



Navigating the Weight Loss Journey by Welcoming Change

Dear Participants,

In order to achieve long-term weight loss success, we all go through many changes. Change is a core element of the Structure House program. It guides us toward a healthier lifestyle and helps us reach our future goals. Change presents us with new opportunities and inspires us to grow.

In this issue, we will share several changes currently taking place at Structure House. We are excited to welcome three new members to the Structure House team. Additionally, we are delighted that Structure House has recently been welcomed into a larger family. With the support of CRC Health Group, Structure House now has the ability to expand our current services while ensuring our program is widely available to those in need.

Our family is also blessed to host an exceptional group of interns from a variety of programs. They cultivate a stimulating learning environment while enhancing our program with their experience and new ideas. In this issue, Anna Stout will explain the importance of our intern program to growth at Structure House.

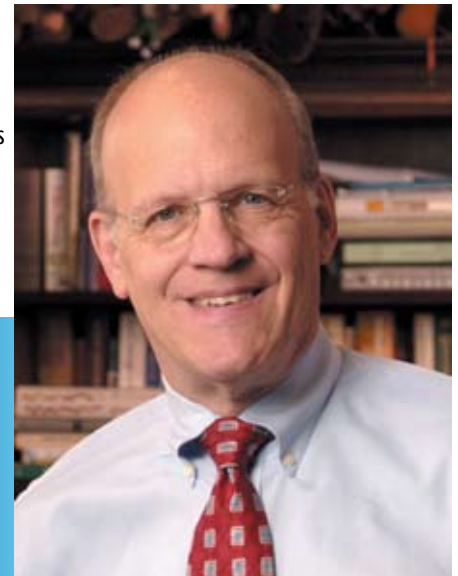
Structure House is expanding current after-care programs to offer more services that meet the needs of each and every participant. To help you decide which option will best suit your needs, Jennifer Pells will provide a detailed review of the after-care programs currently available.

We are also making plans to update our facilities on campus. We are in the process of renovating a model apartment to show you the features to expect with the new design, including walk-in showers, luxurious bedding packages and flat panel televisions. We will keep you informed about future changes that may occur on campus, such as renovations and expansions, including our vision for a state-of-the-art Life Extension Center (LEC).

When I started Structure House more than 30 years ago, my goal was to create a leading center for weight control and lifestyle change. Throughout the years, your unparalleled weight loss success has served as an inspiration to all of us at Structure House. Through our new relationship with CRC Health Group, your success will now serve as an inspiration to countless others on their journeys toward success. I am personally honored to be a part of our growing family and look forward to helping you reach your personal goals just like you have done for me all these years.

Sincerely,

Gerard J. Musante, Ph.D.



Dr. Musante

Get in shape this season by attending one of our Successful Participant Weeks!

The Successful Participant program is a weeklong set of classes that recognizes and honors participants who are achieving their weight loss goals.

All eligible participants are encouraged to enroll in one of our Successful Participant Weeks. Additionally, participants who have lost 10% or more of their starting weight and are on campus during the program can enter a drawing to receive \$250 off his or her next visit.

Congratulations to Walter Reiling of Rockaway, NJ who won \$250 off his next visit to Structure House. We look forward to seeing you soon, Walter!

The remaining 2008 Successful Participant Weeks will begin on July 28 and October 27.

Stay Connected, Stay Structured

By Jennifer Pells, Ph.D.

We at Structure House have long realized that Structure is a lifelong effort. Now, more than ever before, weight loss experts are working to identify ways to help you succeed at long-term weight control. One essential factor is ongoing professional support. This means recognizing and accepting the need for longer-term connections with therapists, nutritionists, exercise trainers, etc. The conclusion of a recent conference I attended (Society of Behavioral Medicine, San Diego, CA, March 2008) was that we need to modify how we think about ongoing support. We need to view reaching out as a sign of personal strength rather than failure. We also need to recognize that ongoing support realistically reflects the weight management problem and is an essential part of comprehensive weight management, not an optional component of your program.

Because we have always recognized that ongoing support is essential, we want to remind you about our current support programs:

- **Structure House Diary Mail-In** - Available to all participants at no extra charge. Send in a completed diary and receive a written response from one of our therapists.



- **Not Home Alone Phone Support** - Renewable package of six 20-minute phone calls to help you set and achieve goals, problem-solve to overcome obstacles, and guide you through high-risk situations and setbacks.
- **Individual Therapy by Phone** - Continue the beneficial psychotherapy you started at Structure House. 25- and 50-minute sessions are available.
- **Structure HouseCallsSM** - Utilizes a mobile phone and Bluetooth digital scale to help you stay on track with daily weighing, antecedent tracking, and exercise adherence. Options include adding phone or email support from a therapist.
- **Graduate Return Visits** - Discounted visits (upon completion of 4-week new program) so that you can utilize this powerful strategy for re-engaging and renewing your commitment to your

goals. Many people coordinate a return visit with one or more other Structure House participants to create a fun and healthful retreat.

Routinely utilizing one or more of these options can help you stay focused on your goals. They incorporate elements known to positively influence your weight loss success, including self-monitoring (of weight, food, exercise, antecedents) and ongoing connections to professional support. We are proud of the home-based services we offer and excited about efforts underway to provide an expanding, diverse array of support options. Stay tuned for updates on new programs under development, such as Web-based follow-up with therapist feedback, electronic menu planning, and access to our exercise specialists via online support.

