

AMAZING LOVE

Straight from the Heart



ALHS

HEALTH SERVICES

Because we care

n e w s l e t t e r

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On June 8, 2017

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Hosted an

OPEN HOUSE

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GEORGES'S CORNER

By Georges W. Ntemi

President/CEO



Greetings to all. The month of July has been designated as National Minority Mental Health Awareness Month. Because we care, Amazing Love Health Services

wants to bring to your attention several factors associated with mental health. As reported, by the Substance Abuse and Mental Health Services Administration (SAMHSA), mental illness affects one in five adults and one in ten children in America; yet nearly two-thirds of people of color with a diagnosis of mental illness do not seek treatment.

Amazing Love Health Services' (ALHS) goal is to remove the stigma associated with mental illness. This stigma is the primary reason individuals neither seek care nor discuss the illness with family or friends.

ALHS recognizes that minorities, often do not receive adequate quality health care, and are less likely to receive the proper diagnosis and treatment for their condition. They also have limited access to mental health services. Because of these circumstances, minorities mental health needs are not met.

At ALHS, we are committed to meeting the mental health needs of our consumers. We have a skilled and compassionate team of experienced professionals providing excellent person-centered mental/behavioral health services. Our staff is fully committed to ensuring that all the consumers' mental health needs are met.

ALHS is raising awareness in the community of how important it is to learn more about improving mental health care. As a free standing mental health clinic, ALHS offers high quality mental health care. Because we care, ALHS is determined to remove the stigma associated with mental illness and provide residents of the District of Columbia with the quality of health you deserve.

We welcome you and invite you to come and be the recipient of quality health care at Amazing Love Health Services.

Forgiveness Therapy

MENTAL HEALTH

Conflict doesn't just weigh down the spirit; it can also lead to health issues, increasing the risk of depression, heart disease, and diabetes, among other conditions.



Whether it's a simple spat with your spouse or long-held resentment toward a family member or friend, unresolved conflict can go deeper than you may realize. "There is an enormous physical burden to being hurt and disappointed," says Karen Swartz, director of the Mood Disorders Adult Consultation Clinic at the Johns Hopkins Hospital. Forgiveness, however, calms stress levels, leading to improved health. Swartz suggests the following steps to help you develop a more forgiving attitude.

→ **Reflect and remember**

That includes the events themselves, and also how you reacted, how you felt, and how the anger and hurt have affected you since.

→ **Empathize with the other person**

For instance, if your spouse grew up in an alcoholic family, then anger when you have too many glasses of wine might be understandable, Swartz says.

→ **Forgive deeply**

Simply forgiving someone because you think you have no other alternative or because you think your religion requires it may be enough

to bring some healing. But one study found that people whose forgiveness came in part from understanding that no one is perfect were able to resume a normal relationship with the other person, even if that person never apologized. Those who forgave only in an effort to salvage the relationship wound up with a worse relationship.

→ **Let go of expectations**

An apology may not change your relationship with the other person or elicit an apology from her. If you don't expect either, you won't be disappointed.

→ **Decide to forgive**

Once you make that choice, seal it with an action. If you don't think you can talk to the person who wronged you, write about your forgiveness in a journal or even talk about it to someone else in your life whom you trust.

→ **Forgive yourself**

The act of forgiving includes forgiving yourself. For instance, if your spouse had an affair, recognize that the affair is not a reflection of your worth, Swartz says. ■

