

CENTER STREET CENTER



Center Street Center is excited to welcome our new Psychiatric Nurse Practitioner, Dorcas Boursiquot. Dorcas comes to CSC with a wealth of experience and works with adolescents through older adults. She works with patients who have an established clinician at CSC. To book an appointment with her or to find out more information about Dorcas, click on our website below.



STUDY SHOWS BENEFITS OF CBD FOR ANXIETY AND SLEEP

In a study published by the National Institute of Health (1/2019), a mental health clinic in Colorado conducted a large study with patients who had documented anxiety or sleep disorders. Participants in the study were given a low dosage (25 mg) of CBD to determine the effects of CBD on their sleep and/or anxiety. Results concluded that patients' anxiety scores decreased within the first month in 79.2% of patients and remained decreased during the study duration. Moreover, sleep scores improved within the first month in 66.7% of the patient participants.

To find out more: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6326553/>

LETTER FROM THE DIRECTOR

Center Street Center recently participated in a [Brother 4 Brother](#) event to help raise funds and awareness for veterans. CSC donated three free counseling sessions and a bag of Centered CBD - all valued at more than \$1,000. We also gave away several of our season tickets for the Phantoms to some lucky clients! Watch your inbox for your chance to win free tickets each month.

This fall, we also increased our number of interns and now have *two* fabulous interns. Jordan Swierk from Kutztown University's Graduate School of Counselor Education and Student Affairs as well as Adam Ziegler from Chestnut Hill College's Graduate Program in Clinical and Counseling Psychology. Both interns are directly supervised on a weekly basis and offer lower cost sessions. We're blessed to have them both through May 2023!

Wishing you and your family a Thanksgiving filled with gratitude and family!

En buena salud | In good health,

Dr. Tracy E. Hill

Word on the Street

We're sorry to hear that all of the Bet El Counseling locations will be closing by the end of this year, along with Malvern Treatment Centers programs in Bethlehem and Pottstown.

A new study conducted by [FIU](#) demonstrated that children with ADHD do not learn better with medication alone. What works best? Behavioral therapy has shown to be more effective, less expensive than medication and have less negative side effects. Talk to your clinician about better ways to manage your ADHD.

It's no wonder that CSC has seen an uptick in Autism screenings. According to a study in [JAMA Pediatrics](#), there has been a significant increase in ASD in children between the ages of 3 and 17 over the last five years.

Did you know that shopping while drinking caffeinated beverages makes you spend more money? A study in France found that people spent 50% more money and bought 30% more items while drinking caffeine. So leave the lattes at home on Black Friday!



SELF CARE & WELLNESS

It's easy to stretch ourselves too thin over the holidays by saying yes to everything. Remember to be kind to yourself, respect your time, and politely decline anything that drains you or feels stressful. It's okay to say 'no' and carve out time for yourself.

BLENDED FAMILIES

The holidays can be a difficult time for adults and children alike. It's important to respect your child's feelings as well as each parent's holiday schedule. Support each other by allowing the child to contact other family members even if they aren't able to see them.

CBD WELLNESS

Major League Baseball is the first major league team to sponsor CBD. In a \$30 million dollar contract with another CO hemp company, MLB Chief Revenue Officer Noah Garden said the deal makes CBD "a more widely adopted part of the health and wellness regimen of our players and fans."