

# A. C. E. S.

ASSOCIATION FOR COUNSELING, EDUCATION & SUPPORT  
 (A Private Non-Profit Agency)  
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## A.C.E.S. MISSION STATEMENT

*The Association for Counseling, Education and Support is committed to providing a safe and supportive environment in which a comprehensive range of therapeutic and empowering services are made available to the families of our community, while making ongoing diligent efforts to assess, identify and remove any barriers to access. These programs are designed to allow individuals and families to grow in a positive and wholesome way, and allow them to celebrate the importance and sanctity of family.*



*"Dedicated to a true revival of the Sanctity of Family"*

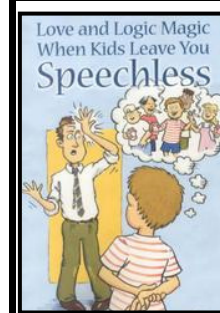
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# A.C.E.S. IN ACTION NEWSLETTER

Association for  
 Counseling, Education & Support  
 (A. C. E. S.)

Volume 5, Issue 1  
 February 2009

## A.C.E.S. and George Scripture Presents: BECOMING A LOVE AND LOGIC PARENT!



### WOULD YOU LIKE TO FEEL MORE CONFIDENT AS A PARENT?

If so, then America's most practical and entertaining parent training is for you!

Love and Logic is a philosophy founded by Jim Fay and Foster W. Cline, M.D., and is based on the experience of a combined total of over 75 years working with and raising kids. It provides simple and practical techniques to help teachers and parents have less stress and a lot more fun while raising responsible kids. Love and Logic offers many useful techniques that teachers and parents can begin experimenting with immediately. Love and Logic is easy to use, raises responsible kids, and changes lives.

If you would like to have more fun parenting and feel more relaxed at the end of the day, come join our class scheduled for Saturday, April 25, 2009, from 9:00 a.m. to 4:00 p.m., at the A.C.E.S. office, 1933 Market Street, Suite C, Redding, California. If you would like more information, or would like to register for the class, please call Linda at (530) 241-9276.

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## A Legislative Update: Mental Health Parity

Both the House and Senate introduced mental health parity legislation that closes the loopholes that permit healthcare plans to charge higher co-payments, coinsurance, deductibles, and maximum out-of-pocket limits and impose lower day and visit limits on mental health and addiction care. Neither bill mandates coverage of mental health and substance use benefits.

There are differences between the two bills. The Senate bill allows group health care plans to determine the definition of "mental health benefits" or, when applicable, to be defined under State law. The House version requires health plans which offer mental health benefits to provide the same mental health benefits and substance use disorders benefits that are included in the Federal Employees Health Benefit Program (FEHBP).

The Senate bill passed the Senate by unanimous consent on September 18<sup>th</sup>. The House passed their version of the mental health parity bill on March 5<sup>th</sup>.

On March 18<sup>th</sup>, the Senate cosponsors, Senators Kennedy and Domenici, submitted a mental health parity compromise proposal to the House for approval. Congressional staff indicates that a House counter-offer is currently being drafted by House legislative counsel. The mental health community hopes that Congress will reach a compromise and a bill will be passed into law during the second session of the 110<sup>th</sup> Congress.

***A.C.E.S. is recruiting new members. If you know someone who would like to join the A.C.E.S. family, please call us at 241-9276.***

## Teen Eating Disorders



Many kids — particularly teens — are concerned about how they look and can feel self-conscious about their bodies. This can be especially true when they are going through puberty, and undergo dramatic physical changes and face new social pressures.

Unfortunately, for a growing proportion of kids and teens, that concern can grow into an obsession that can become an eating disorder. Eating disorders such as **anorexia nervosa** or **bulimia nervosa** can cause dramatic weight fluctuation, interfere with normal daily life, and damage vital body functions.

Parents can help prevent kids from developing an eating disorder by nurturing their self-esteem, and encouraging healthy attitudes about nutrition and appearance. Also, if you are worried that your child may be developing an eating disorder, it's important to intervene and seek proper medical care. This is also true if there is any family history of eating disorders.

