

Connections

The Newsletter of the Connections Program

A Partnership between the Health District of Northern Larimer County and SummitStone Health Partners

Behavioral Sleep Medicine

Submitted by: Bill Moorcroft, PhD

“Sleep that knits up the ravell'd sleeve of care” (Shakespeare, Macbeth). Oh how true as research has shown, as well as individual experience. Certainly people with insomnia are often aware that the benefit of sleep is missing in their lives.

Especially vulnerable to lack of sleep are people suffering from depression, anxiety, and other emotional disorders (<http://www.adaa.org/understanding-anxiety/related-illnesses/sleep-disorders>). Research shows that both sleep and depression or anxiety improve more when both are treated simultaneously. Clinical experience suggests that the same may also be true for less severe emotional problems.

Too often people who chronically suffer from poor sleep turn to sleeping pills. However they only provide, at best, short term symptom relief that may be accompanied by unwelcome side effects, eventual tolerance, and considerable cost. The recommended alternative is to use behavioral sleep medicine methods to improve sleep. Sleep hygiene is a good start and any provider can go through the sleep hygiene list with your clients (contact me for the “worlds best”) but may not be enough for everybody.

If you have a client who continues to have sleep complaints, additional components can be added to the base of good sleep hygiene using cognitive behavioral treatment for insomnia (CBT-I). CBT-I is best done by someone trained in Behavioral Sleep Medicine who thoroughly understands sleep and its problems. CBT-I focuses on the thoughts and behaviors that are the primary sources of sleep problems in most people. It also helps clients learn new strategies to sleep better. CBT-I can include techniques you may be familiar with including guided meditation, stress reduction, relaxation, and cognitive restructuring.

However, important to note is that these are nuanced in ways to be most effective for sleep problems. It also incorporates 1) ways of processing worries and concerns during the daytime so that they are less likely to interfere with sleep at night and 2) an explanation of why we sleep (more complex than most people realize).

In addition, a newer alternative treatment modality, guided mindfulness with acceptance treatment for insomnia (gMATI), works better for people who have trouble sleeping due to general anxiety or anxiety related to sleep.



Either treatment modality takes 4 to 5 sessions spread over 1 to 2 months. After the course of treatment, clients continue to sleep better for the rest of their lives without further treatment and without side effects or development of tolerance.

Behavioral sleep medicine also includes behavioral treatments for nightmares, children's sleep difficulties, and sleep problems that accompany shift work.

Northern Colorado Sleep Consultants, LLC have provided behavioral sleep medicine in Fort Collins since 2002 to over 500 people of all ages. They also more recently have been providing treatment via TeleHealth for patients who live too far from Fort Collins or who may be out of town during the course of treatment. If you interested, Northern Colorado Sleep Consultants, LLC also can provide training and mentoring in Behavioral Sleep Medicine or a selection of some of its components.

For more information about CBT-I, gMATI, or Northern Colorado Sleep Consultants, LLC, email Dr. Bill Moorcroft at Bill@sleeplessincolorado.com or view their website at www.sleeplessincolorado.com.

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We encourage you to submit short articles (50-500 words) on therapeutic approaches, mental health topics, case studies, or therapeutic book/movie reviews, etc., & will publish them as space allows. We reserve the right to edit all submissions.

Connections

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To view Connections Newsletter and the Professional Bulletin Board online:
<http://connections.healthdistrict.org>

Connections is published 6 times/year. The purpose of *Connections* is to offer information on current therapy groups and services in the community; provide updates on services available through the Connections Program; and offer a place where information on community happenings of interest to mental health and human services providers can be shared.

Submissions are welcome. E-mail them to Emily Leetham at eleetham@healthdistrict.org by the following deadlines:

NEXT EDITION: July/August 2016
Article Deadline: June 15, 2016

Submissions printed in *Connections* do not necessarily reflect the views of the Connections Program. Our editorial staff do not check the credentials of individuals wishing to submit groups or other listings. If you have concerns regarding credentials or other issues, please contact the group leader or author of the article directly. Thank you.

Meet Connections' Returning Teammate!



Susan Jacobs, LPC, CAC II has been working at SummitStone Health Partners for seven and a half years in many different capacities. She received her Master's degree in Clinical Counseling from University of Northern Colorado and is a Licensed Professional Counselor and a Certified Addiction Counselor II. She has worked at Connections for 6 years during her career with SummitStone and is very happy to be able to return to the team!

Susan's passion lies in working with the indigent population and those that have suffered multiple traumas. She has EMDR basic training as well as DBT, ACT, and mindfulness training and enjoys being able to utilize these skills to help clients facilitate change.

Susan has been in love with CO since the age of 3 when her family began camping near Taylor Lake reservoir and eventually built a log cabin in Tin Cup, Co. She loves to hike and camp and do anything outdoors in beautiful Colorado!! She also loves music and going to concerts and loves to travel and explore whenever possible!

We are very excited to have Susan back with us!

