

## **FOR IMMEDIATE RELEASE**

### **Behavioral health prevention An answer to the emergency room subject**

Englewood, New Jersey – In a recent survey conducted by the New Jersey Hospital Association, results find that N.J. patients can wait anywhere between 12 hours and one week in hospital emergency departments awaiting transfer to an appropriate behavioral health program.

Given the vulnerable state and fragile nature of the behavioral health population, advocates and physicians have been speaking out about reform in addition to legislation introduced in June by N.J. Assemblyman Joe Cryan (D-Union) to address potential modification procedures.

But until the Senate considers measures requiring the state to review all mental health services to better coordinate care, what actions can be taken now to prevent emergency room visits altogether?

Dr. Naomi Greenblatt, M.D. is a board certified psychiatrist who serves as the Medical Director of The Rocking Chair, a women's wellness center in Englewood, N.J.

A proponent of prevention and a proactive approach to medicine, Dr. Greenblatt said, "By addressing behavioral health triggers such as stress, anxiety, and identifying depression at the onset, a patient is able to take mental health into their own hands and lessen many of the problems before hospitalization is deemed necessary.

"As mental health professionals, our goal should be to look at how we prevent not only the onset of behavioral health problems but the rapid deterioration that can occur which causes further stress and anxiety to both the patient and their family members," said Dr. Greenblatt.

Preventive modalities that are recommended under Dr. Greenblatt's direction at The Rocking Chair include mind/body approaches that work in conjunction with traditional psychology, psychiatry, and pharmacology when needed.

Describing a combination of treatments that have proven successful in maintaining behavioral health, Dr. Greenblatt said, "At The Rocking Chair, we utilize a multi-disciplinary approach, including therapy, reflexology, yoga, guided imagery, nutrition, naturopathic remedies and exercise. We treat the individual as a whole rather than only focusing on their diagnosis. By doing so, practitioners strive towards a patient's overall wellness."

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