

Behavioral Resources and Institute for Neuropsychological Services

the BRAINS Express

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Upcoming Seminars: (CEU's being sought)

- Thursday, February 26, 2009 from 8:00-11:30am. We'll call it, "Sensory Integration Therapy: Contributing to Student Success"
- Understanding and treating autistic spectrum disorders: The brain, assessment, and intervention. Michael Wolff, PsyD, Rochelle Manor, PhD, Tom Denczek, MSW, & staff from BRAINS (repeat seminar)
 - Date and Time to be Announced
- What is happening to my child. Understanding ADHD and processing difficulties. Michael Wolff, PsyD & Rochelle Manor, PhD
 - Date and Time to be Announced
- Childhood Mood Disorders: Bipolar, Depression, & Anxiety. Staff from BRAINS.
 - Date and Time to be Announced

Anticipated Upcoming Education:

- Tom Denczek, MSW, and Dave McGovern, MA, discuss planning for adolescents with Asperger's and PDD, NOS, intervention, vocational assessment, and MAPPS Program



Parenting through the Holidays

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Planning Ahead for Your Family

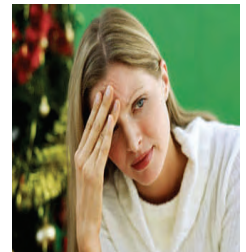
If you have children, chances are you have heard that structure, predictability and routine are of the utmost importance – especially if you have a child with any type of attention or developmental difficulty. The holidays will pose some challenges to keeping up on a routine, but we can be flexible without tossing our entire routine to the wind. Perhaps, you do not have a routine in place yet . . . in that case, this may be a good time to consider starting one.

I would first suggest making a calendar of "events" for this holiday season and placing it where your kids can see it – depending on their ages, you may invite them to help with the calendar or decorate it. Make sure the calendar includes the school schedule, holiday parties and family gatherings. You may also want to schedule in time for sledding, craft projects and/or baking Christmas cookies. Divorced/separated parents will want to be sure to note on the calendar when the kids will be with mom and when they will be with dad.

My other suggestion is that you keep your routine in place and simply adjust it when needed in order to accommo-

date holiday events. For some of you, the challenge will be having flexibility in your routine. Your kids should be able to tolerate some shifts in the routine, as long as you keep them posted on what those shifts will be. Some parents find it very helpful, particularly if their kids tend to be anxious or easily disrupted by changes in a routine, to talk with their kids each night about the schedule for the next day. Holidays can be very hectic and stressful. Planning how you will spend your time and energy ahead of time will likely alleviate some unwanted stress.

Avoiding Overextending



The holidays can be a great time for family gatherings and time with friends and loved ones. The holidays are also a great time to simply do too much. Be realistic with yourself about what you can commit time and energy to this year. This may mean you have a newborn baby and will simply not find the time or energy to string 950 lights to the roof of your house this year. It may also mean choosing not to attend every party to which you are invited. Chances are, you may disappoint some people in an effort to take care of yourself and your family. Setting



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healthy boundaries can be a challenging task, especially this time of year. Be sure to listen to yourself and give yourself permission to say “no.” Also, try to accept the fact that the relatives that irritated or subtly insulted you last year, will likely do the same again this year. These relatives can give us excellent chances to practice healthy relational and emotional boundaries. It may also be important to note that for some of you the holidays can be wrought with grief due to a loss of a loved one, a divorce or separation, or perhaps the loss of a job. For those of you facing loss this holiday season, it will be important to allow yourself to grieve and to allow your family to do the same. You may also find it helpful to reach out for support.

Financial Responsibility

It is no secret that the economy is seriously dismal right now. You may be dreading the holidays wondering how you will possibly be able to afford the new video game your son wants or the new iPod you thought you would be able to get for your daughter. Or, maybe you are just wondering how you will be able to afford the gas to get to grandma’s house or to buy a turkey for Thanksgiving.



