



THE
CUMMINGS
FOUNDATION
FOR BEHAVIORAL HEALTH



CFBH WELLNESS NEWSLETTER

Welcome to Our Community: Our Newsletter Brings Us together

Greetings and welcome to our esteemed newsletter! We are pleased to have you as a part of our wellness community.

It is with great pleasure that we present the first edition of the Cummings Foundation for Behavioral Health's newsletter to you. We have invested considerable effort and resources to curate insightful and engaging content that you will find both enjoyable and informative.

In this issue, we cover a diverse range of topics, including the latest wellness interventions added to the Arlington Police Department's wellness program, education on the factors that lead to metabolic syndrome, and a list of community resources you can access to assist you along

your wellness journey. The Cummings Foundation for Behavioral Health values and welcomes your feedback and suggestions on how we can continue to improve the wellness program to better serve your needs. We aim to make this publication a valuable resource our readers look forward to receiving regularly. Thank you for your continued support, and we look forward to hearing from you!



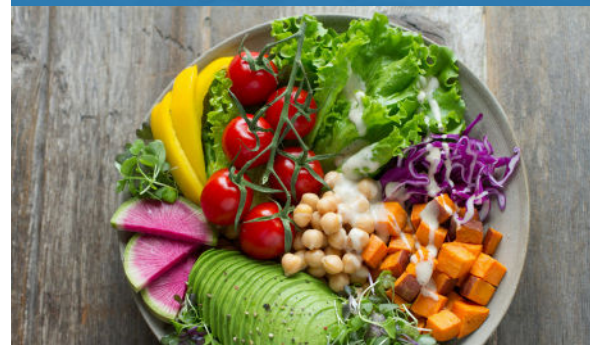
Respectfully,
Dr. Davena Longshore

(Director of Psychological Wellness & Research)

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What is a Wellness Program?

Our lives are shaped by biological make up and social conditions, on the one hand, and our freely willed choices, on the other hand (Souza & Gurin, 2016, p. 213).

A wellness program is a comprehensive approach to improving and maintaining individuals' overall health and well-being. It typically encompasses various activities, resources, and support systems to promote physical, mental, and emotional wellness.

For instance, a wellness program may include:

- Regular exercise classes.
- Healthy eating workshops.
- Stress management techniques.
- Mental health resources.
- Access to healthcare services.

CFBH has introduced new wellness options for 2024!

Arlington's wellness program aims to assist staff in making positive lifestyle changes and developing healthy habits that staff can sustain over time. By doing so, participants can reduce their risk of chronic diseases, improve their mental health, and enhance their overall quality of life.

The Conditioning Room

*1320 N. Courthouse Rd., Suite 002
Arlington, VA 22201*

The Conditioning Room is a spacious fitness facility and well-lit fitness center with state-of-the-art exercise machines, free weights, and cardio equipment. The owners, Mike, and Brittney Savitch, have partnered with CFBH to provide a comprehensive strength and conditioning program tailored to correct imbalances, fortify stabilization, enhance internal connective muscles, boost flexibility, and establish a cardiovascular foundation that supports effective job performance.

The Conditioning Room offers one-on-one and group training sessions to Arlington Police Department staff.

The weekly schedule is as follows:

Monday, Wednesday, Friday:

7:30-8:30 am

9:30-10:30 am

2:00-3:00 pm

3:30-4:30 pm

Please get in touch with Sergeant G. Sirinek to sign up!



Owners, Mike and Brittney Savitch



What is Yoga and Yoga Nidra?

“YOGA ... IS A SCIENCE, SCIENCE OF WELL-BEING, SCIENCE OF YOUTHFULNESS, SCIENCE OF INTEGRATING BODY, MIND, AND SOUL.” - AMIT RAY

Yoga originated in ancient India as a physical, mental, and spiritual practice. It involves a combination of physical postures, breathing exercises, meditation, and relaxation techniques. The main goal of yoga is to achieve balance and harmony between the body, mind, and spirit. It can help improve flexibility, strength, balance, and stamina and reduce stress, anxiety, and

depression. Different types of yoga exist, including Hatha, Vinyasa, Ashtanga, and Bikram, each with unique focus and benefits. Yoga is a holistic approach to health and wellness that can benefit people of all ages and fitness levels.

