

# Diabetes and Depression

## Resource Guide



**Pittsburgh Regional Healthcare Initiative**

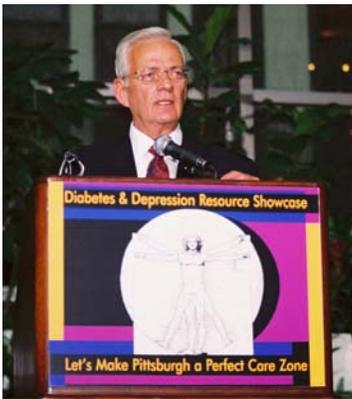
*Making Pittsburgh the Perfect Care Zone for Diabetes and Depression*

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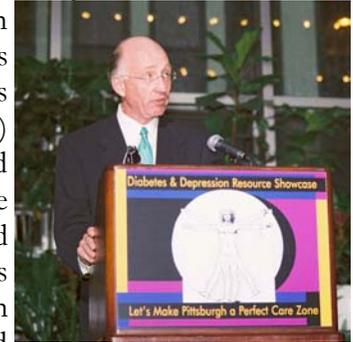
## **Diabetes and Depression Resource Showcase**

On Monday, September 15, 2003 PRHI partnered with PPG Industries, the Occupational and Environmental Health Foundation and Pfizer for a **Diabetes and Depression Resource Showcase** at the PPG Wintergarden. The showcase brought together more than forty organizations from the Pittsburgh region in an effort to highlight the numerous resources available for those in the community affected by diabetes and depression. Competition was set aside as everyone united toward a common goal: making Pittsburgh a Perfect Care Zone for diabetes and depression.



### ***Kickoff press conference: PPG award***

PPG Industries, the co-host of the event, accepted an award for its innovation in dealing with depression in the workplace. At the event's kickoff press conference, PPG was presented with the Innovations in Occupational and Environmental Health (IOEH) Award from Pfizer/The Occupational and Environmental Health Foundation (OEHF) and The American College of Occupational and Environmental Medicine (ACOEM). The award was granted for the collaborative study, "Depression in Primary Care: Worksite Intervention and Coordination of Care."



Speakers included Paul H. O'Neill, former U.S. Treasury Secretary and co-founder of the Pittsburgh Regional Healthcare Initiative; Raymond LeBoeuf, Chairman and Chief Executive Officer of PPG Industries; Alberto Columbi, MD, Medical Director, PPG Industries; and Nicole Johnson, Miss America 1999 and International Diabetes Advocate.



## Diabetes and Depression Resources

Immediately following the press conference, members of the public were invited to visit the booths of the more than forty community organizations, who came together to showcase the various resources available in the Pittsburgh region for those affected by diabetes and depression. Representatives from health plans, research institutions, health systems, hospitals, advocacy groups, libraries and other organizations were on hand to answer questions and demonstrate the resources they have to offer the community. Diabetes and depression screenings were also available.



## Introducing PHIN

At the Diabetes and Depression Resource Showcase, PRHI unveiled the Pittsburgh Health Information Network (PHIN), a secure internet-based network aimed at making it easier for patients and physicians to have current, pertinent patient data at their fingertips, resulting in better patient care. PHIN was created in close consultation with:

- Physicians and other health professionals
- Quality Insights of Pennsylvania (QIP)
- Hospitals and healthcare systems
- Legal experts
- Insurers and managed care organizations
- Laboratories and pharmacy providers
- Health care purchasers
- Consumers

The introduction of PHIN is a significant step toward making the Pittsburgh region a 100% Perfect Care Zone for diabetes and depression.

## Depression Resources

### Allegheny East Mental Health/ Mental Retardation Center

712 South Avenue  
Pittsburgh, PA 15221  
(412) 243-3400

Allegheny East MH/MR Center is a non - profit, community based, human services agency serving the communities of the eastern suburbs of Pittsburgh. Allegheny East was founded in 1969 in response to the Pennsylvania Mental Health and Mental Retardation Act of 1966. Our mission is to provide quality, life enhancing services that promote wellness and the development of human potential.

### Cognitive Dynamic Therapy Associates

155 N. Craig Street  
Pittsburgh, PA 15213  
(412) 687-8700 to speak with a therapist  
(412) 687-9099 to reach administrative staff  
[www.cogdyn.com](http://www.cogdyn.com)

The complexity of today's problems means that an individual professional cannot be an expert in all areas of psychological practice. Scientific advances in understanding human problems, together with the development of more focused treatments for specific disorders, increasingly require a specialist approach.

Cognitive Dynamic Therapy Associates brings together experienced psychotherapists who are broadly trained in clinical psychology and are experts in the treatment of specific psychological and behavioral disorders.