### About Eating Disorders

Generally, eating disorders involve self-critical, negative thoughts and feelings about body weight and food, and eating habits that disrupt normal body function and daily activities. While more common among girls, eating disorders can affect boys, too. They're so common in the U.S. that one or two out of every 100 kids will struggle with one, most commonly anorexia or bulimia. Unfortunately, many kids and teens successfully hide eating disorders from their families for months or even years.

People with anorexia have an extreme fear of weight gain and a distorted view of their body size and shape. As a result, they strive to maintain a very low body weight. Some restrict their food intake by dieting, fasting, or excessive exercise. They hardly eat and often try to eat as few calories as possible, frequently obsessing over food intake. The small amount of food they do eat becomes an obsession.

Bulimia is characterized by habitual binge eating and purging. Someone with bulimia may undergo weight fluctuations, but rarely experiences the low weight associated with anorexia. Both disorders can involve compulsive exercise or other forms of purging food they have eaten, such as by self-induced vomiting or laxative use.

Although anorexia and bulimia are very similar, people with anorexia are usually very thin and underweight but those with bulimia may be a normal weight or even overweight. Binge eating disorders, food phobia, and body image disorders are also becoming increasingly common in adolescence.

It's important to remember that eating disorders can easily get out of hand and are difficult habits to break. Eating disorders are serious clinical problems that require professional treatment by doctors, therapists, and nutritionists.

### Preventing Eating Disorders

Take an active role in creating a healthy lifestyle for your family. Involve your kids in the preparation of healthy, nutritious meals. Let them know that it's OK to eat when hungry and refuse food when they're not. Also, make exercise a fun, rewarding, and regular family activity.

Developing your own healthy attitudes about food and exercise will set an excellent example for your kids!



A Message from  
Joe Baudizzon,  
Chairman of The  
Board of Directors

Thanks to the efforts of Teri Covert, Chairman of our Holiday Giving Program, as well as the members of the Holiday Giving Committee and our youth group, F.A.C.E.S., the 2008 Giving Program was truly a tremendous success. The donation of food and presents by many of the families associated with A.C.E.S. certainly brought smiles to the faces of many. Because of the efforts of so many, the holidays were a memorable time for many deserving families and seniors housed in area convalescent hospitals. From all the fixings for a complete holiday dinner, to an array of presents for each member of the families and the seniors adopted by A.C.E.S., one can only imagine the smiles and tears of joy experienced by all.

On behalf of the Board of Directors, I wish to extend our sincere thanks to all who helped make this program such a success.

A.C.E.S. is, once again, involved in a number of projects, and we can use your help! If you would like to volunteer some time, or get involved with one or more of the A.C.E.S. programs or committees, please contact Linda at the office for more information.

Again, thanks to all, and keep up the good work!

Chairman of the Board

### A POEM TO REMEMBER

I Once Was Lost But Now I'm Found!

I once was lost with my wandering mind,  
In search of a place where I find sunshine!

Praying to see if someone can hear me,  
In search of the goodness that once was in me!

I then closed my eyes and started to rest,  
Asked God to help me, my life's such a mess!

I felt this warm feeling erupt inside me,  
And thought for a moment that God healed me.

I once was lost, but now I am found,  
The power of God has turned me around!

Anonymous

### A.C.E.S. WISH LIST

As a non-profit agency, we depend on the generosity of corporate and private donors to meet our intended mission of families helping families. Every item on this list that can be donated helps to keep costs down. We are a 501(c) 3 and, as such, your gift is tax deductible.

If you are unable to collect in-kind items, please feel free to send a monetary donation to help defray the cost of our storage units that house all the donated items for our Emergency Assistance Program, or help us obtain additional items as needed on an emergency basis.

Items Needed include:

Household items, i.e. appliances, furniture, kitchenware  
Clothing, coats, shoes, slippers and socks—all sizes  
Power Point Projector/screen, digital/video cameras  
Storage shed, storage unit, storage unit shelving  
Self-help books, CDs, DVDs, toys, tools and tool boxes  
Gas cards/Gift cards, Non-perishable foods