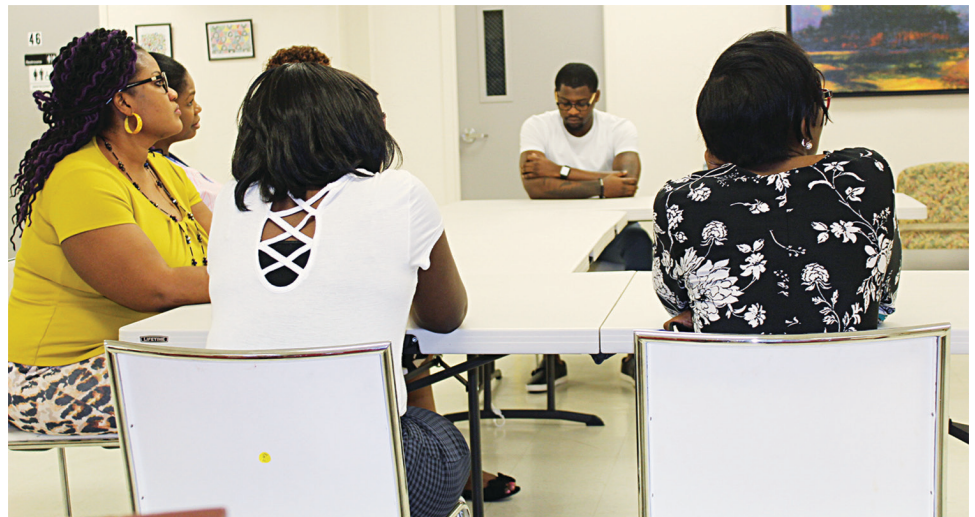
By John Hopkins Health Review

Amazing Love Health Services hosted Open House, June 8, 2017

On Thursday June 8, 2017 Amazing Love Health Services (ALHS) hosted an open house to present to all public and private Counselors, Treatment Coordinators, Life Coaches, Therapists, Social Workers, and Community Service Coordinators information and ideas related to producing the best consumer outcomes for the individuals whom we all share.

ALHS' guests were welcomed by Dr. Richard Olowomeye, CCO. Then the Program Director, Michael Martin, presented an overview outlining the services of the Free Standing Mental Health Clinic. In addition, the clinical services and programs were presented by the Psychiatrist, and staffs of the Clinical Division, Disabilities Services, Rehabilitation Service and the Veterans Division.

The Host, ALHS, provided lunch to our 30 plus guests as we dialogued about retention, referrals, services and outcomes. At ALHS, person-centered treatment is our focus and goal



as it relates to reaching each consumer whom we serve and to provide the best forms of communication to the organizations that refer their consumers to us. ALHS was honored to host this gathering of professionals and is looking forward to sharing with our next group of invitees in the near future. ■

By ALHS Newsletter Team

CAREER OPPORTUNITIES

Amazing Love Health Services will participate in Council member Allen's, Ward Six and Elissa Silverman's, At-Large, Councilmember Career Fair for the fourth consecutive time. The Career Fair will be held at the Arena Stage, in SW Washington. The Career Fair will focus on strategies to directly connect ALHS' consumers with employers with positions in a broad range of employment opportunities. Large numbers of applicants have been hired previously. It is a great opportunity for ALHS to assist in helping its consumers obtain employment. More than 200 employers will participate. The event is sponsored twice a year.

The next Career Fair will be held in **September 2017**. If you are interested in participating, please contact **Gwendolyn Hemphill, Public Relations – 202-388-8500**.



Amazing Love Health Services, LLC
Employment Opportunities

We are constantly seeking
well seasoned professionals to join our team to continue impacting the lives of many.

We are looking to fill the following positions :

- D.C. Licensed psychiatrist
- DC Licensed social workers
- Direct support professionals
- Front Desk Receptionist
- Intake personnel

Because We Care

For more information on the job specs and how to apply please visit the careers page on our website at
www.alhs-health.com/careers

Amazing Love Health Services Contributes to a just cause for Women

The leadership of Amazing Love Health Services is starkly aware of the devastation and havoc breast cancer is wreaking on families, especially minorities. This year, ALHS assisted in sponsoring a 5k walk organized by the Natalie Williams Foundation. In addition, some staff members participated in the walk for breast cancer in efforts to contribute to the just and, noble cause of educating more women on how to avoid, even beat the dreadful and fatal disease.