As a multi-specialty group, we can offer state-of-the-art treatment that ensures individual problems will be personally treated by an expert. If more than one family member needs help, we will design a comprehensive treatment approach that maintains consistency and quality of care.

### CONTACT Pittsburgh

PO Box 111294  
Pittsburgh, PA 15238  
(412) 820-0100  
[www.contactpgh.org](http://www.contactpgh.org)

CONTACT Pittsburgh exists to provide immediate emotional support 24 hours a day, 7 days a week by phone volunteers and professionals trained to help people of all ages who may be in emotional distress, suicidal, in need of reassurance, information or referral services.

From physical illness to job loss to social isolation, life's difficulties take their toll on peace of mind. Talking to a supportive listener can ease the burden. That's why more than 2,500 men and women call the 24 Hour Supportive Listening Lines of CONTACT Pittsburgh to speak with our volunteers. That number is **(412) 820-HELP --- [4357]**

## **International Society for Bipolar Disorders**

PO Box 7168  
Pittsburgh, PA 15213  
(412) 605- 1412  
www.isbd.org

The purpose of the International Society for Bipolar Disorders (ISBD) is to be the internationally recognized forum to foster ongoing international collaboration, education, research and advances in the treatment of all aspects of bipolar disorders.

The Society is open to the entire spectrum of mental healthcare professionals including basic and clinical researchers, psychiatrists, pharmacologists, psychologists, social workers, students and trainees in these fields, as well as other mental health professionals, persons affected by bipolar disorder and their families.

### ***Objectives:***

- to create an information network among mental health professionals interested in bipolar disorders
- to provide role models and international collaboration in the field of bipolar disorders
- to promote awareness of this condition in society at large
- to promote awareness and education about this condition among mental healthcare professionals
- to foster research in all aspects of bipolar disorder

## **LEAD Pittsburgh**

PO Box 7168  
Pittsburgh, PA 15213  
(412) 605-1412

**LEAD Pittsburgh** is a community-based initiative committed to education on the issue of depression and the need for recognition of it as a treatable medical condition. **LEAD Pittsburgh** grew out of concern that unless the larger community recognized the costs, both quantitative and qualitative associated with untreated depression, efforts to address the problem will be limited in terms of acceptance, support and access to treatment for those in need. We believe that as a community we have an obligation to focus attention and resources on the problem of depression that erodes the quality of life and the quality of work for individuals within our community.

### **OBJECTIVES:**

- To increase awareness of depression as a medical, social and economic issue that impacts the person, the family, the workplace and our community.
- To identify and support community groups that:
  - Increase awareness of depression as a treatable condition
  - Provide access to community resources and treatment
  - Train caregivers and service providers in the identification and treatment of depression in the populations they serve

## **Magellan Behavioral Health**

[www.magellanhealth.com](http://www.magellanhealth.com)

Magellan Behavioral Health, the nation's leading managed behavioral health and wellness organization, understands the unique emotional challenges that accompany chronic illness.

Depression and diabetes are both common conditions, and studies show that they often occur together. In fact, diabetic adults have a 25 percent chance of suffering from depression as well. When diabetes and depression happen at the same time, both are harder to control. Magellan's programs are focused on helping individuals improve their well being which, in turn, helps them better cope with their physical illness.

## **Mental Health Association of Allegheny County**

1945 Fifth Avenue

Pittsburgh, PA 15219

412-391-3820 or 1-877-391-3820

[mha@mhaac.net](mailto:mha@mhaac.net)

The Mental Health Association of Allegheny County is an affiliate of the National Mental Health Association. NMHA is the country's oldest and largest nonprofit organization addressing all aspects of mental health and mental illness. With more than 340 affiliates nationwide, NMHA works to improve the mental health of all Americans, especially the 54 million people with mental disorders, through advocacy, education, research and service.

Mental Health Association of Allegheny County provides education on mental health issues through various methods including speaking engagements, media outlets, health fairs and school events. MHAAC also provides advocacy services for adults and children with mental health and drug and alcohol concerns, as well as information and referral services.

## **Mercy Behavioral Health**

[www.mercybehavioral.org](http://www.mercybehavioral.org)

Mercy Behavioral Health is a community behavioral health organization whose focus is to offer treatment that fits a consumer's needs, to reduce symptoms, and increase independent functioning and wellness. We believe in a model of recovery and improving the quality of a person's life. MBH offers programs for individuals with a diagnosis of anxiety, depression, bipolar illness, schizophrenia and personality disorders. We have outpatient programs that help an individual cope with anger management, death, divorce, and chronic illness as well as mental health issues that may be coupled with alcohol, tobacco, and other drug addiction. All programs are offered at our five outpatient sites, Wexford, East Commons (North side) Renaissance (Downtown) Mercy Health Center (across from Mercy Hospital) and Birmingham Towers (Southside). Each consumer is seen by a trained professional treatment team. A Mercy Behavioral Health psychiatrist oversees every treatment plan and prescribes medication when necessary.

