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**NEW OAKLAND**  
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# New Oakland NEWS

Summer 2017, Issue 26

## Psychiatric Nurse Practitioners



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## The Important Role of Psychiatric Nurse Practitioners in Mental Health Care



by Dr. Jeffrey Sendi  
New Oakland Chief  
Medical Officer

In this issue of *New Oakland News*, we wanted to take a moment to introduce an important and growing new segment of our clinical team, our expanding group of Psychiatric Nurse Practitioners (PNPs).

New Oakland's goal in developing a team of PNPs is to extend the reach and expertise of our psychiatrists and allow us to fulfill our mission of delivering the right care at the right time.

Each of our PNPs is an experienced and highly capable medical professional with a Masters or PhD-level training and credentialing. They are qualified to assess, diagnose, and treat individuals and families with the full spectrum of psychiatric disorders. This includes the ability to prescribe medication, prepare evaluations and conduct therapy in ways that are very similar to the work of our physicians.

The care provided by our PNPs is delivered in collaboration with and under the supervision of our physician team and it provides the same level of professionalism and quality of care our clients receive from our doctors.

Inside this newsletter you'll find a short introduction to each of the six members of our PNP team. And, over time, many of you who are New Oakland clients will have the opportunity to work with them.

As a New Oakland client you can feel confident that your time with one of our PNPs is as productive as your time with one of our physicians — and as focused on creating great results.

Each member of our PNP team is a highly trained medical professional who helps enable us to meet your needs and provide exceptional care with greater speed and agility than would be possible otherwise.

That's really what it's all about . . . Helping our clients receive the right care, at the right time. And our Psychiatric Nurse Practitioners are an important part of delivering on that mission.

*A publication of New Oakland Family Centers*

## National Alliance on Mental Illness (NAMI) Comments on Healthcare Bill Impact on Mental Health Care

ARLINGTON, Va.— In late May, the National Alliance on Mental Illness (NAMI) noted that the newly released Congressional Budget Office (CBO) score confirms devastating losses to mental health care in the House-passed American Health Care Act (AHCA).

"Under the American Health Care Act, it is estimated that 23 million Americans will lose coverage for mental health care by 2026, including 14 million who will no longer be covered by Medicaid," said Mary Giliberti, CEO of NAMI.

This will force people with mental illness out of work, onto the streets, and into our jails and emergency rooms. All this will do is shift costs and overwhelm local communities, emergency rooms and law enforcement."

According to the CBO report, the AHCA will slash \$834 billion from Medicaid over ten years. "Medicaid is

the cornerstone of the public mental health system. Cuts of this magnitude will deplete mental health services and jeopardize care for people with the most severe mental health conditions," said Giliberti.

The CBO also makes it clear that premiums for health insurance will drop for younger, healthier people because

older people and people with chronic conditions, like mental illness, will be forced to carry the burden and be charged much more for coverage. In addition, states will be able to allow health plans to no longer cover mental health treatment.

"People shouldn't be charged more because they have a mental health condition and it's outrageous that mental health coverage could be optional. No one would ever consider making coverage for diabetes or heart disease optional," said Giliberti.

"Mental illness does not discriminate by political party and it's an issue that has strong bipartisan support. This CBO score makes it clearer than ever that the Senate should reject the AHCA and work to improve, not dismantle, our nation's mental health system."



# New Oakland Announces Ninth Location Serving Central Lower Michigan



by **Kevin Sendi, JD, MBA**  
President  
New Oakland Family Centers

New Oakland is proud to announce the opening of our ninth location serving southeast Michigan — in Okemos.

Our new Lansing area location is part of New Oakland's ongoing effort to reach more and more people across our state with the right care at the right time.

That was the vision of our founder (and my dad) Dr. Ismail Sendi, who passed away two years ago this month.

