

Four County Mission

Four County Mental Health Center is dedicated to providing accessible, innovative services in partnership with individuals, families and our communities.

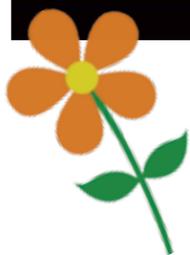
Four County Vision

We envision healthier communities as we help individuals and families improve their lives. Collaborating with community partners, we sustain a robust range of services that are accessible because we help people where they live and work.

We continue to be innovative as we identify new and special needs, develop programs, train our staff, and deliver services. We will expand our use of state-of-the-art technology to extend our capacity and enhance the quality of service. We will continue to develop well-trained, dedicated staff within a supportive, challenging, and personally rewarding work environment.

Do You Know?...

- How many people are affected by a mental disorder?
 - 1 in 5
 - 1 in 10
 - 1 in 50
 - 1 in 100
- Anxiety disorders are the most common mental health disorder. What are the signs and symptoms.
 - fast breathing
 - tense muscles
 - generalized worry
 - all of the above
- Which phobia is the fear of heights?
 - acrophobia
 - astraphobia
 - hemophobia
 - agrizoophobia
- Which is not a symptom of ADHD (attention deficit hyperactivity disorder)?
 - lack of focus
 - insomnia
 - restlessness
 - impulsive behavior
- What anxiety disorders do many war veterans suffer from?
 - GAD
 - PTSD
 - ADB
 - OLD
- Which of the following mental disorders can be treated with medication and therapy?
 - Schizophrenia
 - Bipolar Disorder
 - Panic Disorder
 - All of the above
- Which is not a symptom of schizophrenia?
 - Delusions
 - Hallucinations
 - Catatonic behavior
 - Ability to solve difficult math problems
- At what age is Autism usually noticed?
 - By age 3
 - Before birth
 - By 6 months
 - About age 12



Answers to "Do You Know".
 1.) 1 in 5 2.) All of the above 3.) Acrophobia 4.) Insomnia 5.) PTSD (Post Traumatic Stress Disorder) 6.) All of the above 7.) Ability to solve difficult math problems 8.) By age 3



Mental Health Matters

In this Issue

- ~May is Mental Health Month~
- ~Parent Education~
- ~The Wellness Committee~
- ~Educational Opportunities and Events
- ~ Observances ~
- ~Do You Know? ~



May is Mental Health Month...

"Pathways to Wellness"—this year's theme for May is Mental Health Month—calls attention to strategies and approaches that help all Americans achieve wellness and good mental and overall health.

Wellness is essential to living a full and productive life. We may have different ideas about what wellness means, but it involves a set of skills and strategies which prevent the onset or shorten the duration of illness and promote recovery and well-being.

Wellness is more than absence of disease. It involves complete general, mental and social well-being. And mental health is an essential component of overall health and well-being. The fact is our overall well-being is tied to the balance that exists between our emotional, physical, spiritual and mental health.

Everyone is at risk of stress given the demands it brings and the challenges at work and at home.

But there are steps that maintain well-being and help everyone achieve wellness. These involve a balanced diet, regular exercise, enough sleep, a sense of self-worth, development of coping skills that promote resiliency, emotional awareness, and connections to family, friends and the community.

These steps should be complemented by taking stock of one's well-being through regular mental health checkups. Just as we check our blood pressure and get cancer screenings, it's a good idea to take periodic stock of our emotional well-being.

One recent study said everyone should get their mental health checked as often as they get a physical, and many doctors routinely screen for mental health, which typically include a series of questions about lifestyle, eating and drinking habits and mental wellness. But a checkup doesn't necessarily require a special trip to the doctor. There are online screening tools you can use. While conditions like depression are common—roughly 1 in 5 Americans have a mental health condition—they are extremely treatable."

Fully embracing the concept of wellness not only improves health in the mind, body and spirit, but also maximizes one's potential to lead a full and productive life.

Using strategies that promote resiliency and strengthen mental health and prevent mental health and substance use conditions lead to improved general health and a healthier society: greater academic achievement by our children, a more productive economy, and families that stay together.

"It's why pathways to wellness are so important and why we need to spread the word." ~Mental Health America~



Serving
Chautauqua,
Elk,
Montgomery
and
Wilson County

Independence
(620) 331-1748

Coffeyville
(620) 251-8180

After Hours Emergency
(800) 499-1748
www.fourcounty.com



Parent Education...

Although the Parent Education department is always busy throughout the year - April and May tend to find the staff participating in awareness activities- such as April is Child Abuse Awareness Month and May is Mental Health Month.

According to Gail Norton, Coordinator, "The goal of parent education is to give parents the skills and tools they need to provide healthy, safe environments for themselves and their children. The classes are created to help in understanding child development and social/emotional skills the child will need as they grow through the years."

The Parent Education staff are: Gail Norton, Coordinator; Cassie Graham (focusing on Independence and Cherryvale) and Kari Barrera (focusing on Coffeyville USD 445 and Wilson County).

Each year presentations are made to 4th grade students in all four counties (10 schools with 578 students). Topics are applicable to the student today. This year - "Life is about Making Choices : Make the Right Ones" is the topic Gail and her staff presented.

Pinwheels have been placed at the mental health centers to bring awareness to child abuse and neglect. These pinwheels are a reminder for the community to fight against child abuse.

There are over 80 topics to present in the Parent Education program. Parents are being encouraged to attend a series of classes - beginning with infancy through the teen years.

Some of these are: Incredible Years - a series of classes for babies, toddlers, preschoolers, ages 4 - 12 (9 - 14 sessions); "Conscious Discipline"; "Brain Smart" (6 sessions); and "Love and Logic" (5 -7 sessions).