**An appointment can be made by calling 412-323-4500 or 412-488-4040 during normal business hours. After hours, a 24-hour crisis line (Allegheny County Emergency Services) is 1-888-424-2287.**

We are a part of the Pittsburgh Mercy Health System.

### **NAMI Southwestern Pennsylvania**

4721 McKnight Road  
Suite 216 South  
Pittsburgh, PA 15237  
(412) 366-3788  
www.namiswpa.org

NAMI Southwestern Pennsylvania is a non-profit, grassroots membership organization dedicated to improving the quality of life for individuals of all ages who are affected, directly or indirectly, by mental illness. NAMI helps people cope by providing education; peer support groups; and information and referral. NAMI advocates for enhanced funding, improved services, policy and legislative decisions to improve the quality of life and accessibility to care for all individuals with a mental illness in the ten county region of southwestern PA. NAMI Southwestern PA is an affiliate of the National Alliance for the Mentally Ill and NAMI Pennsylvania.

### **UPMC Behavioral Health/ WPIC**

3811 Ohara Street  
Pittsburgh, PA 15213  
(412) 624-2100

Western Psychiatric Institute and Clinic (WPIC) and UPMC Behavioral Health house the Department of Psychiatry of the University of Pittsburgh School of Medicine. For more than 50 years, WPIC has been a national leader in clinical care, research and education and has been considered one of the nation's foremost academically based psychiatric care facilities. WPIC has consistently ranked *among U.S. News & World Report's "Best of the Best"* as one of the best psychiatric care providers in the United States.

### **Value Behavioral Health**

520 Pleasant Valley Road  
Trafford, PA 15085  
(724) 744-6300  
www.valuoptions.com

Value Behavioral Health of PA (VBH-PA) coordinates behavioral health services for HealthChoices/ Medicaid consumers in nine Southwestern Pennsylvania counties. VBH-PA provides referral to mental health/ drug and alcohol providers, crisis intervention, and coordinates care with physical health providers. Additional services include ongoing Quality Management, Provider network accessibility, and outreach services.

## Diabetes Resources

### Allegheny General Hospital: Center for Diabetes and Endocrine Health

Allegheny General Hospital (AGH) is a 698-bed academic health center serving Pittsburgh and the surrounding five-state area. Founded in 1885 on Pittsburgh's historic North Side, the hospital has earned an international reputation for excellence and innovation in the care of patients, medical education and research. Over the past seven years, AGH has been recognized by US News & World Report magazine as one of "America's Top Hospitals" for a number of clinical specialties, and has also been lauded by Modern Maturity magazine as one of America's top 25 medical centers. More than 1,100 physicians and 4,200 employees share the hospital's commitment to excellence.

The *AGH Center for Diabetes and Endocrine Health* is a progressive treatment center that provides comprehensive health management services and education for individuals with diabetes and other endocrine-related disorders. Our skilled practitioners also address the needs of individuals with thyroid and adrenal ailments, osteoporosis, obesity, elevated cholesterol and other hormone disorders. **For more information about the Center, call 412-442-7140.**

Allegheny General Hospital is a member of the West Penn Allegheny Health System and is an affiliate site for the Drexel University College of Medicine.

### American Diabetes Association

The mission of the American Diabetes Association is to prevent and cure diabetes and to improve the lives of all people affected by diabetes.

For more information on diabetes or the work we do please call **1-888-DIABETES** or visit **[www.diabetes.org](http://www.diabetes.org)**.

Visit the Diabetes Expo, Saturday, Nov. 1, at the new David L. Lawrence Convention Center.

### Joslin Diabetes Center

5140 Liberty Avenue  
Pittsburgh, PA 15224  
(412) 578- 1724  
[www.joslin.harvard.edu](http://www.joslin.harvard.edu)

The Joslin Diabetes Center at The Western Pennsylvania Hospital offers comprehensive, personalized care that addresses the special needs of people with diabetes. The Joslin Diabetes Center program focuses on teaching diabetes self-management skills while meeting your medical needs. An affiliate of the Joslin Diabetes Center in Boston, West Penn Hospital's Joslin Diabetes Center is staffed by a team of on-site specialists who have expertise in complete diabetes management. Each member of the Joslin treatment team has completed special training in diabetes care. Our physicians are board certified in internal medicine with a specialization in endocrinology. The Joslin Diabetes Center at West Penn Hospital has a staff of 4 nurse educators and 2 dietitians who are all certified diabetes educators. (CDE)