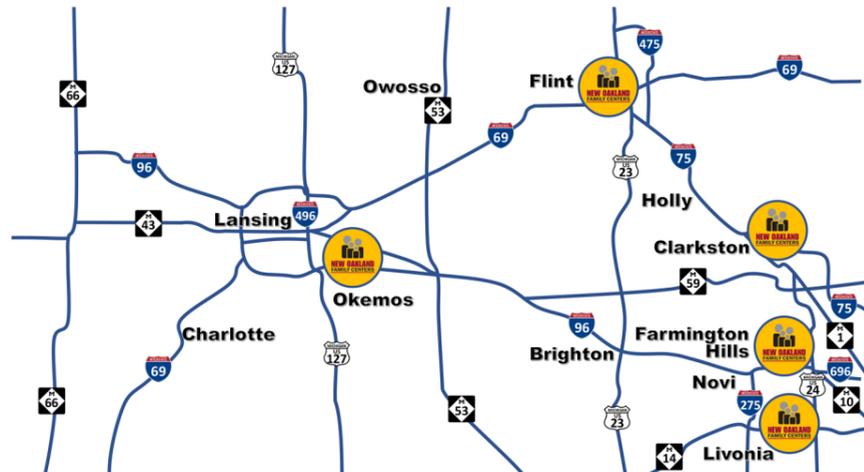
And while we miss Dad's guidance, insight and dedication every day, we haven't lost sight of that vision as we

pursue New Oakland's goals — to make quality and timely mental health care available to the individuals we serve.

The map below shows our new Okemos location (at 2300 Jolly Oak Rd.) near Lansing . . . as well as four of our other eight sites. (Center Line, Clinton Township, Southgate and Warren aren't displayed on this map.)

We expect to be announcing the opening of at least one more location this year (in the Ann Arbor/Ypsilanti area) to better serve Washtenaw County. And, in 2018 and beyond, we'll continue to search for opportunities to make New Oakland's unique, consumer-centric brand of mental health services available to the people of our communities.

Until then . . . Stay tuned.



## New Oakland Begins Trauma Testing Services Under New State of Michigan Program

Under a new partnership with the Michigan Department of Health and Human Services (MDHHS), New Oakland has begun providing psychological testing services for children and adolescents identified as potential victims of trauma.

Child and adolescent trauma can be the result of many factors in a young person's life, from neglect, physical abuse and psychological or sexual abuse to prenatal exposure to alcohol and/or drugs and domestic or violence community violence.

Our 25 years working with at-risk youth facing a wide variety of challenges has taught us that a strong foundation of testing and insight is the best way to ensure people seeking mental health care receive the services they need . . . when they can have the most impact.

So New Oakland is honored and excited to be a part of this new effort by the State of Michigan to bring the best possible services to the children and teens who are some of the most vulnerable members of our communities.

# Psychiatric Nurse Practitioners (PNPs): Amplifying the Impact of Our Medical Team



By **Dr. Robert Lagrou**  
New Oakland Medical Team

What do Psychiatric Nurse Practitioners (PNPs) do?

The short answer is that PNPs are qualified and credentialed to do many of the same things psychiatrists do.

Psychiatric mental health nursing is a specialty within nursing. PNPs work with individuals, families, groups, and communities, assessing their mental health needs.

The practice of Psychiatric Nurse Practitioner as a Clinical Nurse Specialist or Nurse Practitioner is considered an advanced specialty in nursing.

Also called a Psychiatric Mental Health Nurse (PMHN), Psychiatric Nurse Practitioners offer important skill sets for magnifying the ability of a psychiatric team to deliver quality care more effectively to more people.

PNPs can and are expected to diagnose mental illness and prescribe medication. PNPs (or PMHNs) also act as therapists, helping patients with depression, anxiety and serious mental illness and other conditions that can be remedied with counseling.

The PNP (or PMHN) develops a nursing diagnosis and plan of care, implements

the nursing process, and evaluates it for effectiveness.

PNPs offer primary care services to the psychiatric-mental health population, assessing, diagnosing and treating individuals and families with psychiatric disorders or the potential for such disorders using their full scope of therapeutic skills.

