

Children's Mental Health Matters!

a Maryland public awareness campaign

Dear Maryland Family Member:

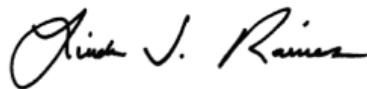
Thank you for choosing to read this Children's Mental Health Matters! Family Resource Kit. We hope this kit will give you information and resources to help your child.

The fact sheets on the left hand side describe some common behaviors or diagnoses that children and teens may experience. They are intended to be basic overviews with links to more in-depth information available online. The information is not a substitute for seeking an evaluation from a mental health professional.

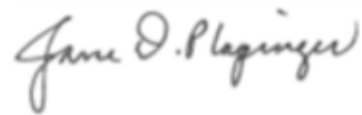
The pages on the right hand side of this kit offer suggestions about when and where to find professional help if you suspect your child has a mental health disorder.

We encourage you to share this kit with other family members. Our offices can provide you with additional kits by contacting the numbers below. Please remember that you are not alone, that there is help out there, and you and your family can find hope.

Sincerely,



Linda Raines
Chief Executive Officer
MHAMD



Jane Plapinger
Executive Director
MCF

Acknowledgements: American Academy of Child & Adolescent Psychiatry, Robert P. Franks, PhD, Child & Health Development Institute - www.kidsmentalhealthinfo.com and Andrea Chronis-Tuscano, PhD, Director, Maryland ADHD Program and NIMH Science Advisor for MHAMD



coordinated by



MHAMD ~ 443-901-1550 ~ www.mhamd.org

MCF ~ 410-730-8267 ~ www.mdcoalition.org

The Children's Mental Health Matters! Campaign is a collaboration of the Mental Health Association of Maryland (MHAMD) and the Maryland Coalition of Families (MCF) with support from the Maryland Department of Health - Behavioral Health Administration. The Campaign goal, with School and Community Champions across the state, is to raise public awareness of the importance of children's mental health. For more information, please visit www.ChildrensMentalHealthMatters.org

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Facts For Families

First Steps in Seeking Help

If you are worried about your child's emotions or behavior, you can start by talking to friends, family members, your spiritual counselor, your child's school counselor, or your child's pediatrician/family physician about your concerns. The primary sources of information about options for helping your child are listed below. Contact information for local resources is listed by county on the back of this sheet.

Your child's **pediatrician** can talk with you about your concerns, and can make referrals for treatment.

Your **insurance company** can provide you with a list of the mental health professionals within your healthcare network.

School Psychologists, trained in both psychology and education, can help children and youth academically, socially, behaviorally, and emotionally. They may be part of an IEP team and perform academic and psychological evaluations.

Core Service Agencies (CSAs) or Local Behavioral Health Authorities (LBHAs) are local agencies responsible for planning, managing and monitoring a specific region's public mental health services in Maryland. Many CSAs/LBHAs have specialists that coordinate services for children and adolescents that do not have health insurance.

Family or System Navigators provide one-to-one support to families. Each county in Maryland has Navigators that can help families access resources within Maryland's mental health system, understand their child's mental health concerns, find the right type of help, and provide support through the whole process. Family Navigators are parents who have cared for a child with special needs and have been trained to help other families. Any parent or caregiver can call a Navigator to request assistance for their child, aged 0 - 21 years, with special needs. There is no cost for navigation services.

County "warmlines" are community-based service referral call-lines staffed by trained people, often 24 hours a day. These phone numbers are designed to address certain non-life threatening concerns and questions.

Mental Health Education and Advocacy Organizations are dedicated to assisting family members with finding help for their child.

- Mental Health Association of Maryland - MHAMD is a statewide education and advocacy agency. Programs and services vary by chapter. www.mhamd.org
 - * MHAMD offers information and resources on Health Insurance Protections, Parity Law, and the Affordable Care Act at <https://www.mhamd.org/getting-help/health-insurance-protections/>
 - * Mental Health First Aid trains parents and caregivers to recognize mental health problems, know how to access services and support youth struggling with mental health issues. www.mhfamaryland.org
- Maryland Coalition of Families - MCF has Family Navigators and offers advocacy training and support for families. www.mdcoalition.org
- National Alliance on Mental Illness (NAMI) Maryland - is dedicated to education, support and advocacy of persons with mental illnesses, their families and the wider community. www.namimd.org

It is important to remember that many children and families benefit from **other services and supports** in places other than traditional providers. Often, these services are provided along with other forms of services. It is well researched that many children benefit from after-school activities, athletics and community and faith-based activities.

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CMHM Family Resource Kit Contacts by County

These numbers should provide you with the help you seek. Even if it is not the current number, those responding to the numbers below should direct you to the right number.

| Jurisdiction | CSA | Navigator | Mobile Crisis Team or Hotline |
|-------------------------|---|---|--|
| Statewide | Maryland Crisis Hotline | | Maryland Crisis Hotline 800-422-0009 |
| | Maryland State-Wide Info & Referral | | 2-1-1 |
| Allegany | Allegany Behavioral Health Systems Office 301-759-5070 | Maryland Coalition of Families (MCF)- The Family Network, Allegany Co. 443-741-8326 | (Maryland Crisis Hotline) 800-422-0009 |
| Anne Arundel | Anne Arundel Co. Mental Health Agency 410-222-7858 | Arundel Child Care Connections 410-222-1712 | Anne Arundel Co. Crisis 410-768-5522 |
| Baltimore City | Behavioral Health System Baltimore 410-637-1900 | MCF - Baltimore City 410-235-6340 | Baltimore's Crisis, Information & Referral (CI&R) Line 410-433-5175 |
| Baltimore County | Baltimore Co. Bureau of Behavioral Health 410-887-3828 | Catholic Charities Child and Family Services 410-252-4700 | Baltimore Child and Adolescents Response System (Baltimore Co.) 410-443-5175 Baltimore Co. Crisis Team 410-931-2214 |
| Calvert | Calvert Co Core Service Agency 410-535-5400 | Center for Children 410-535-3047 | (Maryland Crisis Hotline) 800-422-0009 |
| Caroline | Mid-Shore Behavioral Health Authority 410-770-4801 | MCF - Mid-Shore 410-479-1146 | (Maryland Crisis Hotline) 800-422-0009 |
| Carroll | Carroll Co. Behavioral Health Authority 410-876-4449 | MCF - Carroll County 443-741-8255 | (Maryland Crisis Hotline) 800-422-0009 Sante (operates 9:00am-12:00am) 410-952-9552 |
| Cecil | Cecil Co. Core Service Agency 410-996-5112 | MCF - Eastern Shore, Cecil Co. 443-472-8836 | (Maryland Crisis Hotline) 800-422-0009 |
| Charles | Charles Co. Behavioral Health Authority 301-609-5757 | Center for Children 301-374-6696 | (Maryland Crisis Hotline) 800-422-0009 |
| Dorchester | Mid-Shore Behavioral Health Authority 410-770-4801 | MCF - Eastern Shore, Dorchester Co. 410-901-1007 | (Maryland Crisis Hotline) 800-422-0009 |
| Frederick | Mental Health Management Agency of Frederick Co. 301-682-6017 | Mental Health Association, Systems Navigation 301-663-0011 | Frederick Co. 301-662-2255 |
| Garrett | Garrett Co. Behavioral Health Authority 301-334-7440 | Garrett Co. Partnership for Children and Families, Inc. 301-334-1189 | (Maryland Crisis Hotline) 800-422-0009 |
| Harford | Harford Co. Office on Mental Health 410-803-8726 | MCF - Harford Co. 410-420-9880 | Harford Co. Crisis Team 410-638-5248 |
| Howard | Howard Co. Mental Health Authority 410-313-7350 | MCF - Central Office 410-730-8267 | Howard Co. Crisis Team 410-531-6677 |
| Kent | Mid-Shore Behavioral Health Authority 410-770-4801 | MCF Mid-Shore Kent/Queen Anne's 410-810-2673 | (Maryland Crisis Hotline) 800-422-0009 |
| Montgomery | Montgomery Co. Dept. of Health & Human Services 240-777-1400 | Montgomery Co. Federation of Families for Children's Mental Health, Inc. 301-879-5200 x 27 | Montgomery Co. Crisis System 240-777-4000 |
| Prince George's | Prince George's Co. Behavioral Health Services 301-265-8401 | Children & Families Information Center (CFIC) 1-866-533-0680 | Prince George's Co. Crisis Response Team 301-429-2185 |
| Queen Anne's | Mid-Shore Behavioral Health Authority 410-770-4801 | MCF - Eastern Shore, Kent/Queen Anne's Co. 410-810-2673 | (Maryland Crisis Hotline) 800-422-0009 |
| Somerset | Somerset Co. Core Service Agency 410-543-6961 | Somerset Family Link 410-651-2824 | (Maryland Crisis Hotline) 800-422-0009 |
| St. Mary's | St. Mary's Co. Health Dept. 301-475-4200 x1680 | The Family ACCESS Center of St. Mary's Co. 301-866-5332 | St. Mary's Co. 301-863-6661 |
| Talbot | Mid-Shore Behavioral Health 410-770-4801 | MCF - Eastern Shore, Talbot Co. 410-901-1007 | (Maryland Crisis Hotline) 800-422-0009 |
| Washington | Washington Co. Mental Health Authority 301-739-2490 | MCF - The Family Network, Washington Co. 240-313-2086 | (Maryland Crisis Hotline) 800-422-0009 |
| Wicomico | Wicomico Behavioral Health Authority 410-543-6961 | Wicomico Partnership for Families and Children 410-546-8155 | (Maryland Crisis Hotline) 800-422-0009 |
| Worcester | Worcester Co. Core Service Agency 410-632-1100 | Family Connections-Berlin 410-641-4598 | Worcester Co. Crisis Response Team 911 |

If you have insurance questions, please visit www.mhamd.org/getting-help/health-insurance-protections or call 443-901-1550.

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Facts For Families

Crisis Services

When your child or teen is experiencing a mental health crisis, it is frightening for everyone in your family.

What is a mental health crisis? Crisis is defined as a time of intense difficulty, trouble, or danger. Mental health crises include one or more of the following:

- Severe disruptive behavior
- Aggressive or threatening behaviors
- Self-injurious behaviors
- Acute psychosis
- Suicidal thoughts
- Threats to harm self or others

Children and youth are going to emergency rooms more and more often to address mental health crises; sometimes, this is necessary. But emergency rooms are often not well equipped to deal with many mental health crises. There are downsides to using emergency rooms:

- Long waits (up to 24 hours) for an evaluation
- Long waits (up to three days) for an open bed if a hospital stay is recommended
- Unsympathetic hospital staff
- Inability to leave your child alone in the emergency room

Depending upon where you live, there may be alternatives to the emergency room, including:

- **Mobile Crisis Teams:** This is a team of trained mental health professionals that you can call to come to your home to help you manage the crisis while it's happening and to provide follow-up support.
- **Mental Health Urgent Care Centers:**

This is a walk-in clinic where you can take your child when he or she is in crisis to see licensed mental health professionals for support, evaluation, and referrals, in some cases without an appointment.

- In Baltimore City, there are a number of other crisis services available to families and youth. Contact Baltimore Crisis, Information, and Referral (CI&R) Line at (410) 433-5175.

To find out if alternative crisis services are available in your jurisdiction, look for your local crisis hotline number on the back of this factsheet.

Alternative crisis services may have the benefit of:

- Giving your child quick access to a licensed mental health professional
- Connecting your family to the least restrictive mental health services in your community
- Helping your family to identify alternatives to emergency room visits and hospital admissions

Crisis situations can be very draining on the entire family. Remember to take care of yourself and other family members too.

