



# Menninger Connections

The leading source for information and educational training for mental health professionals

## New stabilization service provides option to acute settings

When your outpatient presents with symptoms that require a safe psychiatric care setting, Menninger now offers a new inpatient choice for stabilization.

“We provide an alternative inpatient setting with streamlined admission, which can be accommodated on the same day you refer your patient,” explained James Flack, MD, program and medical director for the Comprehensive Psychiatric Assessment and Stabilization service.

The Clinic is contracting with insurance companies to cover the cost of the stabilization service, and we will work to help patients receive out-of-network benefits when possible. The interdisciplinary treatment team is experienced in treating men and women needing inpatient medical detoxification

along with reduction of psychiatric symptoms and medication management. Detoxification from alcohol, opiates and other drugs and substances can routinely be handled on the unit unless intravenous hydration is required. In those instances, withdrawal can be managed at The Methodist Hospital, The Clinic’s affiliate, and then the patient can continue stabilization and readiness for treatment on the Comprehensive Psychiatric Assessment and Stabilization unit.

Stabilization patients participate in biopsychosocial assessments and therapeutic and readiness for treatment groups that are typically absent from many inpatient acute treatment settings.

*Continued on page 2*

## For difficult cases, Menninger ranks in top 10 again

For 19 consecutive years, The Menninger Clinic has ranked among the top 10 psychiatric hospitals in *U.S. News & World Report’s* annual America’s Best Hospitals issue. This year, Menninger ranks ninth. The Clinic is the only psychiatric hospital in Texas among the top 10 and one of three hospitals ranked for psychiatry in the South and Southwest.

Board-certified psychiatrists nationwide are asked to list the five psychiatric hospitals in the country they consider best for the treatment of difficult cases. Rankings combined the survey results from 2007, 2008 and 2009.

“Our clinical staff enjoy working with patients who have complex mental illness,” said Ian Aitken, president and CEO. “We appreciate the support of referral sources who count on us to assess and treat their patients who need this level of care.

“During this economic recession, we are forging ahead to achieve our goals to improve treatments through research, expand our services, build alliances and continue to train mental health professionals. We are also finalizing plans to build a new hospital near the Texas Medical Center.”

The complete listing of America’s Best Hospitals is available year-around at: [www.usnews.com/besthospitals](http://www.usnews.com/besthospitals).

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## Stabilization service

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“We offer a more extensive group schedule and daily meetings with the same psychiatrist, as well as twice weekly rounds with the entire treatment team,” Dr. Flack said. “Our unit also is quieter, more predictable and less disruptive to patients than the usual acute unit or emergency department at a medical hospital.”

Patients also benefit from the individual psychoeducation provided by the on-floor staff and mobilization of their family’s support. The service’s social worker communicates to the family results of the assessments and progress on reducing symptoms in addition to collaborating with the family on discharge planning. The average stay for a patient in the stabilization service is seven to 10 days.

“We recognize that for some individuals this is the longest length of stay they may agree to when they come in for admission,” Dr. Flack said. “After stabilizing, our experience is that some patients and their families are more comfortable with continuing inpatient care. They often find it more acceptable to pursue a thorough neuropsychiatric workup on our unit or a transfer to one of our adult treatment programs to continue an individualized course of treatment for six to eight weeks.”

The stabilization service costs \$1,500 per day, including physicians’ fees, laboratory tests, medication, groups, room and board.

“We started this service because of the local and national demand,” said Richard Yohr, director of Admissions. “We anticipate the highest number of referrals will be from Texas and the nearby region, but we have already admitted a stabilization patient from the East Coast.”



Drs. Laurel Williams and Efrain Bleiberg, front, lead the treatment teams providing assessment and treatment to teens and their families.

## Day treatment program opens for teens & families

The Adolescent Assessment and Treatment Program recently expanded its continuum of care by opening a day program. The clinical staff offers mentalization-based treatment six days a week, including family involvement on the weekends.

