

MEET OUR STAFF



Safdar I. Chaudhary, M.D.
Medical Director

Safdar I. Chaudhary, M.D. is the founder and medical director of S'eclairer, an organization devoted to providing wellness based psychiatric care in the serene setting of Delmont, Pennsylvania. Dr. Chaudhary is the Clinical Assistant Professor of Psychiatry in the School of Medicine, University of Pittsburgh, Pennsylvania. He is a Diplomat of the American Board of Psychiatry and Neurology in General Adult, Addiction, Geriatric and Forensic Psychiatry. For more than 20 years Dr. Chaudhary has been practicing psychiatry and treatments for addictive disorders. He has spearheaded Dialectical Behavioral Therapy based treatment programs and training in both private and public sector. He was selected for "A Dozen Making a Difference" by the Pittsburgh Post Gazette for the year 2003. In 2006, within a year of founding S'eclairer, the Mental Health Association in Westmoreland County awarded Dr. Chaudhary and S'eclairer "Visionary in Promoting Mental Health-Innovation Award for Recovery". Dr. Chaudhary served as associate editor of the Allegheny County Medical Society's Bulletin since 1998. He served two terms as Medical Editor for this prestigious monthly periodical The "Bulletin" ending in 2008. He has organized several CME conferences and educational events. He enjoys music, art, culture, biking, traveling, reading, swimming, nature, listening, and learning.



Kathie J. Kirkland, RN

Kathie is a Registered Nurse who has worked in various health care settings for 15 years. She has had extensive experience with drug and alcohol nursing for the past 4 years. She provides consultation and treatment for various psychiatric and addictive disorders. Kathie attended Indiana University of Pennsylvania and Westmoreland County Community College receiving her degree in Nursing. She enjoys spending time with her family, friends, outdoor activities, continued learning and volunteering.



Herbert G. Chissell, M.D.

Herbert G. Chissell, M.D. is a consultant for S'eclairer. He received his Doctor of Medicine Degree from the University of Pittsburgh in 1974. He received his certification from the American Board of Psychiatry and Neurology in General Adult Psychiatry in 1984. He is an Adult and Forensic Psychiatrist and a member of the American Board of Medical Specialties. His clinical experiences include treating addictions, trauma, grief, depression, anxiety disorders, bipolar disorders and schizophrenia. He enjoys listening, teaching and community work.



Kimberly S. Ruth
MS, CAC, LPC

Kim is a licensed professional counselor and a certified addictions counselor. She has worked in various outpatient mental health and substance abuse settings for more than 15 years. Kim provides individual, couples, and family therapy. Kim is a trainer for Dialectical Behavioral Therapy and currently co-facilitates a weekly DBT group. Kim completed her education at California University of Pennsylvania in California, PA where she received her Bachelor of Arts in Psychology and her Master of Science in Community Agency Counseling. She enjoys dancing, walking, traveling, and collecting handmade baskets.



Dorothy (Dody) A. Wellock
RN, MA, NCC, CARN

Dody is a National Certified Counselor, and is also certified through the Addictions Nursing Certification Board. She received her Bachelor of Science in Nursing from Duquesne University, and her Masters of Arts in Community Counseling from Indiana University of Pennsylvania. Having had more than 25 years of work experience, she is able to provide Motivational Enhancement Therapy, Couple Communication®, EMDR, Christian Counseling, 12 Step Facilitated Treatment, and Dialectic Behavioral Therapy. Dody enjoys her family, friends and gardening.

MEET OUR STAFF



Christina L. Weimer
BS, Psychology

Chrissy is a professional drug & alcohol and mental health counselor. She completed her education at Slippery Rock University, where she received a Bachelor of Science degree in Psychology and Social work. For more than 10 years, she has worked in various Mental Health

and Substance Abuse Programs. She has been trained and practices Dialectical Behavioral Therapy, Motivational Interviewing, Cognitive Behavioral Therapy and Reality Therapy. Chrissy is presently providing individual, family and group therapy. Her interests include spending time with her family, friends and camping.



