



# A Healthy Outlook!

240-314-1040 • FAX 240-314-1049 • [www.montgomeryschoolsmd.org/departments/EAP](http://www.montgomeryschoolsmd.org/departments/EAP) • Vol. 15 No. 2

## HEALTHY EATING in the Summertime

### Smart Summer Snacks

SUMMER IS HERE and that means the kids are home from school.

Instead of grazing all day, encourage your kids to stay on a meal schedule. Help them plan smart snacks, such as—

- ♦ Raw vegetables with low-fat dip
- ♦ Fresh fruit
- ♦ Homemade popsicles made from 100 percent fruit juice
- ♦ Italian ice
- ♦ Pudding made with low-fat milk.

As with other food choices, kids should snack with variety, balance, and moderation in mind. Smart snacking can make between-meal eating a valuable part of a healthful eating style for the whole family.

### Tips for Safe Outdoor Eating:

With warmer temperatures and more outdoor gatherings, summertime brings an increased risk of food poisoning. Before you pack your picnic basket this weekend, remember these simple food safety tips.

- ♦ Keep hot food hot and cold food cold.
- ♦ Pack food in a well-insulated cooler, with plenty of ice or ice packs to keep temperature below 40°F.

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- ♦ Keep raw foods separate from prepared foods.
- ♦ Transport the cooler in the back seat of your air-conditioned car, instead of in your hot trunk, and keep your cooler tightly closed.
- ♦ Bring moist towelettes or soap and water to clean your hands and surfaces often.
- ♦ Do not leave food outside for more than one hour when temperatures are 90°F and above.

### Q. For what reason might a supervisor refer an employee to the EAP?

A. Supervisors might refer an employee for a number of reasons. Sometimes, a referral is made because an employee is dealing with a personal issue and, although it has not affected his/her job performance, the supervisor wants to be sure the employee knows about the program should he/she need support. A supervisor also may refer an employee to The EAP during the course of a discussion about performance deficiencies. In this case, the supervisor wants to offer help and hopes that if an employee addresses underlying or coinciding personal issues, then his/her performance will improve.

**Do you have a question for the EAP? Send your questions via outlook to Jeff Becker.**

### Summer Heat Challenges Fluid Intake

Staying well-hydrated is essential to maintaining adequate blood volume, energy levels, and body functions.

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## Healthy Eating

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Most people should consume at least 8 to 12 cups of fluids per day. The exact amount you need depends on your activity level. If you work or play outside, your hydration needs will be higher. You also will need more fluids if you have more muscle than fat. And of course, the need goes up on hotter and more humid days. One quick way to estimate your level of dehydration is to check the color of your urine. It should be pale to clear. Stay properly hydrated by drinking water and juices and eating lots of fruits and vegetables.

## Safe Camp Lunches Make Kids Happy Campers

Help your children have a great camp experience with a safe and healthy brown-bag lunch. Carrying a lunch in the summer requires extra focus on food safety. If your child's lunch will sit out from the time he or she arrives at camp until lunchtime, pack all protein foods with an ice pack to keep the

temperature below 40°F. If you cannot use ice packs, choose protein foods that do not need refrigeration, like peanut butter or other nut butters or individual cans of meat, fish or turkey.

## Guidelines for Summer Barbecue Buffs

This summer, keep your feast safe and fun with these guidelines.

- ♦ Wash your hands (for about 20 seconds) before, during, and after handling food. Pack hand sanitizer for times when soap and water are not handy.
- ♦ Scrub the grill with hot, soapy water before each use.
- ♦ When marinating, always use separate brushes for raw and cooked meats, or wash the brush in hot, soapy water between uses.
- ♦ Always use a meat thermometer to make sure meats are cooked to a safe internal temperature.

- ♦ Remove from the cooler only the amount of raw meat, fish, or poultry that will fit on the grill at one time.
- ♦ Cook your favorite foods to the right temperature by using a meat thermometer; hamburger to at least 160°F and chicken breasts to 170°F.

