
NEMETH NEWS

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Tiffany Staley: Office Manager

By Helka Gienapp , LPCC
Outpatient Therapist



Tiffany Staley is not only the smiling face of Nemeth Counseling & Consultation, greeting clients and staff to the office every day, she also arduously works behind the scenes to improve the client experience.

Prior to joining Nemeth Counseling in 2014 as an Executive Assistant/Billing specialist, Tiffany had seven years of experience in the mental health field where she developed a keen understanding of administrative processes and financial approaches. She observed firsthand how the infrastructure of a mental health practice directly impacts client care and the client experience. Since then, her professional passion has been to improve upon internal systems in order to assist clinicians and staff to provide a higher level of quality care.

Over the past two years, Tiffany has demonstrated an invaluable administrative skill set and a high level of professionalism. These skills and values afforded her a promotion to Office Manager in September 2015. She was also selected to join the Nemeth Leadership Team. In these roles, her passion to improve upon client care will strongly influence her contribution in the evolution of our administrative and financial internal policies and procedures.

Tiffany is light-hearted, intelligent, supportive, and approachable. She has a great sense of humor and is a voracious reader, typically reading and finishing one to two books a week, primarily fiction. Tiffany is a team player and generates a positive and supportive culture in the office. Her colleagues are confident in her abilities and look forward to the new contributions she will provide to Nemeth Counseling and our clients.

Nemeth News: Inside the Issue

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Trending Now: Life Transitions

By Steve Guglielmi, LPCC-S
Outpatient Therapist and Clinical Director

If you are reading this article, it is very likely that you have experienced some sort of major life transition. This transition could be something like changing schools, starting a relationship, ending a relationship, having a child, starting a new a job, moving from home... and the list goes on. What makes the transition “major” is how you perceive the change. What is major to one person may not be such a big deal to someone else. This ability makes our minds a very powerful tool.

It is not uncommon for individuals to experience an elevation in anxiety and depressive symptoms when going through transitions in life, no matter how big or small that transition may be. Our minds can create what we call cognitive distortions, which will inherently elevate our emotional responses. Distorted

thoughts are our minds' creations of the perceived reality. One may have the thought, "I am never going to be any good at my new job!" A child entering into a new school may think, "I am never going to make any new friends!" These types of self-defeating or distorted thoughts can lead to depressive and anxiety symptoms. These symptoms can cause a person to experience hopelessness, excessive worry, impending doom, lack of confidence, struggles with focus, and greatly impact overall performance. Depressive and anxiety symptoms can manifest into patterns of avoidance, disengagement, and unhealthy decision making, making the life transition much more difficult than it needs to be.

The next time you are faced with a major transition in life, give yourself a break, and check the facts of the situation. Do not let your initial thoughts run the show, as it is very possible these thoughts are not really true. If you become too overwhelmed or cannot get yourself out of an emotional rut, there are professionals available to help you with this. I encourage you to do something about the problem sooner rather than later. Learn how to change those negative thoughts into positive ones. You will like the results you get!

Intake: Scheduling Your First Appointment

By **Chelsey Ulry, BA**
Intake Manager

At Nemeth Counseling, we understand that, sometimes, the most difficult part of the counseling process is taking the first step. Picking up the phone and making the call to schedule an appointment can be a daunting task. Often times we hear from new clients, "I've never done this before."

Fortunately, our intake team both understands and respects the courage it takes to initiate counseling. At Nemeth Counseling, we strive to make scheduling a first appointment as comfortable and convenient as possible, and we have developed a process to facilitate this.

Our first goal is to put the clients' minds at ease. Although they may have never scheduled a counseling appointment before, we assure them that we are happy to walk them through the process, step by step.

We then gather the necessary information, which allows us to work toward linking clients with therapists that are going to best meet their clinical, scheduling, and insurance needs. Because our intake team desires to give clients the best possible chance at success, assuring that the therapists with whom they are assigned will be well-suited to their needs, that their appointments are at a convenient time, and that services are provided at the most affordable rate is crucial.

Scheduling a first appointment is the gateway to developing a lasting, beneficial therapeutic relationship. Our intake team takes pride in successfully working with clients to meet their individual needs and ultimately providing them with the opportunity to receive the highest quality of care.

NEMETH IN THE COMMUNITY CALENDAR OF EVENTS

NAMI Walk

Wolfe Park

105 Park Drive

Columbus, OH 43209

June 28, 2015

NAMI is an organization that raises awareness and provides support and education to those affected by mental illness and their families. Four members of Nemeth Counseling along with their family members participated in the annual community event.

Food Drive

Nemeth Counseling and Consultation

July, November & December 2015

Staff and community donated items of food during the summer, as well as the holiday season, to be taken to the Hilliard Food Pantry.

Getting to Know Your Nemeth Team

Anjelica Francisco, LSW
Outpatient Therapist



Anjelica Francisco is a Licensed Social Worker through the State of Ohio Counselor, Social Worker, and Marriage and Family Therapist Board. Anjelica received her Bachelor of Arts & Sciences in Psychology and a minor in Sociology from Eastern Michigan University. She went on to attend The Ohio

State University where she earned her Master of Social Work with an interdisciplinary specialization in Sexuality Studies.

Prior to attending Ohio State, Anjelica worked for two years under the Director of Juvenile Probation for the 34th District Court in Romulus, Michigan. During this time, she formulated rehabilitation plans for children and families involved in the criminal justice system, assessing for emotional and educational needs, and referring to appropriate community resources.

Anjelica is passionate about reproductive health and sexual health education. She has worked with a number of non-profit organizations throughout Ohio, assisting in the development and presentation of age-appropriate sexual health education programs for groups ranging from early adolescence to late adulthood. This experience has inspired her to work to help couples seeking to enhance their physical and emotional intimacy. She believes this can be done through the development of a healthier attitude about sex.

At Nemeth Counseling, Anjelica works with clients facing a variety of challenges. She works with individuals of all ages, including couples and families. She is committed to offering a non-judgmental, supportive relationship in order to help clients identify their strengths and reach their goals.

CALENDAR OF EVENTS (CONTINUED)

The Hilliard Community Health Action Team (CHAT)

Hilliard YMCA

Monthly Meeting

CHAT is a grassroots initiative that will identify and examine local health and wellness issues, raise awareness, and connect our community with resources. Milena Brumbaugh and Chris Nemeth attend these meetings regularly.

Old Hilliardfest

Hilliard, OH

September 12th, 2015

Several team members from Nemeth Counseling volunteered to represent the company at Old Hilliardfest by interacting with other members of the community and providing important information about mental health.



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profiles, please visit our website at
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