

# Connections

The Newsletter of the Connections Program

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

## The Link Between Nutrition and Mood

Submitted by: Karli Lamb, LPCC, CRNC

We are widely aware of food's connection to physical illnesses but rarely do we think about how food influences mental illness. The neuro-consequences of a poor diet are slowly beginning to get more media headlines thanks to "Grain Brain" by David Perlmutter, "The Mood Cure" by Julia Ross, and Dr. Daniel Amen with his work through the Amen Clinic. As a therapist working in mental health and addiction fields, I have turned my focus toward nutritional causes of illness as motivation and mood swings can have a direct impact on individual's ability to cope.

Neurotransmitters have played a prominent role in psychopharmacology and the biological treatment of mental health disorders and addictions to manage exerted symptoms of an imbalanced brain. These chemical messengers are made of amino acids, glucose, and certain amines (Ingersoll & Rak, 2016). Over long periods of stress, addiction or poor eating habits, our systems in our brain can become depleted and impact how we function. Within these discrepancies mental health can be compromised in terms of prolonged addiction, illness, or cognitive degeneration.

### Overview of Amino Acids & Neurotransmitters

#### Amino Acids

Amino Acids are precursors to neurotransmitters—when we intake a sufficient amount of amino acids through our food or supplements, we increase the amount of neurotransmitters in the brain to bolster positive moods and stress resilience. Essential Amino acids are found in food which form proteins and then absorb into the bloodstream to accomplish diverse tasks. The major task of an amino acid to create new neurotransmitters can occur within twenty minutes, depending on delivery methods. Since Amino Acids are found in food, we now can see the link between nutrition and mental health.

#### Gamma-aminobutyric Acid (GABA)

This neurotransmitter is abundant within the brain and often shortened to "GABA". GABA inhibits arousal of neurons producing a relaxing and calming effect. The

role of GABA in psychopharmacology is used to regulate anxiety and treat epilepsy (Bowery, 2006). An overload of the Cortisol hormone can leave this system depleted in the brain leaving individuals feeling wired and strained. GABA formulas can be used as a mood enhancer to combat adrenal fatigue during intense times of stress.

#### Acetylcholine

This neurotransmitter's influence is commonly involved in alertness, attention, and memory while also exhibit-



ing a muscle-nerve connection within voluntary and non-voluntary system synapses (Ingersoll & Rak, 2016). Made from Choline many foods can supply this water soluble B-complex vitamin, these include: liver, eggs, quinoa, wheat germ, and salmon (Zeisel, 2009).

#### Endorphins

Involved in regulating motor behaviors, learning, and facilitating reward centers

of the brain, endorphins have potential to invoke addiction symptomology. Imbalanced endorphin systems can occur from exposure to prolonged emotional or physical pain, and chronic pain sufferers exhibit 60-90% lower endorphins. The amino acid Phenylalanine (D & L forms) can help boost pleasure, and also work as an anti-depressant. The L form of Phenylalanine is one of the base amino acids to form an endorphin and therefore can quickly work to rebuild this system.

#### Norepinephrine

Within the autonomic nervous system, this neurotransmitter is involved in response systems in the brain which include: reward, pain relief, mood, memory, and hormonal functioning (Ingersoll & Rak, 2016). Norepinephrine plays a crucial regulating role in the brain which disruption can include a multitude of psychological issues from ADHD to depressive symptomology (Zhou, 2004). An amino acid known as L-Tyrosine has been helpful in regulation of the Catecholamine system where norepinephrine is produced. Tyrosine can also be found in high protein foods such as eggs and chicken.

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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.

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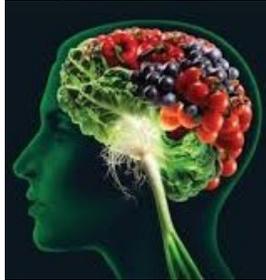
Submissions printed in *Connections* do not necessarily reflect the views of the Connections Program. Our editorial staff do not check the credentials of individuals wishing to submit groups or other listings. If you have concerns regarding credentials or other issues, please contact the group leader or author of the article directly. The purpose of the newsletter is to offer information on community happenings of interest to mental health and human services providers and updates on services available through the Connections Program. Thank you.

## The Link Between Nutrition and Mood

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### Serotonin

Derived from tryptophan in the diet, Serotonin aids in regulatory functions such as mood, emotion, and sleep (Ingersoll & Rak, 2016). Tryptophan can be found in high protein foods such as cheese, poultry, and beef. 5-HTP is an amino acid which can be taken to help depleted serotonin systems in the brain. Building this system with a diet full of tryptophan as well as 5-HTP can work as a primary defense against anxiety and depression.



### Putting it Together

Asking your client about their diet can help to identify underlying contributors to negative moods and bring awareness to biochemical needs. A critical question in assessing the mood and nutrition relationship: what does my brain need?

