

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

# CENTER UPDATE

OCTOBER 2014

## PSYCHIATRIC SERVICES EXPANDED



Vinita Prasad, M.D.



Sarah Zimmerman, C.N.P.

The Counseling Center is pleased to announce that **Vinita Prasad, M.D.** has joined the organization as a full time psychiatrist providing services in the Wooster office. Dr. Prasad is a graduate of J.J. M. Medical College in Davangere, India and completed her residency in psychiatry at Howard University Hospital in Washington, D.C. She is a member of the American Psychiatric Association and the American Academy of Sleep Medicine. She has a special interest in geriatric mental health, but her practice ranges from older adolescents through senior citizens. Also joining the psychiatric staff on a part-time basis is **Sarah Zimmerman, L.P.C.C.-S, R.N., C.N.P.** Zimmerman returned to the Center after several years providing psychiatric services in North Carolina.

## NEW BOARD MEMBER WELCOMED

Joining the Center's Board of Trustees is **David Williams.** Williams lives in Rittman, (where the Center operates a part-time office) and serves on the Rittman City Council. He is employed as the Chief Probation Officer for the Holmes County Juvenile Court in Holmes County. Recently elected to serve as Vice-Chair of the Board is Sheila Hanna, retired school administrator, from Millersburg.

## SUICIDE PREVENTION

For youth between the ages of 10 and 24 suicide is the third leading cause of death. It is also a preventable cause. During the recently completed fiscal year, the Counseling Center provided depression awareness and suicide prevention services to nearly 1,000 students in local high schools and middle schools. At the conclusion of the program and with parental permission, 399 students completed a specific depression screening and of this group 21 reported having thoughts of suicide in the last month and 18 reported at least one prior suicide attempt. We appreciate our partnership with local educational organizations which makes this necessary program possible.

Phone: (330) 264-9029 • Fax: (330) 263-7251

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*