Yoga Nidra is a guided meditation involving deep relaxation techniques and

Yoga Nidra is also known as yogic sleep.

a state of conscious sleep. Yoga Nidra is designed to help individuals relax, reduce stress, and rejuvenate the body and mind. During Yoga Nidra, individuals lie in a comfortable position and listen to a guided meditation that takes them through different stages of relaxation. They are trained to focus on other body parts, breathe deeply, and visualize calming imagery.

The practice of Yoga Nidra is believed to help reduce anxiety, improve sleep quality, and increase overall feelings of well-being.

Meet Our Yoga Instructor...

CLAUDIA CAVAZZA, OWNER OF WRKWELL YOGA
Claudia Cavazza is a longtime friend and supporter of ACPD. Claudia specializes in leading yoga classes for law enforcement personnel, veterans, and fire professionals, meeting everyone at their proficiency, comfort, and familiarity with such disciplines and practices. Claudia is committed to creating a safe environment for all participants for optimal relaxation and restoration of both physical and emotional health.

Why Yoga? Yoga is an effective technology for self-regulating the nervous system, safe and accessible to all regardless of age, gender, physical limitations, and personal beliefs. Carefully crafted trauma-sensitive yoga sessions specifically designed for first responders and public safety personnel have been proven effective in the mitigation and management of stress and trauma symptoms.



Claudia Cavazza (middle)

What happens during your Yoga practice with Claudia?

Through accessible body movements and poses, all participants are invited to explore their flexibility, increased mobility, and a sense of centering and grounding while learning how to build self-regulation skills. The yoga mat becomes the ideal sandbox to practice integrating all aspects of experience while remaining unattached to results. Emphasis is placed on comfort, choice, experiencing the present moment, and finding one's rhythm instead of focusing on the perfect aesthetic of each pose. If you can breathe, you can do yoga.

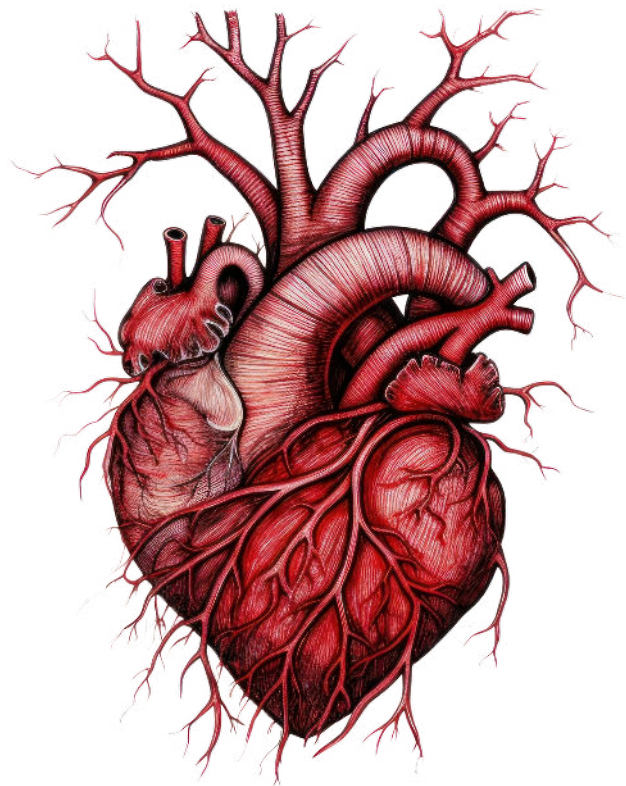
Participants will learn specific Breathing techniques to increase available energy in the body, regulate the nervous system, achieve optimal heart variability rate, and quiet the mind. Breathing techniques are accessible and practical tools for self-regulation that anyone can utilize at any time before, during, and after stressful situations or whenever needed.

