

MAY/JUNE 2013



Ascension Counseling Center

Editor: Suzanne Berteau Hamilton, Director

Parish President: Tommy Martinez

Medicaid Application Center

Ascension Counseling Center has been certified as a Medicaid Application Center at its Gonzales and Donaldsonville locations. Three of the center's staff members attended the Medicaid Application Center two-day training, passed a written exam, and are now qualified and certified to understand and follow Medicaid guidelines and procedures. Additionally, our two managers have completed the Medicaid Management Orientation. Medicaid is a means of paying for the delivery of medical care to eligible needy individuals.

In 1992, the Louisiana Department of Health and Hospitals began recruiting and approving facilities statewide to become application centers for the task of assisting applicants with Medicaid applications. The purpose of application centers is to provide outreach to individuals and families by interviewing and completing an initial application to Medicaid. Application centers make the Medicaid process more accessible to every citizen of Louisiana by providing services in the local community.

Applications will be processed online for free in the Gonzales and Donaldsonville clinics with the help of one of the Medicaid representatives. There are several ways a resident can get started:

By Phone: Call (225) 450-1016 and ask to speak to the Medicaid representative.

In Person: Ask the receptionist at the front window to speak to the Medicaid representative.

The Counselor: Anyone who is a client at the Center may ask their counselor to have someone help them apply for Medicaid.

The Gonzales clinic is located at 1112 S. E. Ascension Complex Blvd. and the Donaldsonville clinic is located at 419 Memorial Blvd. (next to Prevost Hospital).

We will process applications for any Ascension Parish resident free of charge and they do not need to be receiving any other services from us. We have also qualified as service providers for Medicaid recipients with the Louisiana Department of Health and Hospitals after an on-site facility inspection of our buildings was done. We demonstrated to Medicaid inspectors that our buildings, staff and programs meet their requirements.

Ascension Counseling Center is a department of Ascension Parish Government which provides outpatient mental health and substance abuse treatment to children, adolescents, adults, couples, and families who are residents of Ascension Parish. The center is supported by a 2 mil property tax. The center's request to become a Certified Medicaid Application Center was supported by Parish President Tommy Martinez and the Ascension Parish Council, chaired by Councilman Chris Loar.

Clinic News

Extreme Esteem: A Workshop for Teens and Their Parents

Help your teens age 13 – 15 be strong and confident by providing them with the tools they need to feel good about themselves. Gain insight, build a strong & close relationship, and become an “askable” parent about important matters to your teen. Join St. Elizabeth Hospital and Ascension Counseling Center for this interactive workshop that will provide a session for teens led by a trained facilitator and a separate session for their parents. The workshop will be on Thursday, June 6, 2013, 6 – 8 pm @ St. Elizabeth Hospital. The program is free. For additional information or to register, call St. Elizabeth Hospital, Community Education at 621-2906 or visit their website at www.steh.com – News & Events – Calendar.

Speak Up Pledge

Bullying is not just “kids being kids”. It can have a damaging impact on children, families and communities. As an adult, you can help in a few specific ways. Please take this pledge and speak up!

Here is my pledge:

- I will speak up: I will take a stand about this issue, even before it touches my friends and family, so everyone knows I take it seriously.
- I will advocate: I will advocate for children, both my own and others, in need of help. I will share what I have learned so everyone can effectively help children.
- I will be a role model: I will show kids how to deal with conflicts by setting the standard with my own behavior.
- I will be a partner: I will work with churches, schools, parents, caretakers, coaches and others working hard to stop bullying especially if they report my child is involved.

Bullying makes kids want to be invisible. We can show them through our actions that we can see them, we are listening – and most importantly – they can count on us to make their lives better. Taking this pledge is the first step to growing a community committed to ending bullying. I will speak up!

(Adapted by St. Elizabeth Hospital from “Stop Bullying, Speak Up!”, Pacer’s National Bullying Prevention Center.)

