



Toll Free 1-877-315-6855  
www.theadvocacyalliance.org

# IT'S YOUR HEALTH SPRING 2015

## Dual Diagnosis



The Pennsylvania Dual Diagnosis Direct Support Curriculum is a joint initiative of the Pennsylvania Department of Public Welfare Office of Mental Health and Substance Abuse Services and the Office of Developmental Programs.

The ultimate goal of this training curriculum is to provide information that can aid in the understanding of the struggles and the triumphs of those you support or will support. This curriculum was designed to demonstrate the complexity of Dual Diagnosis and the factors that need to be considered to best support those with whom you come into contact. The Pennsylvania Dual Diagnosis Direct Support Curriculum was also designed to demonstrate that all people in this world, regardless of their challenges, are much more alike than they are different.

In order to be qualified to present each of the topics in this curriculum, HCQU trainers are required to:

- Participate in the related Train the Trainer sessions (live or web-based), led by the curriculum developers;
- Demonstrate their knowledge of the course content by achieving a score of 80% or higher on a post-test; and
- Review and be familiar with the course content and materials.

All of the trainings within the five modules are now available. To learn more about these trainings and how to sign-up for them, please contact Heather Coleman, M.A., Director, Eastern PA Health Care Quality Unit toll-free at 1-877-315-6855 or [hs@theadvocacyalliance.org](mailto:hs@theadvocacyalliance.org).

### HCQU Trainings

Our Health Care Quality Unit is always available for trainings for groups large and small. In addition to group trainings, we offer web trainings 24 hours a day/7 days per week. If you are interested in scheduling a training, or have any questions about web trainings, please contact Heather Coleman, M.A., Director, Eastern PA Health Care Quality Unit toll-free at 1-877-315-6855 or [hs@theadvocacyalliance.org](mailto:hs@theadvocacyalliance.org).

For a list of our current web trainings please go to <http://www.easternpa-hcqu.org/Trainings/trainings.htm>.

# INTENSIVE SYSTEMS THERAPY

Intensive Systems Therapy (IST) is a method of daily, ongoing support that assists and guides people in enhancing coping, problem solving and decision making skills. It is a treatment model for individuals who have maladaptive thinking and behavior. It is particularly helpful when used in supporting individuals with intellectual and developmental disabilities and mental health issues. This method is trauma informed and teaches non-violent communication techniques.



Over the past few years Pennsylvania's Office of Developmental Programs has been providing IST training for direct support professionals, program managers, supports coordinators, behavior specialists and others. Thirty hours of training spread over 5 days is required of participants in order to obtain a certificate of completion and to utilize the techniques. As a result of staff/caregivers learning the techniques of IST they are able to interact with those they support in a new way.

Intensive System Therapy is based on the principle of "what a person thinks determines what they do/how they behave". A goal of IST is to guide the person to establish a pattern of logical thinking.

## IST consists of four components: "I" statements, fact checking, guided discovery, and the IST process:

**statement** is a therapeutic sentence that expresses a personal feeling or states a fact, encourages further conversation, is not judgmental, acknowledges positive intent, validates the person's effort, and asks for something that will make things better. When staff learn to use "I" statements while supporting individuals, they model a form of communication that is mutually respectful, avoids emotional reaction, and stimulates adaptive thinking.

**Fact checking** is used to help guide individuals to pause and think about facts that are concrete and current. Many individuals we support use automatic thinking and responding. This is a belief, opinion or response based on past events rather than current, factual events. When staff coaches the individual to look at current facts and think about the "here and now", it leads to beliefs and responses based on the current environment, and to a more successful and adaptive way of thinking.



**Guided discovery** coaxes reality based, logical thinking in individuals being supported. It helps individuals form their **own** conclusions based on factual analysis. As a result they are less likely to become confrontational and defensive.



## The IST process includes weekly IST group sessions and daily co-management meetings.

Weekly group sessions include the individual being supported and members of their team/staff. These sessions provide an opportunity to discuss issues and engage in problem solving by modeling social skills and thinking skills. Daily co-management meetings are short structured conversations between the individual and the staff working with the individual that day. The purpose is to provide predictability through time and activity structuring, and through social organization. It reviews the present day and makes a plan for the next day.

Trained direct support staff use Intensive Systems Therapy techniques every day and with every interaction they have with the individual being supported. In doing so, trained staff model, listen, communicate with, and guide the individual to learn new skills. These skills can include decision making, accepting undesirable situations, articulating emotions, and problem solving. When using these new skills the individual is empowered to think and act in ways that are healthy, productive and meaningful.