*Yoga Nidra: is this just a guided nap?
Yoga Nidra (yogic sleep) can restore energy in the body (especially when sleep-deprived), improve overall health, optimize sleep quality, and facilitate the processing of trauma and unresolved past experiences.*

Stress and Cardiovascular Functioning

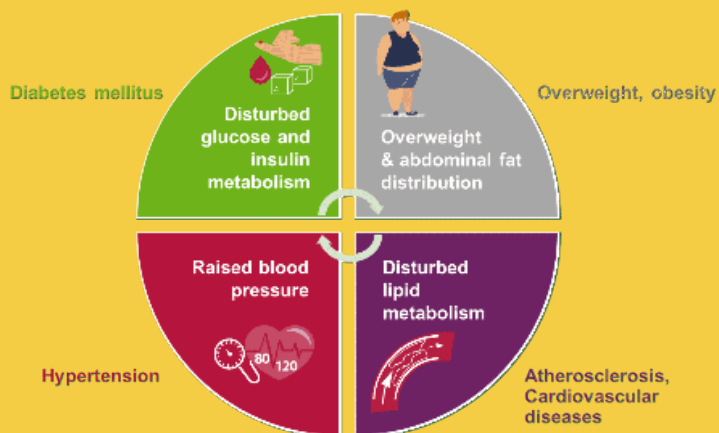
What is stress and how does it impact the heart?

Stress can negatively impact the heart in several ways. When you experience stress, your body releases stress hormones, such as cortisol and adrenaline, which can increase your heart rate and blood pressure. This hormone increase can cause the heart to work harder than usual, putting additional strain on the cardiovascular system. It is vital to manage stress levels to protect your heart health. Stress is a natural physical and mental reaction to life experiences. It is the body's way of responding to any demand or threat. When you feel threatened or overwhelmed, your nervous system releases stress hormones, including adrenaline and cortisol, which prepare the body for emergencies. This is known as the



“fight or flight” response. While stress is regular, excessive or prolonged stress can negatively affect your health and well-being. Over time, chronic stress can also increase the risk of developing heart disease by contributing to the buildup of plaque in the arteries, which can lead to cardiovascular disease and impact metabolic functioning.

What is Metabolic Syndrome?



Metabolic syndrome is a cluster of conditions that occur together, increasing a person's risk of heart disease, stroke, and diabetes. A combination of factors characterizes it, including high blood pressure, high blood sugar, excess body fat around the waist, and abnormal cholesterol levels. These conditions can lead to inflammation in the body and damage to blood vessels, which can increase the risk of heart disease and stroke. The exact cause of metabolic syndrome is unknown but associated with insulin resistance, a condition in which the body's cells do not respond appropriately to insulin. Treatment usually involves lifestyle changes such as diet, exercise, and medications to control blood pressure, cholesterol, and blood sugar levels.

Obesity

Obesity is a medical condition characterized by excessive accumulation of body fat that puts individuals at risk of various health problems.

Obesity is often diagnosed by calculating a person's Body Mass Index (BMI), a measure of body fat based on height and weight. A BMI of 30 or higher is considered obese. Obesity can lead to serious health issues such as Type 2 diabetes, cardiovascular diseases, hypertension, sleep apnea, and certain types of cancer. In addition to physical health risks, obesity can also have adverse effects on mental health, as it often leads to low self-esteem, depression, and anxiety.

Tobacco use refers to the habit of consuming tobacco in any form, such as smoking cigarettes, using smokeless tobacco, or chewing tobacco.

Tobacco contains nicotine, which is a highly addictive stimulant. The use of tobacco can lead to various health problems, such as lung cancer, heart disease, stroke, and respiratory problems. Additionally, tobacco use also has negative social and economic consequences, including increased healthcare costs and reduced productivity.

Blood Pressure

Blood pressure is the force exerted by blood against the walls of arteries as it flows through them.

It is measured in millimeters of mercury (mmHg) and is represented by two numbers - systolic pressure and diastolic pressure. Systolic pressure is the larger number, representing the pressure in the arteries when the heart contracts and pumps blood out. Diastolic pressure is the lower number, representing the pressure in the arteries when the heart is at rest between beats. Normal blood pressure is around 120/80 mmHg. Still, it can vary depending on age, gender, and overall health. High blood pressure, or hypertension, is a condition where the pressure in the arteries is consistently elevated and can lead to an increased risk of heart disease, stroke, and other health problems.

Tobacco

Lipids

Lipid levels refer to the amount of fats, or lipids, in the blood.

The main types of lipids measured in a lipid panel include total cholesterol, LDL (low-density lipoprotein) cholesterol, HDL (high-density lipoprotein) cholesterol, and triglycerides. High levels of LDL cholesterol and triglycerides, along with low levels of HDL cholesterol, can increase the risk of heart disease and stroke. Therefore, it is essential to maintain healthy lipid levels through a balanced diet and regular exercise.

Blood sugar levels refer to the amount of glucose present in the blood.

