

Newsletter



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Building on the Strengths of Families

January - March 2010

A New Year..

A New You!

Goal Setting involves establishing specific, measurable and time-targeted objectives. To be most effective goals should be tangible, specific, realistic and have a time targeted for completion. There must be realistic plans to achieve the intended goal. Goal setting also requires motivation. Simply setting a target may lead to progress in the desired direction, but understanding why the target is desired encourages personal investment into the achievement of the goal.

Goal setting is much more than simply saying you want something to happen. Unless you clearly define exactly what you want and understand why you want it the first place, your odds of success are considerably reduced.

Your goal must be clear and well defined. Vague or generalized goals are not achievable because they don't provide sufficient direction. Remember, you need goals to show you the way. How useful would a map of the United States be if there were only state borders marked on it and you were trying to get from Miami to Los Angeles? Do you even know which state you are starting from let alone which one you're headed to? Make it as easy as you can to get where you want to go by defining precisely where it is you want to end up.

Set Measurable Goals

Include precise amounts, dates, etc in your goals so you can measure your degree of success. Without a way to measure your success you miss out on the celebration that comes with knowing you actually achieved something.

Set Attainable Goals

Make sure that it's possible to achieve the goals you set. If you set a goal that you have no hope of achieving you will only demoralize yourself and erode your confidence. By setting realistic yet challenging goals you hit the balance you need. These are the types of goals that require you to "raise the bar" and they bring the greatest personal satisfaction.

Set Relevant Goals

Goals should be relevant to the direction you want your life to take. By keeping goals aligned with this, you'll develop the focus you need to get ahead and do what you want.

Set Timely Goals

Your goals must have a deadline. This again, is so that you know when to celebrate your success. When you are working on a deadline, your sense of urgency increases and achievement will come that much quicker.

Set Goals in Writing-The physical act of writing down a goal makes it real and tangible. You have no excuse for forgetting about it.

Set Goals that Motivate You -This means making sure it is something that's important to you and there is value in achieving it. Motivation is key to achieving goals.

Make a Plan of Action-This step is often missed in the process of goal setting. By writing out the individual steps, and then crossing each one off as you complete it, you'll realize that you are making progress towards your ultimate goal.

Stick With It!

Remember, goal setting is an ongoing activity not just a means to an end. Build in reminders to keep you on track and remember to review your goals continuously.



You Can Do It!

Nutrition & Mental Health

The affects of nutrition on Mental Health



As many of us are fully aware, proper nutrition is essential for our well-being. It affects how we feel physically, emotionally and mentally, by reintroducing the vitamins and nutrients our bodies have depleted during a day. Without proper nutrition, we often feel tired and “run down”, we have difficulty concentrating, recalling information, and we begin to take on an unhealthy weight gain. Too much unhealthy weight brought on by poor diet and lack of exercise affects our bones, organs, joints, blood flow to our brain and heart, and can limit quality of life.

With seemingly constant changes in what is supposed to be good for us, and what we’re supposed to limit ourselves on, it can be difficult to get a balanced healthy diet as part of a daily routine. When factoring in day to day care of a mental health challenge, and possibly daily intake of medication, diet can very quickly take a backseat to more pressing issues.

WAYS NUTRITION AFFECTS MENTAL HEALTH

Much of the research about how nutrition affects mental health has revolved around what nutrients are missing from the people who deal with mental health issues.

It is very common for people with ADHD, depression, and other diagnoses to have low levels of the essential fatty acid omega-3. Essential fatty acids are the monounsaturated and polyunsaturated fats found in fish, seeds, and nuts. Omega-3 is commonly found in fish such as salmon and trout. In one research study, seven of ten children with symptoms of depression were given an increase in foods with omega-3. After a period of time, the children showed a significant reduction in the depressive symptoms 1.

Low levels of folic acid have also been found to significantly affect how well a person will respond to antidepressant treatment. Folic acid can be found in leafy green foods such as spinach, and from whole grains that can found in breakfast cereals.