### **Mercy Diabetes Program**

The Pittsburgh Mercy Health System  
1515 Locust Street, Suite #602  
Pittsburgh, PA 15219  
(412) 232-5908  
1-888-637-2993  
Fax: (412) 232-7195

The Mercy Diabetes Program offers a unique approach to complete diabetes care. Our caring and experienced staff of certified diabetes educators, which include dietitians and registered nurses, will help you learn to control your diabetes by eating healthy, exercising and taking your medicines the right way. We provide this education and support through our Outpatient Diabetes Self-Management Education classes and, if you ever need to be in the hospital, through our Inpatient Services. The Mercy Diabetes Program is in partnership with American Healthways, the parent corporation of Diabetes Healthways. We are recognized by the American Diabetes Association for meeting the national standards for excellence in diabetes education.

### **Monongahela Valley Hospital**

To better serve our community, Monongahela Valley Hospital, in partnership with American Healthways\*, has developed a state-of-the-art program for the latest in diabetes care at MVH. Our caring, experienced team of physicians, registered nurses, dietitians and diabetes educators will help you to better understand and manage your diabetes.

#### **Outpatient Services:**

Working with your doctor, our team creates a care plan just for you that includes a wide range of options such as:

- Blood sugar monitoring
- Insulin self-management skills
- Oral medication self-management skills
- Diabetes seminars
- Support for you and your family
- Exercise counseling
- Stress management
- Diabetes counseling during pregnancy

#### **Inpatient Services**

Management of your blood sugar level is important, perhaps more important when you are in the hospital. Recent studies have shown that keeping blood sugar levels near normal while hospitalized can help prevent infections and improve outcomes. Our experienced staff understands your special needs. They will work with your doctor and nurses to give you the highest quality care for your diabetes and other conditions. This includes managing your blood sugars, providing for your nutritional needs and teaching you basic skills to manage your diabetes once you leave the hospital.

**For more information please call (724) 258-1148**

*\*American Healthways is a national organization recognized for its diabetes education and self-management programs.*

## General Health Resources

### **Allegheny Health Choices, Inc.**

444 Liberty Avenue  
Suite 240  
Pittsburgh, PA 15222  
(412) 325-1100  
[www.ahci.org](http://www.ahci.org)

Allegheny HealthChoices, Inc. is a non-profit agency contracted with the County Department of Human Services for oversight & monitoring of the HealthChoices Behavioral Health Program. Jan Boyd is the Director of Community Education & Outreach and serves as the Ombudsman (health care rights advocate) for the county's HealthChoices Behavioral Health Program.

### **Carnegie Library of Pittsburgh**

4400 Forbes Avenue  
Pittsburgh, PA 15213  
(412) 622-3114 Reference  
(412) 622-3118 Circulation  
[www.carnegielibrary.org](http://www.carnegielibrary.org)

"Free to the People" since 1895.

Through its Main Library and network of neighborhood locations, Carnegie Library of Pittsburgh serves the dynamic and diverse information needs of people living in western Pennsylvania. The Library is a vital community anchor that provides universal access to literature, culture, art, music, history, business and technology.

### **UPMC Health Plan**

One Chatham Center  
112 Washington Place  
Pittsburgh, PA 15219  
[www.upmchealthplan.com](http://www.upmchealthplan.com)

UPMC Health Plan's diabetes health management program educates members about their disease and helps them monitor their condition so that they can be as healthy and active as possible. Through this no-cost, voluntary program, we identify diabetic members and assist them in managing the disease while following their doctors' plan of care. Our staff nurses call these members personally to offer advice and support and to answer any questions they may have. We also send these members educational materials and periodic reminders about pertinent tests and services. These outreach activities are intended to help our diabetic members establish and maintain realistic healthy living strategies.

More than 17 million people in the United States have diabetes and Pennsylvania has the eleventh-highest instance of diabetes among the 50 states. A regimen of exercise, weight management, routine testing and, when necessary, medication has been shown to help people diagnosed with Type II diabetes, the most prevalent form of diabetes in adults. That is why UPMC Health Plan works to identify members who are affected by the disease and alerts them about tests and services including retinal eye exams, foot exams, blood-cholesterol level monitoring and blood-sugar tests. Additional services that are available as needed include the services of wound-care specialists and care for depression.