This includes their credentialing and qualification to prescribe medication and administer psychotherapy.

Psychiatric Nurse Practitioners have either a master's or doctoral degrees in psychiatric-mental health nursing.

The doctoral degree for the advanced clinical practice of psychiatric nursing is the Doctor of Nursing Practice (DNP).

In fact, two of New Oakland's PNPs are doctorate level practitioners, Dr. Barclay and Dr. Lewis-Bogan.

But either type of credentialing fully qualifies a Psychiatric Nurse Practitioner to assess, diagnose, and treat individuals or families with psychiatric disorders and identify risk factors for such disorders.

There's one important thing to keep in mind when being seen by a Psychiatric Nurse Practitioner. He or she is just one part of your entire care team, led by your psychiatrist or primary care provider and that he or she is always connected to that team when making decisions about your treatment.

The benefits of working with PNPs are many and studies show that when PNPs are engaged in the proper ways (in partnership with psychiatrists), the quality of care and healing are as high as we see from working with a psychiatrist alone.

## New Oakland locations to serve you

**Center Line Center**  
26522 Van Dyke Avenue  
Center Line, MI 48015  
586-759-4400

**Clarkston Center**  
6549 Town Center Drive  
Clarkston, MI 48346  
248-620-6400

**Clinton Township Center**  
42669 Garfield Road  
Clinton Township, MI 48038  
586-412-5321

**Farmington Hills Center**  
32961 Middlebelt Road  
Farmington Hills, MI 48334  
248-855-1540

**Flint Center**  
2401 South Linden, Suite A  
Flint, MI 48532  
810-957-4310

**Livonia Center**  
31500 Schoolcraft Road  
Livonia, MI 48150  
734-422-9340

**Okemos Center**  
2300 Jolly Oak Road  
Okemos, MI 48864  
517-679-2050

**Southgate Center**  
13305 Reeck Road  
Southgate, MI 48195  
734-225-2090

**Warren Center**  
8150 E. 13 Mile Road  
Warren, MI 48093  
586-825-9700

**FACE to FACE Crisis Services**  
877-800-1650  
(24 hours/day)

## Meet New Oakland's Psychiatric Nurse Practitioner Team

### Larissa Barclay, DNP, NP-C, PMHNP-BC, CWCN

Dr. Larissa Barclay has a long career of leadership and achievement as a psychiatric mental health nurse practitioner.

Among other degrees and certifications, Dr. Barclay received her Doctorate of Nursing Practice (DNP) from Oakland University in 2010.

Before joining New Oakland, she has most recently served on staff at Henry Ford Kingswood Hospital and the Seniors Wellness Group of Michigan.

Dr. Barclay has also served as Dean of Nursing within the Wayne County Community College system.

### Joy Glaser, NP, MSN

Joy Glaser has also joined New Oakland from Henry Ford Kingswood Hospital where she has served since 2011 providing acute psychiatric care in an inpatient setting.

At Kingswood, Ms. Glaser's responsibilities included conducting psychiatric assessments, history and physical assessments, diagnosis of psychiatric and medical illnesses, prescribing of medications and daily management and discharge of patients.

She is a member of the Michigan Council of Nurse Practitioners, the American College of Nurse Practitioners and the American Association of Nurse Practitioners.

### Michael Hudson, NP-C, MSN, CCRN-CSC, CMC

Mike Hudson's recent staff assignments as a psychiatric NP include Henry Ford Macomb Hospital, Pathways 2 Christian Counseling and Crossing Paths Christian Counseling. Mr. Hudson received his Master of Science in Nursing with a focus on adult and gerontological practice from Walden University in Minneapolis.

He is a member of the American Association of Critical Care Nurses, Michigan Council of Nurse Practitioners, American Association of Nurse Practitioners and the American Psychiatric Nurse Association. He is also a veteran of the United States Air Force, where he served from 1985 – 1997.