Partnering with Mental Health

Dining Services for

Behavioral Healthcare



CSG

CULINARY SERVICES GROUP



CULINARY SERVICES GROUP

Supporting Mental Health Awareness

Each May the National Alliance on Mental Illness (NAMI) raises awareness about mental health through Mental Health Awareness Month. As a leading food service provider to behavioral health facilities, substance abuse treatment centers, and youth social services organizations, Culinary Services Group aligns itself with NAMI's mission to fight stigma, provide support, educate the public and advocate for policies that support mental illness and their families.

CSG
CULINARY SERVICES GROUP



Mental Health In America

America is currently facing an unprecedented mental health crisis. Rates of anxiety and depression were on the rise prior to the pandemic, but after two years of grief, trauma, and physical isolation, many Americans have been driven to a breaking point.

While the need for mental health services has increased, America is facing a severe shortage of behavioral health providers. Over one-third of Americans live in areas designated as Mental Health Professional Shortage Areas, communities that have fewer mental health providers than their population needs. In fact, less than half of Americans with mental health conditions receive treatment, with the average American waiting 11 years from the onset of mental health symptoms to seeking treatment.

Investing in Hope

There is hope for American mental health services through the American Rescue Plan. In 2023 the plan hopes to invest $700 million in programs to train mental health professionals and provide access to scholarships and loan repayment for mental health and substance use disorder clinicians in rural and underserved communities. Additionally, $225 million will be put towards training for paraprofessionals like community health workers and health support workers.

At the same time, the American Rescue Plan seeks to continue to provide access to telehealth and virtual mental health care options that became essential to many during the pandemic and is working to ensure these types of visits are covered by most health insurance plans. Additionally, this summer the 988 National Suicide Prevention Lifeline will launch. People will be able to call or text trained counselors who can provide support and resources to Americans in crisis.

The plan also seeks to expand Certified Community Behavioral Health Clinics (CCBHCs) and provide them with permanent funding. This care model has been shown to improve health outcomes while lowering costs. It can deliver 24/7 mental health and substance abuse care to millions of Americans regardless of their ability to pay.



CSG
CULINARY SERVICES GROUP

Culinary Services Group Supports the Behavioral Health Community



As a food service provider that specializes in healthcare settings, we serve many communities and services that are providing the behavioral healthcare Americans so desperately need. We're proud to partner with these organizations to provide many types of food and nutrition services. Each program we serve is unique but we're up to the challenge! We've created menus that support treatment for substance use disorders, provided meal delivery services to those facing homelessness or food insecurity, and even provided school lunches to youth programs. Yes, food service is our business, but we are passionate about serving the behavioral health community because we believe strongly that nutrition is essential to recovery and wellness.

Here's what to eat for optimal mental health and recovery...

CSG
CULINARY SERVICES GROUP



Optimal Mental Health

Diet plays such an important part in mental health that it's inspired an entire field of medicine called nutritional psychiatry. Scientists in this field research the impact of the foods we eat on our emotions. Researchers are building connections between the bacteria in our gut and their effect on our brain.

Our gastrointestinal tracts are lined with millions of neurons. In fact, our second brain, or enteric nervous system, is found in the gut and communicates back and forth with our central nervous system. This link is called the brain-gut axis, and the bacteria in our digestive tracts can influence the brain when it comes to mood, cognition, and mental health.

Having plenty of "good" bacteria in our bodies can not only help us digest our food and reduce inflammation throughout our bodies, but scientists now believe this bacteria also assists with the production of neurotransmitters like serotonin. In fact, 95% of serotonin is produced in your gastrointestinal tract.

Diet may be used as a complementary treatment to counseling and medication for mild to moderate depression and anxiety. To support a healthy gut microbiome in hopes of improving mental health, studies suggest patients reduce or eliminate their sugar intake. Instead of sugary desserts, try fruit or dark chocolate. Patients should also eat more whole foods instead of those that are packaged or processed. Finally, include foods rich in prebiotics and probiotics. Prebiotics are foods that are full of soluble fiber like onions, leeks, asparagus, bananas, Jerusalem artichokes, chicory root, garlic, and dandelion greens. Probiotics are foods that supply these helpful bacteria to your digestive system. Fermented foods such as sauerkraut, yogurt with active cultures, pickles, kefir, kimchi, kombucha, and miso are great sources of probiotics

CSG
CULINARY SERVICES GROUP



Substance Use Recovery

Studies indicate that as many as 88% of those with substance abuse disorders may have a poor appetite with many regularly skipping meals. Drugs and alcohol can also affect the body's ability to absorb vitamins and minerals leading to nutrient deficiencies and malnourishment. Every substance affects the body differently so those recovering from substance abuse will each have unique nutrition challenges.

During the early recovery process, carbohydrates play a key role in helping the brain function properly. Complex carbohydrates found in peas, beans, whole grains, and vegetables like sweet potatoes, broccoli, and green beans, can balance blood sugar and reduce cravings, feelings of frustration, and anxiety. Carbohydrates are important to restore proper neurotransmitter function and serotonin production. This can stabilize mood, aid in sleep, and reduce depression symptoms.

