

Mountain State Parent, Child, & Adolescent Network November Newsletter 2010



Anxiety Disorder & Kids

It is normal for all children to experience some anxiety. For example, when it is near report card time, being left alone for the first time, or a thunderstorm is brewing. Such examples may show signs of distress for a child. This could depend on their past history or a newly developed fear.

Constant and intense anxiety that disrupts a child's normal day-to-day activities is a mental health problem that requires help.

One of the most common anxiety disorders in children is called Generalized Anxiety Disorder (GAD). Children with this disorder have repeated fears and worries they are usually unable to control on their own. They may show signs of restlessness, irritability, tension, lethargy, and difficulty concentrating or sleeping. They may have difficulty dealing with family, peers, and school. However, this mental health problem can be easily diagnosed and treated. If you feel your child is experiencing these signs and symptoms, contact your child's primary care physician. Their doctor will assist you and your child with proper referrals and treatment (1).

Trail Mix to Make with Your Kids



Combine $\frac{1}{4}$ c. of each of the following ingredients: unsalted peanuts, sunflower seeds, dried cranberries, dried cherries, dried apricots, raisins, chocolate chips, pretzels, cheerios, Chex, granola. (Feel free to leave out any ingredients). Mix together in a big bowl and store in an airtight container or eat immediately.



Upcoming Events

The Center for Education & Organizational Development will hold an “Addictions in Healthcare” training on November 19th, 2010 at the WVU Eye Center auditorium from 8:00am to 4:30pm. This training is free to WVU Hospital employees and costs \$35 for non-WVUH employees. Lunch is provided and social work, counseling, and addictions CEU's have been applied for. For more information and registration, contact 1-877-389-4968 or visit their website at www.farleycenter.com.

The Military Child Coalition is holding a free 2-day training on “Supporting Children of the National Guard and Reserve Institute” from November 30th through December 1st at the Waterfront Place Hotel in Morgantown. Registration and continental breakfast begins at 8:30am to 4:00pm. Registrations are due by November 23rd, 2010 and can be obtained by visiting <http://www.militarychild.org>. The hotel is located at 2 Waterfront Place in Morgantown, WV. Lunches, dinners, and continental breakfasts are free of charge and you must attend both days of the training.

Need the newest copy and forms for IEP's?

Visit <http://wvde.state.wv.us/osp/forms.html> and click on “Newly Revised Special Education Process Forms.”

Ask the Editor

Do you have a particular question, would like to receive information on Children’s Mental Health, become a volunteer, or have suggestions for our December Newsletter? If so, please contact MSP-CAN Project Director, Crystal Dugan at cdugan@mspcan.org or at (304) 916-3649.

- (1) For more information related to anxiety disorders, click on the *Mental Health America* link <http://www.mentalhealthamerica.net/index.cfm?objectid=C7DF9175-1372-4D20-C8F42EED1A02E8D0>