Asking this question with individuals can help cultivate a new awareness of underlying causes of mood fluctuation and empower the mind-body connection. For clients with a desire to manage wellness through diet and nutrition, working with a specialist who is certified in addiction and mental health nutrition can ensure a whole-person care approach to treatment. For specialists in your area go to <https://addictionnutritionacademy.com/crnc-directory/> for further information.

Karli Lamb, LPCC, NCC, CRNC is a private practitioner at Kindred Counseling. To learn more about her or the practice, visit [www.kindredcounseling.org](http://www.kindredcounseling.org). You can also reach out to her directly by calling 970.397.7524 or by email at [karli.kindredcounseling@gmail.com](mailto:karli.kindredcounseling@gmail.com).

## Biochemical Nutrition Workshop

Join Karli Lamb, LPCC, NCC to learn how amino acid therapy and nutrition can impact your mood. This presentation's intention is to equip you with knowledge relating to the impact of depleted systems in the body which can occur from restrictive dieting, substance use, and stress. You will learn how to supplement your meals with amino acids and create awareness around what foods are most beneficial for recovering systems.

**When:** May 4th from 3:00-4:00pm

**Where:** 19 Old Town Square  
Fort Collins, CO 80524 (Large conference room)

**Cost:** \$20

To register, contact Karli at  
[Karli.kindredcounseling@gmail.com](mailto:Karli.kindredcounseling@gmail.com).



## Resources for the Professional

### Brainspotting™ Phase 1 Training

"Brainspotting is a powerful, focused treatment method that works by identifying processing and releasing core neurophysiological sources of emotional/body pain, trauma, dissociation and a variety of other challenging symptoms." (David Grand, PhD) A "Brainspot" is the eye position that is related to the energetic/emotional activation of a traumatic or emotionally charged issue within the brain.

Through lecture, live demonstration and practicums, participants will learn to do the following:

- Define the components of Brainspotting
- Utilize the techniques of "Inside window", "Outside window" and "Gazespotting"
- Define how Brainspotting can be applied to trauma, dissociation, sports psychology, and somatic conditions.
- Demonstrate the theories and practices of Brainspotting

This training is open to all counselors, psychologists, social workers and other in the healing professions with strong clinical backgrounds, as well as students/interns in the mental health field who seek to expand their knowledge.

**When:** June 22—June 24, 9:00am—6:00pm each day  
(Registration opens at 8:30 on June 22nd)

**Location:** 1022 S. College Avenue  
Fort Collins, CO 80524

**Cost:** Early Bird Registration—\$695  
Regular Registration—\$745  
Late Registration—\$795  
Full-time Student Fee—\$375  
Returning Attendee—\$375

**Facilitator:** Melanie Young, PsyD

21 CE hours through R. Cassidy Seminars. To register or for more information, view <http://melanieyoungpsyd.com>.



### Office Space



Spacious and well-appointed office with lots of windows and light. This space is available to share on Wednesdays and Fridays but could flex to accommodate other needs. Rent will depend on days and hours needed. Quiet therapeutic setting in thriving office location. Conveniently located near Mulberry and Howes.

Call Carrie Pinky, M.Ed., NCC, LPCC at 970-225-0772 to inquire.

## Resources for the Professional

### Office Space cont.

Office and/or playroom available for part-time sublease or rental. Jane Johnson, LCSW, RPT-S has both a talking office and dedicated playroom available 1-2 days/week. This office suite also has an open space with a table that could be used for small groups. Please contact Jane at 970.266.2678 for further details.



Furnished office space for rent at the Drake Professional Park on Thursdays (it's available all day) for \$125.00 per month. For more information, call Suzanne Rudolph, Ed.D at 970.203.0643.

### Psychoaromatherapy for the Psychotherapist: Research Based Applications

Reserve your seat for the next Therapist Toolbox webinar!

Join Danielle Daniel, LCSW and Doctor of Clinical Psychology student from San Diego, California as she discusses how to apply psychoaromatherapy correctly with your clients and in your own home. Danielle has over 20 years experience using essential oils, is trained in medical aromatherapy in France, and is studying essential oils for the brain in her doctorate. She has now created an easy way to learn and apply this natural model for therapists to manage mood, emotions, anxiousness and much more during the therapy session.

**When:** May 22nd, from noon—1:00pm

To register, visit [www.thetherapisttoolbox.com](http://www.thetherapisttoolbox.com).



The Therapist Toolbox is a growing video library of therapists sharing or demonstrating their favorite clinical tools, interventions and assessments. Videos are searchable by Clinical Issue, Therapeutic Approach, Population & Video Length. Our videos are brief in nature and intended to be used outside of full therapeutic protocols, with the aim to help you get creative, unstuck and find momentum with your clients once again! We have 80+ videos are adding new ones every month!

