



OUT OF THE ASHES CAME HOPE

E-CLARION

SERVING THE PEOPLE OF THE NEW COMMUNITY NETWORK

Nutrition And Its Importance On Your Overall Well-Being

Proper nutrition and hydration are key components in improving both mental health and substance abuse disorders. “It helps with the healing process because it may help restore physical and mental health and improve the chance of recovery. Macro and micronutrient deficiencies can lead to symptoms of depression, anxiety and low energy, all of which can lead someone to start using drugs or alcohol or trigger relapse.” (Today Dietician Vol.16 P. 44)

The Family Service Bureau of Newark works with both mental health and substance abuse disorders with children and adults and has been ensuring our clients are healthier. Any client referred for psychiatric evaluation is required to have a complete physical examination including all standard blood work, EKG and pregnancy test. It is very common to have coexisting disorders with the population we serve. The Centers for Disease Control and Prevention reported that 68 percent of clients who suffer from a mental health and or substance abuse disorder have a coexisting mental health disorder.

Additionally Family Service Bureau is educating the community and has been working with Rutgers' New Jersey SNAP-Ed (Supplemental Nutrition Assistance Program-Education) and has been able to have them participate in a few of our events. The purpose of SNAP-Ed is to assist limited resource families and youth or NJ SNAP participants in making behavior changes and acquiring the knowledge, skills and attitudes necessary for them to achieve nutritionally sound diets, and to contribute to program participants' food security and their ability to improve their family's, as well as their own, diets and nutrition.

Also, Family Service Bureau works with the local ShopRite and will refer clients to the nutritionist on site. This is a free service in which the nutritionist assists the community in the importance of eating healthier. Most of the ShopRite stores have this service and it is a great way to teach Medical Nutrition Therapy (MNT). There is an urgent need that people in the community, including clinicians, service providers, policy makers and clients, give the high level of importance to proper nutrition and its role in mental health and substance abuse disorders.

Family Service Bureau of Newark will continue to educate the staff, clients and community with the above mentioned providers to encourage better eating habits.