

# ICS HEADSTART MENTAL HEALTH AWARENESS NEWSLETTER

MAY/2021



## "MENTAL HEALTH AWARENESS MONTH"

May is Mental Health Awareness Month. May is a time to raise awareness of those living with mental or behavioral health issues and to reduce the stigma that many individuals experience. In honor of National Mental Health Awareness Month, here are some common myths and facts about mental health:

### Myths:

1. People with mental health issues never get better.
2. People with mental health conditions are just weak.
3. If I get treatment, my employer will find out.

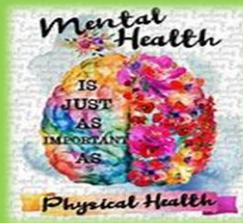
### Facts:

1. Treatment works for more than 8 in 10 people who get help for depression and as many as 9 in 10 people who get help for panic attacks.
2. Many factors can impact mental health-including biology, environment, and challenging life events. Anyone can develop a mental health condition, there is no single cause and it isn't anyone's fault.
3. You decide who you want to tell or not tell about your care. Your medical record is confidential and you cannot lose your job or health insurance for receiving treatment for a mental health or addiction issue.

Unfortunately, negative stereotypes prevent many people from reaching out and getting the help they need. By understanding the truth about mental health, you can spread the word to help raise awareness and fight stigma. For more information please visit: [www.ucrhealth.org](http://www.ucrhealth.org)

Seeing a therapist does not mean there is something wrong with an individual. It means you may be.....

- Seeking clarity in some areas of your life
- Wanting to work through complex emotions
- Working through a traumatic experience
- Challenging negative thinking patterns
- Learning new techniques to cope with difficult situations
- Focused on personal growth
- "Let's stop shaming those who seek to better themselves". STOP THE STIGMA"



## Mental Health Activities

- Get plenty of sleep
- Stop to enjoy small aspects of the day
- Use a stress ball or some other stress reliever
  - Perform a random act of kindness
    - Exercise
  - Deep breathing exercises
    - Yoga
    - Pet a dog
  - Eat breakfast

([www.reidhealth.org/blog/mental-health](http://www.reidhealth.org/blog/mental-health))

## "BEHAVIORAL HEALTH AWARENESS"



Raising children is difficult and raising difficult children can be life disrupting. Being able to tell whether your child is just going through a stage or if something is really wrong is not always that easy.

A tantrum does not automatically mean your 2-year-old has a problem with authority, and a kindergartner who does not want to sit still doesn't necessarily

have an attention disorder. When it comes to understanding our children's behavior, experts say diagnoses and labels should be kept to a minimum.

Rarely will a child under 5 years old receive a diagnosis of a serious behavioral disorder. However, they may begin displaying symptoms of a disorder that could be diagnosed later in childhood. These can include:

- Attention Deficit Hyperactivity Disorder (ADHD)
  - Oppositional Defiant Disorder (ODD)
  - Autism Spectrum Disorder (ASD)
    - Anxiety Disorder
    - Depression
    - Bipolar Disorder
    - Learning Disorders
    - Conduct Disorders

Many of these you've likely heard of. Others are rarer or aren't often used outside of discussions about childhood psychology or clinical setting.

Autism, meanwhile, is actually a broad range of disorders that can affect children in a variety of ways, including behaviorally, socially, and cognitively. They are considered a neurological disorder and, unlike other behavioral disorders, the symptoms may begin as early as infancy. According to the American Psychiatric Association, about 1 in 68 children are diagnosed with an autism spectrum disorder.

In some cases, outside counseling is warranted and may be effective in helping children cope with stressors effectively. A professional could help our child learn how to control their anger, how to work through their emotions, and how to communicate their needs more effectively. For obvious reasons, medicating children at this age is controversial.

Parenting styles are rarely to blame for childhood behavioral problems. And if your searching for solutions to help your family cope, that's a pretty good indication that you are not causing your child's issues. Still, parents play a crucial role in treating early childhood behavioral issues.

### Parenting Styles: Which One Is Right for You?

- Authoritarian parenting- Strict rules with no compromise and no input for the children.
- Authoritative parenting- Strict rules, but parents are willing to listen and cooperate with their children. More of a democracy than authoritarian parenting.
- Permissive parenting- Few rules and few demands put on children. There is little to no discipline in this home and parents typically take on the role of friend.

- Uninvolved parenting- No rules and very little interaction. These parents are detached and may reject or neglect their children.

**Authoritative parenting is most likely to raise well-adjusted and happy children. Uninvolved parents are most likely to raise children lacking self-esteem, self-control, and general competency, says experts.**

We can learn from these parenting styles that children need clear rules and consequences, but they also need a parent who is willing to listen and guide. ([www.healthline.com](http://www.healthline.com))



### ***IMPORTANT DATES:***

***Mental Health Day- May 7<sup>th</sup>***

***Lupus Awareness Day- May 10<sup>th</sup>***

***Mother's Day- May 10<sup>th</sup>***

***Memorial Day- May 31<sup>st</sup>***

***Teacher Apperception Week- May 3<sup>rd</sup>-7<sup>th</sup>***

***Nurse Apperception Week- May 3<sup>rd</sup>-7<sup>th</sup>***

***Cinco De Mayo- May 5<sup>th</sup>***



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