Helen Cisco, RN

Helen is a Registered Nurse, who has worked in various inpatient and outpatient mental health settings for the past 10 years. She provides consultation and treatment for various psychiatric and addictive disorders. Helen has been trained in Dialectical Behavioral Therapy. Helen attended California University of PA. and Washington Hospital School

of Nursing to receive her diploma in Nursing. She enjoys spending time with her family and friends, camping, boating, traveling and scrapbooking.



Ricardo Stephen Marsili, M Div

Rick has developed numerous creative treatments and support services for children, teenagers and their families in rural, urban and inner city communities throughout the United States. He holds a Master of Divinity Degree from Catholic Theological Union in Chicago, Illinois. He has been in the addictions field for over 25 years and specializes in treating adolescents with

co-occurring disorders, family centered models of treatment, assisting children and families. Rick provides training and supervising on effective models of treatment for adolescents with co-occurring disorders. Rick loves life! Aside from the passion that flows in his professional life, he spends time with his family and friends boating in the mountains of Western Pennsylvania and enjoying a good meal together!



Jeffrey K. Turgeon,
MPAS, PA-C

Jeff is a graduate of Saint Francis University in Loretto, Pennsylvania. He obtained his masters degree in Physician Assistant Sciences in 2001. Following graduation, he practiced in internal medicine for three years. He became fascinated by the field of

psychiatry and since 2004 has dedicated himself to this arena of health-care. He presently serves as physician assistant at S'eclairer. He performs individual confidential assessments, treatments and facilitates effective coordination of care. He also enjoys sharing his knowledge and love of psychiatry with students from surrounding universities.

Jeff has experience in both acute inpatient psychiatric care and outpatient management of those with behavioral health care needs. Having grown up in rural Pennsylvania, he believes that the simplest pleasures in life provide the most long lasting benefits.



Zahida Chaudhary, M.D.
Founder and President
of Z'harmony

Dr. Chaudhary has been a resident of Western PA for the past 20 years. Following completion of Medical School, she practiced in the field of Obstetrics and Gynecology and received training in psychiatry from

Allegheny General Hospital, Pittsburgh PA, thus furthering her knowledge in behavioral health. She has been trained in mindful based stress reduction, a training lead by a world renowned expert of mindfulness, Dr. Jon Kabat Zin, PhD. She has received intensive training in Dialectical Behavioral Therapy, which she applies in her clinical teaching, educational initiatives, retreats and seminars. Given her extensive experience in the health care and love for mindfulness living, she has embarked upon the journey of emerging fields of mind-body medicine with focus on mindfulnesspractices. These tools are helpful in the treatment of chronic pain, stress related disorders, and a wide range of chronic diseases.

Z'harmony is a place for everyone, with a mission to heal heart, mind, body and the beautiful earth we all enjoy. Her interests include writing, traveling, teaching, and organizing creative models of healthy living.



MULTIMEDIA

Building a Media Presence in Health and Wellness,
if your corporate or non-profit mission supports Health and Wellness the environment, the community and you want to share your message with other like minded individuals, S'eclairer is here to help. Collaborate with S'eclairer and take advantage of our web and networking strategies, which puts our information in the hands of your desired audience. For an affordable price, your message can reach this market too.

For more information about collaborating with us, contact 724-468-3999 ext: 209 or info@seclairer.com

Simply Beautiful Life™



S'eclairer
Enlightening self with knowledge





Spa at *Z'harmony*

Prepare Yourself for an Unforgettable Experience


Massage

Chiropractic Service

Women's Health & Wellness

Relax & Rejuvenate

Books, Gifts & More

A close-up photograph of a woman lying down, receiving a spa treatment. A hand is gently touching her forehead, and a small white flower is placed near her ear. She is wearing a white towel around her waist. The background is softly blurred.