### **Center for Minority Health**

University of Pittsburgh  
125 Parran Hall  
130 Desoto Street  
Pittsburgh, PA 15261  
(412) 624-5665  
www.cmh.pitt.edu

The University of Pittsburgh Center for Minority Health (CMH), in the Graduate School of Public Health, focuses its academic and applied research activity on preventable disease and health promotion areas such as *cancer, cardiovascular disease, diabetes, HIV/AIDS, the failure to immunize, infant mortality and mental illness*. CMH is committed to translating evidenced-based research into community-based interventions and innovative outreach practices designed to eliminate racial and ethnic health disparities throughout Allegheny County by the year 2010.

### **Centers for Healthy Hearts and Souls**

100 North Braddock Avenue  
Pittsburgh, PA 15208  
(412) 371-3282  
www.healthyheartsandsouls.com

The Centers for Healthy Hearts and Souls (CHHS) provides spiritual and health based wellness projects to meet the needs of priority populations with the goal of eliminating health disparities. Our mission is to utilize a community driven participatory model that directs the implementation and operation of wellness programs. We recognize that behavior and lifestyle often contribute to poor health outcomes as well as lifestyles deeply engrained in culture. CHHS promotes behavior change and incorporation of faith, achievable health outcomes through health education, prevention and behavior modification. Projects include: Healthy Lifestyles for Women; Healthy Lifestyles for Men; the Youth Health Corp; Smoking Cessation; and the Diabetes Project.

The goal of the Diabetes Project is to reach out to diabetics, caregivers of diabetics, and persons at risk for diabetes to educate and to assist them to live a healthier life. The focus of the program is two pronged, the community and the medical practice setting. We have five vibrant and active Diabetes Support Groups located within the communities of East Liberty, Homewood, and the Hill District. We also participate in community outreach via speaking engagements and working at health fairs. The project's medical practice interventions focus on improving performance of diabetes care elements among diabetic patients at practices serving the East End of Pittsburgh.

### **Consumer Health Coalition**

650 Smithfield Street  
Suite 2130  
Pittsburgh, PA 15222  
(412) 456-1877

Consumer Health Coalition is an advocacy organization geared towards bringing the voice of consumers to change health policy. We provide assistance to children, seniors and adults in accessing free or low cost health insurance through the CHIP program, Medicaid, or adultBasic, or programs for seniors.

Also available at CHC is a disability agenda that focuses on amplifying the voice of people with disabilities. The disability agenda is focused on linking consumers up with services such as Medical Assistance for Workers with Disabilities (MAWD) and other key programs.

### **Gateway Health Plan**

US Steel Tower – Floor 41  
600 Grant Street  
Pittsburgh, PA 15219  
www.gatewayhealthplan.com

Gateway Health Plan is a managed care organization serving the Medical Assistance population. Established in 1992, Gateway Health Plan serves 34 counties in Western and Central PA. Gateway Health Plan has received the highest designation generated by the National Committee for Quality Assurance (NCQA), which evaluates a health plan's ability to deliver effective care to its members. Gateway Health Plan is dedicated to improving the quality of life of our membership.

### **The Center for Healthy Aging**

The Center for Healthy Aging was funded by the Centers for Disease Control (CDC) in October 2001 as a prevention research center for aging. The mission of the center is to promote healthy aging in the older adult population by educating the public about the "Ten Keys to Healthy Aging," which include:

- Prevent Bone Loss and Muscle Weakness
- Control Systolic Blood Pressure to < 140
- Be Physically Active  
Regulate Blood Glucose to < 110
- Stop Smoking
- Maintain Social Contact
- Participate in Cancer Screenings
- Get Regular Immunizations
- Lower LDL to <130
- Combat Depression

**If you would like to learn more about the Center for Healthy Aging please call:  
1-866-350-6509 or visit [www.healthyaging.pitt.edu](http://www.healthyaging.pitt.edu)**

### **Bayer Diagnostics**

511 Benedict Avenue  
Tarrytown, NY 10591  
(914) 631-8000  
www.bayerdiag.com

With approximately 7,000 employees worldwide and 2002 sales of \$1.9 billion, Bayer Diagnostics, based in Tarrytown, New York, U.S.A., is one of the largest diagnostic businesses in the world. The organization supports customers in more than 100 countries through an extensive portfolio of central, self-testing, nucleic acid and near patient (critical care and point-of-care) diagnostics systems and services for use in the assessment and management of health, including the areas of cardiovascular and kidney disease, oncology, virology, women's health and diabetes. Bayer Diagnostics' global headquarters in the United States operates as part of Bayer HealthCare LLC a member of the worldwide Bayer HealthCare group.

Bayer introduced the first portable blood glucose meter in 1969. Since then, the Company's passion for innovation has led to more than a dozen firsts in diabetes care.

Ascensia™ is Bayer's fresh approach to diabetes care. Recognizing individual needs, Bayer is working with people with diabetes, nurses, physicians and other health care professionals to develop more tailored products, services and support systems.

