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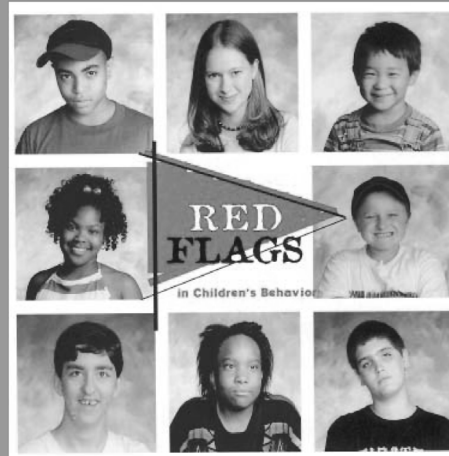
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Do You Know the Red Flags?

in Children's Behaviors

Warning Signs of Depression

About Depression and Children

Until recently, it was believed that children did not experience depression. We now know that even infants can suffer from depression. While many factors can trigger depression, such as stressful or traumatic events or an inherited vulnerability, researchers now believe that all depression can be linked to biochemical changes in the brain. The following are some of the red flags in children's behaviors by age group:

Red Flags

In Preschoolers

- ✗ Frequent headaches, stomachaches and/or fatigue
- ✗ Overactivity or excessive restlessness
- ✗ Irritability
- ✗ Lack of pleasure in previously enjoyed activities

— Continued on next page

mental notes ELECTRONICALLY



Please e-mail Julie Bogner if you want to receive "Mental Notes" online instead of via the mail. One quick e-mail to jbogner@whmhrb.org will save paper, time and money!



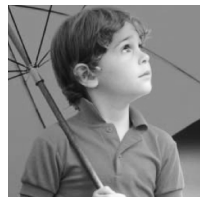
In School-Aged Children

- ✗ Frequent unexplained headaches or stomachaches
- ✗ Significant weight gain or loss
- ✗ Feeling sad, hopeless, weepy or empty
- ✗ Unmerited feelings of being bad or stupid
- ✗ Changes in sleep patterns
- ✗ Unprovoked anger or aggression
- ✗ Refusal or reluctance to attend school
- ✗ Dropping out of favorite activities
- ✗ Withdrawal, little interest in playing with others
- ✗ Running away

In Adolescents

Any of the symptoms for school-aged children or any of the following:

- ✗ Sudden drop in grades or change in behavior
- ✗ Self-destructive behavior
- ✗ Use of drugs or alcohol
- ✗ Difficulty with relationships
- ✗ Antisocial or delinquent behavior
- ✗ Inattention to appearance or grooming
- ✗ Risk taking behaviors
- ✗ Extreme sensitivity to rejection or failure
- ✗ Slowed physical responses
- ✗ Increased agitation
- ✗ Social isolation



"If you suspect that your child may be suffering from depression, the first step is to be alert to behaviors that are of concern."

Is Your Child Depressed?

What you can do

If you suspect that your child may be suffering from depression, the first step is to be alert to behaviors that are of concern. Write down how long these behaviors have been going on, how often and how severe they appear. Take your child to your physician or a mental health professional for evaluation and diagnosis. Remember to bring your notes. Ask questions and learn as much as you can about the diagnosis.

Reprinted in part from the booklet entitled
Red Flags in Children's Behaviors

Useful Websites for Children and Families

Red Flags: www.redflags.org

National Institute of Mental Health: www.nimh.nih.gov

American Academy of Child & Adolescent Psychiatry: www.aacap.org

Events Worth Noting

- ◆ Look for our booth at the **Holmes County Fair** — August 13-18
- ◆ And at the **Wayne County Fair** — September 8-13
- ◆ **Watch for LEVY Events!**
- ◆ **Tai Chi for Wellness** — and other Arts for Wellness classes to be offered at The Wayne Center for the Arts. Call 330-264-2787 for more details.
- ◆ **Mental Health Matters** — Vote **YES** for the MENTAL HEALTH LEVY on November 6!

www.whmhrb.org

MONTHLY SUPPORT MEETINGS

Advocates for Mental Health Meeting Schedule

Mondays: Advocates Education and Business,
5-6:30 p.m. at the Stanley R. Slater Building

July 23 Vitamin Therapy

July 30 Healthy Habits

August 6 Borderline Personality

August 13 Cyberspace Psychology

August 20 Emotional Intelligence

August 27 Vitamin Therapy

Every Wednesday: Recovery Support Group,
5-6:30 p.m. at the Stanley R. Slater Building

Third Wednesday of each month: Arts for Wellness,
6:30-8 p.m. at the Stanley R. Slater Building

First Wednesday of each month: Advocates Board Meeting
7:00 p.m. at the Stanley R. Slater Building

Call 330-264-1590 to confirm times and places.

Advocates is a collection of individuals — consumers, family members and friends — all of whom want to help and be helped. Feel free to come to any of the support groups or the Advocates education and fellowship nights listed above. Also, everyone is welcome at the Advocates Board Meetings held at the Stanley R. Slater Building, 1273 Lincoln Way West, Wooster. Call for schedule.

Contact Advocates: Office hours are M-F 9:00 a.m.-5:00 p.m.

Mail: P.O. Box 1770, Wooster, Ohio 44691

Phone: 330-264-1590

E-mail: amhwh@mhealthsupport.org

Web site: www.mhealthsupport.org

Holmes Co. Mental Health for All

2nd Wednesday from 1:30-3:30 p.m.

The Counseling Center's Holmes Co. Office

Contact: Jennifer Rittenour at 330-262-0088

Amish Family Support & Education

2nd Wednesday from 7-9:00 p.m.

at Mt. Hope Elementary School

Contact: Jennifer Rittenour at 330-262-0088

Survivors of Suicide Groups

Groups are started in Wayne and Holmes counties.