Come visit or call for appointments at Seclairer: 724.468.3999

POLICIES AND PROCEDURES

Y N N A Cancellations and Missed Appointments

Regular sessions are recommended. Cancellations must be phoned in directly at 724-468-3999 at least 48 hours in advance of your scheduled appointment. This allows someone else who may be waiting for care to be seen. To minimize passing along the cost of lost working time to responsible patients, a service fee of \$25 will be charged for late cancellations made 24-48 hours before your scheduled time. Any cancellations within 24 hours of your scheduled appointment time will be charged the full fee. Please use the policy on the back of the appointment card as a reminder. This fee must be paid before or at the time of your next appointment.

Y N N A Financial Agreement

Services provided may be covered by your insurance. If you have a Highmark policy and you have mental health benefits, you will pay only your copay, which is due at the time of your scheduled visit. Those without insurance will pay the full fee at the time the service is rendered. You may wish to inquire with your insurance company if you have out-of-network benefits. If so, you will still need to pay the up-front cost, but you may be reimbursed partially for services provided with a proper receipt from reception. Those checks returned for any reason, including non-sufficient funds, will be billed an additional \$30 fee. Cash, money order, cashier's check or credit card will be the only acceptable forms of payment if a check is returned. Unpaid accounts go to collection between 60 and 90 days. If an account is sent to collections, a \$25 fee per charge to your past due amount will be added to your outstanding bill. Once an account is in collection, it cannot be removed. Any of the above fees are subject to change without notice.

Y N N A Availability

For routine calls regarding scheduling, cancellations, and phone coaching, please call 724-468-3999. In most cases, you will receive a return call the same or the next day. We are open Monday-Friday 8-5pm. As a new patient, we would ask you to come at least a half hour in advance to your appointment, to ensure that we have ample time to give you the best care. We are closed on weekends. During regular business hours and weekends you can leave non-urgent messages or talk to staff during business hours. If your situation requires more immediate attention, do not leave a message but go to the nearest emergency room, or please call Westmoreland County Crisis line at 1-800-836-6010 (if you live in Westmoreland County) or Allegheny County Crisis Hotline at 1-888-796-8226 (if you live in Allegheny County).

Y N N A Confidentiality

To promote a feeling of safety in the disclosure of personal information, clients are expected to respect the privacy of others. This includes names, circumstances, and people's presence in our office. Any breach of confidentiality will be addressed with the patient immediately. The current HIPAA law also prohibits clinicians from divulging information to non-authorized parties. In keeping with accepted medical guidelines for determining optimum treatment direction, we utilize multi-disciplinary treatment team approach within our own office. During these meetings, identifying information is kept at a minimum. Outside of concern for your own or another's welfare, your written consent will be necessary in order to share information with anyone outside of our office. If you present a danger to yourself or others, we have a legal and ethical responsibility to protect you or targeted victims by contacting police, family members, and targeted victims.

Y N N A Termination

If you have not been seen for an appointment for 90 or more days and this is not part of your treatment plan, you will become an inactive patient. This means that your case will be closed and you will be discharged from our care. If you need assistance finding alternate providers, please contact us at 724-468-3999. You can also contact your insurance carrier for assistance in obtaining another provider within your network.

Y N N A Prescriptions

- Please bring all prescription bottles to each of your medical appointments with the doctor or nurse.
- Please make an appointment for a week or two prior to running out of your medications to ensure you can continue to take your medication without interruption. We will not be able to refill a medication without you having an appointment scheduled with the physician.
- When you call for a refill, please have the following information:
 - Your name with spelling
 - The medication name with spelling
 - The dose of your medication
 - The schedule you take your medicine (i.e., twice a day or at night, etc.)
 - A phone number where you can be reached
 - A pharmacy phone number/name
- To ensure that you do not have interruptions in your medication schedule, please call and request refills one week prior to running out of your medications.
- Please allow at least 2 business days for refill request to be filled. Please call your pharmacy to check when it's ready to pick up. Please be respectful of the medical staff's time by not requesting same day refills. Urgent requests for refills the same day may not be honored.
- Enough medication will be phoned in until your next appointment. If you are past due to be seen, you may get less than a thirty-day supply to ensure you attend your next scheduled medical appointment.
- Please note there are no refills by phone for Suboxone or scheduled II medications; all Suboxone prescriptions must be obtained in person during your medical appointment.
- Please note, no replacement prescriptions or early refills for Suboxone or controlled substances will be allowed.

