



THE WTC RESPONDER HEALTH WATCH

The Queens Clinical Center
City University of New York

Hello!

THE QUEENS CLINICAL Center has made a few changes to our social work staff and would like to take this opportunity to reacquaint you with our team and the services we can provide. The WTC Medical Monitoring and Treatment Program continues to offer responders a unique social work and mental health program. The center's Director of Social Work is Irene Rosenthal, LMSW. She manages the mental health, advocacy and social service benefits components of the program. Matilde D. Lopez, MS, recently joined our staff and has great experience and knowledge regarding social service benefits, entitlements and resources, including Workers' Compensation, various public health insurance programs, and other 9/11 related resources. Tashia Amstislavski, MA, continues to conduct mental health interviews and provide information to patients.

Purpose of Your Social Work Meeting

EVERY RESPONDER WHO comes to the Queens Clinical Center has the opportunity to meet with a member of the social work and mental health team during his or her annual exam. The purpose of this meeting is twofold: you may discuss any mental health or emotional issue you may be experiencing, and we can address and guide you through any social service benefits to which you are entitled. This discussion is strictly confidential.

Many responders come to our clinic and think they do not need to see a social worker. While you may not need ongoing treatment, we try to impart information regarding certain entitlements. For instance, we want to ensure you have registered to preserve your right to file a claim for benefits with the Workers' Compensation Board and with your pension fund. If we don't have answers to all of your questions, we can refer you to an organization with pertinent information.

Although some of your concerns may not be related to your World Trade Center work, we would like to help you however possible.

You may be experiencing everyday stressors. You might be dealing with more serious concerns related to medical problems, unemployment, and financial stress. Perhaps you are having problems in your relationships, are feeling less social, or have become more short-tempered. Some of these issues may be consequences of unresolved 9/11 effects. We are here to help you figure out how these might be impacting your life, offer some positive ways to cope, and figure out whether you might benefit from ongoing support.

Mental Health Treatment

IF YOU ARE still experiencing any negative effects related to your 9/11 experience that are significantly impacting your life, we can refer you to our mental health program. We have a number of mental health clinicians, including psychiatrists, clinical social workers, psychologists and licensed mental health counselors, in our network. These providers are located in Forest Hills, Fresh Meadows, Woodside, Astoria, Jamaica, Manhattan, West Hempstead, Patchogue and also at our Clinical Center in Flushing. These professionals can work with you and if necessary, your spouses and/or family, to overcome setbacks and learn to deal with problems that have not gone away or may even be worsening. We pay for this treatment and only make referrals if you are in agreement.

For more information or to make
an appointment, call us at 718-670-4174

Support Groups

CURRENTLY, WE ARE organizing support groups for responders who are still dealing with negative 9/11 emotional effects and also for those coping with chronic illness. Some people feel more comfortable talking to their peers in an informal setting. You might be surprised to learn that others are experiencing similar problems and that you can help each other get well. Please contact us if you would like more information or to participate in a support group at the Queens Clinical Center..

Special Events and Partnerships

IN MARCH WE will be hosting a Career Planning Workshop sponsored by *Tuesday's Children*. *Tuesday's Children* offers responders and their families a range of programs, including mentoring for children, support groups for families, and responder-specific events. Our goal is to provide you with the best advocacy and resources available. Therefore, at times, our Clinical Center will partner with great organizations like *Tuesday's Children*, work with your healthcare providers, as well as consulting with other consortium clinics for new information.

Please contact us with any questions. If we are unable to address your concerns we will do our best to make an appropriate referral to someone who can. We want to give you as much information as possible to help you feel informed and stay well.

We look forward to speaking with you soon.

The Queens Clinical Center Staff