Day treatment suits adolescents with significant mental health issues who require ongoing intensive treatment for six to 10 weeks. Teens may admit directly to the day program or as step-down care following inpatient assessment and treatment at Menninger.



## Web site for former patients goes live; alumni gathering planned

We’re pleased to announce the launch of the new Menninger Patient Alumni Web site, [www.MenningerPatientAlumni.com](http://www.MenningerPatientAlumni.com). Anyone may visit the Web site and check out descriptions of what is available without registering.

All former patients of Menninger can sign up to stay connected and utilize the resources. Current inpatients will have the opportunity to register before discharging.

The Web site is one of the ways the Patient Alumni Community will bridge the transition to health once patients discharge from Menninger. It provides:

- Recovery resources including videos, a meditation, articles, suggested books, Web links and list of support and 12-step groups
- Forum with variety of topics
- News and events information
- Wellness Plan template
- Access to online assessments for participants in the treatment outcomes research
- Links to The Clinic’s Web site, [MenningerClinic.com](http://MenningerClinic.com)

A number of patient alumni helped plan the Web site and are involved in the planning of the first alumni weekend, November 6 and 7 in Houston.

“Our committee of clinicians and former patients wanted to develop ways for patient alumni to refresh or continue what they learned in treatment in order to support their recovery and relapse prevention,” said Stephanie Cunningham, director, Business Development. “Going forward, the Patient Alumni Community will expand with groups of former patients organizing their own meetings, opportunities for former patients to attend educational events sponsored by Menninger and the addition of more online resources.”

# Professionals in Crisis Program helps high achievers get back on track

Among the byproducts of success are professional respect, money and power. But for some high achievers, success is stymied by mental illness.

The Professionals in Crisis (PIC) Program is designed to help these individuals. From physicians, accountants and lawyers to professors, business executives and sports and entertainment stars, PIC caters to high-profile men and women who are no longer functioning successfully in the workplace and/or at home.

“Being successful professionally doesn’t mean someone doesn’t have psychological vulnerabilities,” said Michael Groat, PhD, program director. “Success may mask some of them, but at some point they may be triggered, revealing a person in emotional turmoil, having difficulties with interpersonal relationships or caught up in an addiction.”

In fact, PIC patients often present with what appears to be an acute episode, but an assessment frequently reveals chronic difficulties that previously had been manageable.

According to Dr. Groat, many patients engage in self-defeating behaviors, like the inability to mentalize or think about another’s feelings, or they might display personality traits like being demeaning or disrespectful to colleagues or subordinates. Some patients take on caretaking roles that exhaust them or pursue work at the expense of self-care. Such patients are at high risk of burnout.

“We work with a lot of physician health programs across the country,” Dr. Groat said. “The loss of hospital privileges due to some form of self-defeating or disruptive behavior is at stake for many physicians we treat.”

## Why is this happening now?

Upon admission to PIC, the treatment team undertakes an exhaustive assessment, which leads to a diagnosis and custom treatment plan. The team seeks to understand the context of the patient’s difficulties as it answers the question “why are these problems appearing now?”

## Value of an inpatient setting

PIC offers several advantages: 24/7 nursing care; a wide range of groups and individual psychotherapy; and experienced clinicians skilled in treating difficult cases. One of the program’s primary advantages is Menninger’s milieu therapy, in which the patient care environment plays a critical role in

recovery. For PIC patients, that advantage plays out on two levels:

- A six- to eight-week stay allows the treatment team sufficient time to observe the patient’s interaction with staff and other patients, which gives rise to a more in-depth assessment.
- Significant time and opportunity to practice skills learned in groups and to learn how their peers experience their behavior that helps them develop more productive ways

of managing their recovery. In Dr. Groat’s experience, many patients invariably mention relationships with their peers as an integral part of the program.

## Experienced leaders

The clinical team also offers its own advantages. Dr. Groat, who trained at Austen Riggs where he developed extensive skills in individual psychotherapy, specializes in treating patients with complex psychological disorders.

