

The Counseling Center of  
Wayne & Holmes Counties  
2285 Benden Drive  
Wooster, OH 44691

# CENTER UPDATE

OCTOBER 2016

## BeST Center Training Update: Helping Those with Schizophrenia

For several months, some clinical staff of The Counseling Center have participated in specialized training to enhance their skills in working with patients with schizophrenia. The training has been provided by staff from The Best Practices in Schizophrenia Treatment (BeST) Center at Northeast Ohio Medical University, and is supported financially by the BeST Center and our local Mental Health & Recovery Board.

While those with schizophrenia can and do improve their lives with a combination of antipsychotic medication and psychosocial therapies, it is estimated that 25-50% of those individuals continue to experience delusions, hallucinations and other symptoms of the disease. Research has shown that symptoms can be reduced and function can improve when a form of Cognitive Behavioral Therapy adapted for persistent psychotic symptoms (CBT-p) is used in conjunction with other forms of therapy.

Eleven of our staff, including seven case managers, three outpatient therapists and an Advanced Practice Nurse, have participated in the intensive training program that is offered here by BeST Center staff. Our staff have been trained in specific techniques that have been shown to have positive results, including reducing symptoms and distress, promoting medication adherence, decreasing hospital stays and promoting recovery, for patients with schizophrenia. We are excited to have new techniques that will make a difference in the lives of those we serve who are living with schizophrenia.

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## TCC Welcomes Director of Human Resources



*Diane Duff*

The Counseling Center is pleased to announce that we have hired Diane Duff as our Director of Human Resources. With 120 full time equivalent employees, and human resources duties divided among various administrative staff, a decision was made that it was time to hire a dedicated human resources professional. Diane comes to TCC with over 20 years of experience in human resources. She has managed HR at three organizations, including starting an HR department at a for-profit company. Her career spans a full range of HR responsibilities and she is a member of the Society for Human Resource Management. She states that she looks forward to working at the Center, and we are glad to have her onboard. Welcome Diane!

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Check out our website at: [www.ccwhc.org](http://www.ccwhc.org)

*The Counseling Center is supported by the Mental Health & Recovery Board, United Way, insurance, grants and patient fees*