



MARCH 2024

# WHAT'S INSIDE

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HAPPY RETIREMENT

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QUINOA SKILLET

**WHAT IS  
ERGONOMICS?**

# Therapy Solutions

TAKE YOUR LIFE BACK.

HAPPY  
*St Patrick's*  
DAY



*Therapy Solutions many*  
**THERAPISTS**



Scan the code with your camera app, and schedule your appointment with us today!



**WE ARE HERE FOR YOU! CONTACT US TODAY!**

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At Therapy Solutions (TS) we have a variety of therapists. Not only do we have rehabilitation therapists, we also have Mental Health (MH) therapists. Sometimes this causes confusion. Clients and patients hear the term, "therapists" and they think our agency only offers PT, OT and Speech.

In this article, as we **celebrate our MH therapists this month**, we are going to look at the role of our MH therapists at Therapy Solutions. The term "therapist" is often broad and people think of psychologists, but it can include other disciplines including social workers and counselors with a master's degree and a state license.

**At Therapy Solutions what type of MH therapists do you have?** We are so blessed to have wonderful, grace-filled therapists, who delight in each and every client they see. We have clinical licensed social workers and clinically licensed counselors who all have master's degrees. One is working on a doctorate degree. We all provide the same services and have similar training, hence we all refer to ourselves not as a social worker or a counselor but as MH therapists.

**Are MH therapists at TS, qualified to see people with trauma?** Yes, all of our therapists, whether social workers or counselors, are trained in trauma therapy.

**What other diagnoses are your MH therapists able to treat?** Our MH therapists see people ranging in age from 5 to 100. We see individuals with anxiety, depression, bi-polar, trauma, PTSD, grief and loss, pregnancy and infertility issues and more.

**Do you prescribe medication?** No but we can refer you to someone who does.

**Do you ever work in conjunction with the rehab (PT, ST and OT) therapists?** Yes, at times. If someone is experiencing undiagnosed pain, a rehab therapist may refer them to see a MH counselor as sometimes emotional pain manifests as physical pain. In such cases, a therapy called EMDR may be utilized. A mental health therapist may be seeing a child for ADHD and refer them to an occupational therapist to work on sensory issues. These are just a few examples of how we work together.

**What types of training or certificates do your therapists hold?** Our therapists are trained in EMDR, Trauma Focused CBT, Internal Family Systems (IFS), DBT, and many other trainings throughout our careers.

**SCHEDULE YOUR  
APPOINTMENT  
TODAY!**  
**701.253.0942**



**Do you offer bi-lingual therapy?** Yes, we offer Spanish Speaking counseling.

**I heard you provide faith-based therapy. What does that mean?** In a nutshell, we invite our clients to bring their faith into the sessions if desired! We respect those who do not want to bring their faith into the session. We strive to meet our patients where they are at, respecting the journey they are on.

If you would like mental health counseling, give us a call and schedule an appointment today with a mental health therapist and Take Your Life Back!

We recognize and celebrate our MH therapists this month for all they do!

## LORI'S RECIPE:

### TURKEY TACO QUINOA SKILLET

- 1/2 pound lean ground turkey
- 1/2 yellow onion, diced
- 2 cloves garlic, minced
- 4 ounce can diced green chilis
- 2 teaspoons chili powder
- 1 teaspoon cumin
- 3/4 teaspoon kosher salt
- black pepper, to taste
- 1 (15 ounce) can of black beans, rinsed and drained
- 1 (14.5 ounce) can of diced fire roasted tomatoes
- 1/2 cup frozen corn
- 1/4 cup jarred salsa
- 1/2 cup rinsed quinoa
- 1/2 cup water
- 1/2 cup shredded Monterey Jack cheese
- 1/2 cup shredded cheddar cheese
- cilantro, for garnish



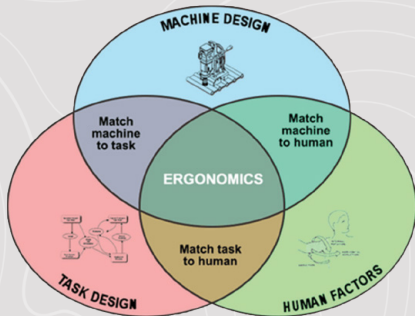
#### Directions:

Spray a large skillet generously with cooking spray and heat over medium-high heat. When the skillet is hot add in the diced onion and cook for about 2 minutes until it starts to soften. Add in the ground turkey and minced garlic and cook until the meat is almost cooked through, breaking it up into crumbles with a spoon as it cooks. Stir in all the spices and the diced green chiles, cooking for another minute. Add in the black beans, corn, fire roasted tomatoes, salsa and quinoa, stirring until everything is combined.

