

FAMILY CONNECTIONS



Mountain State Parent-Child & Adolescent Network, 1201 Garfield Street McMechen, WV 26040
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What is Childhood Obsessive-Compulsive Disorder?

Obsessive-compulsive disorder (OCD) is an anxiety disorder affecting one in every one hundred young people in the United States. While OCD is less often acknowledged and diagnosed than other childhood disorders such as attention deficit hyperactivity disorder (ADHD), parents and the medical community are learning to identify the revealing signs. Understand that realizing your child has OCD is a complicated and significant step for any concerned parent. In order to comprehend how this disorder affects the life of your child, reframe your thinking so you can see his/her behaviors for what they really are: Attempts to cope with internal anxiety. When a child with OCD attempts to resolve anxiety through recurring thoughts, this is called an obsession. When your child tries to manage their internal emotions through repetitive actions, this is called a compulsion. The most common principal cause of your child's OCD is a chemical imbalance in the brain.

What should you do if you think your child has OCD?

- Maintain a daily log. How many times does your child wash their hands, dirty laundry, or consistently fear that something may happen?
- Make an appointment with your pediatrician for proper referrals.
- Empathize with your child. Nothing you did as a parent caused this.
- Utilize positive behavior support

Costello, Victoria & Martin, Stephen. 2008. The Everything Parent's Guide to Children with OCD.

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Parent Support Groups

Mountain State Parents CAN will be holding monthly support groups in Region I starting in December. We will be holding our first parent support group in McMechen to assist families with children who have been diagnosed with a mental health disorder in Marshall and Ohio Counties. These groups will allow you to connect with other families experiencing the same difficulties as you. You will receive a vast array of training on children's mental health diagnoses, how to become an effective advocate for your child, and how to become part of local and state networks. Meetings will begin at 6pm at the MSP-CAN office,



Parent support groups can be an asset for your entire family.

located on 1201 Garfield Street McMechen, WV 26040. Refreshments will be served. We will soon be starting support groups in Wirt/Calhoun/Wood, Hancock/Brooke, Pleasants/Tyler/Wetzel, Ritchie/Doddridge/Harrison, and Marion/Monongalia Counties. For more information, contact Crystal Dugan at (304) 916-3649. Meeting cancelled if school is closed

Region I Comprehensive Centers

Comprehensive Behavioral Health Centers serve children and adults with severe emotional disturbances, substance abuse issues, and crisis interventions. They offer therapy, testing/evaluation, psychiatric consultation, group counseling, case management, and referrals. If you are a parent or caregiver of a child with a mental health or substance abuse issue, contact the nearest Comprehensive Center to you. Most generally, you can get an appointment within a week and begin the centralized intake process.

*"Nothing is predestined: The obstacles of your past can become the gateways that lead to new beginnings."
Ralph Blum*



Mental Health Professionals ensure proper and adequate care for your child's needs.

Region I Comprehensive Centers

HealthWays, Inc. serves Brooke and Hancock Counties in Weirton, WV. Dorothy Shanley, Children's Liaison, can be reached at (304) 723-5440. For after hours crisis services, call (304) 797-6000.

Northwood Health Systems, Inc. serves Ohio, Marshall, and Wetzel Counties in Wheeling, WV. Lynne Stanley, Children's Liaison, can be reached at (304) 234-3500. For after hours crisis services, call (304) 234-3583.

United Summit Center, Inc. serves Harrison, Braxton, Doddridge, Gilmer, Lewis, and Marion Counties in Clarksburg, WV. Peggy Tordella, Children's Liaison, can be reached at (304) 623-5661 or 800-SUMMIT-0. For after hours crisis services call 800-SUMMIT-0

Valley Comprehensive Community Mental Health Center serves Monongalia, Marion, Preston, and Taylor Counties in Morgantown, WV. Martha Hawkins, Children's Liaison, can be reached at (304) 366-7419. For after hours crisis services call 800-232-0020.

Westbrook Health Services, Inc. serves Wood, Jackson, Pleasants, Tyler, Ritchie, Roane, and Calhoun Counties in Parkersburg, WV. Lisa Hutzler, Children's Liaison, can be reached at (304) 485-1721. For after hours crisis services call 800-579-5844.

Appetizer to make with your children during the Holidays

Have you ever thought of making a great and fun appetizer during the Holidays with your children? Family Fun Magazine provided this easy and beautiful appetizer that everyone can enjoy making and eating. It's called "Christmas Package Cheese Snack." Below are the recipe and a picture of this wonderful treat.



Spending time together in the kitchen is a wonderful way to bond

Ingredients:

- 8 ounces of cream cheese (softened)
- ½ teaspoon dried dill
- ¼ teaspoon garlic powder
- 1/8 teaspoon salt
- Scallion
- Red Bell Pepper

Instructions:

- Mix the dried dill, garlic powder, and salt into the softened cream cheese.
- Pack the mixture into a rectangular container lined with plastic wrap.
- Refrigerate it for at least 3 hours. Before serving time, set the unwrapped block of cheese on a platter and decorate it with a scallion bow and red bell pepper polka dots and gift tag.

