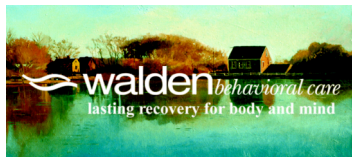


# Walden Connects



Summer 2011

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*Great opportunities to help others seldom come, but small ones surround us everyday.*  
— Sally Koch

## Walden's New Adolescent Residential Program

Walden understands and believes that eating disorders are complex and multi-dimensional conditions and require multiple levels of care. On June 13, 2011, Walden opened its Adolescent Residential Program at its Waltham location to complement the existing Teen and Family Continuum that includes Hospital, Partial Hospitalization and Intensive Outpatient programs. By expanding the Continuum, Walden Behavioral Care has increased its service capacity to match the specific needs of teens and their families, relative to where they are in the disease process.

Walden's new Adolescent Residential Program serves adolescents, ages 14-17 years, who require 24-hour care and who cannot be successfully treated in a less intense setting. In the home-like setting of the residential program, teens and families participate in a continuous program throughout the stay designed to promote the development of individual skills and family structure, provide a safe environment at home, and allow for additional aftercare services to continue the remaining therapeutic work.

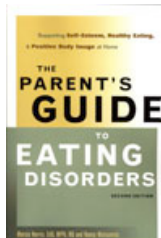
The goals of this program are: continued progress toward the individual adolescent's weight goal; decreased reliance on eating disorder behaviors; increased competency of families to support recovery through meal time and daily structure; and increased effectiveness of family to cope with major family conflict or other issues that may undermine the adolescent's recovery

The treatment team includes a physician, dietitian, and social workers, as well as a support team consisting of a nurse practitioner, nurse, and mental health counselors.

All the programs in the Teen and Family Continuum are designed to facilitate the building of a foundation for a healthy sense of self and personal identity. This means not only finding a way to live without an eating disorder, but to create a life teens want to live.

## Marcia Herrin... *Parent's Guide To Eating Disorders*

*The Parent's Guide to Eating Disorders: Supporting Self-Esteem, Healthy Eating, and Positive Body Image at Home* by Marcia Herrin Ed.D. M.P.H. R.D. explores how effective solutions begin at home and cost little more than a healthy investment of time, effort, and love.



Based on "exciting new research," Herrin's book differs from similar books in several key ways. Rather than concentrating on "hospital stays of patients with severe disorders," Herrin and co-author Nancy Matsumoto focus on the family, "teaching parents how to examine and understand their family's approach to food and body-image issues and its effect on their child's behavior."

The book helps parents navigate the vast sea of information regarding eating disorders. Parents learn to recognize the onset of an eating disorder, offers guidance on establishing

(Continued on page 4)

Thirty-seven percent of alcohol abusers and 53% of drug abusers also have at least one serious mental illness. (National Alliance on Mental Health)

## Substance Abuse and Mental Health Disorders

Addiction is common in people with mental health problems. While substance abuse and mental health disorders such as depression and anxiety are closely linked, one does not directly cause the other. These co-occurring disorders have their own unique symptoms that may interfere with one's ability to function, handle life's difficulties, and relate to others.

Diagnosing a substance abuse problem and a co-occurring mental health disorder such as depression, anxiety, or bipolar disorder can be difficult. Complicating the situation, the two problems affect each other and interact. When a mental health problem goes untreated, the substance abuse problem usually gets worse as well. And substance abuse may sharply increase symptoms of mental illness or trigger new symptoms. Alcohol and drug abuse also interact with medications such as antidepressants, anti-anxiety pills, and mood stabilizers, making them less effective.

According to reports published in the *Journal of the American Medical Association*, roughly 50 percent of individuals with severe mental disorders are affected by substance abuse. Of all people diagnosed as mentally ill, 29 percent abuse either alcohol or drugs.

Regardless as to whether one's mental health or substance abuse problem came first, recovery depends on treating both illnesses. Combined treatment is best. One's best chance of recovery is through integrated treatment for both the substance abuse problem and the mental health problem and, ideally, from the same treatment provider or team.

(Reference: [http://www.helpguide.org/mental/dual\\_diagnosis.htm](http://www.helpguide.org/mental/dual_diagnosis.htm))

## An Interview With Walter Henritze



Walden Behavioral Care welcomes Walter Henritze as Chief Financial Officer (CFO).

**WC: Tell me about your new position at Walden Behavioral Care.**

**Walter:** As the Chief Financial Officer at Walden, I have the primary responsibility for all aspects of Walden's financial operations. I also manage our major vendor relationships, oversee all aspects of our information technology infrastructure and work with other members of the Senior Management team to plan and guide the Company's strategic direction.

**WC: What drew you to Walden?**

**Walter:** I was engaged as Interim CFO early in 2009 to help the company through a difficult transition period and worked for almost two years as an independent contractor. In late 2010, Dr. Koman approached me about coming aboard as a "real" employee and, having had plenty of time to evaluate the job and the people (both of which I liked a lot), I had to say yes.

**WC: What is important to you in a workplace?**

**Walter:** Working with smart, fun, motivated people, and having the resources, authority and mandate to make a difference.

**WC: What do you enjoy doing outside of the workplace?**

**Walter:** I've been playing the guitar for 40 years and get together weekly with a great group of other musicians to jam and share good times. I also love the outdoors and take every opportunity to hike local trails in good weather and cross-country ski during the winter. Other than that, my principal pleasures are the company of my wife and friends, great food and interesting travel.

