

FAMILY CONNECTIONS

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National Children's Mental Health Awareness Week

May 1-7, 2011

This week is dedicated to increasing public awareness about the triumphs and challenges in children's mental health and emphasizing the importance of family and youth involvement in the children's mental health movement.

To promote positive mental health, well-being and social development for all children and youth, join Mountain State Parent, Child & Adolescent Network and the National Federation of Families for Children's Mental Health by sending out the following messages:

- Mental Health is essential to overall health and well-being.
- Serious emotional and mental health disorders in children and youth are real and treatable.
- Children and youth with mental health challenges and their families deserve access to services and supports that are family driven, youth guided, and culturally appropriate.
- Values of acceptance, dignity, and social inclusion should be promoted throughout all communities for children, youth, and families.
- Family and youth voice is a valued asset in determining appropriate services and intervention.



www.wvsystemofcare.org
www.ffcmh.org

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What is the Meaning of the Green Ribbon?

In the 1800's, the color green was used to brand people who were labeled "insane." The children's mental health community decided to continue using the color green, but with a completely different focus.

Green signifies new life, new growth, and new beginnings. Therefore, we wear green ribbons to raise public awareness, better the lives of children and youth with serious emotional disorders and show our support of these children and their families.



Join us and wear a green ribbon on May 3rd, 2011 to raise public awareness to the needs of children with emotional, behavioral, and social disabilities and their families across West Virginia.

Join us for a green balloon launch at two locations on
May 3rd, 2011.

- Meadowbrook Mall in Bridgeport, WV at 1:30 pm. Find the kiosk inside the mall for your free green balloon and help Mountain State Parent, Child & Adolescent Network support children's mental health.
- Weirton Christian Center located at 3012 Elm Street in Weirton, WV at 1:30 pm. Contact Kim Weaver at 304-748-2353 to support children's mental health with MSP-CAN and Weirton Christian Center.

Spring Cleaning Tips

It's that time again, where we clean our homes from top to bottom for spring. Most of us will go to our local stores and spend money for household cleaners and products to complete this daunting task. However, there are many products in your home that will save you tons of money and time.

- ✿ **Cleaning the microwave** – Place a glass pitcher (make sure it is microwave safe) with water and vanilla extract. Microwave on high for five minutes. Food will come off easily and you will have the sweet smell of vanilla!
- ✿ **Laptop, computer, and TV screens** – Never use a product like Windex® on screens. Instead, utilize an unused coffee filter to erase the dust from your screened products.
- ✿ **Flower vases** – To remove those particles from a vase that does not come clean in your dishwasher, break up egg shells and place them inside the vase. Mix water with dish detergent and add to the vase. Shake the egg shells around as this will help remove unwanted particles.
- ✿ **Shattered glass** – Use a slice of bread to pick of those small shattered particles that are hard on your hands and vacuum. Bread has a naturally “sticky” texture.
- ✿ **Stains** – Whether it's a pet or wine stain, stir an even amount of corn starch and water. Drizzle this mixture over the stained area and allow to dry. When dry, simply peel the mixture off and you should be stain free.



A fresh spring green salad can be a healthy lunch or side item, especially if you have started your own container or vegetable garden.

Ingredients:

- ✿ 8 to 10 cups (about 1 pound) mixed greens (mesclun, mache, watercress, baby arugula, dandelion, hydroponic lettuces, sprouts, and pea shoots).
- ✿ 2 tablespoons finely chopped chives.
- ✿ Kosher salt and freshly ground black pepper.
- ✿ 2 to 3 tablespoons extra-virgin olive oil.
- ✿ ½ lemon, juiced.

Directions:

Wash and dry greens, place in a large bowl. Add chives and season with salt and pepper and drizzle with olive oil. Toss well to coat. Squeeze lemon juice over greens and toss again. Serve immediately.

MSP ~ CAN

Mountain State Parent-Child Adolescent Network

What has MSP-CAN been doing?

Our organization is gearing up for Parent Advisory Councils to begin as Spring has arrived. Currently, we have one in McMechen and another in Parkersburg. We are looking to begin more in Parent Groups in the northeastern part of the state as well as counties along the mid and upper Ohio Valleys. If you or someone you know would be interested in becoming more involved with their children's mental health and well-being, please contact

Crystal Dugan at 304-916-3649.

What is MSP-CAN looking forward to?

Our organization is hopeful that we can obtain volunteers from Gilmer, Calhoun, Wirt, Wood, Pleasants, Tyler, Wetzel, Marshall, Ohio, Brooke, Hancock, Ritchie, Doddridge, Harrison, Marion, and Monongalia Counties, to share our vision and mission as the only family-run organization in the state. We are also looking to gain more faces for our Board of Directors – those who have children with serious emotional disorders under the age of 18. For more information, Contact Crystal Dugan at the above mentioned number.

MSP-CAN continues to accept referrals, provide 1:1 assistance to family members, offers trainings, promotes advocacy, shares information, and collaborates with other organizations.

Upcoming Events

Children's Mental Health Awareness Day is May 3rd, 2011. Information, resources, and a balloon launch will be held at two locations:

Meadowbrook Mall kiosk from 10am-2pm. Balloon launch to begin at 1:30pm.

Weirton Christian Center at 1:30pm.

Children's Mental Health Panel of professionals will speak on Tuesday, May 3rd, 2011 from 3:30pm-6pm at the Harrison County PERC Center (former Gore Middle School).

Pleasants County "Onion Fest" will begin at 9am on Saturday, May 7th, 2011. For more information, contact Debbie Thompson at 304-684-3962.

River Rails Bass Tournament in St. Mary's will begin at 9am on Tuesday, May 10th, 2011. For more information, contact Debbie Thompson at 304-684-3962.

Wood Parent Advisory Council to be held from 5pm-6:30pm at SW Resources located on Mary Street in Parkersburg. Date to be announced.

Ohio/Marshall Parent Advisory Council to be held May 24th, 2011 from 11am-12:20pm at MSP-CAN office located on 1201 Garfield Avenue in McMechen.