## Check out these websites mentioned in this edition of "It's Your Health"

[www.mayoclinic.org/disease/celiac-disease](http://www.mayoclinic.org/disease/celiac-disease)

[www.webmd.com/digestive-disorders](http://www.webmd.com/digestive-disorders)

<http://Celiac.org>

<http://www.organics.org/wp-content/uploads/2014/04/celiac-disease-vs-gluten-intolerance.jpg>

Families Affected by Fetal Alcohol Spectrum Disorder: [fafsd.org](http://fafsd.org)

National Organization on Fetal Alcohol Syndrome: [www.nofas.org](http://www.nofas.org)



# RAISING AWARENESS OF CELIAC DISEASE AND GLUTEN SENSITIVITY

The exact cause of Celiac Disease is not known. When you eat a diet of foods high in Gluten a protein found in wheat, rye and barley, it triggers an immune response to our small intestine that overacts. This reaction causes damage to the villi that line our small intestine. Villi are very important with the absorption of vitamins and minerals. Celiac Disease can affect both adults and children and there is no cure.

## SYMPTOMS OF CELIAC

Symptoms and complications from Celiac Disease will vary from person to person. Some, will experience mild symptoms while others may experience chronic conditions/symptoms. Some common symptoms include:

- ✓ Bloating
- ✓ Abdominal Pain
- ✓ Vomiting
- ✓ Diarrhea
- ✓ Anorexia
- ✓ Weigh Loss
- ✓ Anemia
- ✓ Headaches
- ✓ Fatigue
- ✓ Joint Pain
- ✓ GI Reflux
- ✓ Skin Rashes
- ✓ Depression
- ✓ Mouth Sores

## CAN CAUSE:

- Malnutrition
- Lactose Intolerance
- Infertility
- Loss of Bone Density
- Certain Cancers
- Miscarriage

Due to vital deprivation of important vitamins and nutrients, our body systems such as our Liver, Bones, Brain and Nervous System may be affected. In children this malabsorption could affect or delay growth and development.

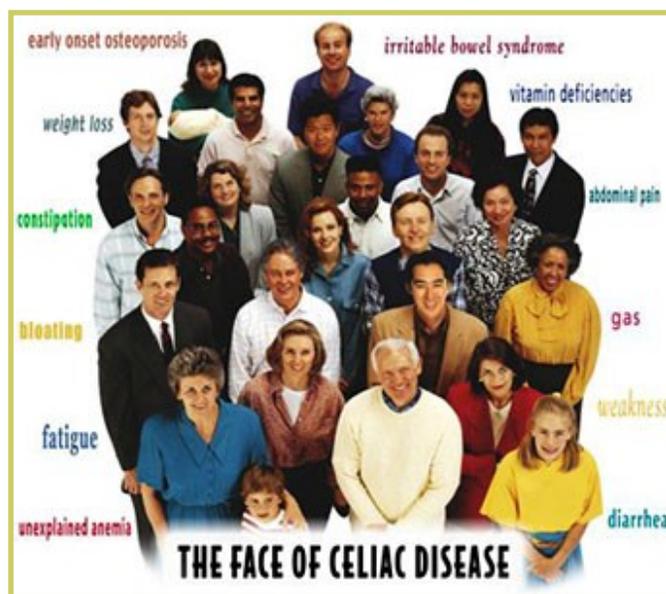
## RISK FACTORS

Celiac can affect anyone, however it may be more common in people who have the following:

- ✓ A family member with Celiac Disease or Dermatitis Herpetiformis
- ✓ Type 1 Diabetes
- ✓ Lupus/Rheumatoid Arthritis
- ✓ Down syndrome/Turner Syndrome
- ✓ Auto-immune Thyroid Disorder
- ✓ Colitis

Diagnosis is confirmed by screening lab work specifically for celiac disease.

## UNTREATED CELIAC DISEASE





## PREVENTION AND TREATMENT

Celiac is managed with a strict Gluten free diet. There are many sources of Gluten. Some of the more common sources of High Gluten Foods you may want to avoid are:

Bread	Cookies	Bouillon	Imitation meat/seafood
Cakes	Bagels	Lip Balm, gloss or stick	Envelope and stamp glue
Cereal	Drink Mixes	Cured Pork	Play-Dough
Rolls	Candy	Soy Sauce	Communion Wafers
Pasta	Sauces	Mouthwash/toothpaste	Vitamins
Over-the-counter medications			Prescription medication

### Gluten Free Foods include:

- ✓ Oil
- ✓ Milk
- ✓ Fruit
- ✓ Plain Meat
- ✓ Fish and Chicken
- ✓ Nuts and Seeds
- ✓ Corn and Potato Foods
- ✓ Eggs
- ✓ Vegetables
- ✓ Beans/Legumes

Educate yourself on foods that are gluten free, and learn to read food labels that will provide Gluten content.

