



# MENTAL MINUTES

July 2010

VOLUME 1, ISSUE 11

## JULY HIGHLIGHTS



**About ACT:** The Alliance for Change through Treatment (ACT) was founded in 2005 to provide State Funded Medicaid/Uninsured services to the children and families of Georgia. ACT provides Personal/Family based training, Therapy, Intensive Family Intervention, Crisis Intervention and Groups.

Source: [http://mentalhealthgeorgia.com/main\\_home\\_act.html](http://mentalhealthgeorgia.com/main_home_act.html)

### Brain Mapping and Neurofeedback at Alliance for Change through Treatment :

Brain-mapping, which can be done through the use of quantitative electroencephalogram (qeeeg), is achieved by pasting electrodes at specific sites on the scalp. Brainwave activity can be recorded and then evaluated by neurologists and other specialists to determine the overall brain functioning. Such data can assist in determining brain injury, seizure disorder and a host of attentional issues. The data can also be used as a guide for the neurofeedback (NF).

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## May We "Re" Introduce Ourselves???: Alliance for Change through Treatment

### WHO DO WE SERVE?

We serve children and adolescents between the ages of 4 and 21. Additional requirements for services are based on the level of treatment requested. Insurance authorizations must be obtained prior to service delivery.

### OUR PROFESSIONALS

Our professional team consists of licensed psychologists, psychiatrists, a staff nurse, licensed professional counselors, licensed clinical social workers, certified counselors and highly trained paraprofessionals.

### ACCESSIBILITY

We are a Medicaid provider and accept most private insurance plans. We are also a participant in the state funded Fee for Services reimbursement program which makes our services affordable to all of our consumers. Additionally, most of our services are provided in the consumers' homes and we assist with transporting consumers to service related appointments in the community.



### MENTAL MINUTE

Inside each set of the following words, there are a pair of smaller words. By putting "&" between them, lo & behold, you'll make a familiar phrase. For example, "Thighbone/ Swallowtail" conceals "High & Low."

1. Skyrocketing/Trolleyman
2. Thermometer/Apoplexy
3. Delaware/Bordering
4. Surprised/Trashiness
5. Throughout/Stumblebum



## More About ACT Services

**Alliance for Change through Treatment, LLC provides two main services:**

### **CORE and Intensive Family Intervention**

#### **What is ACT?**

**ACT** or Alliance for Change through Treatment, LLC, is a multi-service, mental health and social service entity. **ACT** is owned and managed by clinicians with decades of clinical experience in the fields of mental health and social service. **ACT** is the sister company of the Attachment & Bonding Center of Atlanta, LLC (**ABC**). **ABC** has gained a reputation as a leader in the state of Georgia and the Southeast in treatment of traumatized, attachment-resistant children. The clinicians of **ABC** formed **ACT** to service families with Medicaid or CMO insurance.

**ACT** accepts all forms of Medicaid and most private insurances. **ACT** provides services to youth referred by many state agencies such as DFCS, DJJ, schools, and the juvenile courts. Self-referrals are also welcome. **ACT** has worked diligently to become a valuable community resource in the metro Atlanta area. This is evident through its professional services, collaboration with other community agencies, pro bono services, and being a training facility. **ACT** is determined to be the leader in these services by utilizing the expertise of our clinicians and staff to provide services for children, adolescents, families, trauma victims, adopted children, children with attachment issues, and parent advocacy.

#### **CORE SERVICES**

CORE Services are provided in phases based upon the identified needs of the consumer and will be authorized for a minimum of 90-days. CORE Services include a comprehensive clinical assessment, the development of a service plan, a nursing assessment, a health and behavior assessment and a psychological and psychiatric evaluation. During the provision of CORE services, consumers will receive comprehensive community support including counseling, resource coordination as well as assistance in acquiring skills based on presenting behaviors (i.e. to self-recognize emotional triggers, to self-manage behaviors related to identified emotional disturbances, and assistance with personal development, school performance and functioning in social and family environments). CORE Services also include 24-hour crisis intervention.

#### **INTENSIVE FAMILY INTERVENTION (IFI)**

Intensive Family Intervention (IFI) is a comprehensive in-home wrap-around service provided to children and adolescents who have substance abuse issues or severe emotional disturbances. These consumers are at high risk for out of home placement (i.e. RYDC, therapeutic foster care, residential treatment facility). A clinical team of three to four, led by a licensed therapist, will deliver the services to the consumer and his/her family in the home. The parents are required to participate in IFI services. The service period will last approximately 90-days depending on the severity of the consumer's needs. A family preservation approach is utilized while focusing on stabilizing the consumer in his/her home environment. IFI services also include resource coordination and 24-hour crisis intervention.

