



In This Issue

- Children's Mental Health
- Post-Traumatic Stress Disorder
- Benefits of Journaling
- Reminders
- Staff Directory
- Did you know?

Children's Mental Health

www.nih.gov
<http://www.samhsa.gov/children/national.asp>

Post-Traumatic Stress Disorder

www.nih.gov
<http://psychcentral.com/disorders/ptsd/>

Reminders

Please remember that if for some reason you are unable to keep your scheduled appointment, call and cancel 24 hours prior to your appointment. Please note that you can still call to cancel after hours by leaving a voicemail. If a 24 hour notice is not given, a \$45 fee will be charged.

The Center for Counseling may have to close if the road conditions are deemed dangerous. Please call and a voice mail will explain if we are closed for the day.

Staff Directory

Dr. Cheryl Mazzara, MD (Child Psychiatrist)
Dr. Hetal Patel, MD (Psychiatrist)
Mary DeClerck, MA, LLP
Amy DesRocher, MA, LPC
John Dobat, LMSW
Matthew Freeman, MA, LPC

Children's Mental Health



The month of May is Mental Health Awareness Month. May 8th is National Children's Mental Health Awareness day. This specific day is a reminder to us all to promote and encourage positive youth development, resiliency, and recovery.

Mental disorders can affect anyone. We often times think that adults are more at risk for a mental illness and children and adolescents just go thru tough stages and phases. In some cases, children and adolescents are also affected by illnesses such as depression, anxiety, ADHD, Autism, Post Traumatic Stress Disorder and many more. The World Health Organization (WHO) has said that mental disorders are the number one source of medical disability for people 15-44 years of age in the United States and Canada. Furthermore, 50 percent of patients describe mood and anxiety disorders, generally considered adult illnesses, as having an onset by age 14. (WHO. 2002. The world health report 2002—reducing risks promoting healthy life. WHO)

As with all medical illnesses and diseases, early intervention is best. Diagnosing children with previously thought of adult disorders (i.e. Depression, anxiety) is sometimes delayed. By recognizing symptoms in your children and getting them to see their pediatrician, therapist or psychiatrist is the most important step. Treatment and appropriate interventions can assist the child and their family in many areas such as education of the illness, effective parenting techniques, better communication skills and coping skills education.

It is important that we are positive and encouraging to all children that we come into contact with. We all have an impact on children that we are around, let's make sure that our impact is inspiring and positive.

Sheila Fullmer, MA, LLP (Clinical Director)

Joan Ghougoian, LMSW

Christina Lawton, LMSW

Donna Perkins, MA, LPC

Deborah Saelens, MA, LPC

MaryAnn Woodard, LMSW

DID YOU KNOW??

Group Therapy is often times a great environment for people to feel belongingness and support. When dealing with a specific issue, group therapy is most beneficial along with individual therapy, however it is also helpful as a standalone treatment.

The Center for Counseling offers several groups to the community. You don't have to be a client to participate in any of our groups. Here is a list of the groups that we currently facilitate.

- ~ Grief and Loss (Adults)
- ~ Anger Management (Adults)

The following groups are available on an as needed basis.

- ~ Anger Management (Adolescents)
- ~ Substance Abuse (Adults and Adolescents)
- ~ Bullying Group FREE (Adolescent victims of bullying)
- ~ Low Self Esteem (Adolescents)

Please call our office for days, times and costs (if any) of these groups.

Contact Us

50630 Chesterfield Rd
Chesterfield MI 48051
586-949-7680

www.thecenterforcounseling.net



Post-Traumatic Stress Disorder

June is Post-Traumatic Stress Disorder (PTSD) Awareness Month. Post-Traumatic Stress Disorder is a disorder that can affect a person who has been the victim of or witness to a

terrifying situation where physical harm was present or threatened. Possible situations could be rape, torture, child abuse, kidnapping, war, bombings, fires, floods or any other natural disaster. The victim can develop PTSD as well as any of the witnesses to the incident.

Symptoms of PTSD are grouped into three categories. Re-experiencing symptoms, Avoidance symptoms and Hyper-arousal symptoms. These symptoms can affect a person's daily life. The effects of PTSD can be debilitating to a person. A child or adolescents may experience other symptoms as well. They may begin to wet the bed, be unable to talk, act out the traumatic event during playtime or be unusually clingy to a parent or another close adult.

Talking about the trauma, developing coping skills and having a support system will all benefit the person. If PTSD is not treated, often times it can trigger other illnesses such as depression and anxiety. If you or someone your child has been through a horrific event, please contact a therapist or psychiatrist for treatment.

Benefits of Journaling

A lot of people talk about journaling. Some people actually do it. There are many benefits to journaling. Here is a short list taken from a very long list.

(http://www.appleseeds.org/100_Journaling.htm)

1. Increases focus
2. Moves you towards wholeness and growth, to who you really are
3. Exercises your mental muscles
4. Allows freedom of expression
5. Measures and tracks what is important to you
6. Reads your own mind
7. Provides insight
8. Soothes troubled memories
9. Helps rid you of the masks you wear
10. Is a close, intimate, accepting, trusting, caring, honest, non-judgmental, perfect friend

Remember, journaling is a private place for you to write your thoughts down. You don't have to worry about offending



someone or boring someone. You write whatever comes to your mind. You should not be concerned with grammar as no one is reading it but you. Make sure you have a quiet and relaxing place to journal for 5-20 minutes per day. Try it for 2 weeks and see if it helps!