Please see the chart for further information on gluten free items..

References:

[www.mayoclinic.org/disease/celiac-disease](http://www.mayoclinic.org/disease/celiac-disease)

[www.webmd.com/digestive-disorders](http://www.webmd.com/digestive-disorders)

<http://Celiac.org>

**THE GLUTEN-FREE SHOPPING LIST**

## Yum!

**BEANS, PEAS & LEGUMES**

**BUCKWHEAT\***

**EGGS**

**CHEESE (Unprocessed)\*\***

**SORGHUM**

**BUTTER\*\***

**FLAX**

**MILLET\***

**QUINOA**

**CORN (Cornmeal, Polenta, Masa, Grits)**

**FRUITS (Fresh is best)**

**TAMARI**

**POTATO (Flour, Starch)**

**MEATS & FISH\*\***

**SEEDS**

**RICE (All Types, Flours)**

**YEAST**

**SPICES (Beware of Seasonings)\*\***

**MILK**

**VEGETABLES (Fresh is best)**

**VEG. BROTH**

**TAPIOCA (Starch, Flour)**

**OILS (Vegetable, Canola, Olive)**

**VANILLA EXTRACT\*\***

**YOGURTS\*\***

**NUTS (Plain, Flours)**

**SOY (Milk, Cheese, Tofu)**

## Run!

**BARLEY (Including Sprouted)**

**FLOUR TORTILLAS**

**BEER**

**GRAHAM (Flour, Crackers)**

**RAMEN**

**BREADED FOODS**

**UDON**

**BOULLION CUBES**

**BRAN**

**SOY / TERIYAKI SAUCE**

**MATZAH**

**OATS**

**COUS COUS**

**BULGAR**

**PASTA**

**DURUM**

**CAKE FLOUR**

**WHEAT (Germ, Starch, Bran, Grain, Sprouted)**

**BREAD CRUMBS**

**FARINA**

**SEMOLINA**

**HYDROLYZED WHEAT PROTEIN**

**TABBOULEH**

**MALT (Vinegar, Flavoring, Syrup, Extract)**

**RYE, SPELT, KAMUT, TRITICALE**

**VEGETABLE STARCH**

SEEK GLUTEN-FREE OPTIONS

\*Beware if combined with other flours    \*\*Read labels for gluten-filled additives

PRESENTED BY **GlutenFree.com**



When you drink alcohol, your unborn child drinks it, too

# FETAL ALCOHOL SPECTRUM DISORDERS (FASD)

Fetal Alcohol Spectrum Disorders are a group of conditions that can happen to a person when their mother drank alcohol during the pregnancy. Fetal Alcohol Spectrum Disorders often include behavioral and learning challenges as well as physical problems. Each person is affected differently, so no two people have FASD in the same exact way.

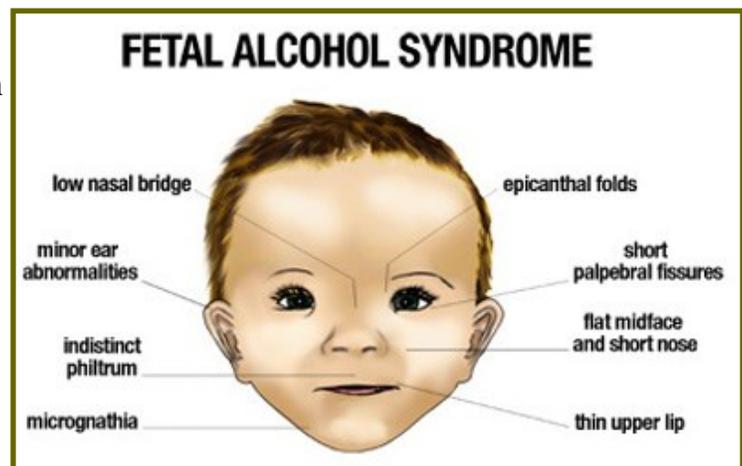
The fetus's brain is developing throughout the entire pregnancy, so exposure to alcohol at any point during the pregnancy, in any amount, can cause damage to the brain as well as other developing organs.

