

Healthy Futures News + Views

An Educational Newsletter Covering Eating Disorder Treatment and Other Mental Health Issues

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Team approach proves beneficial for all



The Healthy Futures team. Director Mia Elwood says the team is like a family because of their close bonds.

Those who are being helped in Healthy Futures' programs for eating disorders or emotional eating, know well the Scottsdale clinic believes in the "team approach" to helping people overcome their disorders.

After all, they experience firsthand the comprehensive, professional care offered by each one of the clinic's many team

members.

Those team members include psychologists, social workers and counselors, dietitians, intake specialists and exercise experts. On special occasions, it even includes two soft, "non-human" team members, therapy dogs, Gus and Max.

Although those in the program experience the benefits of this team ap-

proach, they might not be aware of how detailed and comprehensive it is.

Every week the team gathers for a meal and shares the successes and challenges they've seen with every client in the two programs. Not only does this keep each professional on the same page, but also, if one finds an approach particularly helpful with a client, by

sharing that information with the team, it only increases the likelihood of greater success.

Healthy Futures Director, Mia Elwood, said the team approach has benefits beyond even these.

"Working as closely as we do with one another, we truly bond - we're family," she said. "Because of that, we have de-

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AMA's resolution another positive sign for those struggling with binge eating, obesity

In May, the American Psychiatric Association published the fifth edition of the Diagnostic and Statistical Manual of Mental Disorders (DSM-5) and for the first time, it includes "Binge Eating Disorder" (BED) as a fully recognized category of eating disorder.

Only a few weeks ago, the American Medical Association passed Resolution 420, declaring obesity to be a disease (or, precisely, a "Disease State with Multiple Pathophys-

iological Aspects Requiring a Range of Interventions.")

Regardless of the AMA's medical jargon, the resolution, coupled with the DSM-5's inclusion of BED, are both positive signs for those who struggle and suffer from binge eating and obesity.

It shows that more professionals are recognizing that binge eating is not a simple issue of willpower, but that it's a multi-faceted, complex issue com-

binning medical, social, psychological, biological and chemical factors.

Healthy Futures has been at the forefront of treatment for those struggling with weight issues and Binge Eating Disorders.

In 2011, the Scottsdale clinic began offering its "Emotional Eaters Intensive Outpatient Program" (EEIOP).

Meeting two nights per week, Healthy Futures' EEIOP offers amazing support, with group and individual therapy from trained and licensed

counselors, coaching, exercise support, DBT (dialectical behavioral therapy), "mindful meal" experiences, nutrition support and more.

The goal is to help patients start a healthy and happy relationship with food, and to help them break unhealthy relationships with food, such as yo-yo dieting.

Healthy Futures is at 9449 N. 90th St., Suite 210. For information about its Emotional Eaters Intensive Outpatient Program, call (480) 451-8500.

Can you feel the love?!

Below are only a few selected testimonials written by clients of Healthy Futures as they graduated from IOP or EEIOP.

The program changed my life. I feel like I am comfortable with myself and am able to eat to heal my body. I really loved everything about the program and the people.

All the therapists were caring and understanding.

I would send my friends to Healthy Futures. I learned about myself and how I'm strong enough to stop self-destructive behaviors. I am a better person because of Healthy Futures.

I enjoyed the group experience the most! I have changed a lot (compared) to the person I was when I started.

Healthy Futures gave me confidence and peace.

The program is wonderful because all the groups and specialists are in one office. The program allowed me to dig down and identify what my real instigators are of my eating disorder.

I would absolutely recommend this program to someone because the skills you learn here are life-changing. Looking at myself now to how I was when I started here, I am very proud and thankful to have had treatment here.



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veloped an amazing focus on helping our clients improve and achieve."

Continuing Education

The team approach at Healthy Futures not only benefits those in the eating disorder and emotional eating programs, it benefits the team members themselves.

In the simplest terms, it makes them smarter.

Each team member, as part of his or her licensing and/or professional designation, is required to log "continuing education" hours. This most often means attending seminars in their field in order to gain education about new studies or other techniques.

That's all well and good for the individual, but

in a team-approach setting like Healthy Futures, when one continues her education, they ALL continue their education.

At least once a month, a team member is in charge of an educational portion of the team meeting. He or she prepares a lesson from the new information gathered at a recent class or seminar, and shares it with everyone.

"It's really an efficient way to stay at the top of our fields," said Elwood.

Healthy Futures is at 9449 N. 90th St., suite 210, in Scottsdale, Ariz. You can find it online at HealthyFuturesAZ.com.

To speak with a team member about eating disorders or other mental health issues, call (480) 451-8500.