

SOCIAL WORK & COUNSELING CONNECTION

newsletter

September 2018

Clinician Conversation



Penny Lemmerman, LCSW-C **Senior Behavioral Health Consultant** **SPHS/GBMC Integrated Care Program**

As a teenager, Penny was the peer that her friends came to for advice. She was revered for her ability “to stand up and speak up on behalf of others” and developed a passion for advocacy as a result.

Before she knew it, Penny decided to pursue the field of social work. Graduating from the University of Maryland School of Social Work in 2000, Penny has worked in a variety of clinical settings including school social work, outpatient mental health, substance abuse treatment, domestic violence services, and medical care.

In November 2016, Penny was hired to launch and implement the SPHS/GBMC Integrated Care Program at each of the 10 GBMC primary care practice sites. In addition to supervising behavioral health consultants, Penny sees patients one day per week and works closely with SPHS and GBMC leadership to continue to enhance the integrated care services.

Penny states, “I enjoy being part of an innovative approach to help serve patients’ behavioral health needs.” Penny works closely with medical providers to provide behavioral health services in an environment where patients already feel comfortable. This effort has helped to eliminate some of the barriers and possible stigma attached to seeking mental health treatment in a more traditional psychiatric setting.

Penny notes, “It’s exciting to be part of a holistic approach towards patient care. In this environment, it’s refreshing to see patients responding positively in a relatively short period of time.” Penny’s experience with brief, solution-focused therapy, combined with CBT, mindfulness, motivation enhancement, and problem-solving techniques, have helped many patients to move forward and change their lives.

Thank you, Penny, for all that you do to help others!

Resources

The National Institute on Drug Abuse (NIDA) offers useful tools and information to address substance use disorders. Click on the links below to find out more information on:

[Drugs & the Brain Wallet Card](#)

[Drug Facts](#)

[Recovery](#)

[College-Age & Young Adults](#)

Policy Center

Interested in reading more about the intersection between confidentiality and substance use disorders? SPHS has several policies which address the limitations of substance use treatment disclosure. Policy PM-200.2 in our [Privacy Manual](#) is a good place to start.

For additional information on 42 CFR Part 2, the Department of Health and Human Services offers information on the [Confidentiality of Substance Use Disorder Patient Records](#) through the Federal Register.

National Recovery Month 2018

Currently, more than 300 federal, state, and local government entities, as well as nonprofit organizations and associations affiliated with prevention, treatment, and recovery of mental health and/or substance use disorders, are partnering to celebrate National Recovery Month.

For more information on these organizations and how they are working to support recovery, click [here](#).

Continuing Education

The Learning Center for Child and Adolescent Trauma, of the National Child Traumatic Stress Network (NCTSN), offers free online continuing education for social workers and counselors. The series “The Role of Trauma among Families Struggling with Substance Abuse” offers five online courses that focus on substance abuse and intimate partner violence, opiate exposed newborns, prenatal exposure, the family system, and caregivers. For more information on these and other courses, [click here](#).