Glucose is a type of sugar that is a primary energy source for the body's cells. The glucose level in the blood is regulated by the hormone insulin, produced by the pancreas. When blood sugar levels are too high, it can be a sign of diabetes or other health problems. Conversely, low blood sugar levels can also be dangerous and can lead to symptoms such as weakness, confusion, and seizures. Maintaining healthy blood sugar levels is vital through proper diet and exercise.

Blood Sugar

January 2024 Wellness Fair

Every quarter, the Cummings Foundation for Behavioral Health conducts a wellness fair where individuals can learn about different health and wellness practices, products, and services. Typically, we will feature a variety of vendors who offer information on topics such as nutrition, fitness, stress management, mental health, and disease prevention. Attendees can participate in health screenings, sample healthy foods and

beverages, and speak with healthcare professionals about their health concerns. Wellness fairs can significantly improve your well-being and allow you to connect with those who have similar interests. This year, our featured vendor is SpecialtyHealth.



Mandi Reeves, RDN, LD

SPECIALTY HEALTH, RENO, NEVADA



Mandi is the Registered Dietitian Nutritionist and Health Coach extraordinaire at SpecialtyHealth. Mandi graduated from the University of Nevada, Reno with a Bachelor of Science in Nutrition Dietetics.

A registered dietitian, or RD, is a healthcare professional who specializes in food and nutrition. They use their expertise to help people make healthy food choices and develop personalized meal plans to meet their health goals. They also play a vital role in the prevention and management of chronic diseases such as diabetes, heart disease, and obesity.

Specialty Health Advanced Lab Panel

SpecialtyHealth's Advanced Lab Panel was designed out of necessity because standard wellness testing underestimates actual risks for cardiovascular disease and insulin resistance. They chose metrics that consistently outperform the standard wellness panel in assessing the levels of substances and hormones within the body that are associated with chronic illness.

The Advanced Lab Panel consists of:

Lipid Panel - Cholesterol Tests

CMP (Complete Metabolic Panel) -

electrolyte and fluid balance, kidney function, and liver function.

CBC - Complete Blood Count

Hb A1c - Average glucose levels for the past 3 months. Indicator of prediabetes or Type 2 Diabetes.

IR - Insulin Resistance - Measures your risk of becoming Type 2 Diabetic in the next 8-10yrs.