### Working with Transgender Youth

Join Kaitlin Jones, LMFT and Kyle Douglas, MA to learn more about the transition process, both for the individual and through a systems view, recent medical developments, and ways to support youth through the transition process.

**When:** May 4th from noon-2:00pm

**Location:** 706 S. College Avenue, #201  
Fort Collins, CO 80524

**Hosted by:** Highlands Behavioral Health, AspenRidge North, and EDCares

Lunch and 1 CEU will be provided to attendees.

Register by clicking on the link:

<http://events.r20.constantcontact.com/register/event?llr=aru5fnnab&oeidk=a07efb5qtqna89f1669>.



## Resources for the Professional

### Rethinking Addiction—Using Science to Build an Ecosystem of Treatment and Recovery

Join Dr. Corey Waller, MS, FACEP, DFASAM and Dr. Lesley Brooks, Sunrise Community Health as they explore how to bring brain science and addiction research to practice.

- Recognize and understand physician/clinician roles in identifying patients with substance use disorders and integrating addiction treatment with primary care.
- Recognize how stigma and discrimination creates barriers to care.
- Understand the science of addiction as a chronic brain disease and how that changes the approach to treatment.
- Be able to evaluate your own perceptions of addiction and substance use and how they impact your practice.

**When:** May 16th from 8:00—10:00am  
Breakfast is provided!

**Location:** Fort Collins Senior Center  
1200 Raintree Drive  
Fort Collins, CO 80526

**Hosted by:** The Mental Health and Substance Use Alliance of Larimer County and  
The Health District of Northern Larimer County

To register, click on: <https://www.eventbrite.com/e/rethinking-addiction-using-science-to-build-an-ecosystem-of-treatment-and-recovery-provider-tickets-44849531155>.



## Resources for the Community

### The Incredible Years Parenting Group

You are invited to attend the Incredible Years Parenting Group. This 8-week program for families with children ages 3 to 6 sets the stage for sensitive, nurturing and competent parenting that fosters positive social behaviors and enhances self-esteem.

Your family will gain more positive interactions, effective problem solving, emotional awareness, boosted academic success, less defiance, positive social skills, and increased self-esteem and confidence.

**When:** June 4th—July 30th  
Mondays, 5:00-6:30pm  
Dinner and children's group included

**Where:** SummitStone Health Partners  
2001 S. Shields Street, Bldg K  
Fort Collins, CO 80526

**Facilitator:** Chelsea Hirchert, LPC

Space is limited. You do not have to be a SummitStone client/family to attend.  
Call 970.494.4202 to sign up.



## Resources for the Community

### Affordable Counseling for Older Adults



The Older Adult and Caregiver Services program at Lutheran Family Services has received a generous grant from the Next50 Initiative to provide low- or no-cost counseling to older adults and caregivers in the Fort Collins/Loveland area. This funding covers the costs of prohibitively expensive insurance co-pays, fees and deductibles. Insurance will be billed when appropriate and the Older Adult and Caregiver Services program accepts most insurance including Medicare and Medicaid.

In some cases, where transportation or physical limitations are a barrier to an office visit, we can see clients in their home or facility.

Contact the Older Adult and Caregiver Services at Lutheran Family Services at 970.232.1180 for more information on this program.

### Adult Anxiety Group

Do you want to understand where anxiety comes from and what to do about it? This adult anxiety workshop might be for you! We will use evidence based strategies from mindfulness, CBT, and acceptance-based therapies to better manage and relate to anxiety. This workshop will support you in transforming your anxiety experience so that you can live a more rich and meaningful life. Participants will engage in experiential exercises and complete homework assignments.

**When:** Wednesdays, 4:00-5:30pm  
Session 1—May 2nd through June 13th  
Session 2—June 20th through August 15th (no class July 4th)

**Where:** 3500 JFK Parkway, Suite 200

**Cost:** \$40 per class

**Facilitator:** Rebecca Hoke, LSW

This group is for anyone 18 years of age or older. Call 970.889.8204 to register. You can also learn more by visiting [www.coloradocac.com/services/group-therapy/anxiety-workshop](http://www.coloradocac.com/services/group-therapy/anxiety-workshop).

### Adolescent Intensive Outpatient Therapy

Clear View Behavioral Health is now offering an Adolescent Intensive Outpatient Therapy program for ages 12-17.

Adolescents will attend group therapy three days per week. Daily individual goals will be set. They will participate in three group sessions per day, where they identify their feelings, cause and effects. This includes both process and psycho-educational groups, where the participants will learn and work on coping skills such as anger management, communication and relationship skills.

**When:** Monday, Wednesday, Fridays  
4:00-6:45pm

**Where:** 4770 Larimer Parkway  
Johnstown, CO 80534



Tricare, Medicaid and most major insurances accepted.  
Call 970.800.5555 to make an appointment.

