



Hill & Saks News

Behavior Therapy Providers for Individuals with Developmental Disabilities

Winter 2010

Agency News

Cost containment is a prominent issue for New Mexicans with developmental disabilities and their providers. Although DOH Secretary Vigil postponed changes to the DD Waiver on 1/19/2010, budget cuts remain necessary and are forthcoming. We do believe some careful cuts can be sustained and can do our part. We also know BSC services assist consumers and caregivers to manage challenging behaviors and mental health concerns.

Individuals receiving services may experience increases in community involvement and less crises and hospitalizations. We are collecting data on the impact of proposed changes to the consumers we serve. Your input can help with accurate information. Please feel free to contact us and/ or submit an annual service satisfaction survey. Surveys can be obtained from any Hill & Saks consultant or online at www.hillsaksbts.com (Go to the "Contact Us" link.)

Healthful Living: One Step at a Time

Build on one success at a time. Here are some ideas to start:

1. Try healthy snacks instead of waiting until you feel starving
2. Switch from white to whole grain bread and pasta.
3. Aim to drink more water.
4. Try fruit instead of candy
5. Switch from fried to grilled chicken.
6. Switch from fries to salad



Profiles of Success: Nels and Liz Models of Healthy Eating

Nels Krakowski and Liz MacMillan have been cooking together for cook 2 years. They made a decision learn how to eat healthy and have stuck to it. When they cook together Liz

makes a shopping list; Nels goes grocery shopping. They use cooking magazines which provide visual support for directions. They cooperate, and the outcome is healthy for mind and body. Everyone eats together (staff, housemates, and therapists). They eat healthy. They have home made soups, salad with field greens, and even use organic produce from the local farmer's market. They have made a lifestyle change which provides enjoyment first and foremost. They not

only improve health but also improve skills in reading, cooking, socializing, communication. Liz and Nels you are a good example to us all. Keep up the healthful living!



Food and Mood: Model Healthy Eating for Energy, Focus and Calm

It is easy to enter a pattern of unhealthy eating in our society which is flooded with unhealthy choices. Fast food and processed foods are often high in sugar, sodium, fat, and cholesterol, and they lack the optimal fruits, whole grains and vegetables.

It is often easy to ignore risk of future health problems because of unhealthy eating today. However, what and when we eat can affect our immediate mood and energy levels. Certain nutritional deficiencies can have an effect on mental health. For example, vitamin B1 found in legumes, some seeds, and fortified grains, is necessary for maintaining your energy supplies. deficiency can lead to weakness,

irritability, and depression. Vitamin B9 found in leafy greens, legumes, and fortified grains, is essential for allowing nerves to function properly; deficiency can result in depression, apathy, fatigue, poor sleep, and poor concentration.

Low energy levels and irritability can also be brought on by skipping meals and then bingeing. Relying on sweets and caffeine for energy boosts can lead to mood swings and poor concentration.

By eating a wide variety of foods - including lean proteins, whole grains, fruits, vegetables, healthy fats, and low-fat dairy products, we can support a healthy mind and body. In

addition, a good way to fuel your body regularly is to space meals and snacks 3 - 4 hours apart.

Caregivers have a significant influence on individuals with developmental disabilities. It is essential to model healthy food choices and regular eating intervals. (And you may find this emphasis for consumers helps you focus and feel good too!)

The above is general information and should not be used as professional advice to address specific medical or mental health needs. Information for this article was derived from The University of Illinois at Chicago Dept on Disability and Human Development; National Center on Physical Activity and Disability <http://www.ncpad.org/index.php> and US Dept of Agriculture <http://www.mypyramid.gov/>



Hill & Saks

Behavior Therapy Services

P.O. Box 5787 • Santa Fe, New Mexico 87502

(505) 660-1110 • FAX (505) 474-4748

Email: HillandSaks@hotmail.com

Www.hillsaksbts.com
