

## Word Search

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S S U D K B K P L Y G S U P X  
 A W N D B D K R G J N W H Y P  
 T R B X Z A M Y O I U Y O P H  
 U U R I R C L I M E T S X A E  
 Z B U L I M I A N O R E X I A  
 T L C A R O T E N E P O C Y L  
 N I N D S I G U W C R O B J T  
 G B V K V Y T S B M E A Q T H  
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 W O B N I A R G K H O Q V S G  
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 L T M S B I J V G V C T L R O  
 S A F Z E D L T O R B F V T E  
 F E A U J Z G J V X O O L A V

anorexia      binge      dietary      life      phytonutrients  
 answers      bulimia      food      lycopene      rainbow  
 balanced      carotene      healthy      minerals      vitamins

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# New Oakland NEWS

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## Dancing with ED: A Star's Battle with Bulimia

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she was overweight. There are many reasons why someone develops an eating disorder and stressful life experiences and often times, trauma experiences can be contributing factors to the manifestation of an eating disorder.

Eating Disorders commonly, but not exclusively, manifest in people who:

- Are perfectionists - both physically and/or academically
- Have low self-esteem
- Have high body dissatisfaction . . . don't like the way they look
- Have difficulty naming their emotions
- Experience periods of depression

Now PenaVega tells *People* magazine that she wants to help others get over this potentially deadly affliction.

"You read textbooks and it's just so, well, textbook. Like, 'This is how you get over bulimia.' But it is so much deeper than that. I wish I'd had somebody who could have told me, 'It's scary.' You struggle giving it up. You want to get rid of it but you struggle because, in a strange way, you enjoy it."



Alexa PenaVega

On the night she was eliminated on *Dancing With the Stars*, PenaVega opened up. "This is something that I was so afraid to talk about before. I went through a big battle and all I want to do is inspire people and show them that bulimia is something that you can get over. That's really all I wanted tonight. I couldn't have asked for a better way to end my time in the competition."

Dr. Michele Borba is an expert on parental advice. Writing in *Psychology Today*, she touches on the family based

philosophy of our founder at New Oakland, Dr. Ismail Sendi.

"One way to think about the risk for developing an eating disorder" writes Dr. Borba, "is to say that genetics load the gun, but environment pulls the trigger. Someone can't change her genes, but she can change certain things in the environment that influence whether she expresses her genetic predisposition. For that reason, in treating eating disorders, doctors need to work with families to focus on making healthy changes in a person's environment rather than to blame someone's family or genes for causing the eating disorder. Overcoming eating disorders can be a challenge, and in meeting this challenge, a family can be one's best ally."

If you know or suspect that a family member suffers from an eating disorder, please contact us. There is no need to suffer in silence. It takes courage to be honest about our struggles. We have a variety of treatment options with a staff experienced in all aspects of eating issues and disorders. Real professional help is needed.

As PenaVega says, "The one thing that I had always wanted was for someone to be real with me about that whole situation."

## What is an Eating Disorder?

by Dr. Kathy Chen,  
 New Oakland  
 Clinical Director



Our society's relationship with food and eating is complicated and contradictory. Every day, we are bombarded by advertising for food and restaurants, urging us to eat almost constantly, presenting food as the solution to our problems.

At the same time, we are surrounded by images defining beauty and health in ways that are impossible for normal people with healthy, balanced diets to achieve.

When mixed messages about food and body image combine with emotional and interpersonal conflicts, the result can be the development of an eating disorder, such as anorexia, bulimia or binge eating — ideas and behaviors that express inner unrest in the ways we think about and consume food.

Eating disorders involve both the physical and mental health of the individual. As we know from many high-profile cases, eating disorders can even be deadly.

At New Oakland Family Centers, our comprehensive eating disorders program is grounded in the deep medical and psychological expertise required to help restore the body to health and resolve the underlying emotional struggles.

So if you, or someone you know, struggle with an eating disorder, I hope you will find this issue of *New Oakland News* a helpful resource. Perhaps you can use this moment to start a conversation about a solution to your struggles. Know that things can and do get better with the right approach to treatment and care.