Also offered are "Preventing Child Abuse & Neglect" classes for foster parents and day care licensing; "Parenting Through Divorce" classes for families to learn appropriate skills when going through a divorce; and Parent Alcohol and Drug School (5 sessions).

Funding for the program is provided through Four County and a Community Service Grant of DCF and Kansas Children's Cabinet and Trust Fund (CBCAP). Parent Education began at Four County in 1984.

Parent Education classes are taught to about 500 different participants during the year.

Success stories are always appreciated: Stories from parents show how important Parent Education classes are and how learning can change ones lives.

I was a single teen mom when I had my first child. At two months my little boy was removed from my care. When I got my child back I knew I needed a support group to help me learn to be a better mom. I then married and had a second son. Together, we are working on providing a home environment for the two boys.

I came to Four County Mental Health Center and joined the Project Before program. The Project Before program encourages parents to attend parenting classes through the Parent Education Program of Four County.

I attended "The Incredible Years for Toddlers" ages 1 - 3. I learned how spending time with my toddler, though child-directed play, helps build a stronger relationship between the child and parent. I learned about the stages and milestones for toddlers and how to help the child through each developmental milestone of language, social, emotional, physical and mental development.

Because of what I have learned, I feel more confident and can relax a little more and enjoy the baby and toddler stages of my two young sons.

I was pretty much homeless and pregnant. I was sad, stressed out and worried, helpless. I was excited about having a baby, but very worried about how to take care of things. I started Parent Education classes when the baby was around two weeks old. We were able to get the father back involved. Now we are renting a home and a year later we are still taking classes.

Parent Education class have benefited us as we have had more help, support and advice. We have learned how to grow as a family. We have learned about our child and what she should be doing as she progresses and grows. There have been ups and downs, but it has all worked out in the end. Our baby has developed more than some other kids her age and that makes us feel like great parents and that we did good.

I am 22 years old and a very proud mother of my little girl, who is almost three years old. When my child was two years old she was taken away from her father and me. In order to get her back in my custody, I have taken numerous parenting classes to be a better mother.

From the "Incredible Years for Toddlers" I have learned a lot through listening and asking questions. The biggest thing that I have learned is that it is so important to have one-on-one time with my daughter. Before these classes, I hardly ever got down on her level and played with her. I've learned by doing this that my daughter is closer to me and it is a very good way to sneak learning into her head.

Another thing I learned was how to appropriately discipline my child. I hate spanking and so I never disciplined her because that was the only thing I knew. From these classes, I learned some appropri-



ate ways to discipline her, like using time out. I learned that a good way to decide on how long the time out should be is a minute per year of her age.

The biggest problem, before these classes, was for me wanting to be my daughter's friend instead of being her mother. But I've learned how to have a happy medium. I learned that I can still have fun with her, but still switch over to mom-mode when necessary.

I don't know as a mom where I would be without these classes. Because of these classes I have a better chance of getting my daughter back in my home. I would most definitely recommend these classes to every parent who is striving to be a better mom or dad.

Thank you Four County Mental Health Center!



Seeing yourself as you want to be is the key to personal growth.

TWC - The Wellness Committee...

The Wellness Committee at Four County has been hard at work finding fun ways to improve the health and wellness of our employees and families.

TWC has developed a new logo with Honu still the center of all. "Honu" is Hawaiian for turtle - you know "slow and steady wins the race". So watch for "Honu" around our facilities sharing upcoming opportunities.

This coming year, TWC is sponsoring a "HealthTrip" - a 12-month journey focusing on all areas of wellness and encouraging employees to increase their activity. It's good for the body, brain, and spirit!

We know that total wellness is more than cutting calories and working out - it's about good nutrition, active living, emotional well-being and financial health as well.

The goal of the committee is to create positive encouragement to employees to adopt a new healthy behavior - or two - and then model those healthy choices for patients as well as their own families.

Wellness committee members are Thresa Bowman, Robin Browning, Jan Cosgrove, Tyler Dunn, Jodi Hayse, Lacy King, Blair Millemon, Valerie Patton, Eric Valle, and Michelle Van Winkle. Contact any of them with ideas, suggestions, or questions!



Educational Opportunities and Events

Support Groups

Grief Support Group • every 2nd Tues. • 7:30PM
Independence. 315 W. Sycamore.

Therapy Groups

Anger Mgmt. for Youth • Mon. • 6:00PM
Aggression Replacement Therapy • Tues. & Thur. • 4:00PM
Managing Your Mind • Mon. • 2:00PM
Dialectical Behavior Therapy • Tues. • 2:00PM
Relationships 101 • Wed. • 2:00PM
Project CORE • Wed. & Thurs. • 11:00AM & 5:00PM
Life Skills • Thurs. • 2:00PM
Survivors in Transition • Thurs. • 4:30PM
Anger Management • Thurs. • 6:00PM
Illness Management and Recovery • Fri. • 2:00PM

For more information ~ 620.331.1748



Parenting Classes

Please go to our website: www.fourcounty.com to view a list of upcoming Parenting Classes.

Observances

April

- Alcohol Awareness Month
 - Autism Awareness Month
 - Celebrate Diversity Month
 - Child Abuse Prevention Month
 - Sexual Assault Awareness Month
 - Stress Awareness Month
- Apr. 21-27 • National Crime Victims' Week

May

- Mental Health Month
- May 5-11 • Children's Mental Health Awareness Week
May 5-11 • Anxiety & Depression Awareness Week

June

- Abused Women & Children's Awareness Day
- Elder Abuse Awareness Day