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www.ChildrensMentalHealthMatters.org

MARYLAND MENTAL HEALTH CRISIS HOTLINES BY County
ALL HOTLINES BELOW ARE ANSWERED 24-HOURS A DAY/7 DAYS PER WEEK UNLESS OTHERWISE NOTED

| Jurisdiction | Mobile Crisis Team or Hotline | Contact Number |
|---|--|--|
| Statewide | Emergency number | 9-1-1 |
| | Statewide Maryland Crisis Hotline | 1-800-422-0009 |
| | National Suicide Prevention Hotlines: | 1-800-SUICIDE or 1-800-273-TALK (784-2433) (-8255) |
| | Veterans Crisis Line: Maryland Crisis Online Chat | 1-800-273-8255, press 1 www.Help4MDYouth.org (available Mon.- Fri., 4pm - 9pm) |
| Allegany | Family Crisis Resource Center | 301-759-9244 211 |
| | Frederick County Crisis Hotline Services- Mental Health Association of Frederick County | 301-662-2255 |
| | Western Maryland Regional Mental Center Hotline | 240-964-1399 |
| Anne Arundel | Anne Arundel County Crisis Response | 410-768-5522 |
| | YWCA Sexual Assault Crisis Center | 410-222-7273 |
| | YWCA Domestic Violence Hotline | 410-222-6800 |
| Baltimore City | Baltimore's Crisis, Information and Referral (CI&R) Line | 410-433-5175 |
| Baltimore County | Baltimore County Crisis Response System (Affiliated Sante) | 410-931-2214 |
| Calvert | Calvert County Health Department | 410-535-1121 301-855-1075 Teen Line- 410-257-2216 |
| | Walden Behavioral Health Hotline | 301-863-6661 |
| Carroll | Maryland Crisis Hotline | 1-800-422-0009 |
| Cecil | Cecil County Domestic Violence and Rape Hotline | 410-996-0333 |
| | Life Crisis Center Hotline | 410-749-HELP (-4357) 211 |
| | Eastern Shore Operations Center (ESOC) (Affiliated Sante) | 888-407-8018 |
| Charles | Walden Behavioral Health Hotline | 301-863-6661 |
| | Center for Abused Persons (CAP) | 301-645-3336 |
| Frederick | Frederick County Crisis Hotline Services- Mental Health Association of Frederick County | 301-662-2255 211 |
| | Frederick County Crisis Hotline Services- Mental Health Association of Frederick County | 301-662-2255 211 |
| Harford | Harford County Mobile Crisis (Sheppard Pratt) | 410-638-5248 (8am-12am) |
| | Sexual Assault/ Spouse Abuse Resource Center, Inc. | 410-836-8430 |
| Howard | Grassroots Crisis Intervention | 410-531-6677 (24/7 hotline & mobile crisis team) |
| Mid-Shore (Caroline, Dorchester, Kent, Queen Anne's and Talbot Cos.) | Eastern Shore Operations Center (ESOC) (Affiliated Sante) | 888-407-8018 |
| | For All Seasons, Inc. (Rape Crisis Center) Life Crisis Center Hotline | 1-800-310-7273 410-749-HELP (-4357) 211 |
| | Mid-Shore Council on Family Violence | 1-800-927-HOPE (-4673) |
| Montgomery | Montgomery County Crisis Center | 240-777-4000 |
| | EveryMind. - Montgomery Country Hotline | 301-738-CALL (-2255) |
| Prince George's | Community Crisis Services, Inc. | 301-864-7130 |
| | Prince George's County Crisis Response System | 301-429-2185 |
| | Family Crisis Center of Prince George's County (Domestic Violence) | 301-731-1203 |
| Saint Mary's | Walden Behavioral Health Hotline | 301-863-6661 |
| Somerset | Life Crisis Center Hotline | 410-749-HELP (-4357) 211 |
| | Eastern Shore Operations Center (ESOC) (Affiliated Sante) | 1-888-407-8018 |
| Washington | Frederick County Crisis Hotline Services- | 301-662-2255 211 |
| | Life Crisis Center Hotline | 410-749-HELP (-4357) 211 |
| Wicomico | Eastern Shore Operations Center (ESOC) (Affiliated Sante) | 1-888-407-8018 |
| Worcester | Life Crisis Center Hotline | 410-749-HELP (-4357) 211 |
| | | |

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Facts For Families

Early Childhood Mental Health

Learning doesn't begin when children start school, it begins at birth. By the time children turn three, they have already begun to lay the foundation for the skills and abilities that will help them succeed in school. Problem solving, toleration frustration, language, negotiating with peers, understanding routines, and self-control are all skills that are developed early in life. The pace of brain development in this stage of life far exceeds growth in subsequent life stages. Research tells us that early experiences can, and often do, impact brain development.

Supporting a child's social and emotional development is a critical component of school-readiness. Parents and caregivers can help children to identify and express emotions, foster secure relationships, encourage exploration, and provide a secure base for the child.

Behaviors that warrant concern

Infants and Toddlers (birth to age 3)

- Chronic feeding or sleeping difficulties
- Inconsolable "fussiness" or irritability
- Incessant crying with little ability to be consoled
- Extreme upset when left with another adult
- Inability to adapt to new situations
- Easily startled or alarmed by routine events
- Inability to establish relationships with other children or adults
- Excessive hitting, biting and pushing of other children or very withdrawn behavior

Preschoolers (ages 3 to 5)

- Engages in compulsive activities (e.g., head banging)
- Throws wild, despairing tantrums
- Withdrawn; shows little interest in social interaction
- Displays repeated aggressive or impulsive behavior
- Difficulty playing with others
- Little or no communication; lack of language
- Loss of earlier developmental achievements

Childhood traumas

What is Traumatic Stress?

Research has shown that exposure to traumatic events early in life can have many negative effects throughout childhood and adolescence, and into adulthood. Children who suffer from child traumatic stress are those who have been exposed to one or more traumas over the course of their lives and develop reactions that persist and affect their daily lives after the traumatic events have ended.

What Is Resilience?

Resilience is the ability to adapt well over time to life-changing situations and stressful conditions. While many things contribute to resilience, studies show that caring and supportive relationships can help enhance resilience. Factors associated with resilience include, but are not limited to:

- The ability to make and implement realistic plans;
- A positive and confident outlook; and
- The ability to communicate and solve problems.

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Factors that contribute to childhood trauma:

- Caregiver's competencies
- Neglect
- Witnessing domestic violence
- Witnessing community violence
- Emotional, physical, or sexual abuse
- Loss of caregiver

Symptoms of Traumatic Stress:

- Re-experiencing the event, reenacting
- Avoidance and general numbing of responsiveness
- Increased arousal

What does it look like?

- Changes in play
- New fears
- Separation Anxiety
- Sleep disturbances
- Physical complaints
- Distress at reminders
- Withdrawal, sadness, or depression
- Easily startled
- Difficulties with attention, concentration, and memory
- Acting out, irritability, aggression

Suggested Activities to Promote Social Emotional Development:

- Read books and help your child identify emotions.
- Allow your child to control the book and take ownership of reading activity.
- Use pictures of a range of faces (happy, scared, sad, mad, silly, tired, etc.) and have your child practice making those faces.
- Follow your child's lead in play.
- Narrate your child's actions and continuously describe your own actions and surroundings.

Programs that Support Early Childhood Mental Health:

- Home Visiting programs
- Early Head Start
- Head Start
- Judy Centers

Resources

Prevention

Family Tree

410-889-2300

<http://www.familytreemd.org/>

B'more for Healthy Babies

410-649-0526

<http://healthybabiesbaltimore.com/>

The Center for Social and Emotional Foundations for Early Learning, Vanderbilt University

<http://csefel.vanderbilt.edu>

Treatment

Early Childhood Mental Health Consultation Project

http://earlychildhood.marylandpublicschools.org/system/files/filedepot/24/ecmh_brochure_dec2014.pdf

University of Maryland Taghi Modarressi Center for Infant Study

<https://medschool-umaryland.givecorps.com/projects/2702-department-of-psychiatry-center-for-infant-study>

Johns Hopkins Children's Mental Health Center

410-955-3599

https://www.hopkinsmedicine.org/psychiatry/specialty_areas/child_adolescent/patient_information/outpatient/broadway_campus/childrens_mental_health.html

Catholic Charities Early Childhood Mental Health Services

410-252-4700

General

Maryland Coalition of Families

410-730-8267

www.mdcoalition.org

Mental Health Association of Maryland

443-901-1550

www.mhamd.org

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Facts For Families

School Services

School is a major part of a child's life and a child with mental health needs can experience challenges that make it difficult to be successful in school. Your child's school can provide a range of services that can help your child succeed.

School Psychologist

Most schools have a school psychologist who is trained in both psychology and education, and possesses at least a master's degree. They are licensed by the State of Maryland. School psychologists help children and youth academically, socially, behaviorally, and emotionally. They may be part of an IEP team and perform academic and psychological evaluations.

School Mental Health Programs

Many schools have a therapist that comes to the school and meets with children to provide emotional support and address behavior issues in school. The therapist may also meet with you to discuss your child's progress and help you cope with your child's behavior/s or moods. There can be a charge for these services or, if your child has Medicaid, you will be asked to sign a form giving the school permission to bill Medicaid for the therapy.

Individualized Education Program (IEP)

Children with more intensive mental health needs may qualify for special education services under the federal law called Individuals with Disabilities Education Act (IDEA). IDEA requires that children with a disability receive additional services to help them in school. A child with mental health needs must show certain characteristics to qualify for special education as a child with an "emotional disability."

"(i) Emotional Disability is a condition exhibiting one or more of the following characteristics over a long period of time and to a marked degree that adversely affects a child's education performance:

1. an inability to learn that cannot be explained by intellectual, sensory, or health factors
2. an inability to build or maintain satisfactory interpersonal relationships with peers or teachers
3. inappropriate types of behavior or feelings under normal circumstances
4. a general pervasive mood of unhappiness or depression
5. a tendency to develop physical symptoms or fears associated with personal or school problems

(ii) Emotional Disability includes schizophrenia. The term does not apply to children who are socially maladjusted, unless it is determined that they have an emotional disturbance."

In addition, in order to be eligible for services under IDEA, the student, by reason of their disability, must require special education and related services.

Note that the definition of Emotional Disability is not a diagnosis or medical term, but rather a term used in the federal education law to designate eligibility for special education. Under IDEA, if a child is found eligible, the student is entitled to an Individualized Educational Program (IEP) that is designed to meet their unique needs.

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504 Plans

Children with mental health needs who do not qualify for special education may qualify for services under another federal law, Section 504 of the Rehabilitation Act. Section 504's definition of disability is broader than the IDEA's definition. To be protected under Section 504, a student must be determined to: Have a physical or mental impairment that substantially limits one or more major life activities; or have a record of such an impairment; or be regarded as having such an impairment.

Under a 504 Plan, the school can make special accommodations for your child such as: a quiet space if your child becomes upset at school, home instruction, or a tape recorder or keyboard for taking notes.

Social and Emotional Foundations for Early Learning (SEFEL)

In Maryland, SEFEL is focused on promoting the social and emotional development and school readiness of young children between birth and five years of age. SEFEL's Pyramid Model, which is being integrated into early education settings throughout the state, promotes effective practices to enhance young children's social and emotional competence and to prevent challenging behaviors. Visit <http://csefel.vanderbilt.edu/> for more information.

Positive Behavioral Interventions and Supports (PBIS)

PBIS Maryland has been implemented in more than 900 schools across all 24 local school systems. The goals of PBIS are to promote a positive school climate, reduce disruptive behaviors, and create safer, more effective schools for all students. The emphasis on PBIS is on rewarding positive behaviors rather than focusing on reactive, punitive practices. For more information, see <http://marylandpublicschools.org/about/pages/dsfss/pbis/index.aspx>

Taking Medication at School

Sometimes it is necessary for children to take medication during school hours. Schools have very strict regulations governing medications at school. A form completed by your child's doctor is required and can be downloaded from the Maryland State Department of Education website:

<http://marylandpublicschools.org/about/Pages/DSFSS/SSSP/SHS/medforms.aspx>

All medication must be in containers labeled by the pharmacist or doctor and an adult must bring the medication to school. Non-prescription medication must be in the original container with the label intact.