#### **OUR SISTER AGENCIES**

Our sister agencies, The Attachment and Bonding Center of Atlanta and ABC University, are also committed to promoting mental and emotional well-being throughout Georgia. Call us today to learn more about:

- specialized treatment of traumatized and attachment resistant children and adolescents;
- specialized treatment of juvenile sex offenders;
- EEG biofeedback and QEEG assessments and evaluations; and
- educational opportunities for caretakers and human services' professionals.

## Use of Brain Mapping and Neurofeedback at Alliance for Change Through Treatment, LLC



Since its inception, Alliance for Change through Treatment, LLC (ACT) has been working with select clients using brain mapping and EEG Biofeedback (also called neurofeedback).

The owners and operators, Cassandra Johnson-Landry, LPC and Jeffrey Atkinson, LPC were trained to provide such a service through a grant sponsored by the State of Georgia Office of Adoptions in 2001. The initial training was provided by Brainmaster, Inc. Their subsequent training was through EEG Spectrum.

For the past decade there have been advances in the research of early childhood trauma thereby linking particular brainwave patterns. Brain-mapping, which can be done through the use of quantitative electroencephalogram (qeeg), is a service that Jeff and Cassandra were taught by the aforementioned training institutions. By pasting electrodes at specific sites on the scalp, brainwave activity can be recorded and then evaluated by neurologists and other specialists to determine the overall brain functioning. Such data can assist in determining brain injury, seizure disorder and a host of attention issues. The data can also be used as a guide for the neurofeedback (NF). Brain-mapping can assist in confirming a myriad of such issues such as seizures,

sleep disturbance, inattention, hyperactivity, emotional impulsivity, mood lability, psychoticism, depression, visual processing, verbal processing and memory problems.

ACT has now invested in a new line of brain-mapping equipment and database system. The database client management system is called Newmind maps. This is a product developed by Richard Soutar, Ph.D who is based in the Atlanta area. Dr. Soutar is internationally known in the neuroscience field. The Newmind map product converts the brain-mapping data into a Biopsychosocial report. The report provides information about specific issues in the brain functioning which have a probability in affecting emotional and cognitive problems.

The database system can then match parent or self-reports of emotional and cognitive issues to the profile given by the Newmind system. Further, the Newmind system also evaluates and summarizes parent or self-reports of physiological problems and builds a physiological profile. Nutritional supplements are provided as a suggestion to the client in the report. The report also gives specific recommendations on what NF protocols to follow.

Research has shown NF as an effective treatment for seizure disorder, sleep disorder, ADHD, addiction and depression. With the use of Brainmaster NF equipment, ACT has been able to provide training for some of its clients to improve attention, academic performance and sleep. Clients can enjoy essentially

playing a video game that is actually manipulated by their brain. As their brainwave activity meets the criteria of the NF programming, the game moves along with video and sound. For the most part, the more the child pays attention and relaxes, the better they do in the game.

Both Jeff and Cassandra have also started a mentoring program with Dr. Soutar and Newmind Center. This training will assist Jeff and Cassandra in completing their biofeedback certification through BCIA. This certification is not necessary to provide such service in the State of Georgia, but allows for ACT to provide training to others, which is a future goal. In July 2010 it is planned to have a team of specific ACT staff trained in brain-mapping and NF. This will allow for a greater number of ACT clients and families to make use of this important service.

Currently, ACT provides brain-mapping and neurofeedback at NO COST to all Medicaid recipients, which are the majority of their clientele. By comparison, most providers of brain-mapping and NF in the country charge \$500 for the brain-mapping alone. NF is usually \$75 per hour in which 20 sessions is usually the minimum recommended. The investment is well worth the cost as it is an investment in the mental health of the child and provides that much more hope for the family.

## Recipe Round-Up: Raspberry Spinach Salad

### Ingredients

- 3 tablespoons vegetable oil
- 2 tablespoons raspberry vinegar
- 2 tablespoons raspberry jam
- 1/8 teaspoon pepper
- 8 cups torn fresh spinach
- 2 cups fresh raspberries, divided
- 4 tablespoons slivered almonds, toasted and divided
- 1/2 cup thinly sliced onion
- 3 kiwifruit, peeled and sliced
- 1 cup seasoned salad croutons



### Directions

In a jar with a tight-fitting lid, combine the oil, vinegar, jam and pepper; shake well. In a large salad bowl, gently combine spinach, 1 cup of raspberries, 2 tablespoons almonds and onion. Top with kiwi, croutons and remaining berries and almonds. Drizzle with dressing; serve immediately.

