

*In order to provide comprehensive and individualized care the following services are provided within each treatment setting:*

#### **Treatments**

- Interpersonal and Social Rhythm Therapy (IPSRT)
- Cognitive-Behavioral Therapy (CBT)
- Supportive Psychodynamic Therapy (SPT)
- Family-Focused Therapy (FFT)
- Eye Movement Desensitization Training (EMDR)
- Dialectical Behavioral Training (DBT)
- Cognitive Retraining
- Anger Management
- Medical Psychology treatment for psychological complications of co-occurring medical conditions such as diabetes and migraine headaches

#### **Assessments**

- Structured Clinical Interview for the DSM-IV-TR (SCID)
- Personality Assessment
- Neuropsychological and Cognitive Assessment
- Forensic/Psycholegal Evaluations
- Career Testing

#### **Services**

- 360 Concierge Care (Inpatient, Residential, Outpatient Comprehensive Care)
- Emergency Psychological Services (Suicide, Homicide, Psychosis)
- Alternative Sentencing
- Expert Witness Testifying
- Disability Evaluations

Concierge care encompasses highly individualized treatment specifically designed for each patient. Patients receive thorough assessments, diagnostic evaluations, and personalized treatment plans. The lead Clinical Associate assembles and manages a team of psychologists and other professionals with specialties in medicine, health care, law, and other skill sets so as to provide specific services to optimize each patient's particular needs.

*TAPA Clinical Associates provide a wide range of specialty services spanning inpatient, residential treatment center (RTC), and outpatient settings.*

#### **Inpatient Services**

Clinical Associates are on call 24 hours a day, 7 days a week, 365 days a year to handle psychiatric crises and emergencies. We will assist in managing emergent situations over the telephone and arrange to admit patients to the hospital from anywhere in the United States and throughout the world. TAPA Clinical Associates have co-attending privileges at two distinguished hospitals in the Los Angeles area. Once the patient is admitted, the TAPA Clinical Associate will coordinate the patient's care and act as the case manager throughout their stay. The patient's course of treatment, type of treatment, and the patient's discharge will be integrated by the TAPA Clinical Associate. Upon discharge from the hospital the patient may transition to an RTC or outpatient care.

#### **Residential Treatment Services**

TAPA Clinical Associates have established collaborative relationships with many RTCs in the Los Angeles metropolitan area. When a patient is appropriate for RTC level care, the TAPA Clinical Associate will admit the patient to the RTC, coordinate with the RTC regarding the patient's care, and continue to provide psychological services throughout the patient's stay at the RTC. Upon the patient's discharge, the Clinical Associate continues to provide ongoing outpatient care and manage the patient's treatment at the TAPA outpatient offices, or refer the patient to his or her home community for further treatment as is appropriate.

#### **Outpatient Services**

Clinical Associates provide comprehensive outpatient treatment for patients who will never need treatment in a hospital or residential treatment center. While each TAPA Clinical Associate has a core competency in treating dual diagnosis patients, Clinical Associates also treat patients who have no history of chemical dependency. Each Clinical Associate also has unique specialty skills. As such, TAPA offers an extremely wide array of treatment modalities for virtually all psychological and psychiatric conditions.

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# THE ARROYOS™



PSYCHOLOGICAL ASSOCIATES, INC.

*A Concierge Psychological Practice Specializing in Dual Diagnosis*



# ALTERNATIVE SENTENCING

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### *The Arroyos™ Psychological Associates*

The Arroyos™ Psychological Associates (TAPA) is a concierge group of clinical psychologists with a core competence in treating dual diagnosis patients and their families. Each TAPA Clinical Associate also has additional clinical specialty skills. TAPA offers an unparalleled professional team approach that provides an integrated, collaborative, and comprehensive treatment plan for each patient.

### *Alternative Sentencing*

Alternative Sentencing is an extensively coordinated psycholegal and clinical service that assists patients and their families when an individual with a serious mental disorder has committed a crime or develops other legal problems as a result of their illness. Alternative Sentencing involves a multiphase approach in which TAPA Clinical Associates work with the patient, his or her criminal defense attorneys, family, and other key individuals to help the patient in addressing his or her legal problems from a framework of psychological care and treatment for the underlying illnesses that contributed to the patient's legal difficulties. Dr. Annette Ermshar and Dr. Keith Valone are experts in Alternative Sentencing and work with the other TAPA Clinical Associates to provide comprehensive psycholegal and clinical services to patients and their families.