Resources on Special Education

Maryland State Department of Education

<http://MarylandLearningLinks.org>

<http://marylandpublicschools.org/programs/Documents/Special-Ed/IEP/BuildingIEPsMDFamilies.pdf>

Maryland Association of Nonpublic Special Education Facilities (MANSEF)

<http://www.mansef.org>

Disability Rights Maryland

<https://disabilityrightsmd.org/wp-content/uploads/2013/07/Special-Ed-handbook-rev-July-2013-final.pdf>

Resources on 504 Plans

Office of Civil Rights, Protecting Students with

Disabilities: Frequently Asked Questions About Section 504 and the Education of Children with Disabilities

<http://www2.ed.gov/about/offices/list/ocr/504faq.html>

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Facts For Families

Seeking Professional Help

Sometimes parents struggle with getting help because of their worries about what this might mean for their child or their family. Parents may worry about what other family members, neighbors or other peers in their community think about their child. It is important when getting help to find treatments and providers who are sensitive to the family and child's beliefs and values. The family and child should feel like they are respected by the professional, allowing the family to feel free to ask questions, raise concerns, and to assist in the decisions about next steps for treatment.

If a child receives a mental health diagnosis from a pediatrician or a mental health professional, it provides the professionals with a way of understanding the child's situation and problems or concerns he/she currently faces. Diagnoses—such as depression, ADHD, or anorexia—typically are not permanent and can change over time. These diagnoses do not fully explain or describe the child's strengths and positive nature. Mental health diagnoses also help insurance providers, Medicaid and other third party payers to classify and indentify the child's issues for payment. More information about the more common diagnoses and behaviors in children and adolescents are listed on the left side of the *Family Resource Kit*.

The good news is that treatment works. Therapy, sometimes in conjunction with medication, has been shown to be very effective in reducing the levels of distress in children who are experiencing mental health problems.

There are numerous mental health professionals that can provide therapy; and in some cases, therapy and medication.

Most **psychiatrists** have a medical degree and at least four additional years of study and training. They provide medical/psychiatric evaluations and a full range of treatment interventions for emotional and behavioral problems and psychiatric disorders. As physicians, psychiatrists can prescribe and monitor medications.

Child and Adolescent Psychiatrists are psychiatrists who have two years of advanced training (beyond general psychiatry) with children, adolescents and families.

Psychologists have a PhD and are licensed by the State of Maryland. They can provide psychological evaluation and treatment for emotional and behavioral problems. They also can provide psychological testing and assessments. They may not prescribe medications in Maryland.

School Psychologists are trained in both psychology and education, and possess at least a master's degree. They are licensed by the State of Maryland. School psychologists help children and youth academically, socially, behaviorally, and emotionally. They may be part of an IEP team and perform academic and psychological evaluations.

Social Workers typically have a master's degree in social work. In Maryland, social workers are licensed by the state after passing an examination. Social workers can provide different forms of therapy.

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Licensed Marriage and Family Therapists

Licensed Mental Health Counselors and Licensed Professional Counselors have a graduate degree and clinical training. They can provide various types of therapy in an individual, family or group setting.

Advanced Practice Registered Nurses and Psychiatric Mental Health Nurses have postgraduate-level degrees and advanced clinical education, knowledge skills and scope of practice. They work with individuals and families, assessing mental health needs and developing a nursing diagnosis. In Maryland, nurse practitioners may also prescribe some mental health medications.

Paying for Care

In Maryland, most health insurance plans cover some mental health treatment. Call your insurance provider before beginning treatment to find out which clinicians accept your insurance and what services are covered.

If you do not have health insurance, please refer to the list of local mental health agencies provided on the back of the Fact Sheet titled: *First Steps in Seeking Help*.

You may also visit the **Maryland Parity Project** at <https://www.mhamd.org/getting-help/health-insurance-protections/the-parity-law/> or call 443-901-1550.

Other Resources For Care in Maryland

Greater Washington Society of Clinical Social Work
www.gwscsw.org

The Maryland Chapter - American Academy of Pediatrics
www.mdaap.org

Maryland Psychiatric Society
www.mdpsych.org

Maryland Psychological Association - Maryland Chapter
www.marylandpsychology.org

Middle Atlantic Division - American Association for Marriage and Family Therapy
www.madmft.org

National Association of Social Workers - Maryland Chapter
www.nasw-md.org

Network of Care - a comprehensive website offering mental health information by county.
www.networkofcare.org

MHAMD ~ 443-901-1550 ~ www.mhamd.org

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Transition-Age Youth

Transition-age is defined roughly as the period between 14 - 24 years of age when youth are preparing to move from adolescence to young adulthood in the areas of employment, education and independent living. The transition to adulthood can be challenging for all young adults - not just those with mental health needs. For young adults with mental health issues, the transition to adulthood can be longer and more difficult. The social and emotional delays experienced by youth with mental health needs impede the skills necessary to successfully transition to adulthood.

Transition-age youth with mental health needs do not necessarily fit the child or adult mental health system; services need to be tailored to their specific needs and developmental characteristics.

Youth coded with an "emotional disability" on an Individualized Education Program have the highest dropout rate of any disability group, hovering around 50% in Maryland. Transition-age youth with mental health needs have the lowest rate of engagement in continuing education or employment.

High School

If your child is eligible for an Individualized Education Program (IEP) or 504 plan, s/he may be receiving mental health or other support services at school.

- An IEP is developed for students with more intensive mental health needs who qualify for special education.
- Your child's IEP team is responsible for helping your child with transition planning and implementation.
- Under a 504 plan, the school can make special accommodations for your child if s/he does not qualify for special education.

If your child has a 504 plan, s/he will have access to the services for transition assistance, but you or your child may be responsible for initiating contact to access these supports.

High School Support Staff

- IEP Case Manager
- Guidance Counselor
- Transition Coordinator
- Division of Rehabilitation Services (DORS) counselor

After High School

The transition from high school can be challenging for youth with behavioral issues. Some youth may wish to attend college or vocational schools and others may want to seek employment.

Education opportunities include:

- College
- Community College
- Vocational and Technical Schools
- Division of Rehabilitation Services (DORS) Workforce and Technology Center (WTC) in Baltimore
- Apprenticeship Programs

Employment opportunities include:

- DORS provides a range of services including:
 - Career assessment
 - Career decision-making
 - Counseling and referral
 - Vocational training
 - Employment assistance
- Supported employment through the Mental Hygiene Administration

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Housing

Most families of young adults will find their youth continuing to live with them, if not on a permanent basis, then on a revolving door trajectory - moving out for a time and then moving back in. Outside of the idea of living in the family home, there are both subsidized and private-pay housing possibilities.

Subsidized housing

- Transition-age youth Residential Rehabilitation Programs
- Adult Residential Rehabilitation Programs

For more information, please contact your local Core Service Agency.

Other housing options might be

- Main Street Housing
- Section 8 housing
- Private-pay

Health Care

Health care in Maryland will change in the coming year with the Affordable Care Act and Medicaid expansion. To learn more or for enrollment information, visit www.marylandhealthconnection.gov

Health Care options include

- Medicaid
- Maryland Primary Adult Care (MPAC)
- Private Insurance

Resources/Links

Children's Mental Health Matters!

Facts for Families – First Steps in Seeking Help

www.ChildrensMentalHealthMatters.org

Facts for Families – School Services

www.ChildrensMentalHealthMatters.org

Core Service Agencies or Local Behavioral Health Authorities

<https://www.marylandbehavioralhealth.org>

Department of Human Services

1-800-332-6347

<http://dhr.maryland.gov>

Main Street Housing

410-540-9067

<http://www.mainstreethousing.org>

Maryland Department of Disabilities

1-800-637-4113

<http://mdod.maryland.gov>

Maryland Transitioning Youth

1-800-637-4113

<http://mdod.maryland.gov/education/Pages/transitioningyouth.aspx>

Maryland's Vocational Rehabilitation Agency - DORS

To learn more about the wide range of services DORS offers, you can visit www.dors.state.md.us or call 410-554-9442 or 1-888-554-0334

For information on health insurance coverage for mental health/substance use disorders or **Mental Health Parity** please visit <https://www.mhamd.org/getting-help/health-insurance-protections/the-parity-law/> or call 443-901-1550

To apply for **Supplemental Security Income (SSI)** call 1-800-772-1213

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Treatment

Well-trained mental health professionals will work with you to plan a treatment that best meets your child's needs and includes their knowledge of best practices. The first place to start in identifying the right treatment is by having a thorough evaluation. During the evaluation, the clinician will collect history about your child and family, his or her symptoms, events leading up to the distress, school performance, relationships, and other issues. It often takes many sessions to collect the right information to do a comprehensive evaluation. During this time, the clinician may also ask you or your child to take some simple screening tests and other assessments to better understand the nature of your child's concerns. The tests are to make sure your child gets the best treatment and no hidden concerns are missed.

Therapy – What Should I Expect?

Therapy is the primary component of treating your child's mental health issues. Therapy is a form of treatment that can help children and families understand and resolve problems, modify behavior and make positive changes in their lives. There are several types of therapy that involve different approaches, techniques and interventions. At times, a combination of different therapy approaches may be helpful. In some cases, a combination of medication with therapy may be more effective.

It is important that parents and caregivers are closely involved in their child's treatment. The child may have therapy sessions alone with the therapist. At times, parents and caregivers may participate in therapy sessions with their child or may have private therapy sessions with their child's therapist.

Remember that due to confidentiality laws, the therapist may not be able to share everything the child tells the therapist in the sessions, which can be very frustrating to parents and caregivers. Be sure to ask your child's therapist what information they can and cannot share with you.

Medication – Part of the Larger Treatment Package

Medication can be an effective part of the treatment for several mental disorders of childhood and adolescence. A doctor's recommendation to use medication may raise concerns and questions in both the parents and the child. The physician who recommends medication should be experienced in treating psychiatric illnesses in children and adolescents. He or she should fully explain the reasons for medication use, what benefits the medication should provide, as well as possible risks and side effects. Other treatment alternatives should also be discussed. Child psychiatrists may not be available in some rural areas and often pediatricians prescribe medications for children. If parents still have serious questions or doubts about medication treatment, they should feel free to ask for a second opinion by a psychiatrist. For a sample list of questions to ask your doctor about medications, visit http://aacap.org/cs/root/facts_for_families/psychiatric_medication_for_children_and_adolescents_part_iii_questions_to_ask

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Talking with Children about Medication

Many children and teens are reluctant to take medication. They may be embarrassed, don't like to be different, or don't like the side effects. All of these are very real concerns. It is important to honestly discuss medication with your child so they understand how the medication will help them—not change them. They will be the same person, but medication can help them control their behavior and can help the unpleasant feelings go away.

Medication is most effective when it is taken at regular intervals so there is no lapse in time between doses. Preventing medication stops and starts can produce the greatest benefit and help determine whether the medication is actually helping. Establishing a regular time to give your child their medication helps establish a pattern.

Older children and teens who take medication on their own often do not take their medication regularly or stop taking it without talking to their parents or doctor. Explain why following prescription guidelines are important. Encourage your child to come to you with any medication-related concerns so you can work together to solve the problem or find another treatment option.

If your child is experiencing unpleasant side effects, talk with your doctor. Medication should never have a numbing effect on a child's energy, curiosity or enthusiasm.