David Ness, MD, PIC’s medical director and the newest member of the team, has broad experience practicing in a variety of hospital settings. He also is skilled at treating coexisting disorders, which is common among patients on PIC.

In addition, Joyce Hamilton, RN, BS, MBA, nurse manager, leads a team of psychiatric nursing professionals, each of whom plays a critical role in the care of each patient.

“Patients routinely tell me how much they feel cared about by the staff on PIC,” Dr. Groat said. “That time investment also provides a benefit to patients since it gives us the chance to see them beyond their presenting symptoms and understand them as complex human beings.”



From left, Drs. Ness and Groat with Nurse Manager Joyce Hamilton

## Peers & staff aid treatment

“When I came into the PIC Program, I felt without hope. I had come out of an acute care hospital after a severe manic and depressive crisis. The fact that my peers believed in me and saw me as more than a person with an illness helped me begin to believe in myself again. They saw the kind of person I was and liked me, and this helped me feel like I could be more accepting of who I am, too. The staff also helped me get my life back on track through their care and respect for my dignity. I feel like I am leaving with more hope for what I can do with my life and the future I want to make for myself.”

Former PIC patient

# Making news

## New brand tag debuts

Tag lines can be among the most memorable things about familiar brands. “Just do it!” is Nike’s tag line. M.D. Anderson’s is “Making cancer history.”

Menninger has a new tag line on our Web site and elsewhere: “Personalizing the science of mental health.” It’s based on our mission, quality treatment for patients’ individual needs and direction in research and neuroscience.

## Workshop on MBT for teens rescheduled

The continuing education workshop, “Mentalizing Treatment for Adolescents and Their Families,” has been rescheduled for September 26-27 in Houston.

The workshop aims to help you refine your psychotherapeutic interventions to develop a mentalizing process for treating teens and their immediate family. Faculty presenting will be Peter Fonagy, PhD; Efrain Bleiberg, MD; Laurel Williams, DO; and Ellen Safer, LCSW.

The registration form and event information may be printed from: [MenningerClinic.com](#), Calendar, Conferences and Forums. For more information, call Marketing at 713-275-5060.

## New clinicians join Clinic

- **Susan D. Webb, MD**  
Staff psychiatrist, Compass

A former clinical assistant professor in the Department of Psychiatry and Behavioral Sciences at Emory University School of Medicine, Susan D. Webb, MD, is the most recent addition to the Compass Program’s treatment team. Dr. Webb specializes in integrative psychiatry, including psychotherapy, psychopharmacology, crisis stabilization and substance abuse treatment with adolescents and adults.

In addition to her academic career at Emory, Dr. Webb has been a staff psychiatrist at the University of Georgia Student Health Center, Oglethorpe University Student Mental Health Center and the North Carolina Department of Juvenile Justice and Delinquency Prevention Services. Most recently she has been in private practice in Asheville, N.C.

Dr. Webb is a graduate of Rice University and received her medical degree from Baylor College of Medicine. She completed her psychiatry residency training at Emory University and pursued advanced training at The Emory Psychoanalytic Institute.

- **Denise Kagan, PhD**  
Staff psychologist, Professionals in Crisis

Denise Kagan, PhD, is the latest psychologist to join the Professionals in Crisis Program. She comes to

Menninger with finely-tuned skills in psychoanalytically-oriented psychotherapy.

In addition to her previous patient-care responsibilities, Dr. Kagan served as a Glass Institute Research Fellow and as a Research Affiliate for the Institute for Psychoanalytic Training and Research in New York City. Her professional outreach interests include the Juvenile Justice Roundtable and the College Counseling Center Working Conference in Stockbridge, Mass.

Dr. Kagan received her undergraduate degree in psychology from Clark University in Worcester, Mass., and her doctorate from Adelphi University, Garden City, NY. Her most recent appointment was at Austen Riggs Center, where she was a postdoctoral psychology fellow.