Structure House Welcomes...

Please join us in welcoming three new members to the Structure House team:

- **Jennifer Hopkins**, Nutritionist
- **Doug Johnson**, Systems Analyst
- **Krissy Riggs**, Regional Marketing Representative

Graduate Week Winner!

We are pleased to announce Gail Wolpin of Portsmouth, VA is the winner of a complimentary one-week Graduate Visit at Structure House.

Each quarter, the names of all participants who return their follow-up Participants Report are entered into a drawing for a complimentary one-week Graduate Visit. We appreciate your participation in our ongoing research designed to track the health changes of our participants.

Congratulations, Gail! We look forward to seeing you back at Structure House soon.

Structure House Intern Program draws variety of candidates

By Anna L. Stout, Ph.D.

As an internationally recognized weight loss program, Structure House has been fortunate to attract an exceptional group of interns in a variety of areas. Although these interns come to learn about the unique aspects of the Structure House philosophy under supervision of our staff, they also enrich the program with their own knowledge and experience.

Over the past several years, Ph.D. candidates in the pre-doctoral internship in clinical psychology program at Duke University Medical Center have added value to the Structure House program. Many of the psychology interns have focused their dissertation research on weight loss and weight loss maintenance and are on the cutting edge of new information. Social work interns from the



University of North Carolina School of Social Work have also contributed at Structure House as part of their training experience for their Master's Degree. In order to complete requirements to become Registered Dietitians, interns from Meredith College, as well as Master's Degree candidates in Public Health Nutrition at the University of North

Carolina, receive training from the Structure House nutrition staff. More recently, Structure House provided training for interns from the Johnson and Wales University in Rhode Island who have completed requirements for a degree in culinary arts and who wish to complete additional requirements for a Bachelor of Science degree in nutrition.

The presence of our interns creates a very stimulating learning environment and keeps all the components of the Structure House program at the forefront of the field. Graduates of the Structure House internship programs are now in treatment, teaching and research positions all around the United States, where they continue to help individuals lose weight and become healthier.

Our Growing Partnership with CRC Health Group Expansion and renovations in the works...

Our goal at Structure House is to provide a leading center for weight management where participants are provided the tools they need to change their lifestyle and achieve long-term weight loss success. We are constantly searching for new ways to ensure our programs are widely and easily accessible to those in need. Through our new partnership with CRC Health Group, we are excited to announce that Structure House will have the opportunity to undergo several renovations and expansions to enhance our program.

We are in the process of renovating one of our apartments as a model. This new apartment design will be a sign of things to come, and will feature upscale amenities such as:

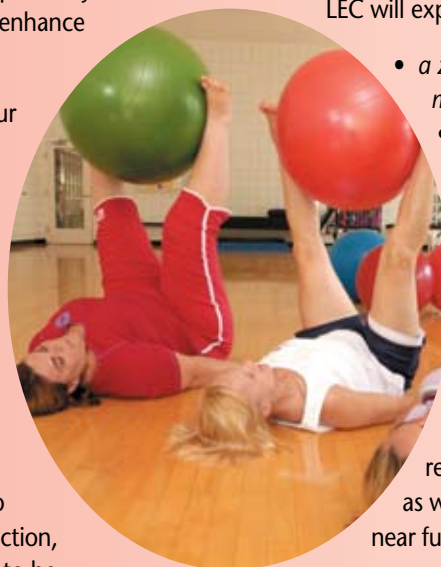
- *luxurious bedding packages*
- *bathrooms designed with you in mind; walk-in showers with stone and tile surfaces*
- *flat panel televisions*
- *stylish living area accents with colors that are warm and inviting*

We are expanding our after-care programs to include E-Care, an Internet-based therapy interaction, and E-Get Going. These programs are designed to be

user-friendly tools to help you stay connected to our staff, stay focused and stay structured. During your next visit, please review our display about E-Care and tell us how we can make after-care programs work for your lifestyle.

We are also delighted to share with you our vision for a state-of-the-art Life Extension Center (LEC). The new and improved LEC will expand participant services to offer:

- *a zero-entry pool to accommodate guests with mobility issues*
- *a greater variety of spa services to complement our current massage offerings*
- *expanded weight and locker rooms to improve current exercise center*



We invite your feedback in the upcoming months as we debut some exciting changes. As always, our treatment staff is dedicated to providing the best possible care and will be guiding all of our improved programs and renovations. We hope you share our excitement as we continue to unveil new opportunities in the near future!



Structure House in the News...

Structure House was featured in the following news outlets during the past few months:

- Dr. Musante was quoted in a **USA Today** article about comfort food cravings on February 25.
- **Scholastic Parent & Child** featured Dr. Musante's tips for combating childhood obesity in the "Ask the Expert" column of the February/March 2008 issue.
- The **South Florida Sun-Sentinel** featured Dr. Musante's tips for eating healthy at restaurants in "The Skinny Blog" on February 9.
- The **Indianapolis Star** featured an online book review of The Structure House Weight Loss Plan on February 12.
- Tips from The Structure House Weight Loss Plan were featured in the **Star-Ledger** on March 18.
- The **Statesman-Journal** featured Dr. Musante's nutrition tips in the Healthy Living blog on March 27.

