Caring for those in crisis

A sleep-deprived farmer’s overwhelming anxiety makes daily decisions difficult. A professor experiences racing thoughts and uncharacteristic bouts of anger. A recent retiree suffers from prolonged depression. A college student away from home endures disabling distress.

Enloe Behavioral Health, a voluntary acute-care inpatient psychiatric facility, provides compassionate treatment to adults who experience mental health crises such as these. The facility is the only one of its kind in Northern California, serving residents from 12 counties, from north of Sacramento to the Oregon border.

Millions affected, yet stigma exists

Mental illness does not discriminate. Patients at the facility come from all walks of life. One in 5 adults experiences a mental health condition, such as depression, anxiety, bipolar disorder and schizophrenia, according to the National Alliance on Mental Illness. Yet a stigma continues to exist.

“The media has done a disservice by negatively portraying mentally ill people as ‘crazy,’ and treatment facilities as ‘scary places’ with restraints and scenes like those shown in the movie ‘One Flew Over the Cuckoo’s Nest,’” said Debbie Strukan, RN, the program’s nurse manager. “Those representations are horrible and untrue, and are not how we operate.”

Enloe Behavioral Health features a multidisciplinary team of caring psychiatrists, registered nurses, social workers, occupational therapists and licensed psychiatric technicians.

Our goal is to provide a safe, supportive environment for people who are having a hard time coping in life and help them with treatment so they may return to their daily activities,” said social worker Jocelyn Beauregard.

Group and complementary therapies achieve results

Patients receive comprehensive psychiatric and medical evaluations, medication if necessary, and an individualized treatment plan. They meet daily with a psychiatrist and attend group sessions with nurses, social workers and occupational therapists. The average stay in this 26-bed facility is three to five days.

Know the warning signs of mental health risk

- Social withdrawal and isolation
- Dramatic sleep or appetite changes
- A change in personality
- Uncharacteristic anxiety, anger or moodiness
- Lack of self-care/hygiene and risky behaviors
- Sense of hopelessness or feeling overwhelmed
- Inability to cope with daily problems and activities
- Suicidal thoughts

The group settings help people process experiences, develop new coping skills for independent living, and increase wellness through art therapy, breathing and movement exercises. Complementary services, including pet and music therapy and spiritual support, are also offered. Patients can even attend Narcotics Anonymous and Alcoholics Anonymous meetings if needed.

Reaching out is key

Beauregard believes it’s important to start a dialog about mental illness to destigmatize long-held beliefs. “If people had diabetes or a thyroid condition, they’d see a doctor and take medication,” she said. “People who need to take medication for brain function are not any different.”

She encourages family members to connect with those in mental distress. Ask about their feelings, level of emotional

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Diabetes has reached epidemic levels. One in 3 adults has pre-diabetes, and 1 in 10 has diabetes. More troubling, a large percentage of these folks are unaware they have these conditions.

In Butte County, the numbers are higher than the national average. Diabetes is one of the top chronic conditions among Butte County residents, and 43 percent of adults are living with pre-diabetes, according to the County Health Rankings Report. Diabetes symptoms may include frequent urination, blurry vision and excessive hunger and thirst.

Often times, however, symptoms are silent, especially in the case of pre-diabetes, which is a precursor to diabetes. Uncontrolled, diabetes can lead to heart disease, stroke, blindness, kidney failure and lower-limb amputations, according to the Centers for Disease Control and Prevention. A blood test confirms if you have the condition.

But there’s good news. You can prevent pre-diabetes, and delay or manage type 2 diabetes with lifestyle choices: healthy eating, physical activity and good self-care. These tips can get you started, but be sure to talk to your health care provider to develop a plan specific to you.

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**TIP 1**
**Eat well**
Start by reading food labels for calories, saturated fat, sugar, carbohydrates and salt when you shop. Then choose items that have fewer calories, carbs and fat. Use these foods to develop a meal plan consisting of lean proteins, whole grains and non-starchy vegetables, like lettuce, broccoli, cucumbers, mushrooms and peppers. Aim for seven to nine servings (about 4 cups) of vegetables daily, and opt for water instead of juice, soda or sweetened beverages.

**TIP 2**
**Get moving**
Being active can greatly improve your body’s response to insulin and help control blood sugar levels. Aim to walk, stretch, swim, dance or strength train on most days for at least 30 minutes. To stay motivated, schedule your physical activity or find a partner to join you.

**TIP 3**
**Monitor your levels**
If you have diabetes, daily checks of your blood glucose show how well your meal plan, activity plan and medication are working. Ask your provider how and when to test your glucose and how to use the results to manage your disease.

**TIP 4**
**Keep up on daily care**
Inspect and wash your feet every day. If you notice sores, seek help if these don’t heal on their own. It’s also important to brush your teeth and floss twice a day. Folks with diabetes may be at a higher risk of developing gum infections, according to the American Diabetes Association.

**TIP 5**
**Bust stress**
Chronic stress can send blood sugar levels soaring, the American Diabetes Association reports. Try yoga, meditation, walking, soothing music, deep breathing or meditation apps to gain control over your blood sugar and relax.

**TIP 6**
**Get routine care**
Schedule yearly physicals, blood pressure and cholesterol checks, and eye, foot and dental exams. It’s important to get an annual flu shot, too. High blood sugar can weaken your immune system.