## Hazelden & Menninger presenting addiction & psychiatry update in California



Menninger®



Recognizing the high incidence of co-occurring disorders, Hazelden Springbrook in Newberg, Ore., and Menninger in Houston are jointly sponsoring the Keys to Effective Clinical Care at an educational update on addiction and psychiatry September 24.

The day-long continuing education event is planned for 7:30 am to 4:15 pm at the Hyatt Regency Orange County in Garden Grove, Calif. Registration is \$50.

Workshop faculty from Hazelden and Menninger and their topics will be:

- Neurobiology and Vulnerability for Addiction—Marvin Seppala, MD, new chief medical officer and acknowledged addiction medicine specialist, Hazelden
- The Biology of Addiction—Vern R. Williams, MD, director, Health Care Professionals Program, Hazelden Springbrook
- Personality Disorders: Assessment and Treatment—John Oldham, MD, MS, chief of staff, The Menninger Clinic
- Neuropsychiatry and Traumatic Brain Injury—Stuart C. Yudofsky, MD, chairman, Menninger Department of Psychiatry & Behavioral Sciences, Baylor College of Medicine

Registration information is available at:

[MenningerClinic.com](#), Calendar, Conferences and Forums



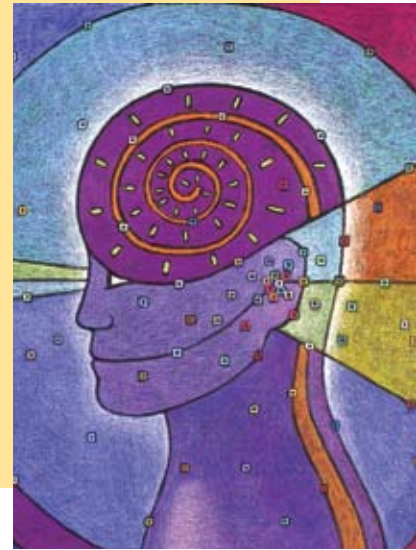
Jon G. Allen, PhD

## Psychology director presenting at spirituality & health conference

True to its vision that medicine recognizes the role spirituality plays in health, the Institute of Spirituality and Health in the Texas Medical Center will present its annual conference November 6 in Houston. “How the West was One: The East/West Convergence of Psychotherapy and Faith” will include an experiential component for attendees.

Jon G. Allen, PhD, director of Menninger Psychology, is among the faculty and will introduce mentalizing and its role in psychotherapy, spirituality and mental health.

For more information or to register, visit: [www.ish-tmc.org](http://www.ish-tmc.org)



## Clinic set to introduce new eating disorders track

Most Menninger patients arrive at The Clinic with coexisting disorders. In order to help patients manage comorbid eating issues and body image dissatisfaction, an eating disorders track will be introduced this fall.

“This track is not a substitute for an eating disorders treatment facility,” said Janice Poplack, LCSW, director, Social Work. “Instead, we have designed it to support patients with a co-existing eating disorder or whose eating disordered behaviors may resurface as they receive treatment for major depression, anxiety, personality disorders or other mental illnesses.”

The track will be structured around a detailed treatment protocol, which will be administered by clinicians and staff with expertise and training in eating disorders. The protocol has been developed for adults only and includes:

- Eating three monitored meals per day
- Participating in a period of sit time after each meal as a behavioral intervention to stimulate processing and to educate patients about perfectionism, nutritional rehabilitation and medical aspects of eating disorders
- Participating in one hour of group therapy each day, with dialectical behavioral therapy, body image and meal planning groups each twice weekly

Patients on the Professionals in Crisis, Hope and Compass Programs will be eligible to participate in the eating disorders track when indicated or, once admitted, an eating disorders assessment indicates the track would be beneficial. In addition to engaging in the new track, patients will participate fully in the therapeutic activities of their home program.