Adapted from the American Academy of Child & Adolescent Psychiatry, "Facts for Families" and from Dr. Robert Franks, Connecticut Center for Effective Practice, kidsmentalhealthinfo.com

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Well Being & Resiliency

The Behavioral Health Administration, Child and Adolescent Resilience, Wellness and Prevention Committee has defined resilience as: "an innate capacity to rebound from adversity and change through a process of positive adaptation. For youth, resilience is a fluid, dynamic process that is influenced over time by life events, temperament, insight, skill sets, and the primary ability of caregivers and the social environment to nurture and provide them a sense of safety, competency, and secure attachments." For adults as well, resilience is an ability to adapt and grow in times of disappointment, stress and uncertainty. This can be learned and practiced through using skills that lead to a sense of competency, optimism, caring for others, and being balanced in one's attitude toward life. To nurture a sense of well-being, that can help you rebound even in the face of life's sorrows and setbacks, is to be resilient.

Parents, caregivers, extended family members and other adults in children's lives have both the responsibility and opportunity to model ways to feel safe, connected, valued, capable and respected. There are instances where that, for a variety of reasons, may be more challenging due to adversity, trauma or unsafe living conditions. On the other hand, children may grow up in nurturing environments and still because of genetics, brain chemistry or a developmental or learning disability, have an emotional, mental health or behavioral disorder. Whether the reason is nature, nurture or some combination of both, the result is that family systems are often over taxed and the child's overall sense of wellbeing and security can be compromised. While risk is a contributing factor for poor outcomes, it is not a given because parents and caregivers, with the support of others, can help all children gain and maintain a sense of their own strengths and abilities. Below are some suggestions that parents and caregivers can use to help children be more resilient, while also understanding the importance of taking care of themselves in ways that promote positive family interactions, relationships and personal growth.

What are ways that parents and caregivers can support resilience in children?

- Model ways to have everyday resilience and to manage stress and change
 - Have high, but realistic expectations based on the child's age and developmental stage
 - See the world through your child's age and the joy that can create for you both
 - Encourage exploration, self-reliance and healthy risk taking
 - Provide comfort in times of distress
 - Promote a sense of safety and trust
 - Establish limits, rules and structure that are fair and consistent
 - Promote a love of learning and curiosity
- Show by example how to admit and learn from mistakes
 - Teach and model for children the importance of personal responsibility
 - Promote a sense of humor, playfulness and delight in their imagination
 - Instill a sense of pride in your family as well as your cultural traditions and rituals
 - Model ways to be determined even when frustrated or disappointed
 - Encourage, within limits, a child's need for autonomy and expression of freewill
 - Try to have consistent and relaxing meals and bedtimes
 - Teach ways to negotiate that are respectful and allow your child to feel heard

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- Instill in children a sense of values while respecting other viewpoints
- Help children enjoy times of peace and quiet
- Encourage good nutrition, exercise, diet and physical fitness
- Promote a sense of awe and wonder for nature and the universe
- Teach gratitude and a recognition of blessings in life
- Be optimistic and promote a sense of hope in your child for their future
- Provide opportunities for friendships and a social support system to develop
- Try to encourage your child's ability to figure out life through trials and error and success
- Be your child's biggest advocate while teaching them to advocate for themselves

What can parents or caregivers do for self-care?

It is important to take care of you too!

- Find ways to take care of yourself based on what you enjoy doing
- Have a creative outlet/hobby for self-enrichment
- Find comfort in the small things and gratitude in your own accomplishments and contributions
- Be mindful of how your thinking is helping or hurting your situation
- Develop and stay in touch with friends and a support system
- Be okay with asking for help and provide it to others when you can
- Find quiet moments every day that you can use for relaxation and reflection
- If important to you, nurture your need for intimacy and closeness with a partner
- Stress can have its benefits, but know also how to prevent and limit its harmful effects
- Maintain a sense of autonomy outside your role as parent and spouse
- Be a lifelong learner, find enjoyment through learning new ideas
- Have realistic expectations of yourself and others
- Seek out resources needed to support family growth and development
- Find/develop the confidence to speak up for the best interest of your child and family
- Promote ways to feel competent, connected, and to have life satisfaction

Resource/Links

Mind Resilience

www.mindresilience.org

National Resilience Resource Center

www.nationalresilienceresource.com

Strengthening Families: Center for Study of Social Policy

www.cssp.org

National Family Resiliency Center

www.nfrchelp.org

Science of Resilience: Harvard Graduate School of Education

<https://www.gse.harvard.edu/news/uk/15/03/science-resilience>

Center for Child and Family Well-Being:

<http://depts.washington.edu/ccfwb/content/home>

American Academy of Pediatrics - Building Resilience in Children

www.healthychildren.org

Changing Brains - University of Oregon Brain Development Lab

www.changingbrains.org

Neuroscience for Kids

<http://faculty.washington.edu/chudler/neurok.html>

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Facts For Families

When to Seek Help

When do I Seek Help for my child?

Mental Health, also known as emotional or behavioral health, is a vital part of your child's overall health and development. All children experience periods of anger, frustration and sadness. However, for some children, these normal stresses can be overwhelming to the point that it interferes with the child's everyday life; such as:

- Having difficulty at home, in school, interpersonally or within the family
- Having difficulties affecting his/her ability to eat or sleep
- Having a hard time in situations where they used to be okay
- Experiencing problems significant enough that they are causing the child or other family members distress

Families often wonder if what their child is experiencing or how they are behaving are typical states of development. When trying to separate what is "normal" from what is not, consider several things:

- How long has the behavior or emotion been going on: days, weeks, or months?
- How frequently does the behavior or emotion occur: several times a day, once a day, once a week?
- How intense is the behavior: annoying, upsetting, or very disruptive?
- Has there been a traumatic event in the child's life, such as a death, accident, illness, or changes with the family?

There are a few signs, as your child grows, that may indicate the need to seek help from a mental health professional.

Examples are:

In Younger Children

- Intense anxiety with separation from caregiver
- Marked decline in school performance
- Poor grades in school despite trying very hard
- Severe worry, fear, or anxiety—regular refusal to go to school, go to sleep, or take part in activities that are normal for the child's age
- Hyperactivity; fidgeting; constant movement beyond regular playing
- Persistent nightmares
- Persistent disobedience or aggression provocative opposition to authority figures
- Frequent, unexplainable temper tantrums

In Pre-teens or Teenagers

- Marked fall in school performance
- Inability to cope with problems and daily activities
- Marked changes in sleeping and/or eating habits
- Frequent physical complaints
- Sexual acting out
- Depression shown by sustained, prolonged negative mood and attitude, difficulty sleeping, or thoughts of death
- Abuse of alcohol and/or drugs
- Intense fear of becoming obese with no relationship to actual body weight
- Persistent nightmares
- Threats of self-harm or harm to others
- Self-injury or self destructive behavior

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- Frequent outbursts of anger, aggression
- Frequent threats to run away
- Aggressive or non-aggressive consistent violation of rights of others; opposition to authority, truancy, theft, or vandalism
- Strange thoughts, beliefs, feelings, or unusual behaviors

The Bottom Line—Trust Your Gut!

You know your child better than anyone. If you think there is a problem, trust your instincts and seek help. You can talk with your pediatrician or family doctor. You will be glad you did.

Talk to Your Pediatrician or Child's Doctor

Maryland Behavioral Health Integration in Pediatric Primary Care (B-HIPP) aims to support the efforts of primary care providers (PCPs), including pediatricians, family physicians, nurse practitioners and physician's assistants, in assessing and managing mental health concerns in their patients from infancy through the transition to young-adulthood. B-HIPP consultation services are available to all pediatric PCPs throughout Maryland.

Much of this Fact Sheet is adapted from the American Academy of Child & Adolescent Psychiatry, "Facts for Families" and from Dr. Robert Franks, Connecticut Center for Effective Practice, kidsmentalhealthinfo.com

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Facts For Families

ADHD

Attention Deficit Hyper Activity Disorder (ADHD) is a disorder that affects three to seven percent of school-age children. ADHD makes it difficult for children to pay attention or sit still. Until relatively recently, it was believed that children outgrew ADHD in adolescence as hyperactivity often lessens during the teen years. However, it is now known that ADHD nearly always persists from childhood through adolescence and that many symptoms continue into adulthood. In fact, current research reflects rates of roughly two to four percent among adults. It is more common in males than females in childhood, but equally prevalent in males and females in adulthood.

There are three types of ADHD:

- ADHD Combined Type (Classic ADHD) - trouble with inattention, hyperactivity and impulsivity
- ADHD Predominantly Inattentive Type - trouble with attention, sluggish; difficult to identify
- ADHD Predominantly Hyperactive Impulsive Type - trouble with impulsivity and hyperactivity; occurs more often in younger children

How it affects my child

Although individuals with this disorder can be very successful in life, without proper identification and treatment, ADHD may have serious consequences, including school failure, family stress and disruption, depression, problems with relationships, substance abuse, delinquency, risk for accidental injuries and job failure. Additionally, at least two thirds of individuals with ADHD have another co-existing condition, such as learning problems. Early identification and treatment are extremely important.

What can we do about it?

Take your child or adolescent for an evaluation if ADHD is suspected. There are several types of professionals who can diagnose ADHD, including school psychologists, clinical psychologists, clinical social workers, nurse practitioners,

neurologists, psychiatrists and pediatricians.

How is ADHD diagnosed?

A good assessment consists of:

- Parent and teacher ratings of behavior
- Behavioral observations in the classroom
- Clinical interview with parents
- IQ/achievement testing to assess for learning disabilities

Once diagnosed, ADHD in children often requires a "multimodal" comprehensive approach to treatment which includes:

- Parent and child education about diagnosis and treatment
- Behavior management techniques in the home and classroom
- School programming and supports
- Medication - Stimulant and non-stimulant medications may be helpful as part of the treatment for ADHD

Specific strategies to use at home include:

- Setting clear expectations and house rules
- Keeping a consistent routine
- Providing praise and reward for appropriate behavior
- Ignoring mild misbehavior to focus on the more serious misbehaviors
- Use of daily report card at school

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Resources/Links

Children's Mental Health Matters!

Facts for Families – First Steps in Seeking Help

www.ChildrensMentalHealthMatters.org

American Academy of Child & Adolescent Psychiatry

This site contains resources for families to promote an understanding of mental illnesses.

www.aacap.org

ADHD Parents Medication Guide

http://www.parentsmedguide.org/parentguide_english.pdf

ADHD: What Parents Need to Know

<http://www.med.umich.edu/1libr/yourchild/adhd.htm>

American Academy of Pediatrics

<https://healthychildren.org/English/health-issues/conditions/adhd/Pages/default.aspx>

Children and Adolescents with Attention Deficit Hyperactivity Disorder

www.chadd.org

United States Department of Education

“Identifying and Treating Attention Deficit Hyperactivity Disorder: A resource for School and Home” This guide for families and educators provides information on the identification of ADHD and educational services for children with ADHD.

<https://www2.ed.gov/teachers/needs/speced/adhd/adhd-resource-pt1.pdf>

National Resource Center on ADHD

A program of CHADD, funded through a cooperative agreement with the Centers for Disease Control and Prevention.

<http://www.chadd.org/NRC.aspx>

KidsHealth

What Is ADHD?

<http://www.kidshealth.org/parent/emotions/behavior/adhd.html>

Medline Plus

Attention Deficit Hyperactivity Disorder

<http://nlm.nih.gov/medlineplus/attentiondeficithyperactivitydisorder.html>

National Institute of Mental Health

NIHM strives to transform the understanding and treatment of mental illnesses through basic and clinical research, paving the way for prevention, recovery, and cure. Visit NIMH for information on clinical trial and mental health information, statistics and resources.

<http://www.nimh.nih.gov>

Network of Care - Maryland is a comprehensive website for mental health information in Maryland.

www.networkofcare.org

Select your area for county specific information.