(Continued on page 3)

Adolescent girls in the upper 24% of body dissatisfaction showed a 4.0-fold increased incidence of eating disorder onset. (Behaviour Research and Therapy, 2011)

## Meet More Walden Team Members

Walden's integrated, multi-disciplinary team includes psychiatrists, internists, psychologists, social workers, nutritionists, nurse practitioners, occupational therapists, expressive-art therapists, registered nurses, educators, mental health workers, mind-body practitioners, administrators, and support staff.



**Rebecca Eckstein, LICSW**, Social Worker in the Residential Program, was a Social Worker with the Kings County Hospital Center, Adolescent Boys Psychiatric Inpatient Unit prior to joining Walden. Rebecca received her MSW from New York University.



**Jamesa Douglas** is the Administrative Assistant to the Assistant Vice President of Clinical Operations. She was the office manager for Middlesex Networks, Inc. prior to joining Walden. Jamesa is currently enrolled in the Medical Assistant Program at Everest Institute.



**Joanna Imse, LICSW**, is a Family Therapist with Walden. Prior to joining Walden, Joanna was the Mentor Supervisor for Intensive Foster Care with Dare Family Services. She received her MSW from Salem State College School of Social Work.



**Lily Perkins, LICSW**, is the Assistant Director for Walden Northampton. Lily was an Outpatient Clinician with ServiceNet, Northampton Outpatient Clinic prior to joining Walden. She received her MSW from Smith College School for Social Work where she is also an Adjunct Faculty member.

## Walter Henritze Interview (cont. from page 2)

**WC: What one thing would you like your colleagues at Walden to know about you?**

**Walter:** I have over 8,000 songs on my iPod . . . and I still haven't finished ripping my CD collection.

**Biography:** Prior to joining Walden, Walter Henritze was Founder, Manager, and CFO of Pandetix, LLC, a performance monitoring software company. Walter was also the Founder of ZMedia Group, Inc., which develops television programs and series for broadcast and cable television.

## What's New At Walden...

- ◆ Walden received a Workforce Training Fund grant that commenced in December 2010 and will be ongoing through November 2012. Components of the grant include: Walden Process Improvement (WPI) and Soft Skills training. The first phase of WPI training, the admissions project, ended on July 13<sup>th</sup>. The admissions team representatives were: Paula Vass (Champion), Emily Slager, Laura Roias, Jen Rogers, Bob O'Connell, Jennifer Smith, Sara Wallace, Patty Foster, and Maggie Moran. The team members worked diligently to recommend significant changes to the admission processes. The positive results from the project will have a major quality service delivery impact on patients and staff.

## Walden In The News...

Rising Eating Disorders Cause Concern For Tweens  
*New England Psychologist*  
April 2011  
By Jennifer E. Chase

If you type the words "eating disorders on the rise in children" into any search engine you'll be bombarded with hits. Sadly, experts are alarmed but not surprised.

(Read full article at: [http://www.waldenbehavioralcare.com/news\\_article.asp?id=75](http://www.waldenbehavioralcare.com/news_article.asp?id=75))

## *Walden Connects*

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## **Parent's Guide To Eating Disorders (cont. from page 1)**

healthy attitudes toward food at a young age, and how to intervene in a "non-threatening, nonjudgmental way."

While the authors concentrate on teens, the age group most often affected by eating disorders, they spend a good deal of time, as well, on younger children. And the book does not focus solely on young girls. Chapters cover boys at risk, relapse training, dealing with friends, school, and summer camp. It also includes an appendix and sections on further reading, organizations and websites, residential and hospital programs, and references.

About the authors: Dr. Herrin is founder of the Dartmouth College Eating Disorders Prevention, Education and Treatment Program. Currently, she runs a busy private practice specializing in children and adults with weight issues and eating disorders. Nancy Matsumoto is a freelance journalist who has written human interest, news, entertainment and medical articles, including numerous stories on health, eating disorders and body image.

## ***Did You Know...***

- ◆ Ron Steingard, MD attended the MGH/Harris Center Eating Disorders Gala in March
- ◆ Kelly Stellato has been presenting the Walden Binge Eating program to multiple college staff and dietitians in the Pioneer Valley
- ◆ Paula Vass and Maggie Moran presented an overview of eating disorders to the Health Services and Counseling Center staff at Colby-Sawyer College in Maine on May 11<sup>th</sup>
- ◆ Jennifer Smith presented a webinar on eating disorders to a college campus staff audience on May 19<sup>th</sup>
- ◆ WBC exhibited at the Academy of Eating Disorders in Miami from April 27<sup>th</sup> - 30<sup>th</sup>
- ◆ Emily Slager presented an overview on eating disorders to Health Services staff at Mt Ida College
- ◆ Corrinne Chapin was a guest expert panelist at the Claremont School in Worcester on May 24<sup>th</sup> after the presentation of the "Thin Line"
- ◆ WBC's executive clinical staff met with the Joslin staff to discuss a potential diabetic/eating disorders program at Walden
- ◆ Paula Vass and Maggie Moran presented Walden's programs to several McLean staff at Fernside in Princeton, MA
- ◆ Jennifer Smith was interviewed by three radio stations in Worcester regarding the open house and services offered by Walden
- ◆ Paula Vass attended several meetings with UBH staff in Pennsylvania

## **People Are Saying About Walden...**

*Thank you all very much for the care you gave our daughter.*

*The work you do is so important, and our whole family appreciates the kindness, professionalism, and care that you bring to your work.*

*We can see now how the time spent on Alcott was so crucial to getting our daughter on the road to recovery.*

*Thank you,*

*The Parents of a Former Alcott Patient*