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Rittenhouse
PSYCHIATRIC ASSOCIATES

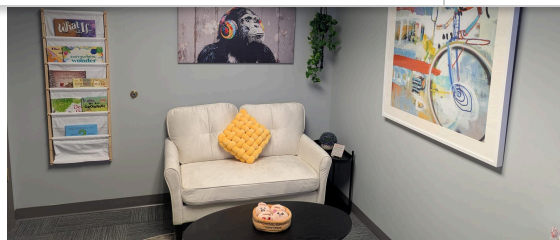
Quarterly Newsletter | Fall 2025



RPA expanding into Pittsburgh, PA

RPA now has a full-time office space in Upper St. Clair, Pittsburgh.

- Children, adolescents, and adults now able to schedule in-person as well as virtually
- Ages 5 and up welcome, with immediate appointments available
- Partnering with Ellie Mental Health, a therapy practice in Pittsburgh



Meet the Staff

Ashley Schuetz, CRNP

- Board certified psychiatric nurse practitioner
- Understanding of how mental health affects not only the patient, but their families and support systems as well
- Focuses on importance of mental as well as physical health for overall well-being
- Diagnostic evaluation and collaborative treatment planning for patients ages 5-25
- Expertise with individual education plans (IEPs), 504 Plans, and Individual Health Plans (IHPs)
- In-person appointments available in Pittsburgh, PA
- Virtual appointments throughout PA



[Read More](#)

OCD Awareness Week (October 12-18)

There is a public misconception that obsessive compulsive disorder (OCD) is just a minor personality quirk or preference and that everyone is "a

OCD, you could benefit from a thorough psychiatric evaluation.



health disorder that affects people of all ages and walks of life, and occurs when a person gets caught in a cycle of obsessions and compulsions.

Obsessions are unwanted, intrusive thoughts, images, or urges that trigger intensely distressing feelings. Compulsions are behaviors an individual engages in to attempt to get rid of the obsessions and/or decrease distress.

[Learn More](#)

October is Pregnancy and Infant Loss Awareness Month

If you or a loved one are dealing with the loss of a child, you are not alone, and there are resources available to get help.



- In the United States, nearly 21,000 babies are stillborn every year.
- Worldwide, there are more than 2.6 million stillbirths every year.
- Black and Native American families experience stillbirth at rates *twice* the rate for other families.
- The stillbirth rate for women in their 40s is 2-3 times the rate for women in their 20s and 30s.
- 1 in 6 women will be diagnosed with Post-Traumatic Stress Disorder after a stillbirth.

[Learn More](#)

Three new Child and Adolescent providers joining RPA

Dr. Nathan Hardy: Center City Philadelphia and virtual

Sydney Robinson, PMHNP-BC: Wilmington, DE and virtual

Ashley Schuetz, PMHNP: Pittsburgh, PA and virtual

Services include:

- Evaluations for 504 & IEP Plans for Students
- Anxiety, Depression, ADHD & Learning Disorder Evaluations, and Medication Management
- Coordination of Care with Parents, Pediatricians & School



[Learn More](#)



Obsessive-Compulsive Disorder: Discussion & Seeking Treatment

Individuals with obsessive-compulsive disorder (OCD) may benefit from a full psychiatric and medical evaluation.

[Read more.](#)



Dosing of SSRIs for OCD

Dr. Pagnani discusses dosing of SSRIs for the treatment of OCD.

Visit the Rittenhouse Psychiatric Associates [Youtube page](#).

Our Mission

To deliver the highest quality mental healthcare services available. To do so by hiring academically oriented providers, who trained at the nation's top psychiatric programs, and have a primary focus on clinical patient care.

To allow providers to practice medicine in a way that is consistent with their training, sub-specialization and innate desire to put their patients first, free of outside influences such as private equity, big business and insurance involvement.

To create a more-affordable option for fee-for-service psychiatric care, by providing autonomous private practices to the most well-trained and competent psychiatric nurse practitioners available, and to do so within a framework where case discussion, collaboration and education are part of the culture.



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