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Anxiety Disorders

Children and adolescents with anxiety disorders experience extreme feelings of panic, fear or discomfort in everyday situations. Anxiety is a normal reaction to stress, but if the child's anxiety becomes excessive, irrational and he/she avoids feared situations that interfere with daily life, it may be an anxiety disorder.

Anxiety disorders are the most common type of mental health disorders in children, affecting nearly 13 percent of young people*. Overall, nearly one quarter of the population will experience an anxiety disorder over the course of their lifetimes.**

Common types of anxiety disorders

Panic Disorders

Characterized by unpredictable panic attacks and an intense fear of future attacks. Common symptoms are heart palpitations, shortness of breath, dizziness and anxiety. These symptoms are often confused with those of a heart attack.

Specific Phobias

Intense fear reaction to a specific object or situation (such as spiders, dogs or heights) that often leads to avoidance behavior. The level of fear is usually inappropriate to the situation.

Social Phobia

Extreme anxiety about being judged by others or behaving in a way that might cause embarrassment or ridicule and may lead to avoidance behavior.

Separation Anxiety Disorder

Intense anxiety associated with being away from caregivers and results in youth clinging to parents or refusing to do daily activities such as going to school or sleepovers.

Obsessive-Compulsive Disorder (OCD)

Individuals are plagued by persistent, recurring thoughts (obsessions) and engage in compulsive ritualistic behaviors in order to reduce the anxiety associated with these obsessions. (e.g. constant hand washing).

Post-Traumatic Stress Disorder (PTSD)

PTSD can follow an exposure to a traumatic event such as a natural disaster, sexual or physical assault, or witnessing the death of a loved one. Three main symptoms are reliving a traumatic event, avoidance behaviors and emotional numbing, and physiological problems such as difficulty sleeping, irritability or poor concentration.

Generalized Anxiety Disorder (GAD)

Experiencing six months or more of persistent, irrational and extreme worry about many different things, causing insomnia, headaches and irritability.

How it affects my child

Children and adolescents with anxiety are capable of leading healthy, successful lives. If anxiety is left undiagnosed, youth may fail in school, experience an increase in family stress and disruption, and have problems making or keeping friends. To avoid these harmful consequences, early identification and treatment are essential.

What can we do about it?

Take your child to a mental health professional if an anxiety disorder is suspected.

- Consult with teachers and school so that social issues can be monitored and addressed.

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Once diagnosed, caregivers should consult with the health care expert on how best to provide for the child's needs, which may include

- Practicing relaxation techniques at home as recommended by the clinician
- Encouraging your child to approach, rather than avoid, feared situations so that he or she can experience success and see that nothing bad is going to happen
- Learning about your child's anxiety disorder so that you can be their advocate
- Consulting with teachers and school psychologists so that the child's special needs can be met in school
- A prescription of medication, for a period of time, to relieve anxiety. Ensure that your child receives their medication at the same time every day.

Specific strategies that can be used at home include

- Be predictable.
- Provide support and comfort, remembering to encourage all of the child's efforts.
- Never ridicule or criticize the child for becoming anxious. Although there may be no logical danger, these feelings are real to the child.
- While avoiding coercion, break up fearful tasks into smaller, more manageable steps.
- Avoid constantly reaffirming to your child that everything will be okay. It is important that he/she learn that they are capable of reassuring themselves and devise ways to do so.
- Do not attempt to eliminate all anxious situations for your child. Children with anxiety disorders must learn that it is normal to experience some anxiety.
- Create a mutual plan with the child to address their needs, letting them set the pace for their recovery.

*<http://www.mentalhealth.samhsa.gov/publications/allpubs/CA-0007/default.asp#8>

**http://www.freedomfromfear.org/aanx_factsheet.asp?id=10

Resources/Links

Children's Mental Health Matters!

Facts for Families – First Steps in Seeking Help (included in this kit)

Anxiety Disorders Association of America

This site assists those with anxiety disorders with finding a therapist, understanding their disorder and treatment recommendations, and offers inspirational stories and support groups. It has a special section devoted to children and adolescents.

<http://www.adaa.org>

American Academy of Child & Adolescent Psychiatry

This site contains resources for families to promote an understanding of mental illnesses.

<http://www.aacap.org>

https://www.aacap.org/aacap/Families_and_Youth/Facts_for_Families/FFF-Guide/The-Anxious-Child-047.aspx

National Institute of Mental Health

NIMH strives to transform the understanding and treatment of mental illnesses through basic and clinical research, paving the way for prevention, recovery, and cure. Visit NIMH for information on clinical trial and mental health information, statistics and resources.

<http://www.nihm.nih.gov>

Worry Wise Kids lists the red flags that can alert parents to each individual anxiety disorder and details the steps parents can take if they suspect their child suffers from an anxiety disorder and supplies parenting tips for helping anxious youth.

<http://www.worrywisekids.org>

MHAMD ~ 443-901-1550 ~ www.mhamd.org

MCF ~ 410-730-8267 ~ www.mdcoalition.org

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Facts For Families

Bullying

Bullying is a common experience for many children and adolescents. Teasing, ignoring or intentionally hurting another child are all types of bullying. Harassment and sexual harassment are also considered forms of bullying. Bullies may be large and aggressive, but they also could be small and cunning. Victims of bullying have poor self-confidence and typically react to threats by avoiding the bully. Both bullies and their victims make up a fringe group within schools. Those children who bully want power over others. Both bullies and their victims feel insecure in school. Boys typically bully by using physical intimidation. Girls bully in a less obvious manner by using social intimidation to exclude others from peer interactions.

How it affects my child

Children who are bullied by their peers are:

- more likely to show signs of depression and anxiety, have increased feelings of sadness and loneliness, experience changes in sleep and eating patterns, and lose interest in activities they used to enjoy
- more likely to have health complaints
- less likely to do well in school, miss, skip or drop out of class

When compared to their developmental peers, children who bully their peers are:

- more likely to engage in criminal activity as adults
- abuse alcohol and drugs
- less likely to do well in school

Types of bullying

- Verbal bullying is saying or writing cruel things about another person. Verbal bullying includes:
 - teasing
 - name-calling
 - inappropriate sexual comments
 - taunting
 - threatening to cause harm
- Social bullying, sometimes referred to as relational bullying, involves hurting someone's reputation or relationships. Social bullying includes:

- leaving someone out on purpose
- telling other children not to be friends with someone
- spreading rumors about someone
- embarrassing someone in public
- Physical bullying involves hurting a person's body or possessions. Physical bullying includes:
 - hitting/kicking/pinching
 - spitting
 - tripping/pushing
 - taking or breaking someone's things
 - making mean or rude hand gestures
- Cyberbullying is bullying that takes place using electronic technology. Electronic technology such as cell phones or computers as well as social media sites, text messages, chat, and websites. Examples of cyberbullying include:
 - cruel text messages or email
 - rumors sent by email or posted on social networking sites
 - embarrassing pictures, videos, websites, or fake profiles

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What Can We Do About It?

Know your child's routines and pay attention to any changes to that routine. Does your child arrive home later than usual, take alternate routes to school (in order to avoid confrontation with a bully), or appear more overwhelmed or sad?

Maintain close contact with teachers to see if your child avoids certain classes or school settings. This may also help you to understand bullying.

Empower your child by showing how much you value him/her. Spend time talking with him/her personal self-worth and the importance of sticking up for himself/herself.

Help your child understand the difference between aggression and passive communication by showing different examples of each. Ask your school psychologist or social worker to explain the different forms of communication: aggressive (typical of bullying), passive (typical of bullying victims) and assertive (most effective means of communication).

Discuss with your child the impact of being a bully and how bullying is hurtful and harmful. Model how to treat others with kindness and respect.

If you suspect your child is being bullied at school, talk with your child's teacher or principal. Children should not be afraid to go to school or play in their neighborhood.

If your child sees another child being bullied, help your child report the bully to a teacher or another adult. Saying nothing could make it worse for everyone.

Become familiar with the bullying prevention curriculum at your child's school. For example, in Maryland, state law requires that all public schools include a bullying prevention component within their curriculum. See Maryland State Department of Education website for more information: <http://marylandpublicschools.org/about/Pages/DSFSS/SSSP/Bullying/index.aspx>

Resources/Links

Children's Mental Health Matters!

Facts for Families – First Steps in Seeking Help

www.ChildrensMentalHealthMatters.org

American Academy of Child & Adolescent Psychiatry

This site contains resources for families to promote an understanding of mental illnesses.

AACAP Facts for Families - Bullying

https://www.aacap.org/aacap/families_and_youth/facts_for_families/FFF-Guide/Bullying-080.aspx

Kidscape

What is bullying?

<https://www.kidscape.org.uk/advice/facts-about-bullying/what-is-bullying/>

Maryland State Department of Education

MSDE bullying report

<http://marylandpublicschools.org/about/Documents/DSFSS/SSSP/Bullying/MSDEReportBullyingHarassment.pdf>

Maryland Suicide & Crisis Hotlines

<http://suicidehotlines.com/maryland.html>

StopBullying.Gov

A federal website managed by the U.S. Department of Health and Human Services.

<http://www.stopbullying.gov/index.html>

Bullying and LGBT Youth

www.stopbullying.gov/at-risk/groups/lgbt/index.html

Kids Resources/Links

StopBullying.gov

This federal website has a link just for kids.

www.stopbullying.gov/kids/index.html

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Facts For Families

Depression

Children with symptoms of depression show behaviors that cause distress for the child, problems in social relationships and difficulties in school. The symptoms may include intense sadness, being irritable or grouchy, losing interest in daily activities that they used to enjoy, losing interest in friends, complaints about feeling ill (especially stomach and headaches) and doing poorly in school. Teenagers are sad sometimes, but when it lasts for two weeks and interferes with their functioning, parents should be concerned.

How it affects my child

When compared to their same-age peers, children who display symptoms of depression

- Have lower levels of academic performance
- Are more likely to attempt suicide
- Are more likely to have unprotected sex
- Are more likely to abuse substances

If one or more of these signs of depression persist, parents should seek help

- Frequent sadness, tearfulness, crying
- Decreased interest in activities; or inability to enjoy previously favorite activities
- Hopelessness
- Persistent boredom; low energy
- Social isolation, poor communication
- Low self-esteem and guilt
- Extreme sensitivity to rejection or failure
- Increased irritability, anger or hostility
- Difficulty with relationships
- Frequent absences from school or poor performance in school
- Poor concentration
- A major change in eating and/or sleeping patterns
- Talk of, or efforts to run away from home
- Thoughts or expressions of suicide or self destructive behavior

What can we do about it?

Actively observe your child's behavior around the house. Consider how and where your children spend their time—in their room alone, outside with peers, in front of the television.

Think about the factors at home that may contribute to the child's symptoms of depression. Write these down on a piece of paper and bring them with you when meeting with a mental health professional, school staff or pediatrician.

Learn how to identify "cries for help" from children and adolescents with depression. Know when your child needs immediate attention from you or a specialist.

Ask school or community mental health professionals about local resources. Attempt to enroll your child in a recreational league or youth organization that utilizes their interests, strengths and talents.

Seek a specialist's opinion of psychiatric treatments for depression or to learn more about different types of medicine prescribed for depression. Depression is often treated effectively with a combination of therapy and anti-depressants.

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Resource/Links

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American Academy of Child & Adolescent Psychiatry

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www.aacap.org

The Depressed Child (which was a reference for this fact sheet)

https://www.aacap.org/aacap/Families_and_Youth/Facts_for_Families/Facts_for_Families_Pages/The_Depressed_Child_04.aspx

Grief and Children

https://www.aacap.org/aacap/families_and_youth/facts_for_families/FFF-Guide/Children-And-Grief-008.aspx

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<http://www.nimh.nih.gov>

Depression in Children & Adolescents

<http://www.nimh.nih.gov/health/topics/depression/depression-in-children-and-adolescents.shtml>

“When it hurts to be a teenager”

Principal Leadership Magazine, Cash,R. (2004). 4(2).

http://www.nasponline.org/resources/principals/nassp_depression.aspx

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Facts For Families

Eating Disorders

An Eating Disorder is a psychological condition that shows itself in unhealthy and extreme eating habits. There are four types of eating disorders that are characterized by specific behaviors. Two primary behaviors are binge-eating, the consumption of a large amount of food in a short period of time accompanied by feelings of loss of control, and purging or self-induced vomiting. Misuse of laxatives, diet pills, or water pills, or intense excessive exercising after bingeing are also considered purging.

