



## Gratitude in the New Year With LifeBack

*“... gratitude is having a place of employment where you feel supported, appreciated, and even in some ways coaxed to learn and have new job responsibilities ...”*



From an employee's perspective, gratitude is having a place of employment where you feel supported, appreciated, and even in some ways coaxed to learn and have new job responsibilities. Some new roles and responsibilities come with anxiety and stress, but along with those feelings comes growth. Even though stress and anxiety are uncomfortable, in a supported positive environment, they can be overcome, and growth emerges.

LifeBack is a CARF-accredited mental health facility, but it is also a home for over 40 employees, including a therapist, psychiatrist, nurses, billing specialist, front desk employees, intake specialist, and a leadership team. Positive environments make individuals secure, confident, and joyful. For me, working within this environment brings gratitude.

Confident and happy employees mean a positive environment for the consumer. This type of work can be demanding and stressful, especially for the clinical staff. However, when you have a good base, you support professional, caring, positive employees.

Those who come to LifeBack will have a preliminary meeting with a professional intake specialist who will guide them through the intake process. At intake, they will meet a warm, friendly front desk team and a competent professional clinician, as well as qualified psychiatric nurses and psychiatrists.

For me, LifeBack brings gratitude. I'm grateful knowing all of our supportive services are offered in one place...and knowing that clients will start to get their lives back. I'm also grateful that our clients' anxiety, depression, and stress may lead to growth, along with new coping skills and a new lease on life.

Lastly, I have gratitude for our Medical Director and clinical staff in PA. Meet them below:

### **Rebecca Meinke, MD - PA Medical Director and Psychiatrist**

Rebecca Meinke, MD, is a board-certified child, adolescent, and adult psychiatrist. Dr. Meinke has worked in every level of psychiatric care and with patients of all ages. She enjoys all aspects of psychiatry and is especially fond of working with families and utilizing a team approach in treatment. After many years as the consulting psychiatrist at The College of New Jersey (TCNJ), Dr. Meinke has joined the team at LifeBack full time as the Medical Director of our Pennsylvania office and Co-Medical Director in New Jersey.

### **Stephan Brautigam, APN - Psychiatric Nurse Practitioner**

Stephan Brautigam is a board-certified psychiatric mental health nurse practitioner. After serving four years in the military, he returned to Pennsylvania to start his healthcare career. Stephan is a member of Sigma Theta Tau, a nursing honor society, and has worked in various settings, including crisis, inpatient, outpatient, and corrections. Humble beginnings and a nonjudgmental attitude allow him to adapt to diverse patients and their unique situations.

### **Marcia MacKillop, LCSW - Clinical Supervisor & Therapist**

Marcia MacKillop is a licensed clinical social worker in New Jersey and Pennsylvania. Since 2013, she has been working in an outpatient setting with people who suffer from anxiety, depression, mood disorders, and other family issues that stem from addiction and mental illness. Marcia works with individuals of all ages, but she particularly enjoys working with teens and young adults who are adjusting to life transitions and significant traumas that have affected the family system. Her focus is derived from a holistic and systemic perspective, and she uses her theological experience and spiritual approach to help patients.

### **Dawn McIlwaine, LCSW, LCADC - Therapist**

Dawn McIlwaine is a licensed clinical social worker and a licensed clinical alcohol

and drug counselor in the state of New Jersey, and she works part time in Pennsylvania. Dawn comes to LifeBack with over 20 years of experience working in behavioral health outpatient settings including partial hospital, traditional outpatient, and dual-diagnosis programs. In addition to her work as a therapist, Dawn has experience as a clinical manager overseeing programming and supervising staff. Dawn has helped those who suffer from mood disorders such as anxiety, depression, and bipolar, as well as those struggling with substance use disorders.

### **Greg Smola, LSW - Therapist**

Greg is a Pennsylvania licensed social worker. A dedicated recovery advocate, he has served as an inpatient counselor, residential case manager, and emergency room crisis clinician. Clients have benefited from Greg's strength-based and motivating approach across a full continuum of care. Greg especially enjoys working with young adults who are seeking stability, motivation, and purpose.

For more information on LifeBack's services, please visit [Lifebacknj.com](http://Lifebacknj.com) or call 609-482-3701 option 2 for the intake line.



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**[info@lifebacknj.com](mailto:info@lifebacknj.com)**

**[www.lifebacknj.com](http://www.lifebacknj.com)**