Whatever the case, this holiday season may be a great time to talk with your kids about the fact they may not get everything they want for Christmas this year. This is a wonderful lesson for all kids to learn – that we can not always get what we want, and further, if we did we would probably not be very healthy indi-

viduals. I would suggest doing this in an empathetic manner, which might even include a bit of an apology if we have, in the past, given our kids everything they want and inadvertently taught them they can have everything they want. In the midst of this discussion, be careful not to burden your kids with things that are not their responsibilities. For instance, refraining from letting the kids know you are wondering how you will pay the electric bill this month or the fact you are two months behind on your mortgage. It is okay to let kids know when there is a need to be mindful about how we spend money, but we should let them know that we, the adults, will make sure the family has what it needs and that it may mean every family member makes sacrifices. Part of this discussion may also be an opportunity to consider, as a family, giving to someone in need. This could be in the form of a monetary gift or perhaps a gift of service – shoveling driveways and sidewalks for elderly neighbors or caroling at a local children’s hospital.

The possibilities are many. This could be a good chance for your kids to be creative in coming up with a way to give and also to experience how it feels to help those in need. This might just be a very good year for all of us to truly embrace what Christmas really means to us. We all know it is easy, in the busyness of parties and the battles over hot sale items, to forget that Thanksgiving is not just about turkey, pumpkin pie and football and that Christmas is not just about presents and eggnog. So, maybe it would be best to not get ourselves more stressed by spending money we

do not have or to get down on ourselves for not being able to buy our kids and loved ones the perfect gifts. This may be a year in which many of us are challenged to embrace what it is the holidays mean to us and to talk with our kids about them.



We all have our own memories and experiences of the holidays. Our kids also have had and will develop their own memories and experiences of the holidays. My hope for all of you is that this holiday season, regardless of your situation, is one filled with peace, meaning, care for yourself and your kids and deeper connections with those you love.

For support during the holidays or after — please contact Stephanie Silverman, MA, or other staff at BRAINS, LLP. Participation in counseling may be another positive New Year’s Resolution for personal wellness/growth, managing mood disorder(s), family stability, and to gain satisfaction with life. 616-365-8920



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Think Thin

BRAINS and the Gainey YMCA are introducing the “THINK Healthy” program, a 6 week class that combines the strategies of how to THINK thin along with exercise to help you achieve a healthier lifestyle.

You'll learn life-changing skills to alter both the behaviors and thinking that prevent you from losing weight as well as work in a small group with a trainer to physically change your body!

Free informational meeting
Monday, November 3rd
Gainey YMCA
5:30 – 6:30 p.m.
Call 365-8920 ext 225
to register for 6 wk program

Starts
Monday, Nov 10th – Dec 15th

\$225.00
a one time introductory fee
Includes the:

5:30-6:30 THINK class
6:30-7:30 Exercise class

Classes held at
Gainey YMCA
3333 Forest Hills SE

Nutritional Consultation and Coaching Now Available

For most of us, what we know about good nutrition comes from what we ate growing up and what we've picked up from the media, on the internet, and from other parents or friends. What we know leads us to make assumptions and draw conclusions that may be false, in part because we don't get big picture information from the bits and chunks we've heard.

Your best nutrition comes from truly healthy eating because that's how you're designed to get your nutrients. Although supplements are very helpful, they work best and are most effective when added to a truly healthy diet.

A nutrition coach teaches you the basics of good nutrition—much of which you already know, some of which will surprise you—and helps you implement any changes you need to make for your family or yourself.

Your coach will also address your specific issues, whether related to brain or bodily function, health, or illness, by teaching you specific foods to include in your diet based on their nutrient values and healing properties, which foods to avoid and why, and which supplements may be beneficial for your child.

Your coach will also help you as needed with recipe suggestions, recipe alterations, and cookbooks and recipe sites on the internet.

At BRAINS, we work with children, adolescents, and adults as well as all

the issues that present at BRAINS, including ASD, ADD/ADHD, other neuropsych issues, sensory issues, overweight and underweight, and general nutrition. However, you do not need to be a BRAINS client to take advantage of the service.