Now in its second year, this year's walk took place at the Jefferson Memorial, where many health agencies and organizations such as the Department of Homeland Security joined the clarion call to save more lives with their participation. What's the inspiration and motivation behind the walk?

Natalie Williams, founder of the Natalie Williams Foundation noted that research has shown that there is an appreciable correlation between women who exercise and breast cancer fatalities, hence, the need for the walk to apprise more women of the need to exercise and have mamagrams. "Lots of research on women who exercise and breast cancer indicate that women who exercise have less chance of contracting breast cancer than those who don't. We want to make sure women are moving for them to live the best lives they can," said Ms. Williams.

More than 500 companies, organizations, and individuals registered to participate in the walk. The 5k walk was also a form of latent protest against big corporations that seemingly look askance at the blight and plight of minority women, when they could do a lot more to help women with breast cancer problems. "Our goal is to be successful in encour-



aging more African American and other minority women to participate. Ms. Williams wondered why some organizations have been working on breast cancer and women for years, but they don't have precise figures on the ratio of each minority group adversely impacted by the disease. "They have been working on it for years, but they don't have the numbers. So, Ms. Williams noted that one out of eight African American and Latina women contracts breast cancer and that is double the figure for white women. Later, Ms. Williams addressed the walkers and observed: "The numbers should be reduced. Research tells us African American women and Latinas are more likely to die from breast cancer, so they have higher rates of breast cancer deaths".

Ms. Michelle Williams (not related to Natalie) is also a survivor who was still undergoing chemotherapy when she came to walk. "I am walking to support a good cause because I know the importance of the relationship between exercise and breast cancer. Ms Williams has been a part of the 5k walk since its inception.

Representatives of United Medical

Center corroborated Natalie's concerns on the numbers by stating that breast-cancer disproportionately affects minority women because of lack of awareness, lack of access to care, and lack of insurance. Early detection is important because it prevents death, so mammogram becomes the best prevention".

Ms Angela Stribling of WHUR (96.3fm) added that the Natalie Williams Foundation is helping create more awareness in the communities because many women in the District and beyond are now fully aware of the importance of exercising regularly and going for mammogram tests. "We are here to support a great cause because a lot of African American women are contracting breast-cancer, so we need to create more awareness. The walk is encouraging, motivating, and uplifting," noted Ms Stribling.

Mr. J.C. Cruz of the Department of Homeland Security observed that the health and security of women are just as important as those of men, so DHS participated in the 5k walk to raise more awareness. "We are participating to help save lives. DC. Homeland Security helps raise awareness and preparedness for DC. residents and how they can be saved," said Mr. Cruz.

Ms Joan Chen of American Association on Health and Disability (AAHD) asserted that "AAHD works to create facilities for people to feel comfortable in their treatment and return. In addition to breast cancer, we also cater to people with disabilities as our name suggests. We are mostly in Wards 2, 5, 7, and 8," said Ms. Chen.

Amazing Love Health Services is very pleased to participate and contribute to this worthy cause. ■

By ALHS Newsletter Team

In anticipation of overcoming her depression, Rhonda Willis takes it one day at a time

Rhonda Willis was a normal and regular child while growing up in the Nation's Capital until she was eight when her zest for life was curtailed, and her joy and happiness came to a sudden end. She lost both of her parents within nine months of each other, and that began a tormenting spiral in her life until she was referred to Amazing Love Health Services for treatment. Losing one parent can be hard and painful enough, but losing both parents at a very young age can be unbearable and traumatic, even with the best of intentions and support from family members. Rhonda suffered from the latter.

"My parents died when I was about eight. When they died, I had family members taking care of me, but I was so attached to my mother that I could not overcome her passing. I became a withdrawn and lonely child. In short, I was depressed. Since then, I have been depressed all my life until I came to Amazing Love Health Services (ALHS)," revealed Rhonda.

Thinking she could overcome her existential state of a depressed spirit and a shattered soul through smoking, she started smoking at the age of fifteen, and before she graduated from high school, she had added drinking to the already-acquired bad habit of smoking. As doctors persistently warned, drinking and smoking are health hazards, and Rhonda soon found that out when she was diagnosed with type 2 diabetes and high blood pressure.