Source: American Dietetic Association. Provided courtesy of [www.wellnessproposals.com](http://www.wellnessproposals.com)

*“Success is falling nine times and getting up ten.”*

~ JON BON JOVI

## TREATMENT for Substance Abuse Disorders

ACCORDING to the Substance Abuse and Mental Health Services Administration (SAMHSA), the treatment system for substance use disorders is composed of multiple service components, including the following:

- ♦ Individual and group counseling
- ♦ Inpatient and residential treatment
- ♦ Intensive outpatient treatment
- ♦ Partial hospital programs
- ♦ Case or care management
- ♦ Medication
- ♦ Recovery support services
- ♦ 12-Step fellowship
- ♦ Peer supports

A person accessing treatment may not need to access every one of these components, but each plays an important role in treatment. Sorting out the level of service you or someone you care about might need can be overwhelming. If you would like assistance figuring out what level of treatment is needed, please contact the EAP at 240-314-1040.

## TOP 10 Behavioral Health Apps

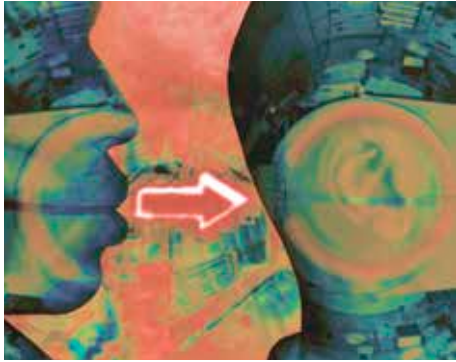
WANT TO USE AN APP to support a physically and emotionally healthy lifestyle? The following are counselor-tested apps. Please give one, or more, of them a try.

We would love to hear if you find them helpful. *E-mail your thoughts to us at [EAP@mcpsmd.org](mailto:EAP@mcpsmd.org).*

- 1. Optimism**—An emotional well-being app that tracks mood, behaviors, and more (free).
- 2. Mindshift**—Users get an opportunity to control anxiety (free).
- 3. SnoreLab**—Track sleeping patterns with this app (\$1.99).
- 4. What's My M3**—Lets users test for the symptoms of several behavioral health disorders (free).
- 5. Tactical Breather**—Breathing exercises to help you relax (free).
- 6. My Fitness Pal**—Track weight loss goals by logging meals, snacks, and more with this app (free).
- 7. Quit Smoking**—Let go of the urge to smoke with audio-led instruction and set-up reminders (\$2.99).
- 8. MindTools**—Team management, stress management, and more (free).
- 9. Get Some Headspace**—Meditation sessions that build from one step to the next (free).
- 10. Field Guide to Life**—Expert guidance for staying clean and sober (free).

# When Should You Consult a Mental Health PROFESSIONAL?

MOST OF US EXPERIENCE times when we need help dealing with problems and issues that cause us emotional distress. When you are having a problem or dilemma that is making



you feel overwhelmed, you may benefit from the assistance of an experienced, trained professional. Professional counselors and therapists offer the caring, expert assistance that people need during stressful times.

There are many types of mental health providers to choose from. It is most important to select a licensed professional who has the appropriate training and qualifications to help a person with your specific issues. You should also choose someone with whom you feel comfortable enough to speak freely and openly.

## Types of Mental Health Professionals (MHPs)

The most common MHPs in the United States are social workers, psychologists, marriage and family therapists, professional counselors, and psychiatric nurses. Each state has its own licensing laws and standards that govern each type of professional. While all licensed MHPs can help most people with problems of living, each group has its own special training in specific areas that makes them more qualified for certain types of issues. In addition, each individual therapist has a unique set of skills and experiences that makes him or her uniquely qualified to work with certain kinds of issues.

## Referral to Other Health Professionals

When it is in the best interest of the patient or outside the scope of the

MHP's license, therapists collaborate with and refer to other health professionals, such as physicians or psychiatrists, for prescribing medication.

## Confidentiality

Each group of MHPs has strict ethical guidelines governing privacy and confidentiality. Clients of licensed MHPs can expect that discussions will be kept confidential, except as otherwise required or permitted by law. Examples of exceptions to confidentiality are when child abuse has occurred or when the client threatens violence against another person. When you are looking for a mental health professional to help you address your issues, it is very important to ask about a

therapist's qualifications to treat your specific concerns.

## Visit these websites to learn more:

- ♦ [www.aamft.org](http://www.aamft.org) (National Association of Marriage and Family Therapy)
- ♦ [www.apa.org](http://www.apa.org) (American Psychological Association)
- ♦ [www.naswdc.org](http://www.naswdc.org) (National Association of Social Work)
- ♦ [www.counseling.org](http://www.counseling.org) (American Counseling Association)

Adapted from an article by Samantha Boyd, a licensed therapist and director of the Family Institute in Frankfurt, in the Therapists Newsletter. Used with permission.

