

# Healthy Futures News + Views

An Educational Newsletter Covering Eating Disorder Treatment and Other Mental Health Issues ~Summer 2014~ Vol. 2, Issue 9

## Have no fear of swimsuit season

Sports Illustrated should be the only one with Swimsuit Issues. Everyone else should enjoy his or her summer!

That's the message from Healthy Futures team member Sheri Robenstine, who wants to remind everyone that hotter weather usually means skimpier clothes and summer get-togethers, and that these are things to embrace, not to hide from or avoid.

"Don't say I'm not good enough to leave the house. Actually go!" Robenstine says. "Laugh with your friends. Feel what it's like to be at those events. Your friends and family don't care what you're wearing. It doesn't matter to them if you have shorts on, or a swimsuit. They just want you to be there and have fun with them."

For those struggling with a negative body image, getting out and having fun can be challeng-



(Inset) Healthy Futures team member Sheri Robenstine offers advice for those struggling with body image. (Above) A look at swimsuits from 1879.



ing. To help overcome those issues, Robenstine suggests re-focusing on the amazing things your body can do, rather than whether how it looks compared to a swimsuit model.

"Appreciate that you woke up today, that you're able to carry something to that party, that you're able to walk there, that you're able to swim," Robenstine says. "And really look at the capabilities of your body rather than being negative about the

outside appearance of your body."

If negative thoughts begin creeping in, Robenstine advises you to immediately think of something positive your body can do.

"When you hear yourself think negative things, tell yourself something positive about your body. Enjoy time with friends and get your attention off your body and onto the people you're around or onto the activity you're doing," she says.

To hear more from Robenstine on this topic, please see Healthy Futures' Youtube Channel at [Youtube.com/HealthyFuturesAZ](https://www.youtube.com/HealthyFuturesAZ).

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

*It is located at 8065 N. 85th Way in Scottsdale, Arizona. For more information, see [HealthyFuturesAZ.com](https://www.HealthyFuturesAZ.com) online, or call (480) 451-8500.*

# Treating ARFID - a "new" eating disorder

A "new" eating disorder is on the books, but it's one Healthy Futures has been treating for many years.

When the new version of the Diagnostic and Statistical Manual of Mental Disorders (DSM-5) was published recently, it listed Avoidant/Restrictive Food Intake Disorder (ARFID) for the first time.

The disorder, often seen in young children, is when the child develops a strong avoidance to specific foods.

Healthy Futures team member Kim DiRé has been treating kids with ARFID for many years.

"What parents and family members of children who are having symptoms of ARFID need to know is, this is not just when children are having idiosyncrasies, such as not liking Brussels sprouts or mushrooms," DiRé says.

ARFID symptoms often have distinct sensory aspects, according to DiRé.

"A lot times the smells of foods, or putting certain foods in their mouths, creates a choking feeling, and sometimes vomiting," she says.

That severe reaction can be frightening to parents, especially when it becomes consistent (another ARFID symptom).

"What happens is, the children start to avoid types of food and they begin to restrict the variety

of food. They eat very little," DiRé says.

This can lead to under-nourished kids who then have trouble focusing in school, who have low energy, and stop socializing.

Kids struggling with ARFID also exhibit signs of high anxiety around food, depression and sometimes Obsessive-Compulsive traits.

"There's a lot more going on than a child not wanting to eat certain foods," DiRé says. "The good news is, there is treatment available!

"I work with these children in rebalancing the sensory pieces so they're able to tolerate different foods and smells. And often times, I work with decreasing their anxiety and lessening their depression. And then we work over and over on how to balance the world around them and their internal world by giving them great interpersonal effectiveness skills so they can ask for what they want and what they need," says DiRé.

If left untreated, ARFID can spiral into other eating disorders, sometimes with medical or life-threatening symptoms. It's best to address



Health Futures team member Kim DiRé discusses ARFID in this video clip from our Youtube channel.

ARFID early.

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## Welcome Harrison!



Longtime HF team member Jessica McCall and her husband, Thomas, welcomed their firstborn in the wee hours of the morning on June 12, 2014. We're happy to introduce the newest member of the Healthy Futures family, Harrison Thomas McCall!