A diet high in complex carbohydrates, with moderate protein, and low in fat and sugar may also help in continued recovery. Amino acids, found in protein sources like quinoa, eggs, turkey, fish, mushrooms, and beans are the building blocks of neurotransmitters like dopamine. Low levels of dopamine can trigger an individual to turn to substances to feel better. Omega-3 and 6 fatty acids can assist in the uptake of neurotransmitters like serotonin and dopamine. Other vitamins that are often depleted with substance use are iron, folate, and vitamins B6 and B12.

Finally, substance abuse patients should be encouraged to maintain a healthy lifestyle after treatment. Offering cooking classes and recipes and teaching patients how to grocery shop and prepare healthy foods can play an essential role in sustained recovery.

CSG

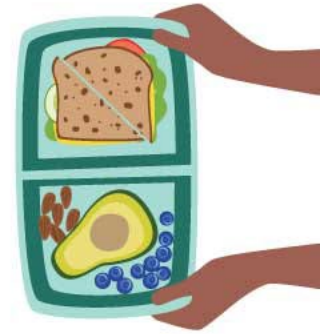
CULINARY SERVICES GROUP

Children & Youth Programs

Mental health concerns often begin during childhood. In fact, more than 50% of all mental health disorders emerge before the age of 14. Many studies show that diets high in sugar and fats, processed food, and junk food are linked to behavioral and emotional problems in children and adolescents. A new study also suggests that children who eat more fruits and vegetables are more likely to have a better sense of mental well-being. For children already in youth programs for behavioral concerns providing good nutrition and supporting a healthy diet should go hand in hand.

Yet many children get more than 60% of their calories from processed foods that are high in sugar, refined flour, salt, fat, and preservatives. These foods can disrupt blood sugar balance and may promote symptoms of inattentiveness and forgetfulness. For children, a diet that supports mental health will include whole foods like vegetables, fruit, whole grains, and a variety of protein-rich foods for optimal brain health. Some nutrients that support brain health in children include protein, zinc, iron, choline, folate, and vitamins A, D, B6, and B12.

To provide children in youth programs access to the fruits, vegetables, and whole grains that support brain development and overall health, many youth programs use the National School Lunch Program, which provides subsidies and USDA foods for each reimbursable meal they serve. Because there are specifications on calorie intake, saturated and trans fats, and sodium, complying with the school lunch program does have some challenges, and many youth programs seek out experts who can help them develop menus that maximize reimbursement.







CSG
CULINARY SERVICES GROUP

Ready for a Nutrition Partner? Let's Connect

If your organization is passionate about providing quality care and great meals to those in mental health or substance use treatment, we hope you'll consider Culinary Services Group as a dining services partner.

1-844-CSG-FOOD
(1-844-274-3663)

culinaryservicesgroup.com

1135 Business Pkwy S
Westminster, MD 21157

info@csgfood.com

CSG
CULINARY SERVICES GROUP



SOURCES

Mental health facts - nami. (n.d.). Retrieved April 11, 2022, from https://www.nami.org/NAMI/media/NAMI-Media/Infographics/Children-MH-Facts-NAMI.pdf

Naidoo, U. (2019, January 17). *Nutritional psychiatry: The gut-brain connection*. Psychiatric Times. Retrieved April 11, 2022, from https://www.psychiatrictimes.com/view/nutritional-psychiatry-gut-brain-connection

Norris, J. (2021, September 30). *Eating fruit and veg associated with kids' mental well-being*. Medical News Today. Retrieved April 11, 2022, from https://www.medicalnewstoday.com/articles/eating-fruit-and-veg-associated-with-kids-mental-well-being#The-mental-well-being-of-children

Nutrition & Meal Planning for Addiction Recovery. Silvermist Recovery. (2021, October 13). Retrieved April 11, 2022, from https://silvermistrecovery.com/treatment/holistic-therapy/nutrition-and-meal-planning/

Rosenbloom, C. (2021, October 12). *Food choices can affect mental well-being in children, study shows*. Verywell Fit. Retrieved April 11, 2022, from https://www.verywellfit.com/children-s-food-choices-can-affect-mental-well-being-study-shows-5205204

Salz, A. (2014, December). *Substance abuse and nutrition*. Today's Dietitian. Retrieved April 11, 2022, from https://www.todaysdietitian.com/newarchives/120914p44.shtml

Selhub, E. (2020, March 26). *Nutritional psychiatry: Your brain on food*. Harvard Health. Retrieved April 11, 2022, from https://www.health.harvard.edu/blog/nutritional-psychiatry-your-brain-on-food-201511168626

Substance Abuse and Mental Health Services Administration. (n.d.). *The Lifeline and 988*. The National Suicide Prevention Lifeline. Retrieved April 11, 2022, from https://suicidepreventionlifeline.org/current-events/the-lifeline-and-988/

The National School Lunch Program. (n.d.). Retrieved April 11, 2022, from https://fns-prod.azureedge.us/sites/default/files/resource-files/bbbsm-fact-sheet.pdf

The White House. (2022, March 3). FACT SHEET: President Biden to Announce Strategy to Address Our National Mental Health Crisis, As Part of Unity Agenda in his First State of the Union. *The White House*. Retrieved April 11, 2022, from FACT SHEET: President Biden to Announce Strategy to Address Our National Mental Health Crisis, As Part of Unity Agenda in his First State of the Union.

CSG
CULINARY SERVICES GROUP