



P. ANDREW TRENTACOSTE

Age: 38

Title: Executive director

Company: Creative Health Services Inc.

Company location: Pottstown

Type of company: Behavioral health care

Education: SUNY Oswego, BA in psychology; Widener University, MA in clinical psychology, MBA in health-care administration, Psy.D. in clinical psychology.

Birthplace: Bohemia, N.Y.

Residence: Ardmore

LEADERSHIP

What helped you achieve early success?: In an effort to avoid the "real world" I went right from undergraduate to graduate school. Earning an MBA along with my doctorate in clinical psychology jump-started my career in health-care management.

What has been the biggest defining moment in your career?: The design and development of a 43,000-square-foot health-services center that uniquely enhances patient care, allows for new practice models, and enhances recruitment and retention of staff.

What's your biggest professional accomplishment?: Becoming the executive director of creative health services. Also, learning to balance my work and family life.

What's your biggest disappointment?: Student loan debt.

CAREER

Why did you choose your field?: A combination of a desire to "help people," an interest in human psychology, and a knack for project and people management. Plus, extending my education gave me extra time to avoid growing up.

Define your workplace philosophy: The workplace should match the mission. For us, this means a workplace that supports health, wellness and balance in one's life. Personally, I see my role as supporting the good work of the people at Creative Health Services.

COMMUNITY

How do you give back to the community?:

Through my efforts to improve health-care

access for all (not just those with an ability to pay), reducing stigma associated with behavioral health treatment, promoting integrated care, and working with area leaders to improve public education.

How does what you do improve quality of life?: People who receive the high-quality behavioral health care we offer are more likely to gain and/or maintain productive employment, parent their children successfully, contribute positively to community, and live overall healthier lives.

LIFE LESSONS

How do you ensure your continued growth?: By learning new stuff and staying active. Being the father of three young girls helps too.

What's the one thing you'd do over if you could?: Spend time as an apprentice woodworker. Or architect. I would like to be an architect. Building stuff is fun. Just call me Art Vandelay.

What's the best advice you've received?: To trust myself enough to take the career risk that brought me to Creative Health Services, and in my ability to shape my position toward what is effective for me as a person.

What's the worst advice you've received?: When I was 15 — "Someday you are going to apply for a job and they are going to see that earring-hole in your ear and not hire you."

What's your advice to the next generation?: Stay gold.

PERSONALITY

Preferred type of music: Modern rock and most of the songs available in Rock Band I and II.

Favorite movie: "Star Wars Episode IV — A New Hope" (the original version, not the one with the added digital scenes).

How do you unwind?: Reading, building and designing things, playing video games, watching TV and playing with my kids. Although, sometimes playing with the kids has the opposite effect.

Must-watch TV show: "Battlestar Galactica."

Favorite motto: "I love deadlines. I love the whooshing sound they make as they fly by." — Douglas Adams.

Car you drive?: Honda Accord Hybrid. ■■■