

# Healthy Futures News + Views

An Educational Newsletter Covering Eating Disorder Treatment and Other Mental Health Issues ~September 2013~ Vol. 2, Issue 4

## A new home for Healthy Futures!



Realtor Jonathan Gray, left, hands Healthy Futures Founder and Director, Mia Elwood, the key to the company's soon-to-be new home.

Healthy Futures is moving to a new home!

Founder and Director, Mia Elwood, announced that after a search of more than two years, she has finalized purchase of a Scottsdale office building, which is soon to be the new home of Healthy Futures.

Elwood began searching for a building a couple years ago, enlisting the services of Realtor Jonathan Gray of The Gray Team at West USA Realty.

Healthy Futures, which specializes in the treatment of all eating disorders, began in 2002, with

Elwood and a colleague sharing the space of a single, small office.

Word spread of Healthy Futures' thorough, professional and effective treatment of anorexia, bulimia and other eating issues, and it wasn't long before Elwood was searching the area for larger space.

In 2005, the company moved to its current address at 9449 N. 90th St. Because of continual growth, in 2010, Healthy Futures rented additional suits at its current location, adding roughly a thousand square feet.

But it wasn't long be-

fore Elwood found herself in need of more space.

"Fortunately we've been able to add great programs and services, as well as some amazing professionals, as we've continued to grow," she said.

Some creative scheduling has allowed the company to use its current space to the optimum, but Elwood knew more space would be vital to continued growth and top-quality care.

The new space, near Via De Ventura and Hayden Road in Scottsdale, includes enough

additional square footage for a spacious classroom and movement room, as well as group rooms, a touch therapy room, cozy private offices and a large kitchen area.

Making the space an ideal fit for Healthy Futures will require a bit of interior construction, so a move-in date has not yet been determined, but Elwood estimates (fingers crossed) Healthy Futures will be in its new home sometime in November.

Learn more at [www.HealthyFuturesAZ.com](http://www.HealthyFuturesAZ.com) or call (480) 451-8500.

## Lorin, Chris join HF as 2013-14 graduate interns

Healthy Futures continues its tradition of supporting students and their educational endeavors.

Healthy Futures consistently sponsors youth activities, educational events and organizations. Most impressive, each year the clinic invites mental health students to join the team and gain knowledge and experience in the field.

Healthy Futures Director, Mia S. Elwood, said she began inviting post-graduate interns to Healthy Futures in 2005 and the experience is always rewarding for both parties.

What's more, the internship program allows Healthy Futures to offer reduced-fee counseling services.

In this program, clients attend helpful sessions with an intern. Meanwhile, the counseling students are supervised several hours weekly by an experienced Licensed Clinical Social Worker or a licensed psychologist.

The interns, who are completing post-graduate degrees, work and learn with the Healthy Futures team for a year.

Once the internship is complete, the student receives course credits, but also invaluable insight and experience in the career of counseling and mental health.

This year's interns are Lorin Clinkenbeard and Christine Clark.



Christine Clark, left, and Lorin Clinkenbeard are furthering their education in the fields of mental health and eating disorders through a yearlong internship at Healthy Futures.

### Meet Lorin

**Lorin Clinkenbeard** is a Masters level intern at Healthy futures.

She is a native to Arizona and has had a passion for the mental illness field since her childhood. Lorin earned her Bachelors degree from Arizona State University in Psychology.

In her spare time she enjoys being outdoors with friends and family and talking long walks with her husband and two Chi-weenie dogs, Maggie and Boomer.

She said she is looking forward to gaining knowledge and experi-

ence with working with the eating disorder population.

### Meet Chris

**Christine Clark, MA**, is a doctorate level intern this year at Healthy Futures. She obtained her Masters degree in Clinical Psychology from the American School of Professional Psychology at Argosy University Phoenix, and is currently working on getting her PsyD.

Chris is actively involved in Argosy's student government as a clinical representative,

and also works part time in the student services department.

Originally from Detroit, Mich., Chris has been interested in working with eating disorders since her teenage years. She received her Bachelor's degree in psychology from Western Michigan University before moving to Phoenix to pursue a graduate degree. She has experience working in community mental health and school settings.

*For more information about the reduced-fee counseling, please call (480) 451-8500.*