When the mixture starts to bubble add in the water, cover the skillet with a lid and lower the heat to medium-low. Simmer for about 20-25 minutes or until the quinoa is cooked, it should still have a slight bite to it, but not be hard and crunchy.

Sprinkle the shredded cheese on top and cover with the lid cooking until the cheese is melted. Serve as is, in tortillas for tacos, or on top of your favorite greens.

# WHAT IS ERGONOMICS?



**Ergonomics is the relationship of the worker and the work being completed.**

## Ergonomic Goals

- Eliminate hazardous activities
- Minimize physical stress factors
- Optimize productivity

Reducing stress factors should increase productivity and decrease work-related injuries

## Work-related Injuries

- One time physical incident
  - Tripping, being struck by an object, muscle/joint strain due to high levels exertion or awkward body postures.
- Cumulative trauma disorders (CTDs)
  - Injuries that occur over time.
  - Contributing Factors:
    - ◊ Ergonomic risk factors: repetition, body position, duration, etc.
    - ◊ Worker habits (Behavior)
    - ◊ Worker health

## Examples of CTDs

- Back or neck pain
- Carpal tunnel syndrome
- Tendinitis
- Rotator Cuff syndrome
- Tennis elbow
- Joint pain
- Plantar Fasciitis



Stay tuned for Part II for more tips about how to reduce stress during office work!

## Warning Signs of CTD

- Pain
- Fatigue or lack of endurance
- Weakness of hands/forearms
- Tingling - Numbness - Loss of sensation
- Heaviness or clumsiness
- Stiffness
- Lack of control or coordination
- Cold hands and feet

## Protect YOUR Body

- Take care of your body- exercise, stretch, and develop healthy habits that can help decrease risk of injury.
- Know your SAFE work zone. Don't overextend (bending forward, reaching away from your body).

## Your Work Zones



## "Ideal" Sitting Position

- Feet firmly positioned flat on the floor or on a foot rest.
- Knees and hips positioned at approximately 90 degrees, with hips pointing slightly downwards.
- Lower back and bottom positioned firmly against the backrest with approximately 2-3 inches of space available between the back of your lower legs and the front edge of the seat.
- Lower and upper back should be in contact with the backrest, and curvature of the spine should be well supported.
- Arms positioned at your sides with elbows flexed at approximately 90 degrees, preferably resting on the chair's armrests. Wrists should be in a neutral position when using the keyboard and mouse.
- Neck and shoulders should be relaxed, with head upright and facing forward.
- The postures listed above will help reduce physical strain while completing seated work. The goal is to maintain as many of the "ideal" body positions as possible, to promote health, safety, and comfort during seated work.

## IN THE COMMUNITY:

We are happy to announce that Therapy Solutions took home THREE first-place wins in the 2024 Best of the Western Edge contest:

- Best Counseling Center
- Best Occupational & Physical Therapy
- Best Counselor - Russ Fast

Thank you to everyone who voted for Therapy Solutions and our amazing staff!



**THANK YOU FOR VOTING US BEST:**

**BEST COUNSELING CENTER**  
**BEST OCCUPATIONAL & PHYSICAL THERAPY**  
**BEST COUNSELOR - RUSS FAST**

**Therapy Solutions**  
*TAKE YOUR LIFE BACK.*

**1679 6th Ave W, Dickinson**

To schedule appointments in any of our locations call:  
**701.483.1000**

<b>Killdeer Clinic</b> 95 Hill Top Dr. Killdeer, ND	<b>Dickinson</b> 1679 6th Ave W. Dickinson, ND	<b>Richardton Clinic</b> 215 3rd Ave W. Richardton, ND
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## DID YOU KNOW?

### WSI GRANT

Did you know ND Workforce Safety & Insurance (WSI) has a program called Ergonomic Initiative Grant in which WSI will pay 75% of the cost for approved ergonomic equipment?

For more information about the program, contact Doug Jilek at 483-1000 ext 109.

## STAFF SPOTLIGHT:

### RUSS FAST



After 32 years of dedicated service to his field, Russ Fast (Mental Health Counselor) is setting his sights on a well-deserved retirement in March!

Russ graduated in 1992 with a Master of Social Work degree from the University of Arkansas at Little Rock. After graduating, Russ and his wife decided to move to the Upper Midwest, since he is originally from Kansas and his wife Irma is from Manitoba. Once they settled in Dickinson in 1992, Russ worked in the community at the same agency until 2018, providing individual, family, and group therapy to children, adolescents, adults, and the geriatric population. In October 2018, Russ joined the Therapy Solutions team to provide mental health counseling.

Over the past 5 years, Russ has made a tremendous impact on Therapy Solutions and his clients. We are so grateful that he was able to share his wealth of knowledge and experience with our team and we wish him the very best as he starts this new chapter.

Please join us in congratulating Russ on his tremendous career and wish him a very happy retirement!