Contact: Jennifer Rittenour at 330-262-0088

NAMI Family Support Group

4th Thursday, 7-9:00 p.m. at The Counseling Center

Contact: Jennifer Rittenour at 330-262-0088

Anyone with an interest in mental health or with a family member affected by a mental illness is urged to come to the **NAMI Business Meeting**, 3rd Wednesday, 7:00 p.m. at The Counseling Center's East Building. Contact Jennifer Rittenour at 330-262-0088.



Support the Wayne-Holmes Mental Health & Recovery Board

The Mental Health and Recovery Board will be placing a 1.0 mil replacement levy on the ballot this Fall. It has been ten years since we passed the last levy, and our research has shown that once a person understands what services we fund, the more supportive they are of the levy. The eight provider agencies served over 4,500 people in two counties last year. Countless prevention programs were provided and valuable support groups were offered.

YOU CAN HELP CONTINUE THE CARING —

May we...

- ✓ count on you to volunteer on a committee or in the office
- ✓ put a levy sign in your yard
- ✓ come speak to your service group
- ✓ provide the program for your club
- ✓ put your name on our list of supporters
- ✓ count on you for a financial contribution
- ✓ hear your ideas

Call Julie Bogner at the Mental Health and Recovery Board Offices:

330-264-2527 or 330-674-5772

Coming Home

What you can do to help service members and veterans coming home

- Provide a safe and comfortable environment
- Do not force or challenge the service member to communicate about his or her combat experience
- Be nonjudgemental if the service member chooses to share combat experience
- Encourage the service member to find support with other returning military service members
- Learn about some of the possible stressors and emotions the service member may have experienced while away from home
- Be supportive and respectful of the service member's need to adjust
- Be ready to learn and accept new skills or tools for coping used by the service member

Coping Skills for Service Members & Families



Both family members and the person who was deployed have great expectations about homecoming. One expectation is that the family will be exactly the same as it was before the deployment. During separation, however, families naturally change. Children have grown and spouses have taken on new responsibilities. New friendships have been formed. The returning service member has changed, as well. Healthy transitions include taking time to become reacquainted with each other, as well as taking time and listening to each other to re-establish trust, intimacy and openness.

The days and weeks after a service member or veteran returns from active duty will be a transition. During this time, the service member may experience a range of emotions from excitement and relief, to stress and tension. They may also feel distant, uninterested, or be overly critical and impatient with others. All of these emotions are normal combat stress reactions and represent a healthy transition from active duty back home. Most combat stress reactions are not permanent. In many cases, they will go away on their own. However, if symptoms persist contact a mental health professional. For additional information and resources for service members, veterans and their families, visit our web site at **www.whmhrb.org**.

Source: *The Service Member, Family and Community Behavioral Health Resource Guide* Sponsored by the Ohio Department of Mental Health



Recovery Board

OF WAYNE & HOLMES COUNTIES

2345 Gateway Drive, Suite C
Wooster, Ohio 44691

Return Service Requested

Nonprofit Org.
U.S. Postage
PAID
Wooster, Ohio
Permit No. 136

Our Mission

The Mental Health & Recovery Board is the local governmental authority responsible for mental health and substance abuse treatment. Its role is to assess, plan, organize, fund and give oversight to community services for mental health treatment and alcohol and drug prevention and treatment.

Need to contact us?

330-264-2527

1-800-400-6518

330-674-5772

Fax: 330-264-7879

Provider Network

CATHOLIC CHARITIES SERVICES OF WAYNE COUNTY*

521 Beall Avenue, Wooster, Ohio
330-262-7836



OUTREACH COMMUNITY LIVING SERVICES

337 West North Street, Wooster, Ohio
330-263-0862



CHRISTIAN CHILDREN'S HOME OF OHIO*

2685 Armstrong Road, Wooster, Ohio
330-345-7949
Toll Free: 1-800-643-9073



STEPS AT LIBERTY CENTER

Gault Liberty Center
Wooster: 330-264-8498
Toll Free: 1-877-275-9277
Orrville: 330-683-2601



THE COUNSELING CENTER OF WAYNE AND HOLMES COUNTIES

2285 Benden Drive, Wooster, Ohio
Wooster: 330-264-9029
Toll Free: 1-877-264-9029
Millersburg: 330-674-6697
Orrville: 330-683-5106
Rittman: 330-925-5466



THE VILLAGE NETWORK*

P.O. Box 518, 2803 Akron Road, Smithville, Ohio
Wooster: 330-264-3232
Toll Free: 1-800-638-3232



EVERY WOMAN'S HOUSE

Gault Liberty Center
104 Spink Street, Wooster, Ohio
Wooster: 330-263-6021
Millersburg: 330-674-1020
Hotline: 330-263-1020 or 1-800-686-1122



YOUR HUMAN RESOURCE CENTER OF WAYNE AND HOLMES COUNTIES

2587 Back Orrville Road, Wooster, Ohio
Wooster: 330-264-9597
Toll Free: 1-800-721-YHRC
Millersburg: 330-674-4608
Rittman: 330-927-2244
Orrville: 330-682-4800



These agencies are part of the Mental Health & Recovery Board's network and receive public funds. They provide designated services to residents of Wayne and Holmes counties, regardless of the client's ability to pay.

**Some benefit restrictions may apply.*

Dial ICE for Safety

The American College of Emergency Physicians wants you to add a listing to your cell phone directory: ICE. It stands for "In Case of Emergency" and will tell doctors, police, firefighters who to contact if you are injured or ill and unable to speak. This campaign, which was started in England after the terrorist bombings in 2005, will help doctors give patients the best possible treatment quickly. So grab your cell phone and go to **ABCDEFGHI-C-E.**