Bulimia Nervosa is the most common of the four diagnoses. It is characterized by preoccupation with food and weight, bingeing and a compensation for bingeing by purging, excessive exercise or fasting. This pattern is accompanied by shame and secrecy. Individuals with Bulimia Nervosa cannot be identified on the basis of weight—many are normal weight or even overweight.

Anorexia Nervosa is characterized by a refusal to maintain a normal weight for one's height, body type, age and activity level; restriction of food intake due to an intense fear of becoming "fat" or gaining weight (extreme concern over one's weight); body image misperception; and loss of two consecutive menstrual periods in females.

Binge-eating Disorder is characterized by bingeing, feelings of shame and self-hatred associated with bingeing, but not accompanied by purging.

Eating Disorders Not Otherwise Specified covers all maladaptive eating behaviors that do not fit into the above diagnoses. Examples include: restricting food intake, meeting some but not all of the requirements for the above diagnoses, chewing food and spitting it out, or bingeing and purging irregularly.

How it affects my child
Of the currently more than 10 million Americans afflicted with eating disorders,

90 percent are children and adolescents.

- The average age of eating disorder onset has dropped from 13-17 to 9-12.
- The number of males with eating disorders has doubled during the past decade.

Children with an eating disorder may experience

Physical problems (many that can be life-threatening) such as:

- Excessive weight loss
- Irregular or absence of menstruation in females
- Hair loss
- Severe digestive system problems
- Damaged vital organs
- Tooth and gum problems
- Swollen salivary glands due to induced vomiting
- General malnutrition
- Dehydration
- Thinning of the bones resulting in osteoporosis or osteopenia

Emotional issues such as:

- Low-self-esteem and a poor body image
- Being prone to mood swings, perfectionism and depression
- Strained relationships with family and friends
- Performing poorly in academic situations
- Suffering from other psychiatric disorders such as depression, anxiety, alcohol and drug dependencies

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What can we do about it?

Build children's self-esteem based on their positive traits. Be as supportive and encouraging as you can in raising children. Also, always try to highlight the positive points of their personalities and praise them for their good behaviors. Do not expect them to be perfect.

Serve as a healthy role model for your children. Do not diet. The key to developing a healthy lifestyle is to practice moderation both in eating and exercising.

Construct a healthy relationship with food. Make meal time a fun time by gathering all family members together and enjoying a variety of healthy foods. Never turn meal time into a power struggle between you and your child by rewarding or punishing him/her for his/her behavior with food.

Teach your children to respect differences in body structure and feel good about their appearances. Avoid labeling your children regarding weight and commenting about other people's weight and appearance as an indicator of their character and personality. Not all people resemble thin models and movie stars, so you should teach children that everyone is born with a unique body shape which is mostly influenced by family history. Encourage a realistic and positive body image.

Watch for warning signs. If you notice a change in your child's dietary behavior, such as anxiety around meal time, avoidance of social situations involving food, food rituals, visiting the bathroom soon after meals, rapid fluctuation in weight, overeating or hoarding, it is a good idea to seek the advice of a mental health professional.

Taking care of yourself. A battle with an eating disorder can be long and difficult, especially for parents. Do not blame yourself. If you begin to feel overwhelmed, it is wise to seek professional help. Remember, you cannot help your child without being healthy yourself.

Resource/Links

Children's Mental Health Matters!

Facts for Families – First Steps in Seeking Help
www.ChildrensMentalHealthMatters.org

American Academy of Child & Adolescent Psychiatry
This site contains resources for families to promote an understanding of mental illnesses.
www.aacap.org

Facts for families with teenagers with eating disorders
https://www.aacap.org/aacap/Families_and_Youth/Facts_for_Families/Facts_for_Families_Pages/Teenagers_With_Eating_Disorders_02.aspx

American Psychiatric Association
Common Questions about Eating Disorders
<https://treatingeatingdisorders.com>

KidsHealth for Parents
<http://kidshealth.org/en/teens/eat-disorder.html?WT.ac=ctg#catproblems>

Maudsely Parents is a site for parents of children with eating disorders.
<http://www.maudsleyparents.org/>

National Association of Anorexia and Associated Disorders
<http://www.anad.org>

National Eating Disorders Association
Parent Toolkit
<https://www.nationaleatingdisorders.org/sites/default/files/nedaw18/1.%20ParentToolkit.pdf>

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<https://www.nimh.nih.gov/index.shtml>

Facts About Eating Disorders and the Search for Solutions
<https://www.nimh.nih.gov/health/topics/eating-disorders/index.shtml>

NOVA: Dying to be Thin investigates the causes, complexities, and treatments for eating disorders anorexia nervosa and bulimia nervosa. PBS also provides a teacher's guide to the film and activities to do in the classroom. This film is accessible at:

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Facts For Families

Grief

Grief is a natural response to a death or a loss, such as a divorce, an end to a relationship or a move away from friends. Grief may produce physical, mental, social or emotional reactions. Physical reactions can include change in appetite, headaches or stomach aches, sleeping problems and illness. Emotional reactions can include anger, guilt, sadness, worry and despair. Social reactions can include withdrawal from normal activities and the need to be near others or to be apart from others. The grief process also depends on the situation surrounding the death or loss, the relationship with the person who died and the person's attachment to that person. Grief is normal, but when the symptoms are very intense or last a long time, professional help may be needed.

How it affects my child

The way in which children are communicated with and managed at the time of a loss will affect how they are able to grieve and how they manage loss in the future. Children are often confronted with both natural death and death through unnatural means such as murder or suicide. The media may bring this issue to life for children, and they need an outlet to deal with the grief of unsettling images and thoughts.

Children who grieve may display many symptoms that impact their functioning. Some examples include:

- Young Children
 - Bedwetting
 - Thumb sucking
 - Clinging to adults
 - Exaggerated fears
 - Excessive crying
 - Temper tantrums
- Older Children
 - Physical symptoms (headaches, stomach aches, sleeping and eating problems)
 - Mood swings
 - Feelings of helplessness and hopelessness
 - Increase in risk-taking and self-destructive behaviors
 - Anger, aggression, fighting, oppositional behavior

- Withdrawal from adults and /or peers and activities they enjoyed prior to the loss
- Depression, sadness
- Lack of concentration and attention

What can we do about it?

Be a constant source of support in your child's life. Research shows that maintaining a close relationship with a caring adult after the loss can help.

Provide a structured environment that is predictable and consistent. Limit choices; introduce small, manageable choices over time.

Contain "acting out" behavior. Insist that children express their wants, needs and feelings with words, not by acting out. This is also true for teens, who have a tendency to act out in anger rather than expressing how they feel directly.

Encourage children to let you know when they are worried or having a difficult time. Crying can help children release their feelings of sadness and help them cope with the loss.

Let your child know that she/ he is safe. Often when children are exposed to trauma they worry about their own safety

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and the safety of their family members. It is a good idea to keep them from seeing too many pictures of the event.

Encourage your child to ask questions about loss and death. Children often have many questions about death and may need to ask again and again. Be patient and answer these questions as openly and honestly as possible. Talk to your child about death in a way he/she can understand.

Give your child affection and nurturing. Attempt to connect with them.

Help your child maintain a routine. It is helpful for your child to continue with daily activities. Offer suggestions on how to eat and sleep well.

Be patient with regressive behaviors such as thumb sucking and bed wetting.

Put together a memory book. This is a good exercise to help your child experience his/her emotions in a positive way.

Be aware of your own need to grieve. Parents have often experienced the same loss as their children, and should allow themselves to experience grief and get support.

Resources/ Links

Children's Mental Health Matters!

Facts for Families – First Steps in Seeking Help

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American Academy of Child & Adolescent Psychiatry

This site contains resources for families to promote an understanding of mental illnesses.

www.aacap.org

Children and Grief

https://www.aacap.org/aacap/families_and_youth/facts_for_families/FFF-Guide/Children-And-Grief-008.aspx

Children's Sleep Problems

https://www.aacap.org/aacap/Families_and_Youth/Facts_for_Families/Facts_for_Families_Pages/Childrens_Sleep_Problems_34.aspx

Helping Children after a Disaster

https://www.aacap.org/aacap/families_and_youth/facts_for_families/FFF-Guide/Helping-Children-After-A-Disaster-036.aspx

The Dougy Center for Grieving Children and Families

<http://www.dougy.org/>

Child and Youth Health illustrates how children grieve and their level of understanding per age group.

<http://www.cyh.com/HealthTopics/HealthTopicDetails.aspx?p=114&np=141&id=1662>

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Facts For Families

Oppositional & Defiant Children

All children are oppositional from time to time, especially if they are tired, hungry, upset or stressed. They may argue and talk back to teachers, parents, and other adults. Oppositional behavior is a normal part of development for toddlers and early adolescents. However, oppositional behavior becomes a serious concern when it is so frequent that it stands out when compared with other children of the same age and development level and when it affects the child's social, family and academic life.

Children with Oppositional Defiant Disorder (ODD) show a pattern of negative, hostile and defiant behavior that lasts at least six months and impairs their ability to interact with caregivers, teachers and classmates. During this time period, the child or adolescent may often lose their temper, actively defy adults and appear spiteful. Other symptoms may include frequent temper tantrums, blaming others for his or her misbehavior and being easily annoyed by others.

How it affects my child

One to sixteen percent of all school-age children and adolescents have ODD. The causes of ODD are unknown, but many parents report that their child with ODD was more rigid and demanding than the child's siblings from an early age. When compared to their peers, children with ODD are more likely to have difficulties with academic performance and may engage in risky behaviors, including delinquent activities and substance use, although this is more common in oppositional children who are aggressive. Without intervention, children with ODD are more likely to develop other more serious problems such as destruction of property, aggression towards people and animals, lying or stealing.

What can we do about it?

Take your child or adolescent for an evaluation if ODD is suspected. There are several types of professionals who can diagnose ODD, including clinical psychologists, clinical social workers, nurse practitioners, psychiatrists and pediatricians. It is important to look for other disorders which may be present; such

as Attention Deficit Hyperactivity Disorder (ADHD), learning disabilities, mood disorders (depression, bipolar disorder) and anxiety disorders. It may be difficult to improve symptoms of ODD without treating the coexisting disorder.

Specific strategies to use at home include:

- Setting up a daily school-home note system with your child's teacher(s)
- Being consistent
- Having set rules and consequences
- Using praise and rewards frequently
- Setting up a reward system at home
- Supervising your child and getting to know his/her friends
- Identifying a homework buddy or tutor to help with homework
- Identifying a mental health professional who can help you to set up a behavioral management program
- Asking your therapist to improve social relationships by:
 - Working on group social skills
 - Teaching social problem-solving
 - Teaching other behavioral skills often considered important by children such as sports skills and

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- board game rules
- Decreasing undesirable and antisocial behaviors
- Helping your child develop a close friendship

Resource/Links

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Oppositional Defiant Disorder

https://www.aacap.org/aacap/Families_and_Youth/Facts_for_Families/Facts_for_Families_Pages/Children_With_Oppositional_Defiant_Disorder_72.aspx

Conduct Disorder

https://www.aacap.org/aacap/Families_and_Youth/Facts_for_Families/FFF-Guide/Conduct-Disorder-033.aspx

Violent Behavior

https://www.aacap.org/aacap/families_and_youth/facts_for_families/FFF-Guide/Understanding-Violent-Behavior-In-Children-and-Adolescents-055.aspx

Mental Health America

Fact Sheet on Conduct Disorder

<http://www.mentalhealthamerica.net/go/conduct-disorder>

Mayo Clinic

This site discusses everything from the definition of ODD to lifestyle and home remedies to help change behaviors associated with the disorder.