The biggest finding from all the research on how diet and nutrition affects mental health, is that there is not enough research available. What research is available is difficult to apply to every person with a mental health diagnosis. There are limits in the research that makes the research relevant to only certain people.



HOW NUTRITION IMPROVES MENTAL HEALTH

There are three ways to improve diet in order to assist with mental health are, according to one research study 1:

- 1) improving your diet can correct the lack of nutrients from a long period of eating a poor diet, which could have brought on or contributed to your mental health,
- 2) nutritional supplements (like vitamins) or certain nutrients may be needed to bring levels of specific nutrients back up to where they need to be, especially in cases where it is difficult for the body to absorb certain nutrients, or if the body has difficulty moving or storing those nutrients, and
- 3) Nutrients may have an effect on how well someone responds to antidepressant medication.

FOR THE FAMILY

In addition to eating healthier, exercise, even just 30 minutes a day can improve all aspects of your health; physical, mental and emotional. If you’re trying to get healthier as a family, you’re more likely to see longer-term success when you’re there to encourage and support one another, rather than trying to change your lifestyle on your own.



Article contents from
[Kentucky Partnership for Families and Children, Inc](http://www.kpfcc.org)

Mark your calendar...

January

Tues. 12th, Basic Rights in Transition
Tues. 19th 26 Parents Anonymous
Wed. 20th OPEN HOUSE



February

Tues. 9th, Making Healthy Health Decisions
Tues. 2nd, 16th, 23rd PARENTS ANONYMOUS
Wed.. 24th Understanding Children's Psychiatric Crisis



March

Tues. 2nd Family Celebration
Wed. 17th Depression and Suicide Awareness
Tues. 16th, How to Reduce Stress
9th, 23rd, 30th PARENTS ANONYMOUS



*All sessions begin at 6:30 pm unless otherwise noted

60 Evergreen Pl. Suite 407 East Orange, NJ Register at 973-395-1441

Access Help Through NJ Children's System of Care

In July 2009, Perform Care was selected the Contracted System Administrator for the Department of Children and Families and Department of Child Behavioral Health Services for the State of New Jersey. As you know, this award is the culmination of a long and demanding process. The Systems of Care brings together services and resources from the various state agencies and community providers to coordinate and manage care for children, youth, and young adults with behavioral health needs .

Under the contract, some of PerformCare's responsibilities will include:

- Providing 24-hour, seven-day-a-week customer service/call center support;

- Coordinating access to services for all children, youth and young adults;
- Facilitating access to specialized services for children, youth and young adults;
- Providing quality and outcomes management and a system measurement program that supports DCF/DCBHS' goal to promote best practices and assist the state in assuring compliance with state and federal guidelines;

PerformCare will also implement its innovative KIDnet program, an outcomes management system which will help youth receiving services understand the effectiveness of their treatments.

PerformCare
Behavioral Health Solutions

The phone number to access services is

1-877-652-7624

Other Important Numbers to Remember:

- Essex County Children's Mobil Response & Stabilization System (CMRSS) 973-972-1000
- Partnership for Children of Essex 973-323-3000
- Family Support Organization of Essex County 973-395-1441

If I Had my Child To Raise Over Again

by Diane Loomans

*If I had my child to raise all over again,
I'd build self-esteem first, and the house later.
I'd finger paint more, and point the finger less.
I would do less correcting and more connecting.
I'd take my eyes off my watch, and watch with my eyes.
I would care to know less and know to care more.
I'd take more hikes and fly more kites.
I'd stop playing serious, and seriously play.
I would run through more fields and gaze at more stars,
I'd do more hugging and less tugging.
I'd see the oak tree in the acorn more often,
I would be firm less often, and affirm much more.
I'd model less about the love of power,
And more about the power of love*



What can you do?

- Support group facilitators
- Teachers
- Arts instructors
- Chaperones
- Parent Mentors
- College Students can volunteer to fulfill community service requirements
- Retired Professionals are also urged to volunteer their services



Warm Line...
Help is just a phone call away!
We are here to listen! Our caring staff is here to answer your questions and provide information about resources.
973-395-1441
Monday through Friday 9 a.m. to 5 p.m.