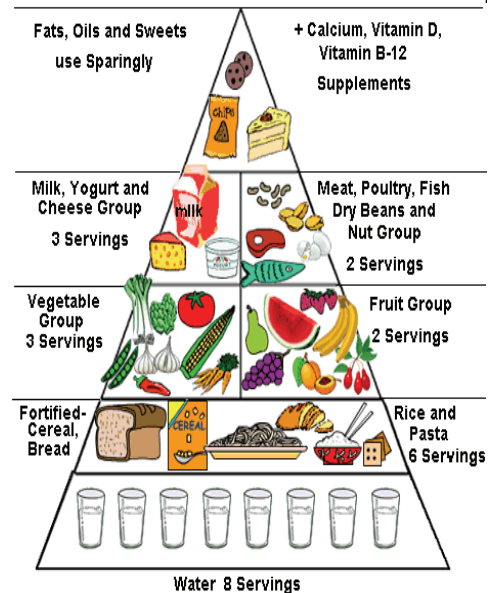
Consultation is not a forever process. Four sessions are enough to get you started and will be all many people need. The number of sessions you need depends on how extensively your diet needs to be adjusted and the condition you're addressing.

Food is slow-acting but powerful medicine that works at the deepest levels. Improvements resulting from a healthy diet and the right supplements can continue to occur for months or even years.

For more information about nutritional consulting or to set up an appointment, contact BRAINS at 616-365-8920.

Or you may contact Sue, the nutrition consultant, directly:

E: sue@kinesictherapies.com
P: 616-575-6010.



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NEW GROUPS:

Announcing a behavioral treatment option for children who experience encopresis

This is a 6-week group-based treatment program for children who experience encopresis, including those who have pooping accidents, difficulties consistently using the toilet, and resistance with independent toileting behaviors. Groups are age-based (4-7 years & 8-12 years). At least one parent is required to participate with their child during each group session. Treatment goals include: a) Increase in understanding of bodily functioning, b) Increase in independent use of the toilet, c) Decrease in constipation and stool withholding, and d) Decrease in soiling accidents. Groups will be held on Mondays, start date to be determined based on enrollment. Please contact BRAINS at (616) 365-8920 for complete information or to register for this group. Group Leader: My T. Lien, PhD

Chronic Illness Support Group

A group will be forming for teenagers who experience a chronic medical illness. Any teen in high school is welcome to participate. The group will focus on issues such as: adjusting to the initial diagnosis or ongoing coping with the illness, independence in self-care tasks related to the illness, developmental stage-related and transition issues, social limitations/implications, school/learning issues, and educating others about the specific illness. Medical conditions include, but are not limited to: Diabetes, Cancer, Cystic Fibrosis, Epilepsy. Please contact BRAINS at (616) 365-8920 if you are interested in this support group. Group Leader: My T. Lien, PhD

Pre-Concussion Screenings:

Dr. Wolff and Brad Bridges, MSW, are working together to screen all athletes at risk for concussions.

According to the Center for Disease Control (CDC):

- ◆ As many as 3.8 million concussions occur in the United States each year.
- ◆ Of the estimated 300,000 concussions that occur during sports and recreation annually in the United States, 13% occur in high school football, indicating that other athletes remain at risk for head injury as well.
- ◆ Concussions in sporting activities are severely underestimated using existing national data sets since most information comes from studies that only take into account an injury where there is a loss of consciousness.
- ◆ Males are twice as likely as females to experience a traumatic brain injury with the highest risk groups being children 0 to 4 years, adolescents aged 15 to 19 years, and senior citizens 75 years of age or older.



Pre-Concussive Evaluation:

A pre-concussive evaluation is completed prior to an athlete experiencing a blow to the head or acquired brain injury of some kind. The injury does not need to be athletically related, but could occur from playing around, a motor vehicle accident, falling, etc.

Regardless of cause, the team at BRAINS, LLP compiles information on the student, including background information, previous diagnoses, learning performance, and other information that is needed to provide a baseline (a level of performance prior to any injury). The team also uses a measure that has been standardized to provide a baseline for cognitive areas of functioning that are more commonly influenced by an Concussion (Acquired Brain Injury [ABI]). This data is maintained at the clinic in case an event should occur.

In the case that there is an ABI, the BRAINS team would be able to complete a post-event evaluation to compare how the student is performing in comparison to their baseline. From this information, recommendations can be made for participation, treatment, and recovery. If additional services are needed, the BRAINS team offers many other services and would also be able to work with the school and other physicians as needed.

