



About our Office

The Monterey Psychiatric Center offers a full range of child, adolescent, adult, and geriatric psychiatric services. We have available Psychiatrist, psychologist, Marriage and Family Therapists, and drug counselors who specialize in mental health care. Our Center focuses on the prevention, diagnosis, and treatment of emotional disorders and substance abuse. Conditions can include depression, anxiety disorders, substance- abuse disorders, behavioral disorders, schizophrenia, and bipolar I and II disorders.

The first step for effective treatment is a comprehensive evaluation and assessment of a patient and/or the family. Traditional individual psychotherapy, psychopharmacology, explorative, and supportive therapies are available. Treatment modalities include individual therapy, family therapy, marriage counseling, medication education groups, and group therapy. Monterey Psychiatric Center practitioners work with the patient to develop an individualized treatment plan which addresses the complex components of mental health. Appointments are set based on the treatment goals and may range from weekly sessions to monthly sessions or on an as-needed basis.

Hours of Operation

Therapy and psychopharmacology evaluation and management appointments are scheduled, based on the practitioner, Monday through Friday, from 8:30 am to 7:00 pm. The administrative office (appointments, billing, etc) is staffed Monday through Thursday from 8:30 am – 6:00 pm, and Friday from 8:30am – 12:15pm. The office is closed Monday through Thursday from 12:00 – 1:15 for lunch, during which time phones are not answered.

Children and Adolescents:

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The practitioners at the Monterey Psychiatric Center specialize in the diagnosis and the treatment of disorders of thinking, feeling and behavior affecting children, adolescents, and their families.

The child and adolescent psychiatrist uses knowledge of biological, psychological, and social factors in working with patients. Initially, a comprehensive diagnostic examination is performed to evaluate the current problem with attention to its physical, genetic, developmental, emotional, cognitive, educational, family, peer, and social components.

Once a diagnosis has been determined and presented to the family, the psychiatrist designs a treatment plan which considers all the components and discusses these recommendations with the child or adolescent and his or her family. An integrated approach may involve individual, group or family psychotherapy; medication; or consultation with other physicians or professionals from schools, juvenile courts, or other community based organizations. In addition, the practitioners at Monterey Psychiatric Center are prepared and expected to act as an advocate for the best interests of children and adolescents.

Depression in Children and Adolescents:

Children and adolescents may have depression, which is a treatable. Depression is defined as a medical condition when the feelings of depression persist and interfere with a child or adolescent's ability to function academically and socially. About 5 percent of children and adolescents in the general population suffer from depression at any given point in time. Children under stress, who experience loss, or who have attention, learning, conduct or anxiety disorders are at a higher risk for depression. Depression also tends to run in families.

The behavior of depressed children and adolescents may differ from the behavior of depressed adults. Child and adolescent psychiatrists advise parents to be aware of signs or symptoms of depression in their

children. If one or more of these signs of depression persist, parents should seek help:

- Frequent sadness, tearfulness, crying
- Hopelessness
- Decreased interest in activities; or inability to enjoy previously favorite activities
- Persistent boredom; low energy
- Social isolation, poor communication
- Low self esteem and guilt
- Extreme sensitivity to rejection or failure
- Increased irritability, anger, or hostility
- Difficulty with relationships
- Frequent complaints of physical illnesses such as headaches and stomachaches
- Frequent absences from school or poor performance in school
- Difficulty concentrating
- A major change in eating and/or sleeping patterns
- Talk of or efforts to run away from home
- Thoughts or expressions of suicide or self destructive behavior

Psychiatric Medication for Children and Adolescents: Psychiatric medications can be an effective part of the treatment for psychiatric disorders of childhood and adolescence. In recent years there have been an increasing number of new and different psychiatric medications used with children and adolescents. Research studies are underway to establish more clearly which medications are most helpful for specific disorders and presenting problems. Clinical practice and experience, as well as research studies, help physicians determine which medications are most effective for a particular child. Before recommending any medication, the psychiatrist (preferably a child and adolescent psychiatrist) should conduct a comprehensive diagnostic evaluation

of the child or adolescent. The children presenting psychiatric symptoms along with past response to medications and also consideration of possible side effects will help determine which medication will be best to consider first. Psychiatric medication should only be used as part of a comprehensive treatment plan. A doctor's recommendation to use medication often raises many concerns and questions in both the parents and the youngster. The physician who recommends medication should be experienced in treating psychiatric illnesses in children and adolescents. He or she should fully explain the reasons for medication use, what benefits the medication should provide, as well as unwanted side-effects or dangers and other treatment alternatives.

Psychiatric medication should not be used alone. As undertaking a medication trial may mean adjusting doses of medicine over time and/or the use of additional medications to meet an individual patient's needs, the use of medication should be part of a comprehensive treatment plan, usually including psychotherapy, as well as parent guidance and education sessions. psychiatrist interviews the youngster and makes a thorough diagnostic evaluation. In some cases, the evaluation may include a physical exam, psychological testing, laboratory tests, other medical tests such as an electrocardiogram (EKG) or electroencephalogram (EEG), and consultation with other medical specialists. Before recommending any medication, the child and adolescent

Child and adolescent psychiatrists stress that medications which have beneficial effects may also have unwanted side effects, ranging from just annoying to very serious. As each patient is different and may have individual reactions to medication, close contact with the treating physician is recommended. Do not stop or change a medication without speaking to the doctor. Psychiatric medication should be used as part of a comprehensive plan of treatment, with ongoing *medical assessment* and, in most cases, *individual and/or family* psychotherapy.

When prescribed appropriately by a psychiatrist (preferably a child and adolescent psychiatrist), and taken as prescribed, medication

may reduce or eliminate troubling symptoms and improve the daily functioning of children and adolescents with psychiatric disorders.