## **Health Sciences Library**

The University of Pittsburgh Health Sciences Library System (HSLs) provides collections and services for the schools of the health sciences and the hospitals of the University of Pittsburgh Medical Center. Though the books and journals in its libraries are primarily aimed at professional audiences, HSLs collections include representative materials written in less technical language that are aimed at health care consumers, patients and families. HSLs' Hopwood Library is a health resource center for patients and families at UPMC Shadyside, a hospital of the University of Pittsburgh Medical Center.

The HSLs Consumer Health Information Guide (<http://www.hslls.pitt.edu/chi/>) is a community resource with information about local health-related agencies and organizations, online medical dictionaries, and locator tools for health providers. There are also helpful links to information about prevention and wellness, online health screening tools, drug information, quality guidelines, and many other health topics, as well as direct links to several major daily health news sources for those wishing to research current health headlines.

The HSLs Consumer Collection is a core list of high quality health-related books and videotapes appropriate for health consumers. Representative books are displayed in several local public libraries, including the Dormont Public Library, Andrew Bayne Memorial Library in Bellevue, the C.C. Mellor Memorial Library in Edgewood, and the Community Library of Allegheny Valley.

## **Highmark, Inc.**

[www.highmark.com](http://www.highmark.com)

Highmark operates as Highmark Blue Cross Blue Shield in Western PA and is headquartered in Pittsburgh. Highmark provides health, dental, vision and life and casualty insurance throughout PA and in all 50 states to approximately 23 million members. Highmark administers Medicare and other special health insurance programs for state and federal governments. Through partnerships with various organizations and businesses, Highmark also provides health insurance directly to low income consumers.

## **Info Tech Inc.**

602 Queens Avenue  
London, ON, Canada  
N6B 1Y8  
888-670-8889  
[www.infotech.com](http://www.infotech.com)

InfoTech Inc. is a provider of online, interactive health risk assessment and risk management decision support systems to multinational companies, including PPG. Since 1999, we have supported PPG's Lifestyle Partnership program with assessments, group data analysis and profiling and a platform for PPG's e-health portal, the PPG Wellness Center. While our primary client base is large corporate employers, InfoTech's Wellness Checkpoint has also been used in community health, parish nursing, educational, healthcare and clinical applications as well as in small and medium size enterprises.

## **The Institute for Research Education and Training in Addictions (IRETA)**

425 Sixth Avenue  
Suite 1710  
Pittsburgh, PA 15219  
(412) 391-4449  
www.ireta.org

The Institute for Research Education and Training in Addictions (IRETA) is a statewide initiative dedicated to aligning research and practice through education and policy development. IRETA's mission is to be a repository of information related to addictions research, health policy, prevention, intervention and treatment and to develop effective mechanisms to transfer that knowledge to the substance abuse field and policy makers.

Substance Abuse is America's number one preventable health problem. Alcohol, tobacco and other drug abuse has a major impact on the nation's physical and mental health, social welfare, crime and education. The negative impact of addiction costs U.S. taxpayers millions of dollars every year. Substance abuse affects either directly or indirectly public health issues such as sexually transmitted diseases developmental difficulties in children cardiovascular disease cancer and violence among others. It has been demonstrated through rigorous scientific review that treating addictions is the most cost-effective of all medical interventions. Still this science has not updated policy or practice. IRETA provides technical assistance and information in support of establishing a science of addictions. Its target audience is policymakers, practitioners, prevention specialists, educators, consumers and administrators with an interest in alcohol tobacco and other drug abuse prevention and treatment.

## **Pennsylvania Health Care Cost Containment Council**

Established by the General Assembly and the Governor of the Commonwealth of Pennsylvania in 1986, the Pennsylvania Health Care Cost Containment Council (PHC4) is an independent state agency charged with collecting, analyzing and reporting information that can be used to improve the quality and restrain the cost of health care in Pennsylvania. Under Act 14, health care providers are required to supply hospital charge and treatment information, as well as financial data, to PHC4 on a quarterly basis. Currently, over 3.8 million records are submitted each year from hospitals and freestanding ambulatory surgery centers- a number that continues to grow. **For more information on the Council and for free copies of PHC4's reports, visit their Web site at [www.phc4.org](http://www.phc4.org) or call (717) 232-6787.**

## **Quality Insights of Pennsylvania**

Quality Insights of Pennsylvania is the Quality Improvement Organization (QIO) for the Commonwealth of Pennsylvania. Quality Insights is funded by the Centers for Medicare & Medicaid Services (CMS) to protect the rights and health of Pennsylvanians with Medicare. QIOs were created to ensure the best possible care from your Medicare health care provider. As a QIO, Quality Insights of Pennsylvania works with physicians, hospitals, home health agencies, and nursing homes. All of our services are free of charge.

