



THE WTC RESPONDER HEALTH WATCH

Long Island Clinical Center
Sites in both Suffolk and Nassau Counties

A Unique and Collaborative Model of Mental Health Care for WTC Responders

THE MENTAL HEALTH treatment program at the Long Island Clinic is unique. From the outset, the Stony Brook site developed a collaborative care model that provides a stepped care treatment approach involving three core elements:

1. the primary care physician who prescribes medications for a variety of mental health conditions, under guidelines developed by the psychiatrist;
2. the social worker who provides care management; and
3. the psychiatrist who provides routine supervision, and evaluates and manages patients when warranted.

Collaborative care treatment programs not only provide better outcomes than care as usual, but intervention programs like ours save total healthcare dollars compared to usual care. Importantly, for patients with both physical and mental health conditions, coordination of services and medications is less complicated and more organized. Ultimately, the process of receiving quality mental health services is easier and less time-consuming for the patient, which can lead to better follow-up and more effective care in the long-term.

Reduce Stress, Improve your Health, Feel Good Again: Workshops that Target the Body and Mind

LONG-TERM STRESS can have major impacts on the body and mind. Stress can make a person more susceptible to weight gain, fatigue, anxiety and even make a person more at risk for infections, heart disease and other serious health problems. Stress can come from many different sources. A goal of this workshop is to learn ways to build resiliency, that is, ways to strengthen mind and body so that the stress that you

encounter has less of an impact. There are many ways to build resiliency, but what is important is to find a technique that works for you and that you can include into your life. Our first workshop had a good turnout and participants really seemed to benefit from the techniques they learned. We are planning a workshop to begin in the near future and will continue to hold workshops as long as there are interested participants. For more information on this or other group activities, please call 631-855-1200.

It's Not Too Late...

- Have you registered with the WTC program, but never came to an appointment?
- Did you come for an exam years ago, and haven't returned?
- Are you currently feeling well, but wonder what the future holds?

Well, it's not too late to come for an exam. In fact, we welcome and encourage you to call us and make an appointment. We believe you will be pleasantly surprised by our friendly and professional staff and the range of free medical services that can benefit you. We are dedicated to providing 9/11 responders with high quality care and monitoring of their health needs. Why not take advantage of a great thing? Call us today to schedule your appointment: 631-855-1200.

Our Nurses Provide Patients with Quality Care

THE NURSES AT the Long Island clinic are fundamental to our program. In a way, they are the unsung heroes of our clinic who do what it takes to care for our patients. From interviewing patients about their health to drawing blood, performing pulmonary function tests (PFTs) and coordinating follow-up tests and care, our nurses strive to give each patient a personal, pleasant and meaningful clinical experience. We are fortunate to have a team of friendly and caring nurses who truly care about our patients. They bring a wealth of experience and diversity in personality. Together, they comprise a dynamite team that complements our physicians. We would like to devote this section to better acquaint you with our nurses at the Islandia clinic.



L to R: Tori Stack, Deborah Turner, Elizabeth Taranowicz, and Robin Fitzgerald

Deborah Turner LPN joined our Long Island clinic after working for years in pain management. Ms. Turner brings to our clinic a sweet Southern charm and compassion for those who suffer the pain of their illnesses.

Elizabeth Taranowicz LPN, who is fluent in Polish, assists in translating medical interviews for patients. With over 25 years as a nurse, Ms. Taranowicz approaches each patient with care and concern, is very committed, and is conscientious in her work.

Robin Fitzgerald LPN has been with the WTC program since April 2008. Ms. Fitzgerald, with her warm

demeanor, adds a quiet professionalism to the team and is devoted to the patients she sees.

Tori Stack LPN worked for 10 years for an internist prior to joining the nursing team at the WTC program. Ms. Stack, while balancing work with raising young children, brings the energy of youth and a cheerful disposition to our patients.

All of our nurses have a deep respect for the responders who come to our clinic. They receive a real sense of meaning and purpose from their work and feel that they are contributing to a worthwhile and important program.

Celebrating our New Center of Excellence for the Long Island Clinic

ON DECEMBER 4TH, 2009, a ribbon was cut and we opened our doors to the public and all of our patients. It was a day to celebrate the official opening of our new location in Islandia, the Center of Excellence for 9/11 responders who live or work on Long Island. This well-publicized event brought needed attention to this comprehensive medical program and to the high-quality services that we provide. Our new headquarters is spacious with six state-of-art exam rooms, which permit us to serve our patients more efficiently and effectively than before. The atmosphere is clean and professional and it grants a sense of dignity to the responders who partake in our program. For many years, the Long Island Clinic has worked toward establishing a Center of Excellence on Long Island and we are very pleased to announce its materialization!

Monitoring and Treatment services available in Islandia, East Meadow and Hicksville. For additional information, please call: 631-855-1200 or visit www.wtcexams.org.