



St. Claire Counseling

A service of St. Claire Regional Medical Center



About St. Claire Counseling

St. Claire Counseling provides mental health services for St. Claire Regional Medical Center and the surrounding area. Our comprehensive outpatient program offers a full continuum of mental health services. We work closely with the mental health unit at St. Claire Regional to meet the treatment needs of our patients. This allows us to provide total care from a multidisciplinary team of professionals with different areas of expertise. Our counseling center is conveniently located just over one-quarter mile from St. Claire Regional in Morehead, Kentucky.

At St. Claire Counseling, we recognize that emotional, behavioral and dependency problems affect all areas of a person's life. Individualized treatment programs are tailored to address each person's unique problems and needs. Each patient undergoes an evaluation to determine the most appropriate level of care needed. Should hospitalization be necessary, a multidisciplinary team is assigned to each patient throughout their stay on the inpatient mental health unit. This specialized team is composed of a psychiatrist, registered nurses, nurse practitioners, mental health specialists, activity therapists, social workers, educational specialists, addiction counselors, psychologists and other professionals.

Confidentiality

St. Claire Counseling's commitment to each patient's confidentiality is insured by our legal responsibility as mandated by law. Each staff member is dedicated to upholding these standards in all communications and records. All inquiries are strictly confidential.

Admissions

Individuals may be self-referred to any of our mental health services offered at St. Claire Regional. Referrals are also accepted from health care providers, school personnel, and family members. Concerned persons can contact St. Claire Counseling and receive a confidential assessment by a counselor in conjunction with our medical staff. Emergency assessments and treatment are also available 24 hours a day through the Emergency Department at St. Claire Regional. Family members or patients can also make inquiries by calling our Helpline at (888) 400-4544. Following an assessment, if inpatient treatment is necessary, it will be arranged through consultation with one of our staff psychiatrists. Inpatient treatment for children & adolescents can be arranged by referral to a treatment facility appropriate for their specific needs.

Patient rights are assured at St. Claire Counseling. We believe in the respectful treatment of patients, family members, staff and individuals, while providing a safe and supportive environment.

Mental Health & Psychiatric Services

Psychiatric, emotional and substance abuse problems can affect careers, marriages and relationships. St. Claire Counseling offers a confidential, caring environment that promotes crisis resolution, positive self-awareness, social skills, and personal growth.

Our Program Continuum:

Psychiatric treatment is offered to adults through outpatient psychotherapy, or when necessary, acute inpatient hospitalization. Child and adolescent needs are addressed through individual therapy, family therapy, and close collaboration with school personnel if indicated.

For patients whose treatment needs can best be met through individual outpatient therapy, we have well trained professionals who are licensed in their respective disciplines and stay current on the latest treatment modalities.

St. Claire Counseling works closely with a

Adults:

- Alcohol abuse and dependency
- Anxiety/panic attacks
- Co-dependency
- Depression
- Drug abuse
- Employee Assistance Programs
- Extreme anger and/or dangerous behavior
- Hallucinations/delusional thinking
- Manic depressive disorder
- Phobias
- Physical/sexual abuse
- Schizophrenia
- Smoking cessation
- Suicidal feelings/thoughts
- Work problems

Children & Adolescents:

- ADHD
- Anxiety
- Defiant behavior
- Depression
- Parenting Concerns
- School behavior problems
- School/Social phobia

statewide network of mental health professionals to arrange appropriate referrals. St. Claire Counseling is continually looking for ways to provide mental health services in a convenient, effective manner through our Telemedicine program to our region.

Treatment Components:

Treatment for each patient is administered by a multidisciplinary team of mental health professionals led by a psychiatrist. Team members may include Psychologists, social workers, substance abuse counselor, nurses, and our nurse practitioners.

The treatment process begins with a comprehensive evaluation and an individual plan of care is written to meet the special needs of each person. Therapeutic components may include: individual therapy, group therapy, family therapy, referral to 12-step support groups and medication management.

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At St. Claire Counseling, we recognize that psychiatric problems may be complicated by a coexisting substance abuse problem. Therefore, every effort is made to address both issues simultaneously with specialized treatment for adults with dual diagnoses. If medical detoxification is necessary, a referral is made to the inpatient unit at St. Claire Regional.

Frequently Asked Questions

Who can refer someone to St. Claire Counseling?

We welcome referrals by medical or mental health caregivers, case managers, employee assistance programs, family members, community agencies, hospitals, clergy, friends

and patients themselves. If you would like further information, call our representative at **(606) 783-6805** or **(888) 400-4544**.

Will my insurance company pay for the services?

