



From the Director's Desk



Dear Reader,

To start, I want to wish you a happy and healthy new year and welcome you to our inaugural monthly newsletter!

The team and I are so excited to be providing this newsletter so we can highlight valuable resources, events, and other noteworthy tidbits that provide additional support, guidance, and inspiration. We hope this newsletter is useful for anyone battling mental health issues, for family members and caregivers of those who are struggling, or a way for all of us to stay connected more regularly.

For my very first "Director's Desk" reveal, I am thrilled to share the launch of a brand new section of our website dedicated to educational and treatment resources related to OCD. From how to find an OCD specialist or an OCD treatment center, to free online resources, to learning about misunderstood issues such as "Intrusive thoughts OCD or PANDAS-related OCD conditions, we are always looking for ways to bring you more evidence-based resources. This section of our website does just this! Of course, if there are additional resources that you'd like

us to consider adding to our website, email me at drspitalnick@anxietyatl.com.

For those families or loved ones we treat, we thank you for putting your trust in us as part of your healthcare team. For those of you who rely on us for support, referrals, or advocacy, we thank you for trusting us to be a reliable, evidence-based professional ally.

And, as always...

Face your fears. Live with uncertainty. Take Control of your life.

**Dr. Josh Spitalnick, Clinical Director
Board Certified Licensed Psychologist**

[Click here to learn how to find an OCD Specialist](#)

2020: A Year of Adjustments

We think you would agree that it is a very good thing hindsight is 20/20. This past year has been challenging for so many of us, and with the increased need for mental health services in response to the stress and anxiety of 2020, the therapists of Anxiety Specialists of Atlanta tried to do our part by increasing accessibility of evidence-based services.

From the very start of the pandemic, telehealth services were made available 7 days/week and specialized virtual group therapies were added. To further accommodate the increased need, we added 5 new amazing specialists, all of whom are dedicated to treating our core areas of specialization (Anxiety/OCD with ERP and Exposure Therapy) in addition to their respective areas of expertise, including trauma/dissociation, child behavioral issues, and technology addiction in teens. We now have 14 dedicated specialists treating children (as young as 3), adolescents, and adults, along with our outstanding psychological testing services.



Staying connected with our weekly Zoom Team Meeting

We invite you to learn more about [our team](#), read our staff bios to learn about each of our team members, or simply [take a tour](#) of our beautiful offices that we hope to open back up in 2021 to all of the individuals, couples and families we serve!

Science Matters

Our team takes great pride in offering evidence-based psychological services. Each newsletter will highlight articles we believe follow the science while also offering practical tips to help you.

[Dr. Theresa Welles](#), one of our senior psychologists, authored a wonderful article offering key observations and insights about the science of sleep and why we have all been so tired during COVID-19, including the "Morning Anxiety" spike many of us have felt.

She also provides excellent tips on how to make small changes with nutrition, exercise, routines, and sleep habits to feel better, more rested and less anxious each day.



[Click here](#) to read Dr. Welles' informative and helpful article on our website, titled ***"Waking up Exhausted and Anxious"***

Staff Highlights



Congratulations Dr. Megan Faye for becoming a Licensed Psychologist in November 2020 after spending an intense training year with us as a Clinical Postdoctoral Fellow. She has now joined our team as a Staff Psychologist. In addition to her specialties in treating anxiety, OCD, and related problem areas, Dr. Faye also specializes in treating various eating disorders, feeding disorders, and body dysmorphia. You can read more about Dr. Faye's education and specialized training in her [bio](#), including her time at the prestigious Anxiety and Stress Disorders Institute of Maryland. You might get a sneak peak into some personal fun facts, including her experiences with creepy ghoulish ghosts.

Telehealth Services and COVID-19 Updates

****Office Response****

At Anxiety Specialists of Atlanta, the health and safety of our staff, patients, and all of our families remain top priorities. We are closely following the public health recommendations of state and local health departments, the CDC and the World Health Organization regarding COVID-19 with a focus on keeping our staff and anyone visiting our offices safe and healthy.



Like most outpatient offices around the country, we shifted our services

primarily to telehealth-based for treatment sessions and in-person with strict precautions for psychological testing in March 2020. This is still the case.

We know for many of you (and us), therapy by video or phone may not feel as personal, warm, or private as being in a therapy room, so please share any concerns you might have with your clinician so we can do our best to offer you the most supportive and positive therapy experience.

Telehealth continues to be our plan for the beginning of 2021 for all therapy services (except on a case by case basis decided by each therapist). When changes take place, and in-person services become safe again, we will announce it in our newsletter, on the homepage of our website, and on social media.

****COVID-19 Vaccination News About our Staff****

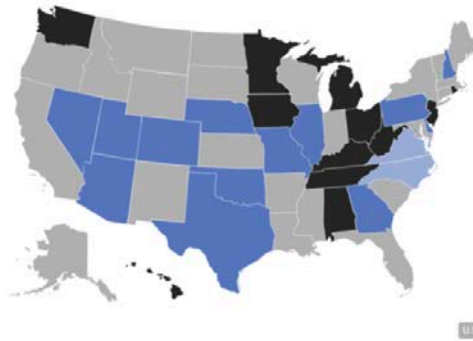
As Phase 1a healthcare providers, our team is doing everything possible to get COVID-19 vaccinations for all our staff. 75% of our team will have received the first vaccination by the end of January with the second one scheduled 3 weeks later. This means by mid-March, most of our team will be beyond the 6-week window of the second vaccination. It is our hope, of course, that everyone gets access to vaccines as soon as possible so we can return to providing all of our services face-to-face when it is safe to do so!

****PSYPACT: Multistate Telehealth Capabilities****

Effective August 2020, Anxiety Specialists of Atlanta has several psychologists on our team approved to provide treatment services via Telehealth in 14 different [PSYPACT](#) participating states, highlighted in dark blue below. To see which of our team members is PSYPACT approved, simply visit the "Education and Training" section of each person's bio to see if they have been PSYPACT approved.

Our efforts to be PSYPACT approved is in direct support of our mission to increase the availability and accessibility of evidence-based treatment services for OCD and anxiety related disorders.

PSYPACT MAP



Map Key

- States with Enacted PSYPACT Legislation
- States with Enacted but not Effective PSYPACT Legislation
- States with Pending PSYPACT Legislation



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