### Footnotes

Nutritional Analysis: One serving (1 cup) equals 164 calories, 9 g fat (1 g saturated fat), trace cholesterol, 101 mg sodium, 20 g carbohydrate, 5 g fiber, 4 g protein. Diabetic Exchanges: 2 fat, 1 vegetable, 1 fruit.

Source: <http://allrecipes.com/Recipe/Raspberry-Spinach-Salad/Detail.aspx>

Our sister agencies provide an extensive array of mental health services for both children and adults. "Our mission is to provide high-quality, easily accessible services for Georgians, focused on promoting mental and emotional well-being through personal and professional development, family preservation, resource coordination, and individualized treatment.

## Self Care Corner: July Awareness Dates

### UV SAFETY

Appropriate for the summertime, July is UV Safety Month! UV stands for ultraviolet and refers to those electromagnetic waves--which we cannot see but can feel--that can cause extreme damage to our skin, including painful sunburns and even skin cancer. Throughout this month and the course of the summer, take precautions to make sure that you are sun-safe. Purchase sun screen and apply it regularly. Moisturize and stay hydrated with lots of water. Also, wear a hat and sunglasses to block the sun. Wearing lighter colors is also wise, as darker colors absorb more heat than lighter ones do. Read up on facts and tips regarding sun safety and UV rays. In honor of UV Safety Month, promotional sunblock is a popular corporate gift and is great as an incentive to stay healthy and happy this summer. Promotional hats are also great items that will keep the sun away and can be worn year-round. However you acknowledge UV Safety Month, keep your safety and health in mind.



<http://www.awarenessdates.com/2008/07/uv-safety-month.html>

### SOCIAL WELLNESS

Improve your social skills this month, as July is Social Wellness Month! You may be asking yourself, "what is social wellness?" Well, Social Wellness deals with everything positive and helpful about communication and interacting with others. From making good impressions to sending thank you cards, this month is all about presenting yourself succinctly, positively, and effectively. Make sure that you are open to change your communication and socializing habits before you turn way that I interact with others?" In a more general in touch with what makes you tick as a person. On a and corporate gifts are what this month is all about. great tools to help employees stay organized and on feng shui and oneness with nature; and promotional others and all that they do.



<http://www.awarenessdates.com/2008/07/social-wellness-month.html>

### EYE INJURY PREVENTION



July has been officially recognized as Eye Injury Prevention Month. For this reason, a focus is placed on protecting your eyes in various environments, namely the workplace. Eye injuries of all types occur at a rate of more than 2,000 per day. In particular, an estimated 1,000 eye injuries occur in American workplaces alone. The Bureau of Labor Statistics (BLS) found that almost 70% of the eye injuries studied occur from falling or flying objects, or sparks striking the eye. The best ways to prevent injury to the eye is to always wear the appropriate eye protection.

Surprisingly, the BLS reports that approximately three out of every five workers injured were either not wearing eye protection at the time of the accident or wearing the wrong kind of eye protection for the job. To be effective, eyewear must fit properly and be designed to effectively protect workers while they work. It is estimated that over 90% of eye injuries are preventable with the use of proper safety eyewear. The Occupational Safety Health Administration, OSHA, has standards that require employers to provide their workers with the appropriate eye protection. In addition to the proper safety eyewear, early detection and treatment of eye conditions and diseases are essential to maintaining good vision at every stage of life. According to the American Academy of Ophthalmology, AAO, children with a family history of childhood vision problems should be screened for common childhood eye problems before the age of 5. Although most young adults have healthy vision, if eye problems such as visual changes, pain, flashes of light, seeing spots, excessive tearing, and excessive dryness occur, they should see an eye doctor. Adults between the ages of 40 to 65 should have an eye exam every two to four years. Adults over the age of 65 should have an eye exam at least every one to two years. Ultimately, the key to preventing eye injuries is to take a more proactive approach to sustaining healthy vision.

<http://www.foh.dhhs.gov/Public/NYCU/eyeinjury.asp>

## Mental Minutes Solution

### Answer

1. Rock & Roll
2. Mom & Pop
3. Law & Order
4. Rise & Shine
5. Rough & Tumble

<http://www.braingle.com/brainteasers/teaser.php?op=2;id=17980;comm=0>



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