**TIP 7**
**Ask for help**
Diabetes can impact your psychological state and physical being. Join Enloe’s diabetes support group or seek a counselor or clergy member to help problem solve and gain coping skills. Enloe Diabetes Services also offers education for people with pre-diabetes, type 1 and type 2 diabetes, and pregnant women with gestational diabetes. Call Diabetes Services at (530) 332-6840 or visit www.enloe.org/diabetes for more details.
Anastacia Snyder Lando is passionate about giving back to her community. “I believe it is essential to give to others, to act outside of ourselves,” she said. “For me that necessitates being an active and participatory member of the community. It means not only giving financially, but also giving the important currency of time.”

Snyder Lando does plenty of that. The executive director of Catalyst Domestic Violence Services is chair of the board for the Chico Chamber of Commerce. She is also the immediate past-president of the Chico Noon Rotary Club and serves as co-chair for Enloe’s Cardiovascular Care Center Campaign Committee along with her husband, Tom, and Kathryn and Peter Magnusson, M.D.

“There is something very rewarding in identifying a project and working alongside others to accomplish something that brings joy, beauty or better health to our community,” she said.

Join the movement

Last year, Snyder Lando, like many others in the North State, participated in #GivingTuesday, a global day of giving, by making a monetary donation to the Enloe Foundation. Celebrated on the Tuesday after Thanksgiving, #GivingTuesday is meant to kick off the giving season and encourage folks to give back to their communities.

She loves the day and its focus on doing something for the greater good. “I also like that it sort of takes over social media outlets. On that day, what starts trending is the #GivingTuesday hashtag, with people smiling and sharing where they put their resources,” she said. “When you see that, you want to be a part of that feel-good movement.”

Making a difference

#GivingTuesday helps the greater good

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Anastacia Snyder Lando and her husband, Tom, participated in 2017’s #GivingTuesday, a global day of giving, to help improve health care in the North State. This year, the couple plan to do the same.

She will be part of it again this year, when #GivingTuesday falls on Nov. 27. She encourages others to do the same.

“Enloe is critical to the health and well-being of the region,” she said. “It really is a great feeling to play a part in ensuring and advancing health care for our community.”

To provide a charitable gift to the Enloe Foundation on #GivingTuesday or any other day, text “Enloe” to 41444, or visit www.enloe.org/donate.

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pain and if they’re having suicidal thoughts, she said. Many people don’t seek treatment because they are ashamed to tell their loved ones what they’re experiencing. As a result, they struggle in silence. But there is no need. There is help. Research shows that with proper care, many individuals can learn to cope, or recover from a mental illness or emotional disorder and not only get better, but achieve a full, meaningful life.

If you or someone you know has mental health questions or concerns, seek guidance from your primary care physician or a licensed mental health professional. If you are in crisis, Enloe Behavioral Health offers free mental health assessments by a qualified clinician 24 hours a day, seven days a week. Physician referral is not required. Appointments are preferred, but walk-ins are welcome. While Enloe Behavioral Health accepts private insurance and Medicare, caregivers aim to help you connect with the access to care you need, even if Enloe is not the right choice, and the staff will help you find the right help. For more information, call (530) 332-5250.
Enlightened sausage stuffing

Already planning your Thanksgiving feast? Incorporate this delicious stuffing for a healthy side dish.

Number of servings: 12

Ingredients

½ pound turkey sausage  
1 cup onion, finely chopped  
1 cup celery, finely chopped  
12 slices whole-grain bread  
1 large Granny Smith apple, chopped  
1 cup mushrooms, finely chopped  
tablespoon poultry seasoning  
2 cups fat-free chicken broth

Directions

1. Cook the sausage in a skillet, breaking it into small crumbles. Drain the excess fat.
2. Add the onion and celery, and cook them briefly. Let the ingredients cool.
3. Cut the sliced bread into small cubes, and put them into a large bowl with the chopped apple, mushrooms and poultry seasoning.
4. Add the sausage mixture to the bread, and mix well.
5. Stir in the chicken broth, 1 cup at a time. You want it moist, but not too wet. Refrigerate the mixture until you are ready to use it.
6. Once you are ready, lightly mound the stuffing between the ribs and in the neck cavity of the turkey. Cover the bird with aluminum foil, place it in a roasting pan, and cook it as directed, ensuring the center of the stuffing reaches 165 degrees.
7. Bake any remaining stuffing in lined muffin cups at 350 degrees for about 20 minutes or until the tops are golden brown.

Nutritional information per serving: 128 calories, 8 g protein, 2.5 g fat, 13 mg cholesterol, 16 g carbohydrate, 3 g fiber and 246 mg sodium

Donate to the Enloe Foundation

Enloe Medical Center has undertaken a multi-year project to create a Cardiovascular Care Center that will expand and improve facilities and equipment for cardiovascular care in the North State. Learn more at www.enloe.org/give or call (530) 332-4550.

Classes, Events & Support Groups

Enloe Medical Center provides a variety of programs to promote health and wellness. Find details at www.enloe.org/events.

11/3 Walk with a Doc  
11/8 Pancreatic Cancer Focused Facebook Live Event  
11/27 #GivingTuesday  
12/1 Walk with a Doc  
12/4 Tree Lighting Ceremony  
1/5 Walk with a Doc  
1/17 Pre-Diabetes Class  
1/25 Celebration of Healing Arts

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