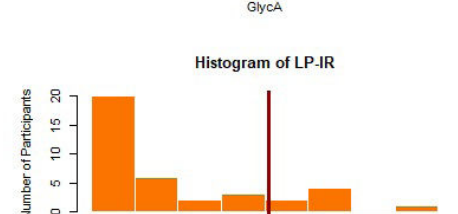
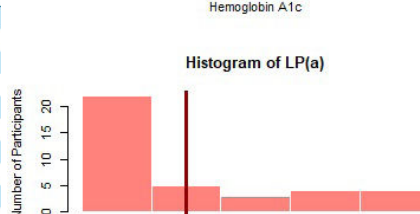
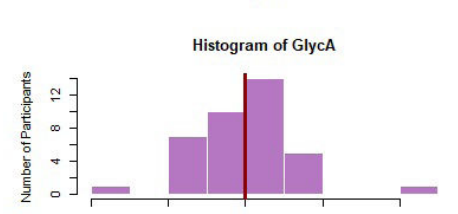
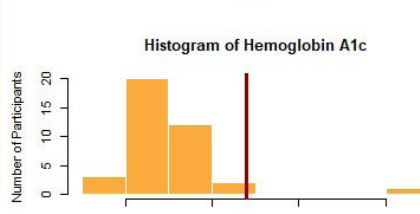
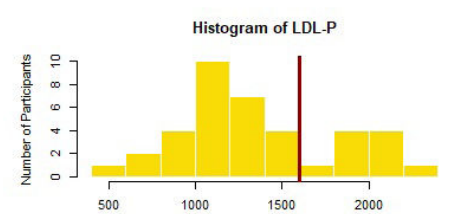
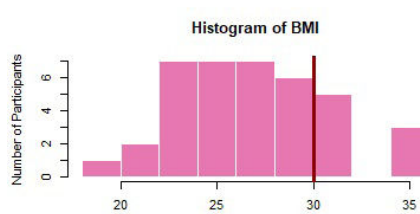
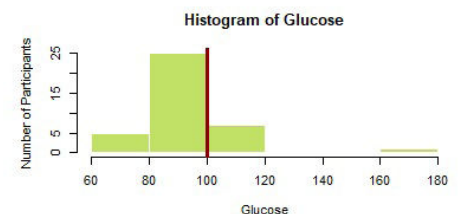
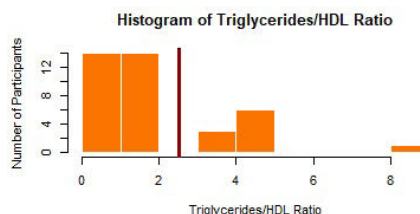
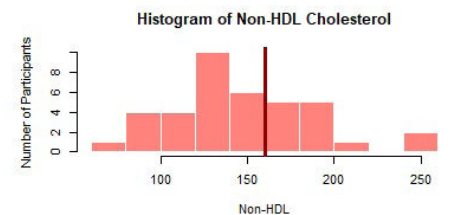
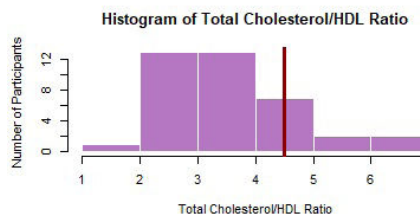
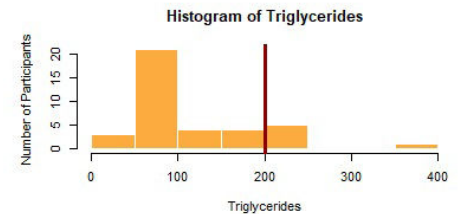
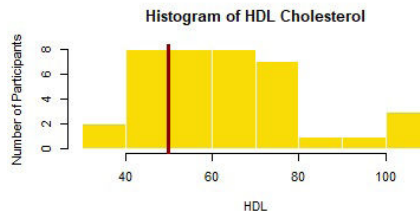
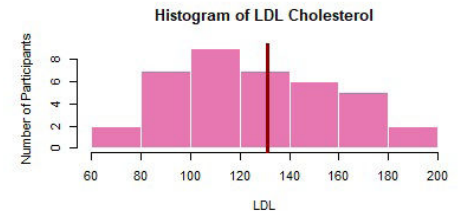
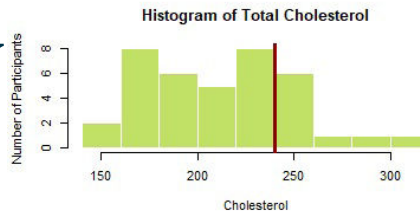
LP(a) - Measures the risk of hereditary heart disease

Glyc A - Inflammation Marker

The Mind-Body Connection

THE LINK BETWEEN OUR THOUGHTS, ATTITUDES, AND BEHAVIORS WITH OUR PHYSICAL HEALTH

Cardiovascular disease has an annual estimated cost of \$363.4 billion in the United States and is the leading cause of death globally (Meinhausen et al., 2022). Commonly, we associate unhealthy eating habits, such as high sodium or polysaccharide consumption, with cardiovascular dysfunction; however, there is a growing number of studies that are demonstrating a more complex onset and trajectory of cardiovascular disease. Arenson and Cohen (2017) stated that persistent psychological trauma elicits neuronal, hormonal, and immunological responses that damage the body and its cells over time. Furthermore, the adrenergic hormone released during fight-or-flight, cortisol, is a glucocorticoid known to impact every body system by participating in cell



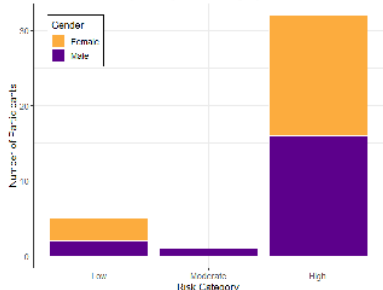
All values past the red lines are considered "HIGH" and place individuals at risk for cardiovascular disease, stroke, and/or cardiometabolic disease.