<http://www.mayoclinic.com/health/oppositional-defiant-disorder/DS00630>

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Facts For Families

Psychosis

Psychosis occurs when an individual loses contact with reality. The term "psychosis" does not refer to a specific diagnosis, but rather a group of symptoms. Three out of every 100 people experience psychosis at some point in their lives, and most will recover.

How it affects my child

Psychosis affects the way a person thinks, feels and acts. Symptoms include:

- Hallucinations (hearing, seeing, tasting, smelling or feelings things that are not there)
- Delusions (fixed beliefs that are false, such as that one is being watched or followed)
- Disordered/confused thinking and difficulty concentrating
- Rapid changes in mood/feelings
- Behavior changes, including not taking care of or grooming oneself as usual or laughing at inappropriate times

What can we do about it?

Treatment for psychosis often involves the following:

- Learning treatment options and working with professionals
- Working with a mental health professional to learn coping skills
- Working with a physician to determine how medications can help
- Working with professionals who specialize in helping youth and young adults to manage relationships, jobs, and school neurologists, psychiatrists and pediatricians.

Why is early treatment so important?

Experiencing symptoms of psychosis may disrupt your child's life. When psychosis is detected early, many problems can be prevented and the greater the chances are

of a successful recovery. Mental illnesses with psychosis often develop between ages 15 to 25. This is a critical stage of life, when teens and young adults are developing their identities, forming relationships, and planning for their future.

What helps people recover from psychosis?

The most important thing is for you and your child to be actively involved in treatment.

- Participate in treatment by partnering with your child's providers to learn all you can about medications and therapy.
- Help your child to focus on personal goals, which can be strong motivators for recovery.
- Help your child to find needed support -friends, family, support groups
- Make sure your child has structure in his/her life, whether school, work, volunteering or other activities.

** All information provided by: National Institute of Mental Health's Recovery After an Initial Schizophrenia Episode - Implementation and Evaluation Study. This information can be retrieved at: <http://marylandeip.com/eip-resources>.

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Resources/ Links

Maryland Early Intervention Program (EIP)

Offers specialized programs with expertise in early identification, evaluation, and comprehensive psychiatric treatment of adolescents and young adults at risk for, or in the early stages of mental illness with psychosis.
www.marylandeip.com

Maryland Coalition of Families

A coalition of organizations throughout Maryland dedicated to working on behalf of children with mental health needs and their families.
<http://mdcoalition.org/>

National Alliance on Mental Illness

A nation-wide organization that provides support, advocacy, education, and awareness to those affected by mental illness and their families.
<http://www.nami.org/>

American Psychiatric Association's Healthy Minds Blog

Provides articles regarding mental health and mental health treatment.
<http://apahealthyminds.blogspot.com/>

Here to Help

Provided by the Canadian government, this site provides additional information, resources, and tools for those affected by mental illness.
<http://www.heretohelp.bc.ca/factsheet/psychosis>

Children's Mental Health Matters

Facts for families - First steps in seeking help
www.childrensmentalhealthmatters.org

Mental Health Association of Maryland

MHAMD is a state-wide education and advocacy agency. Programs include the Maryland Parity Project, Mental Health First Aid and mental health publications and resources.
www.mhamd.org
www.mhamd.org/getting-help/health-insurance-protections/the-parity-law/
www.mhfamaryland.org

Psychosis 101

A website devoted entirely to providing information, resources, and connection to those affected by mental illness with psychosis.
<http://www.psychosis101.ca/>

MHAMD ~ 443-901-1550 ~ www.mhamd.org

MCF ~ 410-730-8267 ~ www.mdcoalition.org

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Facts For Families

Self-Injurious Behavior

Children who exhibit self-injurious behavior (SIB) perform deliberate and repetitive acts of injuring their own body as a way to cope with overwhelming negative feelings, such as sadness, anxiety or stress, or as a way to experience some sense of feeling. SIB can also provide a way for the youth to express some internal rage, to re-enact a past trauma, or to offer a brief sense of control. Some forms of self-injurious behavior are cutting, carving, scratching, burning, branding, biting, bruising, hitting, and picking/pulling skin and hair. A child that self-injures does so typically with secrecy and shame, so he or she will seek to hide the injuries with long clothing and try to explain the injuries with probable causes. Research indicates that girls are more likely to self-injure than boys, and that most begin SIB between the ages of 12 to 15.

How it affects my child

Children who participate in SIB

- Often feel alienated, isolated and powerless to stop
- Are more likely to engage in other risky behaviors, such as substance or alcohol abuse
- Often have an underlying mental health concern, such as anxiety, depression or post-traumatic stress disorder
- May continue to self-injure into adulthood; but with therapy, support and training in healthy coping strategies, and possibly medication, SIB can be overcome
- And in some cases, may be responding to a history of physical, emotional or sexual abuse

What can we do about it?

- Talk openly and non-judgmentally about the behavior with your child to help reduce the shame and secrecy that surrounds self-injury.
- Be aware that SIB is a method for your child to temporarily lesson overwhelming emotional issues. Addressing the emotional issues that "set off" the action will help more than focusing on stopping the action of self-injury alone.
- Be cautious not to punish a child that engages in self-injurious behavior.

Punishing may increase the child's troubled emotions.

- Work with your child to identify those "triggers" or events that are most likely to cause a desire to self-injure.
- Be aware that most teenagers engaging in self-injurious behavior are not attempting suicide. It is **critical** to recognize, however, that some injuries are life-threatening.
- Work with a mental health professional experienced in self-injurious behavior. He or she can work with you and your child about uncovering the meaning behind the self-injury and identifying strategies you and the child can use to help prevent further injury.
- Learn about and talk with your child about healthy ways to communicate, self-soothe, and cope such as writing, drawing, exercising, and relaxation techniques.

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Resources/ Links

Children's Mental Health Matters!

Facts for Families – First Steps in Seeking Help

www.ChildrensMentalHealthMatters.org

American Academy of Child & Adolescent Psychiatry

This site contains resources for families to promote an understanding of mental illnesses.

www.aacap.org

Facts for Families No. 73

<http://www.aacap.org/publications/factsfam/73.htm>

Mental Health America

Fact Sheet on Self-Injury

<http://www.mentalhealthamerica.net/go/information/get-info/self-injury>

Mpower- Musicians for Mental Health

www.mpoweryouth.org/411cutting.pdf

S.A.F.E Alternatives (Self-Abuse Finally Ends)

<http://www.selfinjury.com>

info line 800-DONTCUT (366-8288)

Resource for Teens

To Write Love on Her Arms

www.twloha.com

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Facts For Families

Substance Use

Many youth use alcohol and other drugs. Some develop serious problems which require professional treatment. The younger kids start using drugs and alcohol, the more likely they are to develop a substance use disorder later on. And, other psychiatric disorders often co-exist with substance use problems and need assessment and treatment. Fortunately, there are excellent resources for parents who want to prevent their kids from using drugs, and for those who believe their children may have a substance use problem.

How it affects my child

Drugs and alcohol contribute to a host of problems for our children, including:

- Poor academic performance
- Memory and learning problems
- Truancy and absenteeism
- Problems with family and peer relationships and lack of empathy for others
- A tendency to engage in other risky activities and to feel invulnerable
- An increased risk for moving on to more dangerous drugs, and developing dependency

While all children are at risk of using drugs and alcohol, the following risk factors significantly increase the chance that a child will develop a serious alcohol or drug problem:

- Having a family history of substance use or dependency
- Depression or low self-esteem
- Social isolation; inability to fit into the mainstream

What can we do about it?

Research has documented that family involvement and classroom-based prevention programs are the most effective means of addressing substance use among youth.

Watch for signs of a substance problem:

- Sudden moodiness or irritability
- Becoming more secretive

- Argumentative, disruptive, rule-breaking behavior
- Low self-esteem or depression
- Poor judgment; irresponsible behavior
- Social withdrawal; pulling away from family
- Withdrawal from former activities or friends; change in friends; general lack of interest

Spend time with your children. Show them how much you love them and are concerned about their safety and well-being.

Educate your children about drugs and alcohol. Try to give them information that is appropriate for their age and level of development. Younger children can be told that drugs and alcohol can hurt their bodies, while older children can benefit from information about specific drugs and their effects.

Think about the structure and discipline you provide.

Make sure that it is appropriate to your child's age and development, and that you consistently reinforce the behavior you expect.

Let your child know—directly and firmly—that you disapprove of drug and alcohol use. Remember that you are your child's most important role model. Do not smoke, drink to excess or use drugs yourself.

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Try to listen carefully to your children, and stress the importance of open, honest communication. Kids whose parents talk to them regularly about the dangers of drugs are much less likely to use drugs than kids whose parents don't have these conversations.

Help your child recognize his or her own feelings, by sharing your feelings (e.g. I feel lonely), and by commenting on how your child appears to be feeling. Remember that children who can express their feelings are more likely to receive support from others, and are less likely to turn to drugs and alcohol to try to get rid of bad feelings.

Take care of yourself. It is difficult to help your child if you are becoming overwhelmed. Keeping yourself healthy will also allow you to present as a healthy role model for your child.

Be aware of your child's friends, as kids are most likely to use drugs and alcohol with friends (at parties, in cars, etc.).

Encourage your child's positive interests. Activities such as sports, exercise, art, community service and part-time employment provide positive alternatives to using drugs, and help your child feel good about him or herself.

Remember that parental monitoring and supervision are critical for drug use preventions. Try to be an active, consistent presence in your child's life, and let him/her know that you will do whatever it takes to ensure his/her safety and well-being. Checking in with your child's teachers, coaches and other adults in their life is a good idea.

If you suspect that your child is using drugs, you should voice your suspicions openly—avoiding direct accusations, when he or she is sober or straight and you're calm. This will show that your child's well-being is crucial to you and that you still love him or her, but are most concerned with what he/she is doing to him/herself. Take action. Don't assume that your child is experimenting or that it is a one-time incident.

Seek counseling from a certified mental health professional with experience in youth and substance use and treatment. Meeting with school counselors and/or your family doctor can lead to the right intervention and support for your child and family.

Resource/Links

American Council for Drug Education

This site is designed for parents who want suggestions for talking with their kids about drugs and alcohol, and information about signs and symptoms of specific drugs. <http://www.acde.org/parent/Default.htm>

The AntiDrug.com, a website of the National Youth AnitDrug Media Campaign, provides parents and caregivers with information on proven prevention strategies and information about what to do if you suspect that your adolescent is using drugs or alcohol: <https://drugfree.org/resources/>

Building Blocks for a Healthy Future

A website developed by the U.S. Substance Abuse and Mental Health Services Administration (SAMHSA) geared toward caregivers of younger children (age 3 to 6). You will find basic information about helping your children make good choices and develop a healthy lifestyle. <https://www.samhsa.gov/building-blocks>

National Council on Alcohol and Drug Dependence is particularly focused on alcohol use and abuse. For a list of specific signs that your child may be in trouble with alcohol: <https://www.ncadd.org/family-friends>

National Institute on Drug Abuse

NIDA provides links to facts on specific drugs for parents and teachers as well as age-appropriate curriculum regarding drug education. <https://www.drugabuse.gov/parents-educators>

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Facts For Families

Suicide & LGBTQ Youth

Suicide is the act of taking one's own life and continues to be a serious problem among young people. Some youth may experience strong feelings of depression, stress, confusion, self-doubt, pressure to succeed, financial uncertainty, and other fears while growing up. These can be very unsettling and can intensify self-doubts. For some, suicide may appear to be a solution to their problems and stress.