Cyber Bullying

Steps to Take If Your Child is Being Bullied Online

The internet has become a place for children to post mean and inappropriate comments about their peers. Cyber bullying happens in social media, e-mail, text messaging, website message boards, and instant messaging. You set safety rules for your child in the physical world. Do the same in your child's cyber world. The solution is not to remove access to technology but rather to plan ahead to ensure your child is safe. View your child's social electronic media, Iphone, Ipad, and other sources of being connected electronically. If you discover that your child is being cyber bullied:

- Save the URLs of the location where the bullying occurred.
- Document it by printing the e-mails or webpages. This is helpful as sometimes the information is deleted.
- Determine your point of contact at the school for reporting cyber bullying.
- Provide copies of the URLs or printouts to your child's school.
- Document your correspondence with the school and record the response.
- Contact the police with any threats of bodily harm.

You can find additional resources at www.facebook.com/fbsafety; stopbullying.gov; and wiredkids.org. (The PACER Center, Inc., PACER.org/bullying)

NEW PHONE NUMBERS EFFECTIVE IMMEDIATELY
Our old phone numbers will roll over for a few months

450-1016	Main Line		
450-1158	Intake Worker (Sarah Cuti)	450-1164	Jill Lemann
450-1150	Fax Line	450-1165	Lisa Lopez
450-1157	Tatiana Curry	450-1168	Ryan Schuette
450-1158	Sarah Cuti	450-1169	Jamie Schuler
450-1159	Andrea Gaines	450-1171	Stephanie Turner
450-1160	Suzanne Hamilton	450-1172	Lisa Weber-Curry
450-1161	Stacy House	450-1173	Dawn Bennett
450-1163	Courtney Leblanc		



www.AscensionParish.Net/MH

Ascension Counseling Center

1112 So. E. Ascension
Complex, Gonzales, LA 70737
419 Memorial Blvd,
Donaldsonville, LA 70346
Phone: (225) 450-1016
Fax: (225) 450-1150
E-mail: SHamilton@apgov.us

**HELPING INDIVIDUALS AND
FAMILIES CHANGE BEHAVIORS,
CHANGE LIVES.**

MONTHLY EVENTS

Mondays:

- *Adult Substance Abuse Treatment group:* 1 pm, Donaldsonville.
- *Adult Substance Abuse Treatment group,* 4 - 6 pm & 6 - 8 pm, Gonzales.
- *Adolescent Substance Abuse Treatment group,* 4 - 6 pm, Gonzales.

Tuesdays:

- *Women's Empowerment Group,* 10 - 11:30 am, Gonzales.
- *Nurturing Parenting, adult & children groups:* 5 - 7:30 pm, Gonzales.
- *Anger Management Class,* 4 - 5 pm, Gonzales.
- *Stop Smoking group,* 4 - 6 pm, Gonzales
- *Adult Substance Abuse Treatment group,* 6 - 8 pm, Gonzales.

Wednesdays:

- *Adult Substance Abuse Treatment group:* 1 pm, Donaldsonville.
- *Adolescent Substance Abuse Treatment group,* 3 - 4 pm, Donaldsonville.
- *Adult Substance Abuse Treatment group:* 4 - 6 pm & 6 - 8 pm, Gonzales.
- *Living Strong Cancer Survivors group,* 3 - 4 pm, Donaldsonville. 2nd Wed of each month.
- *Grandparents Raising Grandchildren,* 10:30 am - noon, lunch provided, Donaldsonville, 3rd Wed of each month

Thursdays:

- *Adult Substance Abuse Treatment group:* 6 - 8 pm, Gonzales.
- *Adolescent Substance Abuse Treatment group,* 4 - 6 pm, Gonzales.
- *Anxiety Reduction group:* 4 - 5 pm, Gonzales.

Ascension Counseling Center provides comprehensive therapeutic services to individuals and families in an effort to foster healthy coping skills that will improve their quality of life.

HOURS

Gonzales:

Business Hours

Mon - Thur: 8 am - 5:30 pm; Fri: 8 am - noon

Counseling Hours

Mon - Thur: 7 am - 8 pm; Fri: 8 am - noon

Psychiatrist Hours

Monday and Tuesday: 8 am - 6 pm

Donaldsonville:

Business Hours

Wednesday: 7:30 am - 5:30 pm

Counseling Hours

Wednesday: 7:30 am - 5:30 pm