Category		Number of Participants
Gender	Female	19
	Male	19
Risk Category	Low	5
	Moderate	1
	High	32
Metabolic Syndrome	No	35
	Yes	3
Tobacco Use	No	33
	Past	5
Diabetic	No	37
	Yes	1
Hypertensive	No	35
	Yes	3

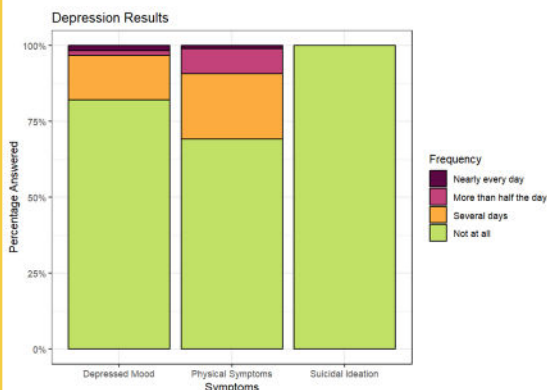
metabolism, growth, and death.

Individuals diagnosed with PTSD have a 61% greater risk of developing cardiovascular disease (Meinhausen et al., 2022). This can be attributed to the impact of catecholamines on the heart. According to Coughlin (2011), increased and persistent sympathetic arousal contributes to the formation of cardiovascular disease by increasing heart rate, blood pressure, and blood platelet formation. External factors associated with high stress are also contributors to cardiovascular disease. Grethe et al. (2023) reported that traumatic stress can impact eating regimens, increase alcohol consumption, and be comorbid with substance abuse. CFBH is committed to increasing your awareness of metabolic functioning. The results from the January Wellness Fair are included in this article.

Number of Participants by Risk Category



	Depressed Mood	Physical Symptoms	Suicidal Ideation
Not at all	82%	69%	100%
Several days	14%	22%	0%
More than half the days	2%	8%	0%
Nearly every day	2%	1%	0%



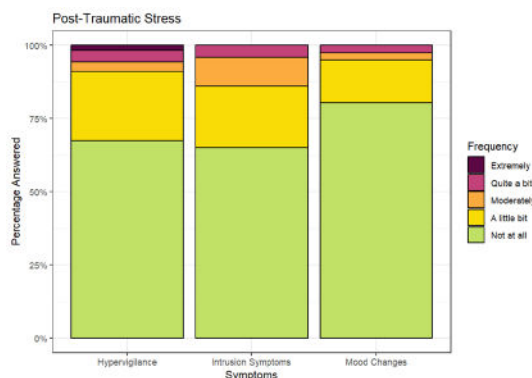
Depressive Symptoms

Depressed Mood- little interest in activities, feeling down, feeling bad about yourself, guilt
Physical Symptoms- trouble with sleep, appetite changes, fatigue, trouble concentrating, moving or speaking slower.
Suicidal Ideation - thoughts you would be better

	Hypervigilance	Intrusion Symptoms	Mood Changes
Not at all	67%	65%	81%
A little bit	24%	21%	15%
Moderately	3%	10%	2%
Quite a bit	4%	4%	2%
Extremely	2%	0%	0%

Trauma-related Symptoms

Hypervigilance- easily startled, super alert/on guard, jumpy, uneasy
Intrusive Symptoms- flashback, avoidance, upset when reminded of traumatic event.
Mood Changes- irritable, angry, combative, fearful, guilt, shame, self-blame.



Results regarding depressive and trauma-related symptoms are not indicative of clinical mental disorder; however, they may warrant the need for preventative mental healthcare.

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The Cummings Foundation for Behavioral Health

In memory of Dorothy “Dot” Cummings.

The Cummings Foundation for Behavioral Health (CFBH) is a nonprofit organization that pursues innovative opportunities to advance professional psychology and behavioral healthcare in ways that positively impact society.

After the passing of Dr. Nicholas Cummings in 2020, Dorothy Cummings insisted that his career of research and social change not cease but continue through investing in community wellbeing by assisting law enforcement. At that time, CFBH initiated its mental health and wellness research program, starting with the Arlington

Police Department in Arlington, Virginia. Since then, CFBH has provided this department with resources to improve officers’ health while simultaneously researching their efficacy. On December 1, 2023, our visionary, Dorothy Cummings, joined her husband, Nicholas Cummings. In her memory, we continue to strive towards repairing our communities through supporting law enforcement wellness and mental health.

Our work honors the pioneering legacy of our founders, Dr. Nicholas and Dorothy Cummings.