## Resources for the Community

### Energetic Self-Care

In this nourishing, balancing and energizing class, you will learn:

- Overview of energy anatomy
- Practices for healing and balancing your energy system
- How your daily choices effect the health of your energy body
- How to have healthier energetic boundaries as you move through life

**When:** May 20th from 10:00am—1:00pm

**Where:** 149 W. Harvard Street, Suite 401

**Cost:** \$30

Instructor: Kristi Joy Buss, HTCP, LMT. Kristi is a Healing Touch Certified Practitioner with over 20 years experience in the field of Energy Medicine.

Please contact Kristi at [kristi@innatewholenesshealing.com](mailto:kristi@innatewholenesshealing.com) or by phone at 970.481.4509 to register. You can also learn more about her practice at <https://www.innatewholenesshealing.com>.

### Group Therapy and Qigong Practice

#### Moving on Thursday

Moving could refer to actions of leaning into, moving past, moving out or simply getting unstuck.

Launch your personal project of change by using this group as your anchor. Find out what it's like to experience movement in life as opposed to defaulting to your auto-pilot.

You are encouraged to step out of your comfort zone, find connection, and experiment new behavior. Topics such as self-doubt, shame and resilience are examined while we move, scribble, and gather in compassion.

We close each session with Tai Chi Qigong practice. These 18 steps form a sequence of fluidity to create synergy between body and mind. It is a friendly way to experience meditation in movement. Here we will focus on movement and breathing.

Adults aged 25 and above who identify with the need for MOVING are welcomed to join. In case you worry whether you will do well in a group, this may be a great place to start. If you are a bit nervous about being around people, you are not alone.

**When:** Thursdays, May 3rd—June 18th  
8:30—9:45am

**Where:** 113 Coronado Court, Bldg 5, Unit A1  
Fort Collins, CO 80525

**Fee:** \$175 for 7 sessions. (\$25 each).

Please contact Poling Chan, MSW, LCSW at 970.481.7397 for more information.



## Resources for the Community

### Workshop: Seven Principles for Making Marriage and Relationships Work

Join Suzanne Rudolph, Ed.D.P.C. Licensed Psychologist and Jennifer Dunkle, LPC for a skills building program based on the research of Dr. John Gottman, focusing on what makes committed relationships work. This workshop features an interactive series of lectures, videos and activities designed to teach couples how to deepen their connection, build fondness and admiration for each other, manage conflict constructively and move from gridlock to dialogue on perpetual problems. Please note that couples will complete all exercises privately. There is no group work, sharing or public disclosure.

**Date:** May 5, 2018

**Time:** Registration begins at 8:40am.  
Workshop begins at 9:00am-Noon.  
Lunch on your own. Resumes  
1:15pm to 4:15pm.

**Where:** Foothills Unitarian Church  
1815 Yorktown Avenue, Fort Collins, CO

**Cost:** \$159 per couple. Space is limited to 10 couples. Fee includes a copy of the "Seven Principles for Making Marriage Work" by Dr. John Gottman and Nan Silver.

For more information and to register, visit  
[www.coloradocounselingservices.com](http://www.coloradocounselingservices.com).



### Organize to Calm—Bullet Journal Workshop

Do you feel unorganized or overwhelmed in your life? Do you have lots of to-do lists floating around? Learn how to use the bullet journal system to organize your life and find calm. Keeping a bullet journal will not only keep you organized, but will bring mindfulness and creativity into your day.

You will get your own notebook and pen and all materials will be provided so you can create your own unique bullet journal. If you have a favorite notebook or pen, feel free to bring them along!

**When:** May 1st from 6:00-8:00pm

**Where:** Wholeness Center  
2620 E. Prospect Road, Suite 190  
Fort Collins, CO 80525

**Cost:** \$60 (Notebook and pen included)

**Facilitator:** Jen Strating, Biofeedback Therapist and Yoga Teacher

To register, call  
970.221.1106.



## QPR Suicide Prevention Training

Connections is offering QPR training, which stands for Question, Persuade and Refer. QPR is an hour long suicide prevention training for community members, which covers warning signs, how to talk with someone who is suicidal and local resources to refer to.

Upcoming training dates:

#### Evening training dates:

All evening training dates are held from 5:30-6:30pm

- ◆ Tuesday, June 19th
- ◆ Tuesday, August 21st
- ◆ Tuesday, October 16th
- ◆ Tuesday, December 4th

#### Day time training dates:

All day trainings are held from noon-1:00pm

- ◆ Wednesday, May 16th
- ◆ Wednesday, July 25th
- ◆ Wednesday, September 19th
- ◆ Wednesday, November 14th

To register for a QPR class, please contact  
Emily Leetham at [eleetham@healthdistrict.org](mailto:eleetham@healthdistrict.org)  
or call 970.494.4370.