

Diagnosis & Testing:

Comprehensive Clinical Evaluation and Diagnosis of Psychiatric Illness:

Adult Psychiatry
Child and Adolescent Psychiatry (age 8-17)
Women's Reproductive Psychiatric illnesses
Addiction Psychiatry
Geriatric Psychiatry

Hormonal Assessment:

Thyroid illness
Menopause
Andropause (Male Menopause)

Services:

Accurate Diagnosis
Advanced & computerized psychological testing
Advanced psychopharmacology
Comprehensive laboratory analysis
Hormonal adjuncts
Nutritional and vitamin adjuncts
Psychotherapy: On site or referrals tailored as clinically indicated
Psycho-educational Parent Group for Emerging Adults
CANS-MCI - Computer-Administered Neuropsychological Screen for Mild Cognitive Impairment
NEBA - Neuropsychiatric Interpretive EEG-based Assessment to reduce over diagnosis of ADHD

Disorders frequently treated:

Alcohol Use Disorder
Anxiety Disorders
Attention Deficit Hyperactivity Disorder
Disorders of Mood including Major Depression, Bipolar Disorder
Obsessive Compulsive Disorder
Postpartum Depression
Psychiatric illness related to Childbearing and Reproductive functioning
Substance Use Disorder
Schizoaffective Disorders

Payment & Insurance:

In order to provide the proper time necessary for evaluation and treatment, Princeton Family Care Associates, LLC has elected not to participate with any health insurance networks, including Medicare and Medicaid. Most clients, however, are able to obtain partial reimbursement for our services if they have Out of Network benefits.

Staff will provide the documents necessary for submission to your insurance company for any reimbursement benefits they allow, however, full payment is expected at time of service.

We accept all major credit cards.

Locations:

Three locations - one number:

12 Roszel Road Suite A-103 Princeton, NJ 08540	2 Worlds Fair Dr. Suite 206 Somerset, NJ 08873	17 Barclay St. Building A Newtown, PA 18940
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609 419-0123



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Not just better... Well

12 Roszel Road ♦ Suite A-103
Princeton, New Jersey 08540



Not just better... Well

Ricardo J. Fernandez, MD
ABPN, ABAP, DFAPA
Medical Director

Anil K. Verma, MD
Psychiatry - Psychopharmacology

Uche O'Keem, NP
MSN, APRN, FMHNP-BC
Advanced Practice Nurse - Psychiatry

Adria Trapani-Barnacz
RN, LPC, LCADC
Psychiatric Registered Nurse

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PRINCETON SOMERSET NEWTOWN, PA

Princeton Family Care Associates is a multifaceted psychiatric practice committed to achieving the best outcome for our patient's recovery.

We implement a variety of comprehensive and innovative treatment approaches in making an accurate diagnosis. After an extensive evaluation process including a thorough interview, psychological testing and laboratory analysis, an individualized treatment program is devised. This plan can include psychiatric medication, hormonal intervention and alternative approaches that may include nutritional and vitamin supplements. In all cases, Dr. Fernandez reviews and approves all treatment recommendations.

Dr. Fernandez's vision for the proper treatment of psychiatric illness is not just symptom alleviation, but total remission of symptoms... **not just better... well.** It is well documented in psychiatric and other medical disorders that if a patient is not treated to remission, to full resolution of their symptoms, to being well, the likelihood of relapse and an ultimately worse prognosis is dramatically increased.

The first step in the healing process is proper diagnosis, then a competent and thorough selection of treatment options, and finally, a committed effort to treat the total resolution of symptoms.

Clinical care at Princeton Family Care Associates will often include both the psychiatrist and the advanced nursing staff. Patient preference is an integral part of our treatment. When more than one clinician sees a patient, regular meetings with Dr. Fernandez are held for supervision and coordination of care.

Questions about treatment are always welcomed at Princeton Family Care Associates. Our practice strongly believes that an informed patient is essential to their overall well being.