“We will be augmenting the treatment provided by their home program,” said Rebecca Wagner, PhD, Comprehensive Psychiatric Assessment and Stabilization, who, along with Chelsea MacCaugherty, LMSW, Professionals in Crisis Program, developed the eating disorders track protocol and guidelines. “Supporting patients’ efforts to manage or contain eating disorder behaviors is an integral component of their overall treatment.”

In preparation for the eating disorders track’s introduction, Dr. Wagner and MacCaugherty have been training staff from all the adult programs on the track’s protocol, along with general eating disorders education, to ensure continuity of care when patients are on their home programs.

## Research update

### Clinic to play larger role in designations for personality disorders

Menninger will be one of several national locations to research a new diagnostic protocol for personality disorders. Menninger Chief of Staff Dr. John Oldham is on the American Psychiatric Association committee updating this section of the *Diagnostic and Statistical Manual-V (DSM)*, scheduled for release in 2012.

The *DSM* committee aims to make the designations for diagnosis more clear and accurate. Menninger and other field trial sites will evaluate the usefulness of a new model to define and classify personality disorders.

### Study of inpatient suicide treatment launched

A suicide risk assessment and intervention protocol has been implemented at The Menninger Clinic. Designed by David Jobs, PhD, a renowned suicide researcher from Catholic University, the Collaborative Assessment and Management of Suicidality intervention is being studied systematically for the first time in an inpatient setting.

Previous research conducted by Dr. Jobs found the protocol beneficial in outpatient settings. The protocol is described in Dr. Jobs’ book, *Managing Suicide Risk*.

Tom Ellis, PsyD, associate director, Menninger Psychology, is the principal investigator. He is the author or co-author of three books, *Suicide Risk: Assessment and Response*; *Choosing to Live: How to Defeat Suicide through Cognitive Therapy*; and *Cognition and Suicide: Theory, Research and Therapy*.

# Calendar of events

For more information about these events, visit:

■ [MenningerClinic.com](http://MenningerClinic.com), Calendar

## September

### September 2

The Inner Circle of Care Luncheon Meeting

- Ft. Lauderdale, Fla.
- For registration information, visit: [www.circleofcare.com](http://www.circleofcare.com)

### September 10-11

American Dental Association Conference on Dental Health and Wellness

- Chicago
- Visit Alan Altman at the Menninger exhibit.

### September 10-13

Annual Cape Cod Symposium on Addictive Disorders

- Hyannis, Cape Cod, Mass.
- Menninger speaker: John O'Neill, LCSW, LCDC, CSAT
- Visit Sally Zahner at the Menninger exhibit.
- Register online at: [www.ccsad.com](http://www.ccsad.com)

### September 16-19

American Association of Christian Counselors  
2009 World Conference

- Opryland Hotel, Nashville, Tenn.
- Visit Susan Nelson and Menninger's Chaplain, the Rev. Salvador del Mundo Jr., at the Menninger exhibit.
- For registration information, visit: [www.aacc.net](http://www.aacc.net)

### September 17-19

Western Region of Federation of State of  
Physician Health Programs Annual Meeting

- Coeur d' Alene, Idaho
- Visit Alan Altman at the Menninger exhibit.

### September 18-19

Texas Medical Association: Physicians Under Fire

- The Westin La Cantera Resort
- San Antonio, Texas
- Visit Michael Groat, PhD, director, Menninger Professionals in Crisis Program, at our exhibit.
- For registration information, visit: [www.texmed.org](http://www.texmed.org) or call 800-880-7955.

### September 20-22

Southeast Region of Federation of State of  
Physician Health Programs Annual Meeting

- San Destin Golf and Beach Resort
- Santa Rosa Beach, Fla.
- Visit Susan Nelson at the Menninger exhibit.

