



THE CENTER STANDARD

THE CENTER FOR BALANCED LIVING

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DECISION MAKING DIFFICULTIES

By Laura Hill, PhD, CEO, CCO

The day begins and you get up and begin your routine. At some point, you ask yourself, "What should I wear?" For most people, the answer, a decision, is simple. You choose something, get a mental confirmation (which is a chemical rise of dopamine in your brain), and then get on with your day.

A person with anorexia nervosa or bulimia nervosa does not have that inner compass that provides emotional confirmation in decision making. People with eating disorders have difficulty making decisions. When they ask, "Do I wear this outfit?" there is no internal cue that confirms a decision. It is a flat signal in the brain.

Decisions get worse when it comes to food. "Do I eat this for lunch?" There is little to no internal signal to confirm the decision. So the decision becomes, don't eat it. Since eating creates many other

physical and cognitive disturbances for people with eating disorders, the inability to decide what to eat results in avoidance of food or delayed eating.

These findings were published by A. Wagner and W. Kaye in the International Journal of Eating Disorders in May. The Center has been working with Dr. Kaye at the University of California San Diego, testing the clinical applications to his neurobiological research.

Dr. Kaye and I presented "Neurobiology of Eating Disorders: Clinical Applications" at the 2010 International Conference on Eating Disorders in Salzburg, Austria in June.

Information from this presentation will be included in The Center's Family Education Program "FED UP? Get FED!" on July 17. See website for more information.

A NIGHT TO REMEMBER! FIRST FUNDRAISER A HUGE SUCCESS

On April 29th The Center presented "Recipes for Balanced Living," a fun, informative evening that cooked up menus for the various stages of life. The festivities took place in The Dispatch Kitchen at the North Market. It was the first fundraising event that The Center has ever attempted.

The sold out event featured demonstrations led by Robin Davis, Food Editor for *The Columbus Dispatch*. Michael Jones with *Local Matters* and Randy Dupler provided entertaining and helpful insights into preparation of the evening

meal for young adults to empty nesters and the elderly. Those who attended were invited to sample the various dishes cooked by the guest chefs and to participate with questions and comments throughout the demonstrations.

The overwhelmingly positive response ensures that The Center will offer a similar event next spring. You won't want to miss it! Thank you to all who attended and for our generous sponsors and contributors.

GOODBYE PAPER, HELLO E-CHART

On May 17, The Center for Balanced Living went live with a newly created electronic chart (e-chart), tailor made for multi-dimensional eating disorder treatment!

Thanks to a grant from the John Charles Sharon Fund of The Columbus Foundation, The Center has created an e-chart for eating disorders that addresses three levels of care: Partial Hospital Program for Eating Disorders, Intensive Outpatient Program for Eating Disorders and outpatient treatment for eating disorders and other mental health concerns.

David Dagg, PCC, LICDC, The Center's Director of Clinical Development, created unique eating disorder forms, including an Integrated Diagnostic Assessment, an Integrated Nutritional Assessment, clinical notes, treatment plans, weight charts and other forms to assure multidimensional treatment. All forms were developed to be compliant with standards established by the Commission on Accreditation of Rehabilitation Facilities (CARF).

David worked tirelessly drawing upon his skills in computer technology and his depth in eating disorders and other mental health illnesses to assure this new chart has a form that follows the true function of the illnesses.

Cheryl Ryland, COO/CFO, also worked endless hours to assure the new e-chart can respond to new billing and administrative needs.

This unique e-chart is a model for other eating disorder treatment sites nationally.



WEAVING IN THE ENDS



On the third Sunday of each month, clients, families and friends of The Center knit and crochet squares that are donated to volunteers in the Columbus community who turn them into afghans for The Battered Women's Shelter. To date, the group has donated enough squares to complete more than thirty afghans.

Instruction is provided for new knitters or crocheters. No reservations are required and new members are always welcome. Completed squares can also be dropped off in the office of Building N or O if you are unable to attend but want to donate your work.

I don't have a lot of time to prepare meals for my kids but I don't want to make fast food a habit. What can I serve them?

M: The following recipe was shared at our spring event and is both fast and delicious. The kids will love it!