Research has shown that lesbian, gay, bisexual, transgender, and/or questioning (LGBTQ) youth are more than twice as likely to attempt suicide than straight peers. However, sexual orientation is not noted on death certificates in the U.S. so exact completion rates are difficult to report. Studies have also confirmed that LGBTQ youth have higher rates of suicidal ideation than their straight peers and often have more severe risk factors. It is important to note that being LGBTQ is not a risk factor in and of itself; however, minority stressors that LGBTQ youth encounter - such as discrimination and harassment - are directly associated with suicidal behavior as well as indirectly with risk factors for suicide.

How it affects youth

Warning signs specific to LGBTQ Youth may include:

- Previous suicide attempts
- A diagnosable mental illness and/or substance use disorder
- Relationship issues
- A high rate of victimization/bullying
- Difficulties in dealing with sexual orientation
- Lack of family acceptance
- Expressing hopelessness or helplessness
- Having a plan

IMPORTANT

Some youth may exhibit many warning signs yet appear to be coping with their situation and others may show no signs and yet still feel suicidal. The only way to know for sure is to ask the youth and to consult a mental health professional.

How can we help?

Some factors which may help to lower a youth's risk of considering suicide are:

- Programs and services that increase social support and decrease social isolation among LGBTQ youth (support

groups, hotlines, social networking)

- Access to effective, culturally competent care
- Support from medical and mental health professionals
- Coping, problem solving and conflict resolution skills
- Restricted access to highly lethal means of suicide
- Strong connections to family
- Family acceptance of one's sexuality and/or gender identity
- A feeling of safety and support at school
- Connectedness at school through peer groups
- Positive connections with friends who share similar interests
- Cultural and religious beliefs that discourage suicide
- Positive role models and self-esteem

If you are worried that a youth may be thinking about suicide ask him/her directly if he/she is considering suicide. Ask whether he/she has made a specific plan and has done anything to carry it out. Explain the reasons for your

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concerns. Listen openly. Be sure to express that you care deeply and that no matter how overwhelming his or her problems seem, help is available. All suicide threats should be taken seriously.

Immediately seek professional help from a doctor, community health center, counselor, psychologist, social worker, youth worker or minister if you suspect a suicide attempt. In Maryland, call **1-800-422-0009**. You can also call **1-800-SUICIDE** or research suicide hotlines and crisis centers.

If the youth is in immediate danger, do not leave him/her alone and seek help immediately. You can call 911 or take him/her to the emergency room. If the youth has a detailed plan or appears acutely suicidal and will not talk, he or she could be in immediate danger and it is important to get help right away. **Do not leave the youth alone and seek help immediately.**

Learn warning signs, risks, and other factors associated with suicide especially if the youth has made suicidal attempts or threats in the past.

Offer support.

Hotlines & Crisis Centers

Maryland Crisis Hotline

1-800-422-0009

<https://www.mdcrisisconnect.org>

National Suicide Prevention Lifeline

1-800-273-TALK

1-800-273-8255

<https://suicidepreventionlifeline.org>

The Trevor Project

TREVOR LIFELINE: 1-866-488-7386

Resource/Links

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Facts for Families – First Steps in Seeking Help

www.ChildrensMentalHealthMatters.org

American Academy of Child & Adolescent Psychiatry

This site contains resources for families to promote an understanding of mental illnesses.

www.aacap.org

Teen Suicide

https://www.aacap.org/AACAP/Families_and_Youth/Facts_for_Families/FFF-Guide/Teen-Suicide-010.aspx

American Foundation for Suicide Prevention

<http://www.afsp.org>

Gay, Lesbian & Straight Education Network

Talking About Suicide & LGBT Populations

<https://www.glsen.org/article/talking-about-suicide-lgbt-populations>

National Association of School Psychologists

Preventing Youth Suicide: Tips for Parents & Educators

<http://www.nasponline.org/resources-and-publications/resources/school-safety-and-crisis/preventing-youth-suicide/preventing-youth-suicide-tips-for-parents-and-educators>

NASP Resources: Mental Health Disorders

<http://www.nasponline.org/resources-and-publications/resources/mental-health/mental-health-disorders>

National Institute of Mental Health

NIMH strives to transform the understanding and treatment of mental illness through basic clinical research, paving the way for prevention, recovery, and cure.

<http://www.nimh.nih.gov>

Suicide Awareness Voices of Education (SAVE)

<http://www.save.org>

The Trevor Project

A national organization providing crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgendered, and questioning youth.

www.thetrevorproject.org

Yellow Ribbon Suicide Information for Parents

<https://yellowribbon.org/get-help/i-am-a-parent.html>

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Suicide

Suicide is the act of taking one's own life and continues to be a serious problem among young people. Some youth may experience strong feelings of stress, confusion, self-doubt, pressure to succeed, financial uncertainty, and other fears while growing up. These can be very unsettling and can intensify self-doubts. For some, suicide may appear to be a solution to their problems and stress.

According to the CDC, in 2015, suicide was the 3rd leading cause of death for 10-14 year olds and the 2nd leading cause of death for 15-24 year olds. The American Foundation for Suicide Prevention found that in Maryland, suicide is the leading cause of death for 10-14 year olds and 3rd leading cause of death for 15-34 year olds. Building strong family relationships, having the knowledge of the risks and warning signs of suicide/depression, and having access to prevention and intervention resources will often decrease the likelihood of suicide in youth.

How it affects my child

Warning signs may include:

- Depressed mood, ADHD or other mental health problem
- Family loss or instability, significant problems with parent
- Expressions of suicidal thoughts, or talk of death or the afterlife during moments of sadness or boredom
- Withdrawal from friends and family
- Difficulties in dealing with sexual orientation
- Poor ability to manage one's negative emotions
- No longer interested in or enjoying activities that once were pleasurable
- Impulsive, aggressive behavior, frequent expressions of rage
- Alcohol and/or drug abuse
- Engaging in high risk behaviors (e.g., fire-setting, involvement in cults/gangs, cruelty to animals)
- Social isolation and poor self-esteem
- Witnessing or being exposed to family violence or abuse
- Having a relative who completed or attempted suicide
- Being preoccupied with themes and acts of violence on TV shows, movies, music, magazines, comic books, video

games and internet sites

- Giving away meaningful belongings
- Frequent episodes of running away or being incarcerated

IMPORTANT: Some children may exhibit many warning signs yet appear to be coping with their situation and others may show no signs and yet still feel suicidal. The only way to know for sure is to ask your child and to consult a mental health professional.

If you are worried that your child may be thinking about suicide ask your child directly if he/she is considering suicide. Ask whether he/she has made a specific plan and has done anything to carry it out. Explain the reasons for your concerns. Listen openly to your child, tell your child that you care deeply and that no matter how overwhelming his or her problems seem, help is available. Many children make suicide threats—they should be taken seriously.

Immediately get your child professional help from a doctor, community health center, counselor, psychologist, social worker, youth worker or minister. In Maryland, call **1-800-422-0009**. You

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Learn warning signs, risks, and other factors associated with suicide especially if your child has made suicidal attempts or threats in the past.

Offer support to your child. Make sure your child knows that you are there for him/her, encourage him/her to seek you out in times of need, and if you are not there at the time when your child feels depressed or suicidal, have another support person to go to for help.

Secure any firearms, dangerous weapons and medications away from the child and preferably remove them from the house.

Hotlines & Crisis Centers

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<https://www.mdcrisisconnect.org>

National Suicide Prevention Lifeline

1-800-273-TALK

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Teen Suicide

https://www.aacap.org/aacap/Families_and_Youth/Facts_for_Families/Facts_for_Families_Pages/Teen_Suicide_10.aspx

American Foundation for Suicide Prevention

<http://www.afsp.org>

National Association of School Psychologists

Preventing Youth Suicide: Tips for Parents & Educators

<http://www.nasponline.org/resources-and-publications/resources/school-safety-and-crisis/preventing-youth-suicide/preventing-youth-suicide-tips-for-parents-and-educators>

Preventing Youth Suicide: Brief Facts & Tips

<http://www.nasponline.org/resources-and-publications/resources/school-safety-and-crisis/preventing-youth-suicide>

National Institute of Mental Health

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<http://www.nimh.nih.gov>

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Facts For Families

Trauma

A trauma is a dangerous, frightening, and sometimes violent experience that is often sudden. Trauma is a normal reaction that occurs in response to an extreme event. It can happen to one family member or a whole family. Examples of a trauma are:

- Violence
- Fire
- Homelessness
- Natural Disaster

After experiencing a trauma, children, teenagers and families may feel traumatic stress. Feelings of traumatic stress include:

- Feeling scared or anxious
- Feeling numb

How it affects my child

Many people who go through trauma will have trouble adjusting to life after the event. The brain of children and teenagers may be harmed and they may not develop needed skills. After trauma, some children suffer from Post Traumatic Stress Disorder (PTSD), Child Traumatic Stress (CTS) or depression.

PTSD usually happens after a major trauma that was life-threatening. CTS happens after trauma is over. It is important to get help for a child or teenager after going through a trauma so he or she can continue to grow. For more information, refer to the Anxiety Disorder Fact Sheet included in this kit.

Signs & Symptoms

There are lots of reactions to trauma including:

- Thinking about what happened
- Aggression or irritability
- Body aches
- Having trouble at school
- Nightmares or difficulty sleeping
- Trouble concentrating
- Refusing to go to school

What can we do about it?

It's important to get help if children or teenagers are having signs or symptoms after a trauma. Caregivers and relatives can help children in two important ways:

1. Talking to children about what happened
2. Getting professional help

Recommendations for families

- Learn what trauma is
- Get help from trauma experts
- Be involved in your child's health

What can caregivers say and do?

- Tell children they are safe
- Let children talk about feelings and fears
- Go back to a daily schedule
- Spend extra time with family and friends

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This site contains resources for families to promote an understanding of mental illnesses.

www.aacap.org

Helping Children after a disaster - Information for parents about trauma, PTSD, and behavioral changes to look for.

http://www.aacap.org/App_Themes/AACAP/docs/facts_for_families/36_helping_children_after_a_disaster.pdf/disaster.htm

Posttraumatic Stress Disorder (PTSD) - Defines PTSD and gives symptoms.

https://www.aacap.org/AACAP/Families_and_Youth/Facts_for_Families/Facts_for_families_Pages/Posttraumatic_Stress_Disorder_70.aspx

Talking to Children about Terrorism and War

https://www.aacap.org/AACAP/Families_and_Youth/Facts_for_Families/FFF-Guide/Talking-To-Children-About-Terrorism-And-War-087.aspx

Talking to Children about the News

https://www.aacap.org/aacap/families_and_youth/facts_for_families/FFF-Guide/Children-And-The-News-067.aspx

The Children's Hospital of Philadelphia - Center for Pediatric Child Traumatic Center

<http://www.chop.edu/cpts>

The Family-Informed Trauma Treatment Center (in Maryland)

<http://www.fittcenter.umaryland.edu>

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<http://www.nimh.nih.gov>

Helping Children and Adolescents Cope with Violence and Disasters - Defines trauma, describes how children react to trauma and how to help them, includes tips for parents and caregivers.

<https://www.nimh.nih.gov/health/publications/helping-children-and-adolescents-cope-with-violence-and-disasters-parents/index.shtml>

The National Child Traumatic Stress Network

NCTSN seeks to improve access to care, treatment, and services for traumatized children and adolescents exposed to traumatic events.

<http://www.nctsn.org>

Substance Abuse & Mental Health Services Administrations (SAMHSA)

Adverse Childhood Experiences Study

<https://www.samhsa.gov/capt/practicing-effective-prevention/prevention-behavioral-health/adverse-childhood-experiences>

Aces Too High

<https://acestoohigh.com/got-your-ace-score/>

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