All persons with Medicare, including those enrolled in a Medicare+Choice plan (like an HMO) have three basic rights.

- To be admitted to a hospital when it is medically necessary
- Stay in the hospital as long as it is medically necessary
- Receive good quality health care.

**For information call: 1.800.MEDICARE**

### **Primary Physicians Research**

(412) 257-4461

www.pprresearch.com

In 1980, the Pittsburgh Pediatric Research Group began to do research with the otitis media research center at Children's Hospital of Pittsburgh. In 1986, PPR became independent, branching out into other areas and recruiting physicians dedicated to office-based research.

Primary Physicians Research has broadened its area of research from pediatrics to include women's health, family practice, adult, geriatric and adolescent studies. PPR also changed its name from Pittsburgh Pediatric Research to Primary Physicians Research to better represent the areas of research in which it is involved.

Primary Physicians Research, Inc. consists of close to 100 physicians, at more than 2 sites, who help PPR conduct clinical trials. PPR's staff works exclusively in clinical research. This enables them to concentrate solely on research activities and to effectively coordinate all trials. PPR provides, trains and manages the study coordinators and clinical research site staff.

Primary Physicians Research, Inc. has long standing ongoing relationships with industry sponsors that include many of the largest pharmaceutical companies in the world. To date, PPR has participated in over 350 trials.

All of the vaccines routinely given to children today have been researched at PPR. Some of them include varicella, the vaccine that protects against chicken pox; MMR for measles, mumps and rubella; vaccines for whooping cough and a number of combination vaccines that minimize the number of shots children need to receive while still providing protection from a variety of diseases.

Primary Physicians Research, Inc. is proof positive that Research is changing the future of medicine.

Contact: Jackie Riebel, 412-257-4461, ext. 185

### **Working Hearts**

650 Smithfield Street

Suite 650

Pittsburgh, PA 15222

(412) 594-2583

One out of every three women in the United States is affected by heart disease- the number one killer of women. Yet there are far fewer educational and behavioral programs for women's heart health than for other well-publicized diseases such as breast cancer or AIDS. A Pittsburgh-based grassroots women's health movement is correcting this gap. *Working Hearts* promotes the message, Strong Women = Strong Hearts. Its coalition representing over a quarter-million women is a catalyst for action, information and resources. *Working Hearts* maximizes the power of women to improve their heart health through nutrition, physical activity, screenings, and stress management.

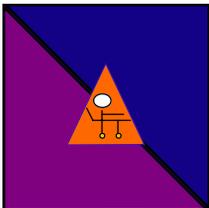
Over 50 organizations, representing 200,000 women, launched *Working Hearts* in February 2002, during Heart Month and Valentine's Day. The region benefited from over 200 events or activities in which *Working Hearts* coalition members shared their message, resources, and energy, celebrated the launch of the *Working Hearts* website ([www.workinghearts.org](http://www.workinghearts.org)), and earned local and national media coverage. Since then, coalition members- now over 60 organizations- have ensured that *Working Hearts* has participated in over 300 events in the region.

## Internet Resources

Category	Name	Description	Uniform Resource Locator
Depression	American Psychiatric Association	American Psychiatric Association Professional Links	<a href="http://psych.org/">http://psych.org/</a>
Depression	Carnegie Library Depression Resource Guide	Links on Depression Resources Via Carnegie Library	<a href="http://www.carnegielibrary.org/subject/health/mental.html">http://www.carnegielibrary.org/subject/health/mental.html</a>
Depression	Mental Help Net	Information on many mental disorders; FAQs, Community Resources, Discussion Forums	<a href="http://www.mentalhelp.net">http://www.mentalhelp.net</a>
Depression	National Alliance for the Mentally Ill	Depression Information	<a href="http://www.nami.org">http://www.nami.org</a>
Depression	National Institute of Mental Health	The National Mental Health Association is the country's oldest and largest nonprofit organization addressing all aspects of mental health and mental illness. With more than 340 affiliates nationwide, NMHA works to improve the mental health of all Americans, especially the 54 million people with mental disorders, through advocacy, education, research and service.	<a href="http://www.nimh.nih.gov">http://www.nimh.nih.gov</a>
Depression	National Institute of Mental Health - Depression	NIMH Publication on Depression	<a href="http://menanddepression.nimh.nih.gov/clientfiles/NIMH317.406_F_TSH_treatable.pdf">http://menanddepression.nimh.nih.gov/clientfiles/NIMH317.406_F_TSH_treatable.pdf</a>
Depression	National Mental Health Information Center	This is the official site of the federal government's Substance Abuse and Mental Health Administration (SAMSHA) website. This site contains a vast amount of consumer, provider and employer information on a variety of substance abuse and mental health conditions. Statistics on conditions are available, as well as extensive educational and referral information.	<a href="http://www.mentalhealth.org">http://www.mentalhealth.org</a>
Diabetes	American Association of Health Plans/ American Diabetes Association	The audience is Health Plans, employers, and organizations that are attempting to promote best practices and improve the systematics of healthcare delivery. It is a marketplace of ideas of how to better translate what is known about excellent care to the usual delivery of care.	<a href="http://www.takingondiabetes.org">www.takingondiabetes.org</a>
Diabetes	American Dietetic Association	With nearly 70,000 members, the American Dietetic Association is the nation's largest organization of food and nutrition professionals. ADA serves the public by promoting optimal nutrition, health and well-being	<a href="http://www.eatright.org">www.eatright.org</a>