Our team of medical doctors and therapists is committed to helping our clients develop a balanced, healthy approach to food and, just as importantly, helping the individual find the emotional and psychological resources that bring peace and healing.

# Dancing with ED: A Star's Battle with Bulimia



**By Eli Zaret  
New Oakland  
Community Liaison**

Alexa PenaVega is a well-known actress whose credits include the *Spy Kids* movie franchise and a 2015 run as a contestant on ABC's *Dancing With the Stars*.

It was as part of her *Dancing With the Stars* experience that Ms. PenaVega began to talk openly about her six-year struggle with Bulimia Nervosa, an eating disorder characterized by bingeing on food and purging or getting rid of the food afterwards.

Those who have eating disorders often have profound body image disturbances. They constantly strive to change themselves, rather than working towards a balance of acceptance of their bodies.

There are complex reasons for people to develop eating disorders. For PenaVega, she explained that her struggle with her body and food stemmed from being called "fat" by a movie producer. Other

reasons for developing an eating disorder can include dysfunctional family patterns and not having the skills to regulate one's emotions.

In the United States, 20 million women and 10 million men will have an eating disorder at some point during their lifetime. Therefore, eating disorders are a prevalent mental health issue and many people are in need of eating disorders treatment.

Eating disorders are most common in societies where there is an abundance of food and where there is a cultural ideal for women to be thin. This creates conflicting and confusing messages to young women about their bodies and their relationship with food. Now imagine that you are actually in the public eye as one of those idealized people in a profession where there is a high value on being thin. The pressure to look the part can feel overwhelming.

In PenaVega's case, she not only had an image to maintain, but had also experienced a stressful childhood experience when the producer told her

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## New Partnerships with Washtenaw and Monroe County Community Mental Health Agencies

New Oakland Family Centers is proud to announce two significant new partnerships that expand our ability to serve consumers in new parts of the Detroit metro area.

Our new relationships with the **Washtenaw County Health Organization** and the **Monroe County Mental Health Authority** will provide a gateway to services for individuals receiving public assistance for mental health services in these two counties.

Specifically, New Oakland will be providing crisis intervention and stabilization services, our FACE to FACE partial hospital program and non-emergency transportation for service recipients.

We're excited to be a part of these two new networks doing so much important work in Monroe and Washtenaw Counties.

# Eat the Rainbow! Try Eating Foods with a Variety of Color

**By Lisa Rotsaert,  
Registered Dietitian**



Have you ever evaluated the food on your plate based on the color content? Adding color to a plate of food can increase visual appeal, but more importantly it can add valuable nutrients. In our food supply there are hundreds of phytonutrients also known as phytochemicals. Phytonutrients are responsible for the colors of fruits and vegetables. They can be found in a variety of fruits, vegetables, whole grains, legumes, tea, coffee, and cacao. Selecting foods with a variety of color can help provide energy rich phytonutrients to nourish your body.

The relationship between phytonutrients and their positive effects on health continues to be an area of interest for researchers. Although phytonutrients are not essential to your body like vitamins or minerals, they have shown positive effects on health.

Phytochemicals have been studied for their contribution to anti-aging, immune system health, and possible protection against cancer, heart disease, and other chronic diseases. Although further research is required on the role that phytonutrients play on the body, the recognized benefits exceed the limited data.

In the meantime, aim to eat the rainbow! Get started by increasing the color content of your meals. Incorporate

a variety of color by making half of your meal plate composed of fruits and vegetables. The daily dietary intake for fruits is 1.5-2 cups and 2-3 cups for vegetables.

The chart below provides an easy reference for the kinds of foods, colors and phytonutrients to look for.

As a dietician who works with clients who struggle with eating, I often hear, "These are bad foods" or "I shouldn't eat those foods." It is important to keep in mind that incorporating phytonutrients can be helpful in creating a balanced diet and that foods are not "good" or "bad." Instead, adhering to a balanced diet and respecting our body's hunger cues are the essential parts of living a life with presence, meaning, and self-acceptance.

