



THE WTC RESPONDER HEALTH WATCH

Clinical Center at Mount Sinai

Irving J. Selikoff Center for Occupational and Environmental Medicine

Mental Health Support Groups

THE WORLD TRADE Center Medical Monitoring and Treatment Program Clinical Center at Mount Sinai offers a wide range of mental health support groups in addition to the treatment services that focus on physical health. Since each group is made up of other 9/11 responders, its members share similar histories and similar challenges, due to the WTC work they have in common. As a result, the groups provide a unique opportunity to connect with others. Here is a list of current groups:

THE TRAUMA RECOVERY GROUP

Do you feel irritable, angry, or isolated? Tearful when reminded of 9/11, or numb? Are you afraid to upset others with your feelings? Do you keep your 9/11 experience to yourself to avoid upsetting others? If so, this 12-week group may be helpful. For men and women.

STRESS MANAGEMENT GROUP

Under stress, your body responds as though you are in danger, causing headaches, stomach pain, sleeping problems, and depression. This group will teach breathing and relaxation techniques, and other skills that help manage stress. For men only, the group meets every other Monday from 12 noon to 1 pm.

BODY-ORIENTED STRESS REDUCTION GROUP

If you have breathing problems or postural issues, or want to feel more comfortable in your body, this body-oriented group may help. Feel more in control of your body, to breathe more easily, and to reduce stress. Weekly, for men and women.

SEEKING SAFETY

If you are using alcohol or other substances to deal with frequent and painful memories of 9/11, or with problems with sleep and anger, this group may be right for you. You will be learning new coping skills to reduce stress and stay sober. Open to men and women.

RETIREMENT GROUP

This group is for responders whose careers were unexpectedly shortened due to the medical or psychological impact of 9/11. Topics include the impact of retirement on emotional well-being, the loss of identity since retirement, and the creation of a meaningful life after a career. For men and women.

CREATING CONNECTION

Relationship satisfaction requires a safe and secure connection, and this eight-week group teaches couples how to communicate needs and to avoid unmet needs and feelings of detachment. Learn new tools to resolve disagreements, and skills to feel more connected and intimate. For men and women (couples) experiencing relationship distress.

SKILLS GROUP

Difficulties in controlling emotions can lead to problems in relationships and at work. This group teaches skills for managing emotions and improving relationships. Practice these skills during sessions and between meetings. Group members must also be in individual counseling. Twelve sessions, for men and women.

MEDICAL ISSUES GROUP

A group for individuals struggling with significant medical problems. The connection between mind and body will be explored, and strategies for decreasing emotional distress will be reviewed. This three-month group is open to men and women.

If you are interested in one of the listed groups, call 212-241-8462 to schedule an interview with a mental health counselor. The interview is important to help the counselor make recommendations, since some services will be more helpful than others for each responder. A member of the mental health staff will also be able to assist you with any questions about the interview process.

Cardiac Screening for Law Enforcement Members

A **UNIQUE PROGRAM** for members of law enforcement within the responder community of the World Trade Center Medical Monitoring and Treatment Program is facing its last few months of operation.

The Law Enforcement Cardiac Screening Program, or LECS, began offering free and confidential cardiac health screenings to eligible members of law enforcement two years ago. Since that time, the LECS program has screened about 1,900 responders. But with its funding due to end this June, the program is geared up to offer as many screenings as possible right up to the program's close.

"The LECS program has been a tremendous gift," says Dr. Jacqueline Moline, Director of the WTC Medical Monitoring and Treatment Program Clinical Center at Mount Sinai. "These screenings have saved lives, revealing cardiac emergencies in the making that might otherwise have gone undiscovered."

The comprehensive two-hour cardiac (heart) evaluation includes blood tests, an electrocardiogram (EKG), an echocardiogram (ultrasound of the heart), a CT scan of the heart (including a calcium score), and vital measurements, such as the ankle-brachial index (a test to detect blockages in arteries other than the heart's). Once given the results, the responder is free to schedule any recommended follow-up appointments with a Mount Sinai cardiologist or the responder's own physician.

LECS is offered to both active and retired members of law enforcement who were WTC responders, including

police officers, court officers, correction officers, traffic agents, and others. In addition, those eligible must be age 40 or older, and enrolled in the WTC Medical Monitoring and Treatment Program.

Appointments for the LECS program can be made by calling 866-537-7107. Weekend and weekday-evening appointments are available.

The LECS program is funded through a gift from the New York State Fraternal Order of Police. The information obtained with participant permission from the LECS screenings will help determine whether exposure to the WTC disaster site is associated with heart disease.

Workers Compensation Registration Deadline for WTC Responders

THE NEW YORK State Workers' Compensation Board (WCB) encourages all responders to protect their right to file for future Workers' Compensation benefits by registering form WTC-12 with the WCB by September 11, 2010.

The WCB requires this registration, whether or not you have already filed a Workers' Compensation claim or are currently sick or well.

The WTC Medical Monitoring and Treatment Program offers **FREE WALK-IN LEGAL CLINICS** for assistance in filling out and registering form WTC-12.

The clinics are held on Tuesdays from 12 noon to 7 pm. All clinics are in English and Spanish. See date below for assistance in Polish.

- April 20th
- May 18th
- June 16th
- July 6th
- July 20th
- August 10th
- August 24th (Polish)
- September 7th

Location: Center for Advanced Medicine (CAM) Building, West Tower, 17 East 102nd St., 4th Floor Conference Room.

For more information, please call 212-241-6307 or visit www.wtcexams.org.

Clinical Center at Mount Sinai Affiliated Clinics

MANHATTAN (Monitoring and Treatment)
Mount Sinai Medical Center
Annenberg Building, 3rd Floor
1468 Madison Avenue

STATEN ISLAND (Monitoring and Treatment)
Richmond University Medical Center
690 Castleton Ave, 2nd floor

QUEENS (Treatment Only)
Mount Sinai Hospital of Queens (Astoria)
23-34 30th Ave, 6th Floor

YONKERS/HUDSON VALLEY (Treatment Only)
St. John's Riverside Hospital
967 North Broadway, Level S1

Coming Saturday, June 5!
**WORLD TRADE CENTER
RESPONDER DAY 2010**

Details in future mailings from the
WTC Medical Monitoring and Treatment
Program Clinical Center at Mount Sinai