"Being depressed, smoking cigarettes, and drinking made me sick a lot. When the doctor told me that I had diabetes and high blood pressure, I knew I had to change my life style and stop living dangerously so that I wouldn't pass on suddenly like my parents did. I so much want to be there for my children and grandchildren for as long as God



will allow. I am now sober and calm," stated Rhonda thoughtfully. She has four children and nine grandchildren.

The best part of Rhonda's life-altering decision was to seek help for her depression, and she was referred to ALHS. Since her referral, Rhonda has been living one day at a time, and her depressive state has improved, an improvement she credits to her clinician, Ms. Pamela Davis. "I have been at Amazing Love Health Services for four months now. I like it here, and I get the opportunity to have a one-on-one session with Ms. Davis because I don't

like group meetings. I like the treatment plan because it focuses on living one day at a time," says Rhonda.

She praised Ms. Davis for her compassion and commitment to her clients as such. "Ms. Davis is doing a wonderful job. She helps me stay calm with the slogan, 'Breathe better; stay focused.' I love that about her, so I always look forward to keeping my appointments because I know I'm going to see Ms. Davis and talk to her. On days that I hit road blocks, Ms. Davis encourages me to stay calm, and she reminds me to breathe better and regroup in order to keep going," confesses Rhonda.

Blood pressure and diabetes were not the only ailments that tormented Rhonda. She is a trained dietician and house-keeper, who was working in a nursing home when she was diagnosed with a cyst on her pancreas. She had to quit her job because the recovery process was long.

Now 51, the Washingtonian is exceedingly glad and appreciative that the doctors and staff at ALHS are helping her regain her life to enable her to make a meaningful contribution to the growth and development of her nine grandchildren.

"My children supported me a lot when it seemed as though I had come to the end of the road with stress and depression. So, I am thankful that Amazing Love Health Services has given me a reason to stay healthy and calm by taking it easy in life," noted Rhonda.

However, Rhonda also lamented that probably if her application for affordable housing had been approved earlier than the decade it took before it was finally sanctioned, her condition wouldn't have worsened. Rhonda had to stay with family members in the interim, and it was not an easy course to navigate for her because of the total lack of freedom that came with it. ■

Khaalid Lucas, a life saved from Destruction to college, hope, and a bright future

Mr. Khaalid Lucas is a young man in his twenties, and he represents the rare breed of young men lucky enough to get a second chance to rectify past mistakes. Khaalid was in high school when he innocently decided to try marijuana to see if he could derive any sense of fulfillment and enjoyment from it. Unfortunately for him, he liked the intoxicating effect of the marijuana and soon, it became a habit and he became a pathological smoker.

At a time in his life when his brain was being nurtured for the best possible outcome, and for it to become a repository of creativity and innovation, he filled it with marijuana, so instead of a spirit of innovation derived from a powerful imagination, he became an illusionist, hearing voices instructing him. “When I was in high school, I would be doing my homework, and I would hear voices telling me all sorts of things. When I was about to sleep, I heard voices. This started in 2010,” said Khaalid.

Among the things Khaalid heard in his state of paranoia were promises of a new car and traveling to places. “When it first started, I was able to refuse and disobey the instructions the voice was giving me. But, after some time, I wasn’t able to resist the temptation anymore, especially after I had smoked and was feeling intoxicated,” revealed Khaalid.

One fateful day in 2011, the voice put Khaalid in trouble. It was in the state of Delaware where Khaalid is originally from when the voice assured him that he was going to be driving a car soon. Unable to resist the urge at that time, Khaalid started opening car doors to see if an owner had left a door unlocked. Khaalid’s erratic behavior soon drew the attention of one owner, so as soon as Khaalid got to his car, he called the police, and they came to arrest him.