Color	Phytonutrient	Foods
Yellow and orange	Beta-carotene, vitamin C, curcumin, naringenin	Oranges, carrots, sweet potatoes, butternut squash, summer squash, pumpkins, peaches, apricots, papaya, cantaloupe, corn, pineapple, lemon, ginger, turmeric
Red	Anthocyanin, ellagic acid, betalains, lycopene, resveratrol	Tomatoes, red bell pepper, radishes, radicchio, beets, raspberries, strawberries, cranberries, cherries, pomegranate, red currant
Purple and blue	Anthocyanins	Cabbage, eggplant, dark grapes, blackberries, blueberries, figs, plums, prunes, olives
Green	Lutein/zeaxanthin, sulforaphane	Broccoli, spinach, arugula, kale, watercress, artichokes, Brussels sprouts, parsley, peas, celery, avocado, honeydew melon, kiwi, lime
White	Allicin, vitamin C, selenium	Cauliflower, onion, garlic, potato, shallot, fennel, leek, parsnip, mushrooms, jicama, bananas

## Meet Dr. Kathy Chen: Clinical Director and Leader of Eating Disorders Programs



"and so I know personally as well as professionally how hard it can be for to get your back on track after an eating disorder has taken hold."

Despite the challenges, Dr. Chen emphasizes the impact and change that can be achieved with persistence, care and understanding.

"I am passionate about helping people with eating disorders because I know first-hand that things can and do get better," Dr. Chen says. "And I'm tremendously excited to lead the New Oakland team dedicated to helping people find the solutions that can make a difference in their lives."

Dr. Chen is a 2008 graduate of the University of Michigan (BA, Psychology) and a 2013 graduate of the Chicago School of Professional Psychology (PsyD, Clinical Psychology)

Dr. Kathy Chen, PsyD, LLP is Clinical Director for New Oakland in Oakland County and leads New Oakland's eating disorders program. As one of the Midwest's leading experts in eating disorder therapy Dr. Chen understands the unique challenges facing individuals who are struggling with the ways they think about food and eating.

"I have had to overcome an eating disorder in my own life," Dr. Chen says,

- Convenient Farmington Hills location
- Individual, family and group therapies
- Intensive day program, home every night
- Registered dietitians on staff
- Skilled, compassionate team of physicians, psychologists and mental health professionals
- Careful attention to body, mind, relationships and spirit

For a free consultation and evaluation, contact New Oakland today at 877.800.1650 or visit our website, [www.NewOakland.org](http://www.NewOakland.org)

## NEW OAKLAND FAMILY CENTERS

### Eating Disorder Treatment Program

If you think someone you love may be suffering from an eating disorder like anorexia, bulimia or binge eating disorder, you don't have to wonder and worry in silence.

With 25 years serving the mental health needs of metro Detroit, **New Oakland Family Centers** can provide the guidance that will help identify and treat the underlying causes of eating disorders of all kinds.

Overcoming an eating disorder doesn't just happen by itself . . . and it doesn't happen overnight. But with love, attention and care, it does happen.

It can get better.



## New Oakland locations to serve you

**Center Line Center**  
26522 Van Dyke Avenue  
Center Line, MI 48015  
586-759-4400

**Clarkston Center**  
6549 Town Center Drive  
Clarkston, MI 48346  
248-620-6400

**Clinton Township Center**  
42669 Garfield Road  
Clinton Township, MI 48038  
586-412-5321

**Farmington Hills Center**  
32961 Middlebelt Road  
Farmington Hills, MI 48334  
248-855-1540

**Livonia Center**  
31500 Schoolcraft Road  
Livonia, MI 48150  
734-422-9340

**Southgate Center**  
13305 Reeck Road  
Southgate, MI 48195  
734-225-2090

**Warren Center**  
8150 E. 13 Mile Road  
Warren, MI 48093  
586-825-9700

**FACE to FACE Crisis Stabilization Services**  
877-800-1650  
(24 hours/day)