Requirements:

- ◆ Parents Complete Intake Questionnaires
- ◆ Previous Evaluations or Reports
- ◆ Disclosure of Medical or Pre-Existing Condition(s) (on Intake Questionnaire)
- ◆ Student Screening

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Costs:

BRAINS, LLP wants to be proactive with encouraging students, particularly student athletes, to be pre-screened to increasing the ability to understand post event outcomes if one were to occur. .

Pre-Concussion Screenings are \$15.00.

Time:

The screening time can vary, but typically 15-25 minutes is necessary.

Benefit::

The pre-concussion evaluation can increase the accuracy to understand the outcomes from the injury, recovery process, and assist with providing the most accurate data to the family, athlete, coaches, teachers, and others working with the student.

For large groups, BRAINS staff can arrange to come on-site for the athletic screening if space is available.

ASK THE PROFESSIONAL:



Dr. Lien remains available to address questions from parents, schools, counselors, or others. No new questions were asked for this issue. To pose a question, simply email Dr. Lien, (mlien@brainspotential.com). She will respond directly to you and may present your questioning in the upcoming BRAINS Express.

Insurance Change:

Members influenced by upcoming changes to insurance paneling with Priority Health. You continue to have options for ongoing services that can meet your needs.

Options include:

- Utilizing an out of network benefit (if your insurance policy has this benefit)
- Switching insurance carrier during open enrollment with your place of employment (please make certain that your primary care physician and other physicians would be covered by any new insurance as part of making this decision).
- Self-pay—in most instances, self-paying for services can be used for tax deductions. Please consult your account, with paying for services at BRAINS are the same as paying for a dental appointment.

Superbill Procedure:

A Superbill (also called a charge slip) is a form used by medical or mental health clinicians that can be completed and submitted to an insurance company or employer for reimbursement. This includes the ability to submit these statements to HSA's, deductibles, or in some situations can be used as documented proof for tax deductions for treatment services. This Superbill procedure is necessary when a professional is unable to work directly with insurance companies. That is, the professional or clinician is "not signed up to be a part of an insurance panel" or has not been approved or removed from a panel. Instead, the clinician

works as independent consultants. As such, a need arose to provide clients with a document that could be submitted to insurance companies that would allow clients the potential to be reimbursed by their insurers. A Superbill can be prepared for you after the funds have been received and documentation has been completed.

The Superbill should contain the following elements:

- Client's name
- Client's address and phone
- Any additional identifying information (i.e. account #)
- Client's clinician's name(s)
- Client's clinician's address
- Client's clinician's NPI number and tax ID number
- Client's diagnosis
- The treatment(s) rendered with the CPT code whenever possible
- The cost of the treatment
- The amount you paid

- BRAINS will need you to sign a self-pay agreement

Once you receive your Superbill, check it for accuracy (make sure the dates/times of your visit and the amounts you paid are correct). Then submit the document to your insurance company for possible reimbursement. Your insurance company MAY reimburse you depending on the level of coverage you have. Prior to starting work with a clinician who uses Superbills, you should contact your insurance



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company and say, "I want to work with an out-of-network provider, what are the options for me to gain reimbursement?" The only way to know for sure what your insurance company will pay is to ask them directly, or better yet, get it in writing via fax or email.

Please be aware that should you choose to submit a Superbill, you are releasing medical information to the insurance company that is protected by law. Your insurance company will have and keep a record of your diagnosis as part of your permanent medical file. These files can be used by insurance companies to set your rates and to allow or disallow further coverage/reimbursement.

Unfortunately, insurance companies and providers choose to either work or not work with each other. Even more importantly, many childhood conditions are presently considered to be "developmental disabilities" and are excluded from coverage, even though you may have an insurance policy. In these circumstances, the Superbill procedure must be employed by the providing agency to cover the costs of treatment.

Ultimately, this is a procedure for your family, child, or you to receive possible compensation from your insurance provider, HSA, deductible, or to ask your accountant if the statements can be used to decrease your taxable income for the current year.

Expanded Sensory Clinic

BRAINS Occupational and Physical Therapy Clinics have expanded their capabilities for Sensory Integration Evaluations and Treatment, with more plans pending for the near future. These changes are exciting for BRAINS, but particularly the families and children that we have the opportunity we serve.



Please Contact Heather Herrick, OTR,
or Rene Manker, PT, for an evaluation
and treatment options:
616-365-8920x226