PARMESAN CHICKEN

Chicken breast (1 full = 2 breasts plus 2 tenders)

1 cup of seasoned bread crumbs
cup of grated parmesan cheese

Kosher salt & pepper

2 free range chicken eggs

2 TBSP milk



Preparation

- Pound the chicken breasts even and flat.
- Season with salt and pepper.
- Whisk eggs and milk in one bowl (wide) and mix bread crumbs and parmesan cheese in another bowl (flat).
- Dredge chicken in egg wash, then in bread crumb mixture. Repeat.
- Spray baking sheet with cooking spray.
- Place chicken on sheet. Spray top of chicken pieces lightly with cooking spray.
- Bake @ 365 degrees convection (375 regular oven) for 12-14 minutes.

Additional Menu Items to Compliment

Mixed Green Salad with Lemon-Herb Vinaigrette
Steamed Broccoli with Butter

DBT: A CLOSER LOOK

By David Dagg, PCC, LICDC, Director of Clinical Development

Dialectical Behavior Therapy (DBT), originally used to treat clients with borderline personality, is now used in a wide array of treatment, particularly for individuals with self-harm behaviors such as self-cutting and suicidal thoughts, urges and/or attempts.

Emotional vulnerability and an invalidating environment often contribute to negative thoughts and behaviors. Thus, patients are validated and accepted while being taught alternative coping

skills including mindfulness, interpersonal effectiveness, emotion regulation, and distress tolerance.

DBT uses "dialects" to get clients "unstuck" from extreme positions. Dialects are a way of acknowledging opposing opinions or perspectives at the same time without intending to challenge or reframe one point of view. It is a practice of looking at all sides of a situation with "AND" thinking. For instance, "I am afraid to eat AND my

body needs energy."

Clients in the DBT skills group at The Center receive individual therapy, skills group, and phone coaching. Standard DBT treatment involves a minimum of a six-month commitment.

Clients are required to make a commitment to be willing to change, with the core goal to stop life-threatening behaviors, therapy-interfering behaviors and quality of life interfering behaviors.

KROGER REWARDS BENEFIT THE CENTER

Every time you shop at Kroger, you can make a donation to The Center, *with no extra cost to you!*

To participate, go to www.krogercommunityrewards.com, click on Ohio, and then click on step by step enrollment on the bottom of the page. Follow the instructions to register your Kroger Plus card and enter NPO # 84504 for The Center.

After registering, just shop as you normally do and a percentage of all of your Kroger transactions will be donated to us. It's that easy!

July is National Grilling Month!

Keep these tips in mind when you are firing up the gas (or charcoal) grill!

1. Use a marinade to give food a better flavor. Marinades may also tenderize as well.
2. Place marinade with food in a sealed plastic bag and place in the refrigerator for 30-60 minutes. If using marinade as a baste, reserve a portion before placing it with the food. Remember to never reuse mari-



FOOD FOR THOUGHT

By Sonja Stotz, RD, LD

nade that has come in contact with raw meat.

3. For an exciting new taste, try placing fresh herbs on the coals during the last few minutes of cooking. Try bay leaves with red meat or thyme with seafood. Experiment to see what combinations you like best.
4. Place vegetables on skewers after marinating. Be sure to turn frequently to brown evenly on the grill. For more information go to <http://www.urbanext.uiuc.edu/grilling/index.html>

Directory of Services at The Center:

- ◇ Outpatient Services
- ◇ Intensive Outpatient Program for Eating Disorders (IOP-ED)
- ◇ Partial Hospital Program for Eating Disorders (PHP-ED)/M's Place
- ◇ M's Aftercare Program (MAP)
- ◇ Nutritional Counseling
- ◇ Nutrition Group
- ◇ Psychiatric Medication Management
- ◇ Ask the Expert Education Series
- ◇ Fed Up? Get FED: Family Eating Disorders Program
- ◇ Free Eating Disorder Support Groups
- ◇ Weaving in the Ends: A Needlework and Fiber Arts Guild
- ◇ DBT Group for Eating Disorders
- ◇ Psychotherapy for all mental health concerns

COMMUNITY EDUCATION OFFERED AT THE CENTER

Fed Up? Get FED! Family Education Program

Saturday, July 17, 2010
9:00 am-5:00 pm

Ask the Expert Series "Justice! Part I (Ethics)"

Presented by David Dagg, PCC, LICDC
Director of Clinical Development

Tuesday, August 24
6:30 pm-8:00 pm

Ask the Expert Series "Justice! Part II (Ethics)"

Presented by David Dagg, PCC, LICDC
Director of Clinical Development

Tuesday, October 26
6:30 pm-8:00 pm

CEU's available for each of these programs.

Visit the website for more details.

www.TheCenterForBalancedLiving.org

COMING IN THE FALL ISSUE

Fundraising Campaign
Support Groups
Mindfulness & Relaxation
Community Collaborations