

ARA Services

Title of Service: Nutrition and Physical Health

Total Number of Sessions: Approximately 22 sessions

Source: *Food Education for People with Serious Psychiatric Disabilities*. **Boston University** Nutrition and Fitness Center, **Boston University** Center for Psychiatric Rehabilitation.

Duration of each session: 30 - 45 minutes

PROS Service: WSM Basic Living Skills

Target population:

- **Diagnoses:** Mood Disorders, Bipolar Disorder, Schizophrenia, Schizoaffective Disorder, Anxiety Disorders, Substance Abuse Disorder, Personality Disorders

- **Barriers to be overcome:**
 - Limited knowledge about healthy diet
 - Limited insight to the impact nutrition and diet have on mental illness
 - Limited insight to nutritional wellness
 - Poor meal planning

Service Goal:

- This group provides participants with knowledge and skills necessary to enhance nutritional wellness.

Service Objectives:

- Prevent and reduce metabolic syndrome
- Promoting healthy weight in persons with psychiatric disabilities
- This group will provide participants with knowledge to independently choose healthy food choices.