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About Us

Front Range Psychological Associates, LLC is a mental health practice dedicated to promoting and providing mental health care to children, adolescents, adults, seniors, families, and couples. We provide counseling services as well as psychological testing. We work with insurance carriers and also accept fee-for-service payment.

Dr. Bridget Engel and Dr. Stephanie Smith are both licensed clinical psychologists in Colorado, and have extensive experience working with clients in improving psychological health.

Mind/Body Resources:

For more information about the Connection, go to:
www.APAHelpCenter.org
or call 303-828-3080

We're Moving!!

We are thrilled to announce that we are moving to our new, permanent home in Erie. Our office will be at 526 Briggs Street, Suite A Erie 80516. We are so excited about joining the growing downtown Erie community and look forward to getting to know more of our neighbors in the area. We are also looking forward to the expanded services our new office will allow us to provide our clients.

We will start seeing clients in our new space on January 1, 2007. Phone numbers and email addresses will remain the same.

We will continue to see clients at our Westminster location as well

Mind/Body Health

On November 17th, the Colorado Psychological Association voted to approve Dr. Smith's appointment as the Public Education Campaign Coordinator. This is a very exciting position in which Dr. Smith will work with both the American Psychological Association and the Colorado Psychological Association to educate the public about the merits of psychology and mental health! This year's focus will be on the Mind/Body connection and its importance in mental and physical health.

Here are some interesting facts about Mind/Body Health:

1. Two-thirds of all office visits to family physicians are due to stress-related symptoms (American Academy of Family Physicians)
2. High levels of hostility have been found to predict heart disease more often than high cholesterol, cigarette smoking, or obesity (Health Psychology, November 2002)
3. More than 1/3 of Americans say they have had an illness that was primarily caused by stress (APA 2005)
4. Employees receiving mental health counseling lowered the usage of medical insurance by 31% (Group Health Association)
5. Workplace stress causes approximately one million US employees to miss work each day (American Institute of Stress)

6. In 1999, anxiety-related disorders cost the US \$42 billion a year in work-related medical losses (National Institute of Mental Health)

Psychological studies show that your mind and your body are strongly linked. As your mental health declines, your physical health can wear down, and if your physical health declines, it can make you feel mentally "down." Psychologists can help their clients manage stress, anxiety, and learn to deal with the everyday stressors that put us all at risk for sub-optimal health.

Teen Drug Use

The number and complexity of drugs available to teenagers has increased in recent years. Consequently, it's very difficult for most parents to keep up with what drugs are out there, and the lingo that kids use to talk about them. Here are some recent trends in drugs that all parents should know about:

Dusting - process in which kids inhale the chemical components of Dust Off, a refrigerant-based propellant cleaner containing a colorless gas called Difluoroethane, which is used to remove particulates and dust from computer equipment. Inhaling chemicals, and in this case refrigerated propellants, can cause nerve damage, loss of hearing, heart irregularities, suffocation, asphyxiation, vision damage and frost bite on the tongue, lips, and throat. There have been several related teen deaths, referred to as Sudden Sniffing Death Syndrome

Whippets - process of spraying aerosol from a whipped cream can in your mouth

Bagging – placement of moth balls or other products in a paper sack and inhale the fumes from the bag.

Pharming – attending parties in which attendees throw random drugs from their medicine cabinet into a large bowl and sample handfuls of pills to experiment with various highs and physical reactions to the pills. Especially common in 12-17 year olds.

Ecstasy (MDMA) – a "club drug" stimulant with hallucinogenic effects. Over 2 million kids try ecstasy every year. Often found at raves, trances, or dance clubs. It's sold in pills or capsules and is taken by mouth. Taking more than one at a time is called bumping. {X, XTC, or E}.

Ketamine – drugs intended for veterinary use and often used as animal tranquilizers. It's snorted or smoked. {Special K, or Vitamin K}

Contact Us

<http://www.frontrangepyschology.com/>

303-828-3080

If you would like to be removed from our email list, please send a note to:

drsmith@frontrangepyschology.com

Pass It On!

Please feel free to forward this newsletter to your co-workers, friends, or family members.

Oxycontin – a narcotic used for pain relief that contain oxycodone. The pills are crushed and then snorted, chewed, or injected. It causes a pleasurable, dreamy feeling, and drowsiness. It's very addictive and in overdose, it causes breathing difficulties and death {Oxy, Oxy 80, OC}.

Coricidin – found in cough medicines, which contain dextromethorphan. Distributed in pill form in doses that far exceed those recommended by physicians. It is often called Skittling because the pills looks like Skittles candy. {Triple C, Dex, CCC, Red Devils, and Robo}.

Feedback

Please let us know what you think about our newsletter! And also feel free to email or call us with questions, or for more information about the information presented in this newsletter, or about the services provided by FRPA.

We are happy to answer your questions, and take pride in responding quickly and thoroughly to our clients' needs.