



HealthBeat@Mount Sinai

Monitoring and Treatment



WTC Health Program

How Our Social Workers Can Help You

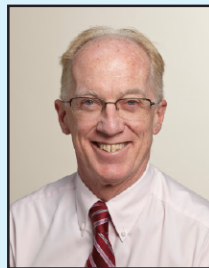
A social worker can help you identify benefits you may be entitled to as well as apply for those benefits. A social worker can also refer you to outside experts. At your next monitoring visit, ask your social worker about any of the following topics:

- **Program Benefits Counseling** that includes educating responders on benefits, services, and rights and responsibilities as a WTC Health Program member
- **Workers' Compensation Benefits**
- **September 11th Victim Compensation Fund (VCF) Assistance**
- **External Work-Related and Disability Benefits Counseling** that helps members identify external benefits they may be eligible for, such as LODI, SSDI, ¾ WTC Disability Pension, CVB
- **Cancer-related Benefits and Services** for you and/or your family
- **Care for Non-Covered Conditions Assistance** that will help you identify appropriate care for medical and mental health conditions and/or medications not covered by the WTC Health Program



Members of the WTC Health Program CCE Social Work team (left to right): Massielle Morales-Miller, LMSW; Claudia Sigala, LCSW; Amy Cushing-Savvi, LCSW; Kathryn Marrone, LCSW, Director; Lidia Kunin, LCSW; Linnetta De la Cruz, LMSW; and Ilona Kulesa, LMSW. (Not pictured: Heather Roiser, LMSW; and Giselle Martinez, LMSW)

Note from the Director



Michael A. Crane, MD, MPH

Medical Director

World Trade Center Health Program CCE

Mount Sinai Selikoff Centers for Occupational Health

In this issue of HealthBeat, we wish to remind our readers of the critical role played by social workers in the World Trade Center Health Program. Social workers assist individuals, families, groups, and communities to overcome some of life's most difficult challenges. Social workers help individuals understand their relationships, family structure, and community as well as the social systems that affect them. Because of their holistic approach, social workers contribute tremendously to improving the lives of responders.

Over the years, our social work team has developed effective working relationships and partnerships with various external agencies and advocates. These relationships can be of use to responders as they navigate complex public benefits, social services, and compensation systems.

At the Mount Sinai Clinical Center of

Excellence (CCE) social workers function both as benefits counselors and mental health treatment professionals. Each of our social workers is experienced in treating the psychological conditions and substance abuse problems that may have arisen in the course of our responders' heroic response to the WTC disaster. Many need specialized care for the psychological consequences of exposure to this disaster.

We strongly believe that patient care at our CCE must continue to address the physical, emotional, and social needs of each responder. In this care model, our social workers play a vital role and are ready, willing, and able to offer assistance. We encourage you to feel free to speak with a social worker at your next monitoring exam or at any of your visits. All of us at the Mount Sinai CCE are proud of the work they do for you and for us!

THANK YOU FOR YOUR POSITIVE FEEDBACK

Patient satisfaction is our top priority here at the World Trade Center Health Program Clinical Center of Excellence at Mount Sinai. We are always very appreciative of the time you take to fill out comment cards. Your comments help us improve, let us know when we are doing well, and allow us to address any concerns you may have. Thank you for all of the constructive criticism and positive feedback. Don't forget to take a quick moment and fill out a comment card at your next visit!

"Thank you guys for doing a great job!"

"I was pleased that when I was here early Donna still took my blood and began my screening process. She explained how my day would go and it was a help."

"Aubrey and Donna were extremely pleasant and comforting. I look forward to future appointments due to them making it so easy."

"Mia was very warm, cheerful, efficient and a joy to work with. She made the visit all the more worthwhile."

STRESS MANAGEMENT "MINDFULNESS"

Meetings for World Trade Center Responders



Mickie Brown, RN, HN-BC
Clinical Manager for Education,
Mindfulness, and Patient Well-Being

It has been said that the practice of mindfulness is "simple" but it's "not so easy." Our mind tends to dwell in the past or the future and is rarely in the present moment. Research has shown that almost half of the time our minds are NOT attentive to what is happening NOW. Furthermore, a wandering mind is an unhappy mind.

Mindfulness meetings are held in the Manhattan clinical location on the 1st Wednesday of each month from 6:30pm – 8:30pm in the Mount Sinai Selikoff Centers for Occupational Health 3rd floor conference room at 1468 Madison Avenue, Annenberg Building in Manhattan. If you are interested in attending these sessions, please contact Mickie Brown at (212) 241-0685 or at mickie.brown@mssm.edu.

Summer Tips for Being Mindful

- Take a couple of minutes to notice your breathing. Sense the flow of your breath, the rise and fall of your chest and belly.
- As you move throughout your day, notice what you are doing as you are doing it and tune into your senses. When you are eating, notice the color, texture, and taste of the food. Before you begin to eat, smell the food and notice how this activates the flow of saliva in your mouth.
- Don't feel that you need to fill up all your time with doing. Take some time to simply be. Take regular 1-2 minute breaks throughout your day to tune into your breathing. When your mind wanders to thinking, gently bring it back to your breath.
- Recognize that thoughts are simply thoughts; you don't need to believe them or react to them.
- Notice where you tend to zone out (e.g., driving, emailing or texting, web surfing, feeding the dog, doing dishes, brushing teeth, etc.). Practice bringing more awareness to that activity.

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World Trade Center Health Program Clinical Center of Excellence at Mount Sinai



www.mountsinai.org/wtchealthprogram

Through our Facebook page we aim to share information in an easy and accessible way. Our posts cover a variety of topics: news about current outreach efforts, program deadlines, helpful tips from our clinicians, answers to frequently asked questions, as well as news from NIOSH and other partners. If you are not following us please consider becoming a part of our online community.