

Healthy Futures News + Views

An Educational Newsletter Covering Eating Disorder Treatment and Other Mental Health Issues February 2015 Vol. 3, Issue 6

Let's Smash those Scales!

With National Eating Disorders Awareness Week happening Feb. 23 – 28, Healthy Futures is again hosting the Pups & Peeps Fun Walk (see page 2), and this year we're doing something new – and we think we're gonna CRUSH IT!

Patients of Healthy Futures will be taking part in our first-ever Smash the Scale event!

According to Healthy Futures team member Ilene Smith, the idea combines freedom from an unhealthy obsession with weight, as well as sense of creative accomplishment.

Patients will be asked to bring in their scales and literally 'Smash the Scale.'

"We're asking our patients to celebrate the liberation of listening to your body, and not being attached to the number on the scale," Ilene said.

Once the scales are smashed, Healthy Futures patients will pick up the broken pieces and create something beautiful, instead.

"This is an art project



From left, Jessica McCall and Avi Vieira brace for impact as Ilene Smith prepares to Smash the Scale.

and we will make a collage from the broken pieces of the scales to be installed

Healthy Futures reaching out to the LGBT community

Avilio (Avi) Vieira is a Healthy Futures team member, but also Program Coordinator for West Valley One-n-Ten, an organization providing support for youths 14-24 in the LGBT community.

Because of his unique professional positions in the LGBT community, and with those struggling with ED, Avi is spearheading a new effort to provide resources to LGBT kids who might be

somewhere in Healthy Futures," Ilene said. "We love art therapy, and this

dealing with eating disorders.

"We've been finding there's been an uptick over the last seven or eight years within the LGBT community of eating disorders happening," Avi said. "Most of the research has been on gay males, but research is starting to come out for the rest of the community, as well, and they're finding out (eating disorders) are surprisingly common."

is a therapeutic event, as well, so everyone can get creative and process how they feel about not weighing themselves."

Healthy Futures offers Arizona's longest-running Intensive Outpatient Eating Disorder Program.

It is located at 8065 N. 85th Way in Scottsdale, AZ.

For more info, see HealthyFuturesAZ.com online, or call (480) 451-8500.

Avi will present ED info to the youths during a 'Mental Health Night.' It's a night the youths themselves requested.

"We'll talk about mental health in general ... and let's look at something specifically hitting the community like eating disorders, that no one has tried talking about before."

Avi said he hopes to expand this program to all five One-n-Ten centers in the Valley.

Healthy♥Futures'



PUPS & Peeps Fun Walk

A fun, noncompetitive, leisurely stroll with people and their pooches, in honor of National Eating Disorders Awareness Week

Our Third Annual Pups & Peeps is Saturday, Feb. 21, at 9 a.m. Bring your pooch and enjoy stroll along Scottsdale's Greenbelt.

This event is free and open to all friends of Healthy Futures, new and old, along with their puppies.

No puppy? No problem! You're welcome, too!

HealthyFuturesAZ.com ♥ (480) 451-8500