Y N N A Medical/Medication Concerns

- The clinical staff at S'eclairer is here to help you with concerns that cannot wait until your next medical appointment.
- When you call with a concern, please leave your name and a phone number where you can be reached for a return call.
- Calls will be returned within 1-2 business days. If you leave a number where you cannot be reached in person, the S'eclairer nurse/ clinician may not leave a message if there are confidentiality concerns. If you do not hear back from the clinical staff in 1-2 business days, please place another call to the office.
- At times, it may be suggested that you schedule your appointment with the doctor to an earlier day or time if your clinical symptoms warrant more attention and problem-solving than can be done over the phone.

Y N N A Paperwork

- Paperwork (legal or medical letters or forms) are completed at the discretion of the medical staff and applicable fees apply.
- Request for records to life/disability insurance company, attorney, or other party other than patient are according to Act 26, our office policies and other applicable laws.
- All requests for completion of forms must be accompanied by an authorization to release information to the party to whom you are requesting the papers to be sent. NO forms will be sent without proper release. Failure to have this release accompanying your request may delay the completion of the request.
- Paperwork will be completed within 10 business days of the request.



T: 724-468-3999 seclairer.com F: 724-468-0039

Y N NA Labs

- Our clinical staff will review laboratory test results.
 - A letter will be sent to you within 10 business days of receiving the results.
- This letter will be accompanied by your lab results to share with your doctor, as indicated
- Please note and follow the direction on the letter accompanying your lab work.
 - If you do not hear from us in a timely manner about your lab work, please call the office to inquire about the lab report results, as sometimes our office may not have received or misplaced your reports. Your call can ensure that such error can be timely rectified

Y N NA Suboxone and Subutex Treatment Agreement

S'eclairer clinical staff would like to extend the best clinical care for your recovery, as well as foster consistent and sustained growth. In order to promote healthy recovery, a spectrum of services will be utilized. Medication management is one of these services. Individual Counseling sessions are the key ingredient of effective treatment. You will be required to receive individual counseling sessions within the same scheduling guidelines as your medication management. Once you have reached the medication maintenance phase of your treatment, your individual counseling session will be at a minimum of once per month as a maintenance schedule.

Every effort will be made to match your counseling needs with a therapist at S'eclairer. You must meet with a counselor at S'eclairer even if you are in treatment with a counselor elsewhere. If you miss a counseling appointment at S'eclairer, you must attend a counseling session prior to receiving further Suboxone prescriptions. In addition, you may be required to meet with a counselor who is not a provider under your insurance. In such a case, you will be responsible for paying the counseling session fee. Random urine drug screenings will be completed as deemed clinically necessary by clinical staff. You will be responsible for paying the urine drug screen fee. Please understand the urine screen is apart of your treatment plan, failure to meet with these requirements could lead to discharge from this office.

Y N NA Insurance Waivers

Included in many treatment plans is counseling sessions that are not always accepted by your insurance provider. You will be responsible for the full fee at the time of your appointment.

Y N NA Communication

S'eclairer offers many educational and learning opportunities over the course of the year. These include but are not limited to Family Night, Workshops, Seminars, Celebrating Recovery and Wellness retreats. Should you wish to be informed about these exciting events, please indicate by checking the following:

- Please email me – My email address is _____
- Please send me newsletter and/or other relevant mailings to my home/work address
- NO – Do not contact me.

Check our website at seclairer.com for updates. We are continually striving to refine our practice to better suit your needs. If you have a comment about what we are doing well or could improve, please complete our feedback survey and drop in comment box.

Privacy Notices

The clinical staff along with all patients must know and acknowledge the privacy acts set forth by the HIPAA law. By signing this packet you are acknowledging that you not only understand the HIPAA law, but you understand all that if required of you during your treatment here at S'eclairer.

Patient Signature

Date

Witness / Staff Signature

Date

Emergency Contact Information

Medical Conditions: _____

Emergency Contact Name & Phone Numbers: _____