



Alvord | Baker & Associates, LLC

NEWSLETTER

Volume 1/Issue 2

GROUP REGISTRATION

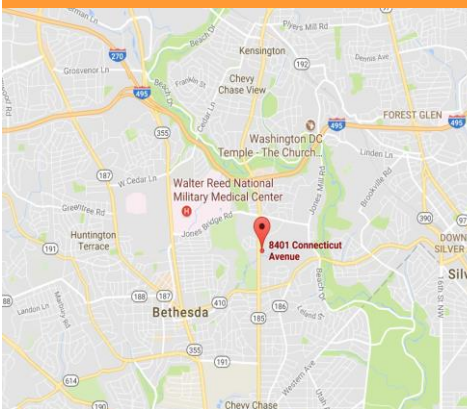
Registration for our fall Resilience Builder Groups is now ongoing. Groups begin mid-September to early October. If you are interested in signing up, please call our group coordinator, Mary Sarro, to assist. 301-593-6554, ext. 23.

FOLLOW OUR FACEBOOK PAGE

<https://www.facebook.com/AlvordBaker/>

Please “like” or “follow” us on Facebook for up to date news on mental health and our practice.

Our new office is located at 8401 Connecticut Ave in Chevy Chase, MD



WE HAVE MOVED OUR SILVER SPRING OFFICE.

As of August 15th, our Silver Spring location has closed and our expanded new space is open at 8401 Connecticut Avenue, Suite 1120. The new office is located minutes from the Beltway and is accessibly by a free shuttle bus from the Bethesda Metro station. **Our Rockville office remains open.**

The shuttle bus is labeled International Limousine. 8401 Connecticut Ave will be on a screen in the side window and the front of the shuttle. The shuttle is black and white.

When leaving the Metro walk up the stairs, pass the Chevy Chase ATM, and finally pass two benches. There is no specific spot for the shuttle but it can be found in this general area. Be sure to identify the address in the window.

Depart Bethesda Metro	Depart 8401 Connecticut Avenue
7:00 am	7:20am
7:40am	8:00am
8:20am	8:40am
9:00am	9:20am
9:40am	10:00am
10:15am	10:30am
10:45am	11:00am
11:15am	11:30am
11:45am	12:00pm
12:15pm	12:30pm
12:45pm	1:00pm
1:15pm	1:30pm
1:45pm	2:00pm
2:15pm	2:40pm
3:00pm	3:20pm
3:40pm	4:00pm
4:20pm	4:40pm
5:00pm	5:20pm
5:40pm	6:00pm
6:20pm	6:40pm

FAREWELL

We are sad to say goodbye to our clinician Dr. Julia Felton as she moves to Michigan this fall. We will miss her and wish her the best of luck in her new endeavors!



Andrea Chisolm, Ph.D.

Contact Us

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Chevy Chase, MD 20815

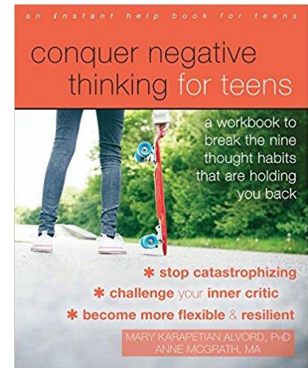
Phone: 301-593-6554
www.alvordbaker.com

WELCOME TO OUR NEW CLINICIAN

We welcome Licensed Psychologist, Andrea Chisolm, Ph.D. Dr. Chisolm practices from an evidence-based, cognitive behavioral framework and specializes in the treatment of trauma, anxiety, and depression in children, adolescents and adults. She also has extensive experience providing individual and family therapy to address ADHD and disruptive behavior disorders.

CONQUERING NEGATIVE THINKING FOR TEENS

Dr. Mary Alvord has recently published a workbook for teenagers with strategies to manage and challenge negative thinking habits.



RESEARCH UPDATE

We are partnering with Dr. Philip Shaw at the National Human Genome Research Institute. We invite children with ADHD, grades 2-8, who are participating in the Resilience Builder Program for the first time to join our research study. Participation will include a clinical evaluation with written report provided, MRI, and genetic screening. Volunteers are compensated by NHGRI. For more information, email Wendy Sharp at Sharp@mail.nih.gov.

MENTAL HEALTH SPOTLIGHT

Sleep has a very important role for not only physical health but in managing our moods and mental well-being. Check out our tips below for improving our sleep hygiene if you or your child are having difficulty falling or staying asleep.

- Choose a consistent wake time and bedtime.
- Ensure your room is cool and comfortable.
- Limit access to screens in the bedroom and avoid using screens directly before bedtime.
- Establish a bedtime routine.
- Use your bedroom only for sleep. Keep homework or other activities out of the bedroom.
- Limit daytime naps to more than 30 minutes (for those above napping age).
- Make sure you get regular exercise, but not too close to bedtime.
- Avoid foods that may lead to indigestion right before bed.
- If you are having trouble sleeping for over 20 minutes, get out of bed and do a low-stimulation activity (e.g. read a book) until you are drowsy.
- If you have significant worries at bedtime that make it hard to sleep, write them down in a journal and schedule a “worry time” during the day set aside for worrying.
- If your child is having difficulty sleeping and leaving their bedroom frequently, provide a limited number of bedtime passes they must exchange for brief (e.g. no more than 5 minutes) visit to your bedroom. Provide a reward for each pass that is not used the following day and gradually reduce the number of passes allowed.