

ATLANTA CENTER FOR EATING DISORDERS

December  2008

Great News for People Needing Treatment for Eating Disorders.

Wellstone-Domenici Mental Health Parity and Addiction Equity Act of 2008

The Paul Wellstone and Pete Domenici Mental Health Parity and Addiction Equity Act of 2008 (The Wellstone-Domenici Parity Act), enacted into law on October 3, 2008, will end health insurance benefits inequity between mental health/substance use disorders and medical/surgical. The law becomes effective on January 1st, 2010. Under this new law, people will have the right to non-discriminatory mental health coverage.

The new law amends the Mental Health Parity Act of 1996 to ensure that financial requirements and treatment limitations applicable to mental health/substance use disorder benefits are no more restrictive than those requirements and limitations placed on medical/surgical benefits. Equity coverage will apply to all financial requirements.

As under the current federal parity law, mental health or substance use benefit coverage is not mandated and small employers of 50 or less are exempt. However, if a plan offers such coverage, it must be provided at parity in accordance with this Act. A group health plan (or coverage) that provides out-of-network coverage for medical/surgical benefits must also provide out-of-network coverage, at parity, for mental health/substance use disorder benefits.

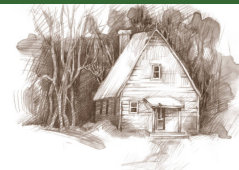
What this all means is that if you have mental health coverage, you'll have the same coverage for mental health needs as for medical needs.

For the full article go to

http://www.apapractice.org/apo/in_the_news/parity_summary.html#

Each morning when I open my eyes I say to myself: I, not events, have the power to make me happy or unhappy today. I can choose which it shall be. Yesterday is dead, tomorrow hasn't arrived yet. I have just one day, today, and I'm going to be happy in it.

Groucho Marx



Five Ideas to Help People Negotiate The Holidays

1. Eat regularly and in some reasonable pattern. Avoid "preparing for the last supper." Don't skip meals and starve in an attempt to make up for what you recently ate or are about to eat.
2. Worry more about the size of your heart than the size of your hips! It is the holiday season, a great time to reflect, and enjoy loved ones.
3. Discuss your anticipations of the holidays with your therapist or other members of your treatment team so that they can help predict, prepare for, and get through any uncomfortable family interactions without self destructive coping attempts.
4. Have a well thought out game plan before you go home. Know where your support persons are, and how you'll know how its time to make a brief exit and get connected with needed support.
5. Talk with loved ones about important issues: decisions, victories, challenges, fears, concerns, relationships and your feelings about them.—Taken from EDAP.org



Toolbox: Top Ten Tips for Dealing with Food, Weight, and Body Image

Don't talk negatively about your body! Negative talk breeds negative feelings overall. Remember the power of positive affirmations!

Don't weigh yourself regularly. Our body weight fluctuates daily anyway and you will drive yourself crazy seeing day-to-day changes. Don't set your mood by the scales!

Don't deprive your body of fuel! Eat in regular intervals, at least every 3-5 hours. Your body needs fuel to function.

Make sure you get the performance food pyramid guidelines as a base. Don't cheat yourself on the key energy foods, esp. grains and fruit. Eat at least 8 servings/day from complex carbohydrate foods such as breads, cereals, and grains, and at least 7 choices from fruits and vegetables.

Hydrate with decaffeinated fluids but don't over hydrate. Excess fluid can actually dilute your body's electrolytes.

Eat breakfast every day! After a ten to twelve hour fast your body needs fuel to be active and to rev up your metabolism.

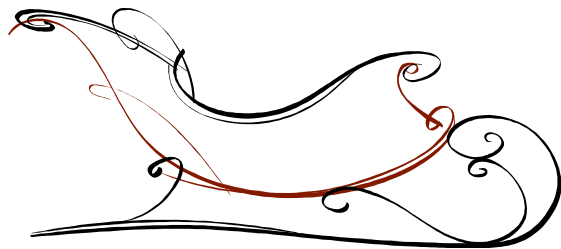
Provide the building blocks of protein daily to maintain muscle and organ mass. Complete protein sources like turkey, chicken, fish, and lean red meats are needed every day. Choose alternative protein options like soy meat alternatives, tofu, beans, eggs, and peanut butter to meet your protein needs.

Eat at least a tablespoon of vegetable fat daily! Vegetable fats like olive oil or olives, nuts, salad dressings, avocado, and mayonnaise. This will help to raise your metabolism by lubricating your digestive system and helping you make regulatory hormones. These fats also help you absorb important antioxidant vitamins like A and E.

Make sure you are getting enough calcium and iron. If you are not consuming at least 2-1 cup servings of dairy per day, take a calcium citrate supplement. If you do not eat meat, your iron may be low, so take a multi-vitamin with the minimum daily dose of iron (females 18mg/day).

Surround yourself with healthy food and weight examples. Be a critical viewer of the media. Avoid/limit exposure to unhealthy images, messages, and people. Spend less time focusing on food and weight and more time on your true passions.

-Adapted from Page Love, RD, LD.



Now OPEN!
**ACE House:
A Therapeutic Bed and Breakfast.**

The residence, located less than a block from our main facility in Dunwoody, will be available for participants in the ACE program who do not have local accommodations. Please contact your individual therapist for more info.

**Family Support Group
Now Monday Night!!!**

The Family Support Group is Free and Ongoing. It is a great resource available to any family member or support people who have a loved one in treatment here at ACE. It is held every Monday night from 6:45 to 8:15pm. Sign up through your family therapist or contact the front desk at (770) 458-8711 x0.

FREE PRE-LUNCH RELAXATION GROUP!
Monday - Thursday 12:30 to 1:00
Its Casual and open to anybody

Benefits of learning and regularly practicing formal relaxation skills:

- Decreases anxiety
- Lifts our mood
- Releases muscle tension
- Increases energy level
- Improves Sleep
- Increases concentration
- Maximizes brain efficiency
- Improves ability to handle problems

Ask your Therapist for more details

For previous newsletters, please visit
<http://www.eatingdisorders.cc>