



"Focused on each child's wellness and the peace of mind of every parent."



Arapahoe Park Pediatrics (APP) is a dedicated team of pediatric professionals focused on each child's wellness and the peace of mind of every parent. APP proudly serves Highlands Ranch, Littleton, Centennial, Lone Tree, Parker, Castle Rock, South Jefferson County, and surrounding communities. The practice provides primary healthcare services for infants, children, and adolescents.

This is the first Q&A in a series that will focus on the APP healthcare providers and the service offerings at Arapahoe Park Pediatrics. **Diane Strouse, LPC, NCAC II, CAC III**, is a Child & Family Therapist who has been working with APP for more than three years.

Q. What services do you offer and how do you work with APP?

A. My services focus on child & family therapy, mental health and behavioral issues. I am part of the Arapahoe/Douglas Mental Health Network (ADMHN) and an integrated part of the APP team, with an office at the APP Littleton location. APP doctors refer patients who need my services and I do a free initial phone consultation to develop a plan of action.

Q. Where did you go to school and how long have you been doing this kind of work?

A. I attended Colorado State University where I earned a B.S. degree in Psychology in 1994. I then earned my M.A. degree from the University of Colorado in Counseling Psychology and Counselor Education with an emphasis in Marriage and Family Counseling in 2001. I've been in this line of work since 1992, working with the substance abuse population, victims of domestic violence, the chronically mentally ill, and child and family counseling. I've been a part of the ADMHN for three and a half years and working with APP for more than three years.

Q. How do you integrate with APP to provide an improved patient experience?

A. Sometimes it's hard for parents to ask for mental health services for their child. By being here, in their pediatrician's office, it's often easier to ask for help and less stigmatizing. Having mental health services available in this office allows easier access for parents, easier follow-up with patients and is more comfortable as there is an established relationship and level of trust between the doctor and parent.

Q. What is your medical philosophy?

A. I take a client directed approach and specialize in solution focused therapy. I believe everyone is trying the best they can and my goal with each patient is to figure out what they want out of therapy and how they want their life to be. I give them feedback and help them move towards what they want by building on strengths and helping them discover their own tools. I don't label or have a one solution that fits all. I seek to understand what the patient wants and help them to achieve that goal.

Q. What's the most rewarding part of your job?

A. Helping people and feeling like I am making a difference in people's lives. I see a lot of anxiety, depression, Attention-Deficit/Hyperactivity Disorder, anger management issues, and family issues. It's very gratifying when I can help people get better.

Q. Describe how providing additional services under one roof impacts your patients.

A. I can communicate directly with the doctors so there is excellent coordination of care. For example, I see a lot of anxiety, and by working with the doctor and understanding the patient's medical history I can disseminate if the problem is psychosomatic or medical. I am also a resource for the doctors and nurses here. If a child needs medication I can arrange for them to have a medication evaluation with one of the child psychologists at ADMHN with on-going care if needed. I can also refer patients to other services and groups within the ADMHN. Our goal is to get our patients headed in the right direction based on individual needs.

If you have questions for Diane Strouse or would like to learn more about her services, you may contact her at 303-416-0432.