Because it was his first attempt at burglary, Khaalid had a good public defender, who defended him for the charges to be dropped. So, instead of the possibility of spending five months in the penitentiary for attempted burglary, Khaalid spent just five hours in a police cell, and he was released. After that initial feeble and amateurish attempt at car thievery, Khaalid never messed up with cars again. However, it was not the end of the episodic hearing of voices.

As he points out, “In 2012, the voice told me to go somewhere, so I just got up and went and bought a one-way ticket to New York. When I got there, I booked a hotel. The following day, I realized that I was not supposed to be there, so I called my mother who bought me a ticket to return to Delaware. A couple of years later, I did the same thing again, but that time, I bought a round trip ticket to Charlotte, NC. I didn’t make the same mistake again of buying just a one-way ticket like I did the first time.”

Not making the same mistake again was a consciousness that aroused Khaalid to the seriousness and reality of his condition, so he decided to seek help. He relocated to the District in 2013, and he has been at Amazing Love Health Services since 2015. Currently, he is

under the care of Ms. Pamela Davis and Dr. John Syphax.

“Since I came here (ALHS), I have not had any episodes in a long time. Dr. Syphax and Ms. Davis encouraged me to apply for a scholarship and return to school. They take care of business here. The medications they give me here work a lot,” states Khaalid, who is a student at Montgomery College majoring in international business. In October 2016, he quit his full time job and returned to college.

In addition to the medications to help him beat his condition, Khaalid has also sought religion, and he meditates regularly for peace and equanimity of mind. “Meditation helps you get rid of negative thoughts, replacing them with positive ones to help you see your way forward. I chose Buddhism as a challenge to myself, and also, because I needed something to fall back on,” says Khaalid.

Khaalid is particularly pleased with and gratified for the services he receives at ALHS because of the professionalism, expertise, and sheer sense of duty and responsibility exhibited by the doctors and the staff. “The doctors and the clinicians are always here. When I have an appointment, I don’t have to worry about my coming here and the doctor or the social worker not being present. I had that problem with the previous organization I was receiving treatment from. Here, they serve you with food and coffee. Their professionalism is excellent because they know how to take care of their own,” stated Khaalid, behind a broad grin to affirm his trust and belief in ALHS.

Khaalid Lucas has made a successful transition, so his dream of a bright future still lives on. The leadership, doctors, and staff at ALHS wish him the very best in his drive for a better life in fulfillment of his dreams. ■

Amazing Love Health Services *In the Community*



"I've learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel." Maya Angelou



AMAZING LOVE HEALTH SERVICES, LLC
A L H S

Amazing Love Health Services, LLC (ALHS) is committed to the health and wellness of our veterans. ALHS provides services to veterans in partnership with the Veterans Administration's Choice Program. The program allows veterans to receive health care in their communities rather than waiting for an appointment at the Veterans Administration.

AMAZING LOVE HEALTH SERVICES, LLC WELCOMES YOU !

CONTACT US AT **202-388-8500**

WALK-INS ARE ALSO ACCEPTED.

WE ARE LOCATED AT **702 15TH STREET, NE WASHINGTON, DC 20002**



The staff at ALHS provides the following health services :

- Emotional and Behavioral Health Services
- Case Management
- Grief Counseling

AMAZING LOVE HEALTH SERVICES, LLC

Honors and recognizes
ALL VETERANS



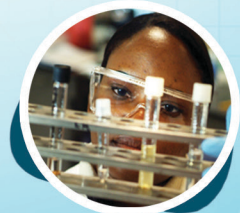
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Because We Care



WE PROVIDE CLINICAL LABORATORY SERVICES



- > COMPREHENSIVE METABOLIC PANEL
- > PREGNANCY TEST (hCG)
- > HEPATITIS C (HCV) ANTIBODY TEST
- > HIV 1/2 ANTIBODY TEST
- > 12-PANEL MULTI DRUG TEST
- > COMPLETE LIPID PROFILE
- > BLOOD SUGAR TEST

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