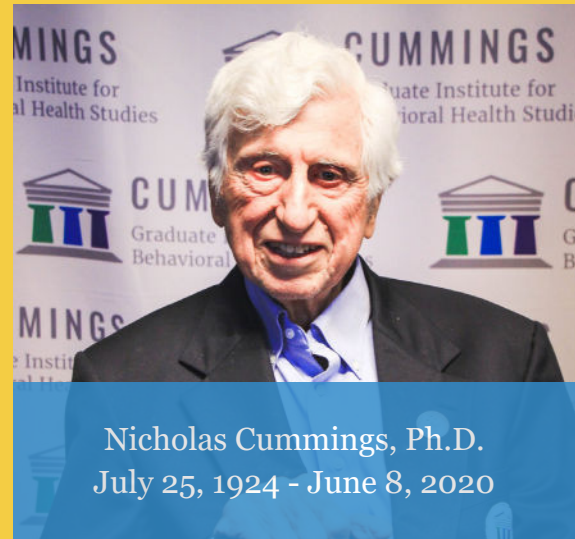
organization. In the last decade of his life, he founded the Cummings Graduate Institute for Behavioral Health Studies, which today provides unique doctoral training in behavioral health. And, he and his family established the Cummings Foundation for Behavioral Health to carry on his work.

Who was Dr. Nicholas Cummings?

“My father is more than part of psychology’s history. He was one of the major leaders who anticipated every phase of the rise of psychotherapy in America, as well as its struggles.”
-Dr. Janet Cummings

founding president of the California School of Professional Psychology, he ushered in a new movement in the training of psychologists. He also launched other influential organizations, including the National Academies of Practice and the National Council of Professional Schools of Psychology. At an age when other people slow down and retire, he founded American Bodyne, the nation’s first and only psychology-driven managed behavioral health

Dr. Cummings realized psychological healthcare needed a revolution — and he was a talented agitator for change. He advanced professional psychology’s credibility and power as president of the American Psychological Association. As



How can you get help?



CopLine

1-800-267-5463

CopLine has earned the trust of the Law Enforcement community by providing peer listening through a hotline by maintaining complete confidentiality and anonymity if the caller chooses.

Safe Call Now

206-459-3020

Safe Call Now is a 24-hour crisis referral service for those in public safety and their family members.

with trauma services.

The National Suicide Prevention Hotline

800-273-8255

The lifeline provides 24/7 confidential support for those in distress or need help for their loved ones.

Crisis Text Line

Text BADGE to

741741

A text will connect you with a trained crisis counselor 24/7.

1st Help

<https://1sthelp.net/>

1st Help matches first responders with appropriate services based

on a brief questionnaire, which determines what specific assistance you need (emotional, financial, religious, etc.).

SAMHSA's National Helpline

1-800-487-4889

A confidential, free, 24-hour-a-day, 365-day-a-year information service in English and Spanish for individuals and family members facing mental and/or substance use disorders.

The Boys Town National Hotline

1-800-448-3000

A 24-hour crisis, resource,

and referral line staffed by highly-trained counselors who can answer your questions about family and school problems, pregnancy, suicide, chemical dependency, and sexual and physical abuse.

National Domestic Violence Hotline

1-800-799-7233

Provides essential tools and support to help survivors of domestic violence so they can live free of abuse.

Serve and Protect

615-373-8000

Serve & Protect helps connect public safety professionals

Taking care of your mental health is an act of self-love.

It's okay to not be okay.

Closing Words

Mental health and wellness are crucial aspects of our overall well-being. It is essential to care for our mental health just as we do for our physical health. Good mental health allows us to cope with the daily stresses of life, make meaningful connections with others, and achieve our goals. It also helps us to maintain a positive outlook on life and to feel a sense of purpose and fulfillment. Taking steps to improve our mental health and wellness can involve self-care practices such as exercise, mindfulness, and relaxation techniques and seeking professional help when needed. We must prioritize our mental health and wellness to live a happy and fulfilling life. Thank you for taking the time to read our newsletter. We



CFBH, Reno, Nevada

hope that you found it informative and enjoyable. Your continued support means a lot to us, and we look forward to bringing you more exciting updates in the future. If you have any feedback or suggestions, please don't hesitate to contact us. Until next time, enjoy your wellness journey!

CFBH Current Research



- Volunteers needed to participate in research studying the effectiveness of your current wellness program.
- Must participate in wellness fair and one wellness intervention to qualify.
- Participation is anonymous and voluntary.

IMPRINT

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