Diabetes	Carnegie Library Diabetes Resource Guide:	Diabetes Resources Linked from Carnegie Library	<a href="http://www.carnegielibrary.org/subject/health/diseases/diabetes.html">http://www.carnegielibrary.org/subject/health/diseases/diabetes.html</a>
Diabetes	Juvenile Diabetes Foundation International	Not-for-profit group dedicated to finding a cure for diabetes. Includes information on: research, JDF chapters, JDF publications and how to subscribe, JDF books, education for people with diabetes, legislative action. The site has no pop-ups, no commercial links other than to corporate partners, and information gathered on the site is not for sale.	<a href="http://www.jdf.org">http://www.jdf.org</a>
Diabetes	The Healing Handbook for Persons with Diabetes	This is the third edition of a full length book created for persons with diabetes and their families. It aims to provide trustworthy information in a useful, easy- to- read form.	<a href="http://www.umassmed.edu/diabeteshandbook/">http://www.umassmed.edu/diabeteshandbook/</a>
Diabetes	National Institute of Diabetes and Digestive and Kidney Disorders	Management/Treatment of Diabetes	<a href="http://www.niddk.nih.gov/">http://www.niddk.nih.gov/</a>
Diabetes	Washington Business Group on Health - Diabetes at Work	Not-for-profit site sponsored by various business and health care groups. Information focuses on providing employers and managed care organizations with the tools they need to manage their populations.	<a href="http://www.diabetesatwork.org/">http://www.diabetesatwork.org/</a>
Healthcare	Association for the Advancement of Behavior Therapy	Professional Organization for cognitive and behavioral sciences	<a href="http://www.aabt.org">http://www.aabt.org</a>
Healthcare	Center for Disease Control & Prevention	Disease Management	<a href="http://www.cdc.gov/">http://www.cdc.gov/</a>
Healthcare	Center for Information Therapy	Connecting the right information to the right person at the right time to help people make wise health decisions	<a href="http://www.informationtherapy.org">www.informationtherapy.org</a>
Healthcare	Health Finders	An e-home health library for the lay population.	<a href="http://www.healthfinder.gov/">http://www.healthfinder.gov/</a>
Healthcare	Institute for Health Care Improvement	Primarily offers information on quality conferences, collaboratives and strategies on both global and organizational levels.	<a href="http://ihi.org/">http://ihi.org/</a>
Healthcare	Mayo Clinic	Health Oasis: tools include health management, health decision-making and personal health scorecard	<a href="http://www.mayoclinic.com">www.mayoclinic.com</a>
Healthcare	Medscape	Requires registration without cost. Has very pertinent, high quality articles and information for practicing physicians, as well as CME opportunity.	<a href="http://www.medscape.com/">http://www.medscape.com/</a>

Healthcare	National Library of Medicine	Library of medicine and National Institutes of Health Info on health, drugs, medical encyclopedia	<a href="http://www.medlineplus.gov/">http://www.medlineplus.gov/</a>
Healthcare	National Library of Medicine	Provides access to over 12 million MEDLINE citations back to the mid-1960's and additional life science journals. PubMed includes links to many sites providing full text articles and other related resources.	<a href="http://www.pubmed.org">www.pubmed.org</a>
Healthcare	Web MD	General consumer information on health	<a href="http://www.webmd.org">www.webmd.org</a>
Healthcare	United Way of Allegheny County	General resource kit for all United Way charities	<a href="http://www.uwac.org/uwac/index.jhtml;\$sessionid\$LOFW1L1EF1EJ4CTEBAGBT4Q?requestid=1854">http://www.uwac.org/uwac/index.jhtml;\$sessionid\$LOFW1L1EF1EJ4CTEBAGBT4Q?requestid=1854</a>



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