St. Claire Counseling works closely with patients, their families, agency representatives, insurance companies, EAPs, and managed care providers to determine all possible payment options. In addition, St. Claire Counseling will accept direct payment of fees for individuals who do not have or want to use insurance. We are an approved provider for most major insurance companies and managed care plans. Please feel free to call **(606) 783-6805** or **(888) 400-4544** to determine if St. Claire Counseling accepts your insurance plan.

If I have a problem on a weekend or in the evening, how do I contact St. Claire Counseling?

The Mental Health Unit is open 24-hours a day, 7 days a week. Nurses are available to help those in crisis due to mental illness or chemical dependency. If you are in need of treatment or just have a question, you can call our representative at **(606) 783-6805** or **(888) 400-4544** anytime.

Amazing. Medicine.
Close to Home.

Our Staff



Zaheer Ahmed, M.D., joined the medical staff at SCR in 2007. He received his medical degree at the Royal College of Surgeons in Dublin, Ireland and completed his residency at Meharry Medical College in Nashville, Tennessee. Dr. Ahmed provides treatment for a wide variety of mental illnesses in adults and geriatric patients and is a member of the American Medical Association and American Psychiatric Association.



Maria Alboszta, M.D., joined the staff at SCR in 1994. She graduated from the Academy of Medicine in Warsaw, Poland in 1964. From 1964-1977 she trained and practiced as an internist in Poland. She completed a residency in 1985 with the Department of Psychiatry at the University of Kentucky College of Medicine and has remained as a dedicated physician to the practice of psychiatry. Before coming to Morehead, Dr. Alboszta provided care and treatment of the mentally ill by serving as a staff psychiatrist in a Community Mental Health Center. She is a member of the Kentucky Psychiatric Association and the American Psychiatric Association.



Marc Crusier, M.D., joined our Medical Staff in July, 2008. He began treating children and adolescents at St. Claire Counseling in August, 2008.

Dr. Crusier completed his training in both adult and child & adolescent psychiatry at the University of Kentucky. Prior to attending medical school at the University of Tennessee in Memphis, he taught computer skills in an elementary school in Knoxville. He has since enjoyed similar opportunities working with children

via telemedicine and through his interest in education. He is a member of the American Medical Association, American Telemedicine Association, American Psychiatric Association, and the American Academy of Child and Adolescent Psychiatry.



Laura W. Salyers, M.D., is the Medical Director of the Behavioral Health Unit at SCR and St. Claire Counseling. She is Board Certified in Adult Psychiatry and is the Past-President of the Kentucky Psychiatric Medical Association. She completed a residency in 1998

with the University of Kentucky College of Medicine in the Department of Psychiatry, where she was the Chief Resident 1996-1997. She also provides clinical instruction to medical students and physician assistant students. Her area of interest includes psychiatric oncology and she frequently provides consultative services to oncology patients at SCR.



James H. Perry, Jr., ARNP, completed his degree as a Family Nurse Practitioner in 1992 from the University of Kentucky and has over 25 years experience in the nursing profession. He has been treating individuals experiencing life problems and has a broad

knowledge of the psychopathology of addictions and mental disorders. Jim has experience in a variety of health care settings and has practiced at the Yakima Medical Clinic in Yakima, Washington, the University of Kentucky, and as a locum tenens for over 7 years.



Roger Fulks, L.C.S.W., a Licensed Clinical Social Worker, received his Master's Degree in Social Work from the University of Kentucky in 1992 and joined SCR Mental Health Services in 2007. Roger currently divides his time

between the inpatient mental health unit at SCR and St. Claire Counseling. His areas of treatment interests include adults and adolescents with mood disorders, anxiety disorders and coping with chronic pain. Roger's professional affiliations include member of the American Chronic Pain Association, National Association of Social Workers and SCR Diabetes Team.



Julia Neill, L.C.S.W., a Licensed Clinical Social Worker, received a Master's Degree in Social Work from the University of South Florida in 1990, and joined the staff at SCR in 1992. Julia is the Coordinator of Clinical Services at St. Claire Counseling. She has

extensive experience working with children & adolescents, families and adults. Julia is proficient in caring for patients with mood disorders, anxiety disorders, and treating those who are recovering from past trauma.



Steven D. Vice, MA, a Certified Psychologist with Autonomous Functioning, is a Certified Alcohol and Drug Counselor. He has over 30 years of experience working with mentally ill patients. He provides services at St. Claire Regional Medical Center on the

Behavioral Health and Rehabilitation Units, in addition to smoking cessation consultation. His practice extends to the SCR outpatient office where he also provides professional psychological services to individuals experiencing problems with addictions, depression, and a wide-range of other life problems. He is a member of the American Psychological Association.

Our staff are here to provide information and experience to help patients manage their health. We're committed to providing a safe and supportive environment.

09/08