### September 24

The Menninger Clinic & Hazelden Springbrook's 2009 Educational Update on Addiction & Psychiatry: Keys to Effective Clinical Care

- Hyatt Regency, Garden Grove, Calif.
- John Oldham, MD, and Stuart Yudofsky, MD, are among the faculty.
- For registration information, visit: [www.menningerclinic.com/calendar/conferences.htm](http://www.menningerclinic.com/calendar/conferences.htm)

### September 26-27

Menninger Continuing Education Workshop: Mentalizing Treatment for Adolescents & Their Families

- Baylor College of Medicine, Houston
- Peter Fonagy, PhD, Efrain Bleiberg, MD, and Laurel Williams, DO, will be presenting.
- For registration information, visit: [www.menningerclinic.com/calendar/conferences.htm](http://www.menningerclinic.com/calendar/conferences.htm)

### September 28-30

Annual Conference—The Moment of Change: Intervention Approaches for Professionals

- Presented by Foundations Recovery Network
- The Breakers Hotel, West Palm Beach, Fla.
- For registration information, visit: [www.foundationsrecoverynetwork.com](http://www.foundationsrecoverynetwork.com)

## October

### October 1-2

Physician Health Service Inc.'s Caring for the Caregivers VII:  
Regaining Health & Happiness in Your Profession

- Massachusetts Medical Society Headquarters, Waltham Woods, Mass.
- Visit Sally Zahner at the Menninger exhibit.
- For additional information, visit: [www.physicianhealth.org](http://www.physicianhealth.org)

### October 2-4

International Society for the Psychological Treatments of the Schizophrenias and Other Psychosis 10th Annual Meeting—  
Interpersonal Approaches to Treating Psychosis: The Living Legacy of Chestnut Lodge

- Red Brick Courthouse, Rockville, Md.
- Hear Menninger presenter Harrell Woodson, PhD, director of Hope Program.
- Visit Susan Nelson at the Menninger exhibit.

### October 2-4

Houston Chapter of the Texas Association of Addiction Professionals presents the 36th Annual Conference on Addiction Studies: Spectrum 2009

- Double Tree Houston, Texas, Intercontinental Airport
- Visit Stephanie Cunningham at the Menninger exhibit.
- For registration information, visit: [www.HoustonChapterTAAP.com](http://www.HoustonChapterTAAP.com)

### October 6-9

22nd National Conference for Lawyers Assistance Programs

- The Arizona Grand Resort, Phoenix
- Menninger speaker: Janet Hickey, MD
- Visit Alan Altman at the Menninger exhibit.
- For registration information, visit:  
[www.abanet.org/legalservices/colap](http://www.abanet.org/legalservices/colap)

### October 14-16

American Psychotherapy Association National Conference

- Rio All-Suites Hotel, Las Vegas
- Visit Susan Nelson at the Menninger exhibit.
- For additional information, e-mail:  
[conference@americanpsychotherapy.com](mailto:conference@americanpsychotherapy.com)

### October 15-17

National Association of Social Workers: Texas Annual Conference

- Renaissance Worthington Hotel, Fort Worth, Texas
- Plan to hear Menninger speaker: John O'Neill, LCSW, LCDC, CSAT

### October 16

The Menninger Clinic & Yellowbrick Educational Presentation:  
Treating Overlapping, Under-recognized Psychiatric Issues  
in Young Adults

- Evanston, Ill.
- Menninger speaker: John Oldham, MD
- For registration information, visit:  
[www.menningerclinic.com/calendar/conferences.htm](http://www.menningerclinic.com/calendar/conferences.htm)

### October 21-24

Employee Assistance Professionals Association's Annual World  
Conference: Meeting the Challenges of a Changing World

- Hyatt Regency, Dallas
- Visit Susan Nelson at the Menninger exhibit.
- For registration information, visit: [www.eapassn.org](http://www.eapassn.org)

### October 22

Dallas Networking Lunch for Clinicians

- Dallas
- For information contact Susan Nelson, 800-297-8507.

