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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)
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Children's Mental Health



recovery.

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

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.



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

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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.



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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 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 benefit the person. If PTSD is not treated, often times it can trigger other illnesses such as depression and anxiety. If you or your child has been through a horrific event, please contact a therapist or psychiatrist for treatment.

Anxiety and Final Exams

School is coming to an end! As most students are excited about summer break, others can't seem to focus on anything but finals, end of the year projects and papers that are due. These important requirements cause many people anxiety. Here is a list of tips to help reduce anxiety.

1. Take breaks. Studies suggest that taking a 10 minute break every hour to an hour and a half helps restore mental energy.
2. Choose a quiet and calm environment to study. Limit distractions (phones, music, TV, etc.)
3. Figure out the best study techniques for you. (i.e. Studying by yourself vs. in a group, using note cards, writing down facts over and over again, read your notes over and over again, summarize your notes, teach what you have learned to someone else, create an audio of your notes and listen to it, etc.)
4. Go for a walk or a quick run during a break. Physical activity is proven to reduce stress and anxiety.
5. Be encouraging to yourself. (i.e. "You can do this!" "You have prepared for this and will do fine!" etc.)
6. Don't wait until the last minute to begin studying.

If you follow these tips, you will notice that you retain more information and feel less stressed and more prepared. Good luck and remember summer is just about here!

"We can complain because rose bushes have thorns, or rejoice because thorn bushes have roses."

— Abraham Lincoln

