Save the Date!

The OMNI Behavioral Health Eating Disorder Program is proud to host community-based events for National Eating Disorder Awareness week each year. We look forward to providing new and exciting events in February 2015 in an effort to raise awareness and educate the community on support resources and opportunities. Please watch our website for upcoming details!

For more information on the services offered by OMNI Behavioral Health, please visit our website at: www.omnibehavioralhealth.com.
Expansion of Treatment Hours

Eating disorders present a challenging dynamic in that they can be unpredictable, exhausting and require impromptu treatment needs. The OMNI Behavioral Health Eating Disorder Program treatment team understands this dynamic, as well as the importance of consistent availability of care. We also understand that life demands often make seeking and continuing treatment difficult. In an effort to be sensitive to these concerns and the potential for treatment needs outside of normal office hours, we are excited to announce expansion of treatment hours. We have recently expanded treatment hours for general outpatient clients to include early morning and evening appointments ranging from 7am to 7pm. Please contact our office at (402) 333-0898 for more information on clinician availability associated with individual insurance providers and expanded hours.

Telehealth Services

OMNI Behavioral Health offers a wide variety of office-based and home-based therapy services to individuals and families, and has now begun using breakthrough technology to provide Telehealth services! Telehealth is an innovative way to participate in mental and behavioral health services through secure online video. OMNI Behavioral Health can provide Telehealth services to individuals who cannot get to regular appointments, who may live far away or be home-bound, and when home-based services may not be available.

Telehealth allows consumers to connect with their provider in real time, just as in an office setting, from any location utilizing a secure online connection. It is easy to use and requires only a few technological pieces. Consumers need a computer with a webcam and speakers, and internet access. All communications are confidential and comply with privacy standards. Therapists are qualified to treat all major mental health issues and utilize a variety of evidence-based practices such as Functional Family Therapy (FFT) and Cognitive Behavioral Therapy (CBT) in order to maximize effective outcomes. Contact OMNI Behavioral Health to see if Telehealth would be appropriate for you!

For more information on Telehealth Services, please contact one of the following:
Brandy Baumgart, LIMHP (Home-based Therapy) bbaumgart@omnibehavioralhealth.com
Danielle Garrison, LIMHP (Eating Disorder Program) dgarrison@omnibehavioralhealth.com
Addition of Supervising Nurse Practitioner

Deborah Wisnieski, PhD, APRN

Deborah Wisnieski has been a women’s health nurse practitioner for more than 25 years. Her clinical practice has been predominantly in community health clinics. Deborah worked with pregnant and parenting teens in an inter-city school-based clinic. She was an associate professor at the University of Oklahoma for 20 years. Her research focus is adolescent health and improving health care provider communication of sensitive topics with adolescents and their parents. Deborah received her Bachelor’s degree from the University of Nebraska Medical Center, Master’s degree from South Dakota State University and PhD from the University of Oklahoma. Deborah is actively involved in the care of our patients in all phases of treatment including Partial Hospitalization, Intensive Outpatient and general outpatient. Deborah is also a nurse specialist at the college of nursing at the University of Nebraska Medical Center.

Insurance Coverage

In order to promote optimal treatment coverage, our program continues to actively maintain contracts with a wide variety of insurance providers including the following: Aetna, BlueCross BlueShield, Nebraska Medicaid, Iowa Medicaid, Midland’s Choice, MHNet, TriCare, United Behavioral Health, GEHA and Cigna. In addition, our clinicians are highly experienced in establishing single case agreements and unique treatment plans as needed to assist in managing the financial piece of seeking care. Please call (402) 333-0898 to explore your insurance coverage.

Follow us on Facebook and Twitter!

www.Facebook.com/OMNIBehavioralHealth

@OMNI Nebraska
Introduction of New Therapist

Brandi Stalzer, MS, PLMHP, NCC

Brandi comes to us with six years of experience in the mental health field, and previous experience of community involvement in the business field. She holds a Master’s of Science in Community Counseling from the University of Nebraska at Omaha, and a Bachelor’s of Arts in Marketing from Simpson College. She is a Nationally Certified Counselor with the National Board of Certified Counselors, and holds memberships with the American Counseling Association and the National Eating Disorder Association.

Brandi began her career in the mental health field working with adolescents with behavioral disorders as a direct care staff learning the foundation of her approach, cognitive behavioral therapy. While juggling graduate school, she started with OMNI Behavioral Health as the Day Program Specialist, and started her love for working with individuals with eating disorders and body image issues. During that time she picked up experience working as an advocate for victims of domestic violence and sexual assault, as well as, a support group facilitator for individuals with binge eating disorder and overeating problems. Upon completing her degree in counseling, Brandi started work as a mental health therapist for adolescents with substance use disorders. However, her passion for working with eating disorders could not be squashed and she returned to OMNI Behavioral Health Eating Disorder Clinic in October 2013 on a part-time basis, and became a full-time eating disorder therapist in February 2014.

Brandi holds an interest for working with individuals with eating disorders, sexual trauma, domestic violence, substance use problems, and other women’s interests. She is trained to perform the Comprehensive Adolescent Severity Index. She is involved in the community by presenting to a number of organizations and schools on eating disorders, and collaborating with community organizations on body image concerns. We are excited to gain the experience, education, and community involvement that Brandi brings to OMNI Behavioral Health.
The prevalence of Eating Disorders in sports is rising. Eating Disorders do not discriminate for gender, age, sport or culture. As a Board Certified Specialist in Sports Dietetics with a dual background in exercise physiology and nutrition, OMNI Behavioral Health’s full-time dietitian, Crystal Zabka Belsky, can guide athletes in promoting their optimal sports performance capacity. As a member of the national examination committee for board certification in sports dietetics, Crystal is actively engaged in reviewing the most recent research on sports nutrition concepts including nutrient timing, disordered eating, substance abuse, supplement use and more. In collaboration with the Nebraska Coaches Association, Crystal is actively engaged in working with athletes, their parents and coaches across the state to provide education and guidance.

