnosed with TS. For more information on TS, you may visit the Tourette Syndrome Association of Illinois' website at:

[www.tsa-illinois.com](http://www.tsa-illinois.com)

We are pleased to announce that our office is now offering a no-cost support group for families and friends of those who are diagnosed with Tourette Syndrome. The group will meet on Sunday afternoons beginning April 25, 2010 from 3:00 p.m. to 4:30 p.m. Free childcare will be available to parents who are unable to make other arrangements. If you or someone you know is interested in this service, please contact our Clinical Intake Coordinator, Ms. Helen Jonas, at extension 11 for more information.

## Information Regarding Summer Camps

Each year, our office compiles a list of Summer Camps recommended by our staff and clients. You may find this list posted in the Waiting Room in March of this year. Should you require additional copies, our office staff would be happy to provide you with extras. We also welcome your suggestions of Summer Camps/Recreational Facilities. You may contact our Project Manager, Ms. Lucia Giuffre to add your recommendation to our list.



## Community Corner

Previous issues have included information about our FREE Community Outreach Presentations. We are pleased to announce that our office will continue to provide this no-cost service to our clients, their families, and the community at large.

On February 4th, Dr. Jennifer Roberts presented on the impact of food allergies for children and the parents who care for them. This presentation was provided to community members at the River Forest Public Library. Normal anxiety associated with this issue was identified and anxiety that may be excessive and maladaptive was also discussed. Dr. Roberts also presented on strategies for managing anxiety (for children and parents) specific to the food allergies, as well as coping strategies for anxiety in general.

On March 16th, Dr. Theresa Schultz & Ms. Holly Gomez presented on the topic of AD/HD and Bipolar Disorder in children and adults. This presentation was facilitated for community colleagues at the Thrive Counseling Center in Oak Park, IL. We are grateful for the opportunity to serve our community in such important ways. We will keep you posted on all future events.