Not just better... Well

Ricardo J. Fernandez, MD



ABPN, ABAP, DFAPA is board certified by the American Board of Psychiatry & Neurology (1986). Additionally he is certified in addiction medicine by the American Board of Addiction Medicine. He is also certified in psychopharmacology by the Neuroscience Education Institute and the American Society of Clinical Psychopharmacology. He is the

Medical Director of Princeton Family Care Associates, LLC. Dr. Fernandez is a full Professor of Clinical Psychiatry at Rutgers Medical School, Robert Wood Johnson Campus, Piscataway, NJ. He received the 2015 Volunteer Faculty Award in recognition for his education commitment to the medical students of Rutgers Robert Wood Johnson Medical School.

Among his areas of expertise are clinical diagnosis, advanced psychopharmacology, women's reproductive psychiatry, adolescent psychiatry, and addiction medicine. He is also an expert on psychiatric aspects pertinent to professional licensing and serves as a consultant for numerous consumer state licensing boards and professional assistance programs.

Dr. Fernandez is recognized on a variety of clinical psychiatric topics and has spoken regionally and nationally. He is published on the clinical management of Postpartum Disorder. In 2005 he was appointed by Acting Governor, Richard Codey to serve on the New Jersey State Postpartum Depression Work Group where he chaired the Professional Education Committee.

Appointed by former Gov. Christine Todd Whitman, Dr. Fernandez served on the New Jersey State Board of Medical Examiners, the state licensing board for medical professionals, and participated on a number of diverse committees. He is a past councilor on the New Jersey Psychiatric Association, the state branch of the American Psychiatric Association. He was awarded the Distinguished Fellowship of the American Psychiatric Association in 2004 for his contributions in the field of Psychiatry. He is also a Fellow of the American Society of Addiction Medicine and currently sits on the Impaired Review Committee of the NJ Medical Board.

He is fluently bilingual in Spanish and English. He sees patients in the Princeton, NJ, Somerset, NJ and Newtown, PA offices.

Clinical Team



ANIL K. VERMA, MD is a Diplomate of The American Board of Psychiatry and Neurology. He is board certified in General Psychiatry, Addiction Psychiatry and Geriatric Psychiatry. He completed his psychiatry fellowship from Harvard Medical School and residency from The Mount Sinai School of Medicine. Dr. Verma's research on Geriatric Psychiatry through Columbia University has been published in the American Journal of Psychiatry (1991).

An experienced psychiatrist & psychopharmacologist with over 30 years clinical experience, Dr. Verma brings his expertise in geriatric psychiatry while complimenting our practices expertise in addiction psychiatry and psychopharmacology. He works in close conjunction with Dr. Fernandez and the other clinicians at our Princeton office. He is fluent in Hindi, Urdu, Punjabi and English.



UCHE O'KEEM, MSN, APRN, FMHNP-BC is board certified as a Family Psychiatric Nurse Practitioner. Ms. O'Keem has over 20 years of Mental Health Nursing experience.

Ms. O'Keem has worked in psychiatric inpatient and outpatient settings rendering care to adolescents, adults and families in need. Ms. O'Keem's clinical skills in medication management include the treatment of individuals with chronic, persistent mental illness, the chemically impaired and individuals with a wide range of thought, mood and anxiety disorders. Ms. O'Keem is fluent in English and Ibo languages. She sees patients in our Somerset and Princeton offices.



ADRIA TRAPANI-BARNACZ, RN, LPC, LCADC is a Registered Nurse as well as a Professional Counselor and Clinical Alcohol and Drug Counselor licensed in the State of New Jersey. She received her MA in Applied Clinical Psychology from William Paterson University. Adria's

role as a RN combines her mental health experience with a holistic understanding of the body. Working under the supervision of Dr. Fernandez, she functions as a liaison between the psychiatrist and the patient. Adria works in our Princeton office.