A nutrition evaluation can assess the adequacy and efficacy of current nutrition practices in fueling exercise and sports participation. Crystal is a firm believer in using food first and empowering clients to understand how food can serve as a tool to promoting optimal exercise aptitude. In combination with sports nutrition guidance, body composition testing can provide direction for body fat and lean muscle goals in an effort to enhance performance. Sports nutrition services can benefit individuals along the entire spectrum of athletics, ranging from basic sports nutrition guidance for children’s and high school sports to elite sports including college and professional athletics. Crystal has experience working with a wide variety of specialized sports nutrition needs including nutrient timing, difficulty with traveling sports, diabetes, food allergies, injury recovery, sports-related disordered eating and/or exercise patterns, weight management concerns and much more.

For more information about these services, please contact:
Crystal Zabka Belsky, MS, RD, CSSD, LMNT
czabka@omnibehavioralhealth.com
The University of Nebraska at Omaha, Grace Abbott School of Social Work was recently awarded a $1.3 million dollar federal HRSA grant for Social Work education. OMNI Behavioral Health is a partner in this grant and will be providing agency placements for Social Work students, technical assistance and web based technology to support the project. There is a significant workforce shortage of social workers trained to work with co-occurring disorders among individuals under age 25 in rural Nebraska. Project Network is a federal grant project designed to address this shortage, especially in rural areas. A key outcome of this project is to create and disseminate a training-to-career model that will sustain a behavioral health workforce for Nebraska’s most vulnerable populations: individuals with mental illness and other co-occurring disorders. We are recruiting Social Work students interested in addressing this need. The project would require students to participate in a practicum with the specified population, complete training modules, and use web based communication (Facebook, twitter and others) to communicate about their learning experiences. The practicums will occur across the state with a focus in underserved areas. The students will receive a $10,000 stipend for the project. $5,000 will be issued at the end of the first semester of practicum and $5,000 at the completion of the practicum.

For more information about these opportunities, please contact:
Susan Feyen-Reay, LICSW
sfeyenreay@unomaha.edu

OMNI Behavioral Health is committed to working in the community for mental health concerns rather than an institutionalized approach. Part of the commitment means partnering in the community on issues that are important to this organization. One of our very own, Brandi Stalzer, is working on just that for issues related to body image.

Brandi is partnering with the Creighton University chapter of the Delta Delta Delta organization to advocate and educate the campus on promoting a healthy and positive body image. Nationally, Delta Delta Delta has adopted an evidenced-based peer-run body image program to increase healthy living within their members, chapters, and campuses they serve.

Programs such as these fall in line with the OMNI Behavioral Health mission to serve communities and to utilize evidenced-based practices. Brandi is open to collaborating or consulting with community organizations on ways to improve their members’ physical and emotional health, and welcomes you to contact her at 402-333-0898.
**Accordion Potatoes**

**Ingredients:**
- 8 large red potatoes
- 2 Tbsp extra virgin olive oil
- 1/2 tsp salt
- 1/4 tsp coarsely ground black pepper
- 1 Tbsp chopped fresh parsley leaves
- 1 tsp chopped fresh thyme leaves

**Preparation:**
Preheat oven to 450 degrees F. Carefully slice each potato thinly without cutting all the way through. Place potatoes on microwave-safe dish and cover with waxed paper. Cook in microwave on High 12 to 15 minutes or until easily pierced with tip of knife. Transfer potatoes to metal baking pan. Carefully drizzle oil between slices. Sprinkle with 1/2 teaspoon salt and 1/4 teaspoon coarsely ground black pepper. Roast in oven 25 minutes or until lightly browned. Transfer potatoes to platter; sprinkle with herbs.

**Dietitian Review:** This is a great twist on the blooming onion dish that offers a heart-healthy and non-spicy version. The use of extra virgin olive oil in place of butter boosts omega-3s and reduces saturated fat intake. Learning to incorporate fresh herbs can be so much fun and this dish is a great introduction to developing that skill!

**Spinach & Artichoke Cups**

**Ingredients:**
- 24 won ton wrappers
- 1 14-oz can artichoke hearts (drained, finely chopped)
- 1 cup shredded mozzarella cheese
- 2 cups chopped fresh spinach
- 1/3 cup olive oil mayo
- 1/3 cup grated parmesan cheese
- 1/4 cup finely chopped red peppers
- 2 cloves garlic (minced)

**Preparation:**
1. Preheat oven to 350 degrees F.
2. Place one won ton wrapper in each of 24 greased mini muffin cups—edges should extend over the top of cup. Bake 5 min.
3. Combine remaining ingredients and spoon into baked won ton cups.
4. Bake 12-14 min until the filling is heated through and edges of cups are golden brown.

**Dietitian Review:** What a fun and healthy way to combine two favorite appetizer ideas—crab Rangoon and spinach artichoke dip! This is a great way to sneak a few vegetables into an appetizer that your family is sure to love! The use of olive oil-based mayo and a non-fat cooking spray promotes good fats and helps to reduce total caloric intake as well.