



# Summer 2010 Newsletter

June-July, 2010

## New Satellite Office Location

We are pleased to announce that we now have a new satellite office located in Hinsdale. As many of you are aware, our former office in River Forest closed this past May, and our new office in Hinsdale opened June 1st. Dr. Schultz will begin seeing patients in the evening hours on Mondays, Wednesdays, and Fridays. Beginning July 13th, Dr. Marek will begin seeing patients on Tuesdays at our new location, and Dr. Kelly will have office hours in Hinsdale on Thursdays beginning July 29th.

We would like to take this opportunity to thank our clients for their patience and flexibility during this transition. We appreciate your support as our practice continues to expand.

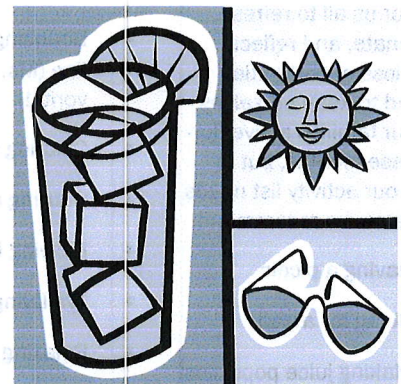
Hinsdale Office Address:  
15 Spinning Wheel Rd.  
Lower Level, Suite 20  
Hinsdale, IL 60521

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## Second Installment of the *Wii Social Skills Group*

Dr. Kelly's Spring *Wii Social Skills Group* concluded on Thursday, June 3rd. We are excited to inform you that Dr. Kelly will facilitate another installment of this group beginning in the Fall of this year. The beginning date and time are yet to be determined. If you or someone you know are interested in enrolling, please contact Ms. Melissa Lofton, M.A., at extension 11.



Earlier this month, Blue-Cross BlueShield of Illinois (BCBSIL) announced new requirements for coverage of behavioral health services. Currently, some policies require providers to submit authorization (sometimes called pre-notification or pre-certification) requests for claims to be processed. Typically this involves the submission of a form or a phone call to your insurance vendor detailing treatment goals, progress and diagnosis.

Effective January of 2011, BCBSIL will implement a member-driven policy requiring authorization of sessions for all non-HMO policies. Members must call their carriers in January (you may refer to the number for mental health or substance abuse on the back of your ID card) and request certification of services for your provider. BCBSIL will authorize a maximum of ten (10) sessions, after which the provider must complete

and submit a form, called an Outpatient Treatment Form, or OTR, to request additional sessions beyond the initial ten.

Our office is happy to assist with this new requirement in any way we can. Please direct any insurance or billing questions to our Office Manager, Ms. Jennifer Katele, at extension 10.

**"To invite mindfulness into my life, I bring attention to the natural world, which is a source of strength and harmony. This can be done anytime, anywhere, from observing a tree while waiting at a stoplight to watching a bird from my office window. Engaging with nature by spending time outside is also an essential component of staying mindful in my life."**

~ Erin Stokes

Naturopathic Doctor  
Boulder, CO

### SB3266-IL: The Prevent School Violence Act

This past April, the Illinois House of Representatives passed a new anti-bullying bill, called the Prevent School Violence Act (SB3266). The bill has been passed to Governor Quinn for signature into law. This piece of legislation expands upon current law by more comprehensively defining bullying and all its forms. The bill also delineates requirements for schools in

establishing and implementing anti-bullying procedures and practices, and guides schools in ways to educate students, parents or guardians, and school faculty and staff about these policies. CB3266 assists schools in the collection and maintenance of data pertaining to school violence in the effort of prevention of future acts of bullying. Furthermore, in the event that funds become

available, the act promotes schools to develop a demonstration project.

Stay tuned to future newsletters for updated information regarding the status of the Prevent School Violence Act.

To read more about this act, you may visit:

[www.psvillinois.blogspot.com](http://www.psvillinois.blogspot.com)



### Fun Family Activities for the Summer

The summer season is a time for us all to refresh, rejuvenate, and reflect. Countless opportunities abound to keep ourselves and our families active during these months, but in case your activity list needs a booster, we recommend:

- Having a picnic
- Going for a walk
- Making juice popsicles
- Going camping
- Visiting a beach
- Playing in the park
- Bouncing on a trampoline (Ms. Melissa's Favorite!)
- Coloring with chalk
- Starting an herb garden
- Blowing bubbles
- Tye-Dying a shirt
- Relaxing in a hammock
- Designing an obstacle course
- Looking for shapes in the clouds
- Catching fireflies/lightning bugs
- Having a lemonade stand
- Going hiking in your local forest preserve/arboretum
- Visiting a museum
- Volunteering

You may also refer to our updated bulletin board located in the Waiting Room of

the Oak Park Office for additional fun ideas and tips to keep you and your family busy over the summer.

We welcome any further suggestions or recommendations of places you have visited or activities in which you have engaged that you would like to share with other clients. Please call or see the Administrative Office Staff to offer your ideas.