### October 22-24

National Alliance on Mental Illness Texas Conference

- Houston Marriott Westchase
- Menninger speakers: John Oldham, MD, Flynn O'Malley, PhD, and  
Martha McCrory, MT-BC, CPRP
- For registration information, visit: [www.namitexas.org](http://www.namitexas.org)

### October 22-25

Summit Conference—Advanced Clinical Strategies for Tough Times:  
Creating Resilience on Main Street

- Doubletree Paradise Valley Resort, Scottsdale, Ariz.
- Visit Alan Altman at the Menninger exhibit.
- For registration information, visit: [www.bfisummit.com](http://www.bfisummit.com)

### October 27-November 1

American Academy of Child & Adolescent Psychiatry  
56th Annual Meeting

- Hilton Hawaiian Village, Honolulu
- Visit Alan Altman, Efrain Bleiberg, MD, and Laurel Williams, DO,  
at the Menninger exhibit.

### October 29

Baton Rouge Networking Lunch for Clinicians

- Baton Rouge, La.
- For information, contact Susan Nelson, 800-297-8507.

## November

### November 5-6

South Carolina Networking Luncheons for Clinicians

- Columbia & Charleston, S.C.
- For registration information, contact Sally Zahner, 866-881-5498.

### November 5-7

Texas Psychological Association Annual Convention

- Omni Houston Hotel
- Visit Stephanie Cunningham at the Menninger exhibit.
- For registration information, e-mail: [admin@texaspsyc.org](mailto:admin@texaspsyc.org)

### November 6

Institute for Spirituality and Health's 18th Annual Psychotherapy  
& Faith Conference—How the West was One: The East/West  
Convergence of Psychotherapy and Faith

- St. Paul's United Methodist Church, Houston
- Menninger speaker: Jon Allen, PhD
- For registration information, visit: [www.ish-tmc.org](http://www.ish-tmc.org)

### November 6-7

First Menninger Patient Alumni Event

- Council on Alcohol and Drugs Houston
- For additional information, visit: [www.menningerpatientalumni.com](http://www.menningerpatientalumni.com)  
or contact Stephanie Cunningham, 713-275-5039.

### November 11-14

Independent Educational Consultants Association's Fall Conference

- Charlotte, N.C.
- Visit Susan Nelson at the Information Swap.
- For registration information, e-mail: [info@IECAonline.com](mailto:info@IECAonline.com)

### November 13

The Menninger Clinic & McCallum Place Educational Presentation

- St. Louis, Mo.
- Menninger speaker: Janice Poplack, LCSW
- For additional information, contact Sally Zahner, 866-881-5498.



## Won't you follow us?

Recently The Menninger Clinic joined Facebook, one of the world's most popular social networking sites, to share updates about what goes on at The Clinic and information about mental illness. If you're a member of Facebook, join others and become one of our fans. If you're not yet a member, join the social media revolution today—then sign up and follow us on Facebook.

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## Do you prefer a green version of *Connections*?

Instead of receiving this newsletter via Uncle Sam's printed mail, we will be glad to supply it in your e-mail inbox. Menninger publishes *Connections* three to four times a year so it won't overload your e-mail inbox.

We will need your current e-mail address to send future issues of the newsletter to you in an e-mail. Simply send us your request and complete the Question for *Connections* form on our Web site at: [MenningerClinic.com](http://MenningerClinic.com), For Clinical Professionals, Question for *Connections*.

If you prefer to continue receiving a hard copy, do nothing. If you receive a copy of *Connections* from a colleague and want to receive future issues and other Menninger continuing education and clinical program news, please use the Question for *Connections* form.

We are pleased so many of you find the newsletter of interest.

### ■ Menninger Connections

The Menninger Clinic publishes this free newsletter for mental health professionals, mental health treatment centers and consumer organizations.

To subscribe or submit an address change, e-mail Nancy Trowbridge, editor, [ntrowbridge@menninger.edu](mailto:ntrowbridge@menninger.edu). Please provide your full name, degrees, mailing address and daytime phone number with the request.

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### For more information

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