Resources for the Professional

Color Coding Training

Learn an incredibly useful and user-friendly tool to help clients understand themselves and how to communicate with others. After this 3 hour workshop you will absolutely have a new and valuable way to help others understand their core motives and personality. You will also understand yourself in a whole new way.

When: Friday, May 20th from 8:30 am - 11:30 am

Where: Greyrock Commons
2265 Shooting Star Lane
Fort Collins, CO 80521

Cost: \$100—includes:
3 CEUs for attending
Personality profile
CD on Color Code
Participant Workbook Color Code Cards

For more information or to register, please call Fran Marmor, LCSW at (970)231-0722.



Resources for the Community

"Hearing Voices" Group for Peer Support

A Hearing Voices Group for peer support is now available at no cost in Fort Collins!

The Hearing Voices Group offers a place where people can meet to talk about their voices, visions, and other unusual or extreme experiences without fear of judgment. It offers mutual support and friendship, and the opportunity to explore experiences and learn from others with similar stories. Interactions in the Fort Collins Hearing Voices Group are based on the following ideas:



- You are the expert of your life and your experiences are real
- We all have the innate wisdom to make meaning of our experiences
- We do not assume 'illness' and we respect the many paths to recovery/self-discovery
- This is a non-clinical, non-therapeutic group focused on mutual support and sharing

The Hearing Voices Group is open to all community members of all ages, including those who identify as voice-hearers or as having other unusual experiences (like visions and other extreme states), family members of voice-hearers, allies, and professionals.

When: Every Monday evening, 5:30pm-6:45pm

Where: Pathways Center (Possibilities Room), 134 Harvard St, Fort Collins 80525

Cost: Free to attend; Open for drop-ins or as an ongoing group; No sign-up required

Meeting details are updated at www.hearingvoicesrockymtn.org.

For questions, contact Shannon Hughes at (970)818-8346 or shughes421@gmail.com.

Low Cost Yoga/T'ai Chi/Meditation For Clients

Would your client benefit from yoga or meditation? Awarefull provides holistic practice for counseling, yoga/T'ai Chi, mediation, and nutrition coaching.

Counselors: Wendy Bangerter, LPC
Susan Guio, LCSW
Laurel Carter, LPC

Awarefull counselors provide yoga/T'ai Chi and meditation to reduce stress, anxiety, and depression. They also offer children's therapeutic yoga along with 13 regular yoga and T'ai Chi classes a week to meet your needs and level of practice, plus 3 meditation classes.

Cost: Yoga, \$10 per class,
Meditation, \$5 per class

Call 970-232-9585 to register.

For more information about the counselors, class schedules, and other services offered, please visit www.awarefull.com.

a·ware·full

Resources for the Community cont.

"Grief 101" Training Opportunity

Grief Support of the Rockies is excited to announce we will be offering a half-day training to clinicians on the do's and don'ts of providing effective therapy for your grieving clients.

Date: Tuesday, June 14, 2016

Time: 9:00am-12:30pm

Cost: \$55/person

Please call (970) 235-2076 for more information or to register. You can also email gsrockies@gmail.com.

New Group!! Al-Anon for Spanish Speakers

Do you speak Spanish? The Al-Anon family groups are a fellowship of relatives and friends of alcoholics. Come and be with us in this new Al-Anon Family group in Spanish. It is FREE and close to you!

You could be surprised from what you could learn in an Al-Anon meeting.

We get together every Thursday at 6pm in the Poudre Valley Hospital, Cafe A room (cafeteria level)

For more Information please call or text Ana at (970) 556-1691 or Elba at (970) 417-7432.

Highly Sensitive Person (HSP) Retreat

What Wants Your Heart's Attention? Find out at the 2016 HSP Gathering Retreats

The 31st HSP Gathering Retreat (for highly sensitive people) will be held in Colorado -- June 28 - July 2.

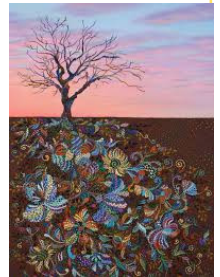
Become inspired and determined to create and live your own Authentic HSP Life

- Discover, explore and celebrate your Unique HSP self
- Experience the joy of being seen, heard and validated as an HSP
- Make new friends; celebrate the "HSP International Movement & Community" and know you are a part of it all

Last, but certainly not least, we will spend time with Elaine Aron via Skype – always a treat in itself.

Not sure if you or your client is a HSP? You can take the HSP self assessment here: <http://hsperson.com/test/>

To learn more about the retreat and to register, please go to <http://www.lifeworkshelp.com/HSP-Newsletter/what-wants-your-hearts-attention-find-out-at-the-2016-hsp-gathering-retreats/>



• c o n n e c t i o n s •

mental health & substance abuse resources

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If you wish to be removed from the *Connections* mailing list, your address is wrong, or you would like to receive the publication via email, contact Emily Leetham at eleetham@healthdistrict.org or call 970-494-4370.