

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

Children's Mental Health: What You Need to Know About Anxiety

The term "Children's Mental Health" refers to the way a child thinks, feels, and acts. Similarly, children's mental health reflects a child's ability to handle stress, relate to others, make decisions, and how they feel about themselves. Without treatment, mental health disorders may lead to school failure, family disagreements, low self-esteem, and aggression. Anxiety disorders are one of the most common mental health problems facing children and adolescents. These include, but are not limited to generalized anxiety disorder, panic disorder, phobias, obsessive compulsive disorder, and post-traumatic stress disorder. Anxiety creates excessive worry in a child's everyday life. They may show signs of restlessness, agitation, fatigue, muscle tension, and sleep disturbances. It is crucial that you talk with your child about what they are feeling, recognize the physiological symptoms, and make an appointment with a child psychologist or your primary care physician who can make referrals for psychological evaluations and therapy. Parents are strongly encouraged to teach their children positive self-talk, reward systems, and relaxation techniques. Remember, most anxiety disorders are treated with proper medications, environmental changes, and 1:1 therapies. Don't feel as though you are the only family going through this. It is estimated that 13 out of every 100 children deal with this diagnosis. (1) If you are recognizing these symptoms and don't know where to turn for help, do not hesitate to contact Mountain State Parent, Child, & Adolescent Network (MSP-CAN) Project Director, Crystal Dugan at cdugan@mspan.org.



Wood County Parent Advisory Council

Are you the parent or caregiver for a child that has been diagnosed with an emotional disturbance or mental health disorder? If so, become part of MSP-CAN's Parent Advisory Council. This support group provides trainings, tool kits, and great informational tips on how to cope with the stress and stigma associated with children's mental disorders. This Council is geared toward research and statistics on advocating for WV children not receiving the appropriate mental health treatment and initiating such discussions with professionals and

policymakers on community, regional, and state levels. Meetings occur the first Tuesday of each month and childcare is provided. For more information on meeting locations and times, contact Crystal Dugan at cdugan@mspcan.org.



Upcoming Events

October 19th from 2pm-7pm – Free “Money Management Workshop” at the Charleston Civic Center Library. No registration required.

October 25th – Free “Bullying in our Schools Workshop.” Charleston, WV Holiday Inn Express. For registration and more details, call (304) 296-1731 ext. 4269.

October 28th from 8:30am-4pm – Free “IEP Training” at Suncrest United Methodist Church in Morgantown, WV. Registrations can be obtained by calling 1-800-497-4746.

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 November Newsletter? If so, please contact MSP-CAN Project Director, Crystal Dugan at cdugan@mspcan.org

(1) anxiety.emedtv.com/anxiety