FASD is certainly preventable, but it is not curable, and does not seem

to lessen in its effect as a person ages. FASD is often misdiagnosed as one or more other conditions. Conservative estimates are that 2 in every 100 live births are affected by FASD. However, many professionals and advocates feel the frequency of FASD is much higher — **as many as 1 in every 20 live births in the United States!**

**A person with FASD might have a combination of these symptoms:**

- Hyperactive behavior
- Difficulty with attention
- Poor memory
- Difficulty with learning, especially with math
- Speech and language delays
- Intellectual disability (low IQ)
- Poor reasoning and judgment skills
- Sleep and sucking problems as a baby
- Vision, hearing problems
- Problems with heart, kidneys, bones
- Low birth weight
- Shorter than average height
- Small head size
- Abnormal facial features (only 10% of people with FASD have these facial features)



People with FASD often have the challenge of impaired executive functions. **Executive functions are a set of mental skills that keep the brain organized and act on information.** They let a person plan, organize, remember, prioritize, pay attention and get started. They also let a person use information and experiences from the past to help solve current problems. People with FASD often face significant difficulties with these skill sets, and may be misread as being impulsive, irresponsible or defiant. A great deal more education is needed to understand how to better support people affected with FASD to lead fulfilling, productive lives.

**Reliable information can be found on these websites:**

Families Affected by Fetal Alcohol Spectrum Disorder: [fafsd.org](http://fafsd.org)

National Organization on Fetal Alcohol Syndrome: [www.nofas.org](http://www.nofas.org)

# OSTEOPOROSIS

From when you are born until when you pass on, your body is continually changing. Our muscle strength starts to decline, our skin becomes less elastic, & our metabolism starts to slow down. Also occurring with these changes, is decrease in bone density causing a disease such as Osteoporosis. Just because there are often no signs with bone deterioration, doesn't mean it is not happening. As we age, our bones start to become more porous and weak, and often many times we don't recognize it is a problem until a fracture occurs. A fracture could occur from something as simple as a sneeze.

## WHAT IS IT?

Osteoporosis is a disease that affects the bone. It happens when the density of the bone/ bones becomes significantly reduced making the bones brittle and more prone to breaks or fractures.

## CAUSES

Some of the most common causes of Osteoporosis are:

- Lack of Vitamin D & Vitamin C
- Smoking & Alcohol Use
- Low estrogen in women—usually occurs after menopause when women lose estrogen
- Sedentary Lifestyle
- Medications— many medications can contribute to bone destruction but the most common are corticosteroids & anti-seizure medications.

## Symptoms & Complications

There are usually no symptoms associated pre osteoporosis diagnosis. Most often, the first symptom of Osteoporosis is when you break or fracture a bone. Some complications that can come post fracture are:

- Pain
- Gradual loss of height, depending upon which bones are affected
- Deformity of the back—usually occurs if there are any vertebrae affected from osteoporosis. Many people develop a stooped back, also known as Dowager's Hump.

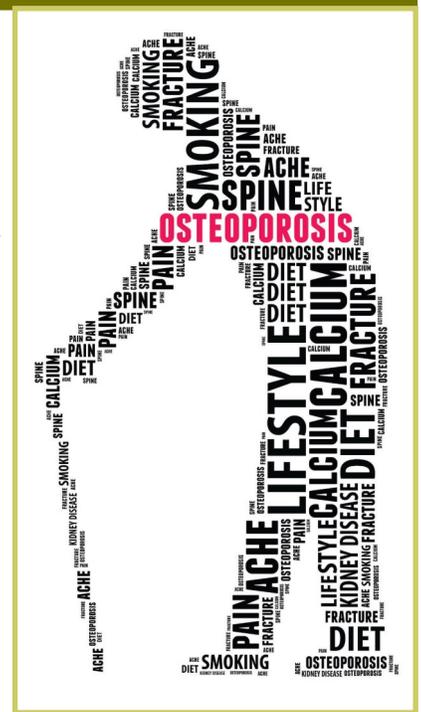
## Diagnosis & Treatment

First thing's first, go to the doctor! Your doctor will send you for a Dual X-ray Absorptiometry also known as a DEXA SCAN, a non-invasive test that measures the density of your bones. Based on the results, your score will put you into one of three categories: Normal Density; Low Density; or Osteoporosis. These results will help the your doctor determine which treatment plan is best for you.

Currently, there is no cure for Osteoporosis. However, there are a variety of treatment options available to prevent, slow, and possibly even stop the progression of the disease. Treatment plans may vary depending on what stage of density your bones are currently in.

Some of the treatment options include: increasing both your Vitamin C & Vitamin D; performing weight bearing exercises; limiting alcohol intake and, if you smoke, QUIT!.

Most of these treatment options are commonly used in conjunction with medications such as: Forteo; Reclast; Fosamax; Boniva; and Actonel.



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The logo for The Advocacy Alliance, featuring the text "the Advocacy Alliance" in a stylized, cursive font. The word "the" is small and positioned above "Advocacy". To the right of the text are three wavy lines representing a stylized wave or ribbon.

## Ideas for Our Newsletter?

Contact:

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Eastern PA Health Care Quality Unit

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[hs@theadvocacyalliance.org](mailto:hs@theadvocacyalliance.org).