### *Dual Diagnosis*

Typically patients who are appropriate Alternative Sentencing services are suffering from Bipolar Disorder, Schizoaffective Disorder, Schizophrenia, Major Depression, or a Developmental Disability, although sometimes patients have other psychiatric diagnoses. Often Alternative Sentencing patients also have co-occurring Substance Use disorders, such as dependence to alcohol, marijuana, cocaine, amphetamines or methamphetamines, opiates, and prescription medications. Patients with one or more psychiatric disorders and one or more Substance Use disorders are often referred to as Dual Diagnosis patients, or patients with Co-occurring Disorders.

### Alternative Sentencing involves the following phases:

- **Initial Assessment and Evaluation** to determine if the patient has one or more psychological or psychiatric disorders that directly contributed to the patient's current legal difficulties. If the patient has psychiatric disorders that were centrally related to the criminal behavior in question, the patient also must be amenable to what may be extended treatment rather than incarceration in order to be a candidate for Alternative Sentencing. In some very serious legal cases Alternative Sentencing may also result in a shorter prison or jail sentence rather than avoiding incarceration altogether.
- **Immediate Intensive Treatment** for the conditions identified in the Initial Assessment and Evaluation. In order to be a candidate for alternative sentencing, the patient must be willing to immediately enter treatment in a hospital or residential treatment center setting. Dr. Valone is the treating psychologist and acts as the case manager in these settings. Dr. Valone prepares ongoing reports to the court regarding the patient's clinical condition and progress in treatment.
- **Comprehensive Differential Psychiatric Diagnostic Evaluation** to determine a precise lifetime DSM-IV-TR diagnosis. Dr. Valone is an expert in administering The Structured Clinical Interview for the DSM-IV-TR (SCID), the most comprehensive method to determine all other major psychiatric and chemical dependency diagnoses that the patient has currently, or has had over their lifetime.
- **Forensic Psychological and Neuropsychological Evaluation** to document the extent and nature of the patient's psychological problems, psychological functioning, psycholegal issues, and possible neuropsychological problems. Dr. Ermshar is a Board Certified Forensic Psychologist (ABPP) and an expert in psychological consultations and evaluations. Dr. Ermshar will synthesize her findings with those of Dr. Valone in order to establish a nexus between the patient's illness and the criminal behavior in question.

- **Continuous Legal Consultation** with the patient's criminal defense attorneys to coordinate treatment and evaluation/assessment services. TAPA clinicians collaborate with the patient's attorneys and the court in proposing Alternative Sentencing instead of the legal sentence that the patient is facing for his or her criminal actions.
- **Consultation with the Prosecuting Attorney and Expert Witness Testimony** in courtroom appearances in order to facilitate dialogue and discussion regarding proposed Alternative Sentencing. Dr. Ermshar specializes in Expert Witness testimony, having testified numerous times in both State and Federal Courts; Dr. Valone also has served as an Expert Witness. Both Dr. Valone and Dr. Ermshar are experienced in consultations with District Attorneys regarding Alternative Sentencing.
- **Ongoing Clinical Care provided by Dr. Valone and other TAPA Clinical Associates.** Dr. Valone continues to provide individual psychotherapy and manages the patient's psychological treatment. Often family therapy and adjunctive psychotherapies are needed in addition to the individual psychotherapy provided by Dr. Valone. These additional treatments are provided by other TAPA Clinical Associates or by clinicians in the community as coordinated by Dr. Valone.



*As dual diagnosis specialists, TAPA Clinical Associates are exceptionally qualified to treat the comprehensive needs of Alternately Sentenced patients. The following is a brief description of treatments, assessments, and services for Alternately Sentenced patients provided by our staff. When patients have co-occurring chemical dependency diagnoses, these treatments, assessments, and services have been modified to address addiction issues.*

### ■ **Structured Clinical Interview for the DSM-IV-TR (SCID)**

The SCID is the “gold standard” method of generating the most accurate current and lifetime psychiatric diagnosis for a patient. Dr. Valone is an expert in administering the Structured Clinical Interview for the DSM-IV-TR (SCID), the most comprehensive method to determine all major psychiatric and chemical dependency diagnoses that the patient currently has, or has ever had, over the course of his or her lifetime. TAPA Clinical Associates generate a forensic-quality diagnostic report using SCID results.

### ■ **Forensic Psychological and Neuropsychological Assessment**

Forensic evaluation consists of the objective assessment and diagnosis of mental/psychological and neuropsychological conditions that are foundational to relevant psycholegal issues. Dr. Ermshar has expertise in psychopathy/antisocial personality disorder, malingering and exaggeration, competency, insanity/criminal responsibility, emotional disability, mental health mitigating factors, and appropriateness and amenability to rehabilitation and treatment. Dr. Ermshar also specializes in violence risk threat assessment and sexual violence risk assessment. Assessment of neuropsychological issues relevant to allegations or defenses in the legal case includes cognitive deficits resulting from chronic mental illness, substance abuse, head trauma, and brain injury.