



June, 2021 Newsletter

New Vitae Wellness Foundation Welcomes Guest Speaker Jeff Gould on June 24

New Vitae Wellness Foundation is honored to welcome Jeff Gould, CPI and Founder of Labor of Love Intervention, as the guest speaker for our next no-cost virtual learning event. Jeff is an author, blogger and humorist who brings personal experience to the topics of homelessness, addiction, and traumatic brain injury (TBI) assessment and treatment. Learn more about undiagnosed brain injury and the sensory, memory and cognitive challenges associated with this type of traumatic injury by [registering for our upcoming training](#).

Upcoming Events

Guest Speaker

Jeff Gould, June 24th, 2021

[More Details](#)

Brain Injury

Virtual Open House

March 31, 2021

[More Details](#)

Healthcare Hero Awards

Kathi Eichman

[More Details](#)



Managing Symptoms of Depression During the COVID-19 Pandemic

As a result of the COVID-19 pandemic, we have been limiting our social contacts, worried about our own and others' health, and purposely distancing from others. Sadly, these safety practices have resulted in a significant surge in the number of Americans seeking behavioral health services due to new or increased depressive symptoms. [Learn additional ways](#) to help clients, your family, or yourself to better manage these symptoms while the pandemic continues.

Brain Injury Virtual Open House

New Vitae's Action Recovery Brain Injury Service was pleased to host its first virtual open house on March 31, 2021. Mary Cowgill, EdD, MA, CBIST, offered an overview of the potential challenges that can result from impact and inertial brain injuries. She discussed current statistics for traumatic brain injuries and reviewed details of New Vitae's brain injury supports. Take a few moments to [enjoy the presentation and learn more](#) about the complexity associated with treating these injuries.



**New Vitae Wellness and Recovery and Kathi Eichman, MS, CHC, Honored by
Lehigh Valley Business**

Lehigh Valley Business recently selected both New Vitae Wellness and Recovery and Kathi Eichman, New Vitae's Vice President of Quality, Safety and Compliance, as 2021 Health Care Hero award honorees. The Health Care Hero Awards recognize individuals who have had a positive impact on the quality of healthcare in the Lehigh Valley area. We are honored to be recipients of this prestigious award. Learn more about the Health Care Hero awards [here](#).

Helping Young Adults Overcome Loss Caused by COVID-19

While we are still witnessing the many impacts resulting from the coronavirus pandemic, one of the social groups that have been most traumatized is that of young adults. After losing milestone celebrations, limiting peer contact, and enduring a significant disruption in their education, young adults may carry the aftermath of the pandemic for several years. Learn additional information and consider ways to help the young adult age cohort [here](#).



Employee Feature: DAVID RUSH

Dave was drawn to helping people at an early age through volunteerism and helping his peers. As Dave became more involved and aware of the behavioral health community, he was driven to pursue his education in psychology. Dave is a graduate of Muhlenberg College with a bachelor's degree in psychology. He elected to pursue a career in the field of behavioral health while working with adolescents and witnessing the impact of personal trauma on their lives. He joined the team at New Vitae Wellness and Recovery in 2006.

Dave initially provided support to the New Vitae Young Adult services before branching into other roles within New Vitae Wellness and Recovery. Currently, he is the Administrator of Mount

Trexler Manor. He directly supports a variety of wellness and activity services for residents. Dave enjoys learning and growing with the team of staff and colleagues he directly works with and sharing his knowledge with his staff.

In his spare time, Dave enjoys spending time with his family and parenting his two sons. In addition to spending time with his family, Dave enjoys recreational sports such as basketball and golf.

Learn more about the members of our New Vitae team [here](#).



New Vitae Wellness and Recovery: Deep Transcranial Magnetic Stimulation

Managing symptoms of depression can be especially frustrating. Medications offer relief for some, but not everyone achieves symptom relief from pharmacological interventions or other supports. New Vitae is proud to offer deep Transcranial Magnetic Stimulation as another service

to achieve relief from depressive symptoms. Used with or without medications, dTMS utilizes electromagnetic fields to stimulate the inner workings of the brain. This non-invasive process works to achieve long-term symptom remission. Learn more about [dTMS](#) at New Vitae.



Did You Know?

New Vitae Wellness and Recovery is looking to add to our incredible teams. We are hiring for a variety of positions at each of our locations: Limeport, Quakertown, and Philadelphia. Are you interested in assisting individuals with behavioral health, substance use, or brain injury challenges? Review our current career openings and apply [here](#).

Do you know someone who could benefit from the supportive services at New Vitae?

Please contact our admissions department at **610-928-5200**

for additional information or review our website at www.newvitaewellness.com.