## Types of PROBLEMS

People seek the assistance of a mental health professional (MHP) for many different reasons. These are some of the most common ones:

- ♦ You feel unhappy much of the time.
- ♦ You worry much of the time and are unable to find solutions to your problems.
- ♦ You feel extremely sad and helpless.
- ♦ You feel nervous, anxious, and worried much of the time.
- ♦ You have panic attacks.
- ♦ You have a hard time concentrating.
- ♦ Your emotional state is affecting your daily life—your sleep, eating habits, job, and relationships.
- ♦ You are having a hard time functioning from day to day. Your emotional state is affecting
- ♦ Your performance at work or school.
- ♦ Your behavior is harmful to yourself or to others.
- ♦ You are feeling impatient and angry with someone you are taking care of.
- ♦ You are having problems with your family members or in other important relationships.
- ♦ You or someone you care about has problems with substance abuse or other addictions.
- ♦ You are the victim of sexual abuse or domestic violence.
- ♦ You have an eating disorder.
- ♦ You are having trouble getting over the death of someone you loved.
- ♦ You or someone you love has a serious illness and you are having a hard time with it.
- ♦ You feel lonely and isolated.
- ♦ Your family has a lot of conflict and tension.
- ♦ You are having a hard time coping with change.
- ♦ You often feel afraid, angry, or guilty.
- ♦ You are struggling with issues related to your own sexual orientation or the sexual orientation of someone you care about.
- ♦ You are planning to marry, and you have some concerns.
- ♦ You have gotten a divorce and your family needs help adjusting.
- ♦ You are part of a blended family and need help learning to live together.



*“To laugh often and much, to win the respect of intelligent people and the affection of children...to find the best in others...to leave the world a bit better... this is to have succeeded.”*

~ RALPH WALDO EMERSON (1803-1882)

## How Common are Gambling Problems?



ESTIMATES from large national surveys show that about 0.5 percent of Americans have had a pathological gambling problem at some time in their lives. The milder condition, problem gambling, is more common than pathological gambling and may affect two to four times as many Americans as pathological gambling. If you or someone you care about has a gambling problem, consider the following resources:

- ♦ **Debtors Anonymous:** [www.debtorsanonymous.org/](http://www.debtorsanonymous.org/)
- ♦ **Gam-Anon:** [www.gam-anon.org](http://www.gam-anon.org)
- ♦ **Gamblers Anonymous:** [www.Gamblersanonymous.org](http://www.Gamblersanonymous.org)

Article Source: from the SAMHSA publication “Gambling Problems, and Introduction for Behavioral Health Service Providers. Further information can be found at <http://newsletter.samhsa.gov/2015/04/addressing-gambling-problems/>

## Upcoming Events:

### CAREGIVER SUPPORT GROUP

The MCPS EAP offers a Caregiver Support Group, designed to provide helpful resources and establish connections among the caregivers within our MCPS community. The group meets biweekly on Wednesdays from 4–5 p.m. at CESC and hosts guest speakers presenting on topics related to seniors and caregiving. For more information, contact Robyn Rosenbauer at [Robyn\\_I\\_Rosenbauer@mcpsmd.org](mailto:Robyn_I_Rosenbauer@mcpsmd.org) or call the EAP at 240-314-1040.

## REMEMBER to Recognize Your Staff

RECOGNIZING the accomplishments of a staff member does not need to be a complicated proposition. Low cost/no cost recognition can work when it is shared sincerely, in a timely fashion, and in a way that is meaningful to the recipient. A simple round of applause in a team meeting for a star performer can be an important recognition of his/her accomplishment. Share the details, reinforce what went “right,” and share YOUR appreciation promptly.

### *A Healthy Outlook!*

*To help employees with troubling issues before they become overwhelming.*



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Important Notice: Information in *A Healthy Outlook!* is for general information purposes only and is not intended to replace the counsel or advice of a qualified health professional. For further questions or help with specific problems or personal concerns, contact your employee assistance professional.

You may contact us or send your questions and comments to [Jeffrey\\_Becker@mcpsmd.org](mailto:Jeffrey_Becker@mcpsmd.org)

Please note that e-mail is not necessarily confidential.

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