

Parent to Parent Network

VOLUME 3 ISSUE 1

MARCH, 2013

From the Director

Editors note: The following is reproduced from the American Psychology Association.

Children's Mental Health

Mental health — an essential part of children's overall health — has a complex interactive relationship with their physical health and

their ability to succeed in school, at work and in society. Both physical and mental health affect how we think, feel and act on the inside and outside. For instance, an overweight young boy who is teased about his weight may withdraw socially and become depressed and may be reluctant to play with others or exercise, which further contributes to his poorer physical health and as a result poorer mental health. These issues have long-term implications on the ability of children and youth to fulfill their potential as well as consequences for the health, educa-

tion, labor, and criminal justice systems of our society.

For instance, a boy named Bobby is being physically abused by his father and often acts out aggressively at school. His behavior is a natural reaction to the abuse, but his behavior may also mark the beginning of undiagnosed conduct disorder. His teach-

Why Is Children's Mental Health Important?

ers simply see him as a troublemaker and continually punish his behavior. Later, Bobby drops out of school as a teenager because he finds it a harsh and unwelcoming environment and is anxious to leave his abusive home and fend for himself. However, holding down a job is difficult because Bobby often clashes with his coworkers and supervisors due to his aggression. Bobby has also begun to self-medicate by abusing alcohol and has been arrested a number of times for drunken disorderliness. By the time Bobby finally receives a proper diagnosis of his conduct

disorder and substance abuse, he is in his thirties and his mental health problems have become deeply entrenched. They will require extensive therapy, which Bobby probably cannot afford without a job that provides adequate health insurance. Things could have been very different if Bobby was referred to a psy-

chologist in his childhood who could have diagnosed him, offered effective treatment,

and alerted the authorities about the abuse.

All children and youth have the right to happy and healthy lives and deserve access to effective care to prevent or treat any mental health problems that they may develop. However, there is a tremendous amount of unmet need, and health disparities are particularly pronounced for children and youth living in low-income communities, ethnic minority youth or those with special needs.

In this Issue:

- *Children's Mental Health Week*
- *Motorcycle Ride*
- *Family Support Group*

We are always the same age inside.

[Gertrude Stein](#)

How old would you be if you didn't know how old you are?

[Satchel Paige](#)

Come Celebrate with Parent to Parent Network as we recognize

Children's Mental Health Month

Event will include:

Speakers

Pony Express Riders

Meal

Informational Handouts

Mayor Sue Fuchtman Welcome Speech at 4:00pm

Appearances by Radio Personalities **92.7** 4-6pm

Live Music from 7-9 pm by **Thudwinker**

Flat Screen TV Raffle

WHEN: Friday May 31, 2013
from 4:00 to 9:00pm

Meal will be served from 5:00 to 6:00pm.

**Raffle Drawing at 6:30pm -
"Must Be Present To Win!"**

WHERE: VFW 4th & Braasch in
Norfolk, NE.



Registration is Required for the Meal!!
Please Call: 1-877-379-9926 or 402-379-2268

Please RSVP by May 24



Events

Children's Mental Health Week Pony Express Ride Across Nebraska 6th Annual Wild Ride May 30th, May 31st June 1st 2013

Kickoff Parade May 29th: 6:30 pm MST. Starting at Frank Park, Scottsbluff NE. 2623 2nd Ave **Arrive:** Gering Civic Center Parking Lott.
Activities at Gering Civic Center Live Band, etc.

Start Day One, May 30th

Leave: Eagles Scottsbluff/Gering Eagles at 7:30 am MST, Head towards Sidney via Kimball
Arrive: Sidney Visitors Center 9:10 MST, Fuel and letter pickup.

Leave: Sidney Sapp Bros at 9:30 MST, Head towards Ogallala NE.
Arrive: Ogallala at 11:10 am MST,

Leave: Ogallala at 11:25 am MST, head towards North Platte Travel U S Hwy 26/30
Arrive: North Platte at 1:30 pm CST,

Leave: North Platte , Head towards Lexington
Arrive: Lexington Eagles #2922 at 3:40 pm CST,

Leave: Lexington Ride around Court House on way out of town head towards Kearney NE.
Arrive: Yanney Park 5:05 pm CST,

Leave: Yanney Park 5:45 Head towards Kearney
Arrive: Kearney Eagles 6:05 pm CST,

Start Day Two, May 31st

Leave: Kearney at 7:30 am CST, head towards Grand Island NE.
Arrive: Grand Island, Eagles/Elks South Locust 8:30 am
Arrive: Boys Town Shelter 9:40 CST.
Leave: Boys Town Shelter 10:00 am CST, head towards York Travel
Arrive: York at 11:05 am CST,

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Motorcycle Ride Continued

Leave: York #3990 at 11:40 pm, and travel to Epworth Village in York
Arrive: Epworth Village 12:00 pm CST

Leave: Epworth Village at 12:30 pm, Head towards Columbus
Arrive: Columbus #1834 3205 12th Street at 1:40 pm

Leave: Columbus at 2:15 pm CST, Head to East Central District Health
Arrive: East Central District Health at 2:30 pm CST

Leave: East Central District Health at 2:50 pm CST, Norfolk (Parent to Parent Network)
Arrive: Arrive Norfolk VFW at 4:15 CST (Parent to Parent Network) to Parents)

Leave: Norfolk VFW 6:30 pm CST, Head towards Fremont **Alternate Route:** Road Construction by-pass Hwy 24 to Hwy 57 to Hwy 32 to Hwy 275 80 miles Travel 95 Min
Arrive: Fremont Eagles at 8:00 pm CST

Start Day Three, June 1st

Leave: Fremont at 9:00 am, head towards Boys Town West Dodge Rd,

Arrive: Boys Town at 9:35 am CST, Nebraska Family Support Group will meet us there.

Leave: Boys Town, 10:05 am head towards Lincoln Indian Center Travel: U S 6/31, Cornhusker Hwy Yolanda Ave, N Antelope Valley Hwy, Left on Military

Arrive: Indian Center at 11:15

Leave: Indian Center 11:45 head towards Lincoln #147

Arrive: Arrive Lincoln #12:00 p.m.

Staging Time for Parade is 12:45pm CST at Lincoln Aerie #147

Leave: Lincoln 147 at 1:00 CST for Parade to State Capitol.

Arrive: 1:20 pm

Leave: Capitol at 2:00 pm.

Arrive: at Champions at 2:20 pm.

Parade route

Leave Lincoln Aerie 147 head to Sun Valley Blvd,

Right on Sun Valley Blvd to O Street,

O Street to South Hwy 77

Hwy 77 to Rosa Parkway,

East on Rosa Parkway to State Capitol,

Parking on North Side

The parade will end at the steps of the capital the Pony Express handing the letters to the hands of the Youth.

Want to be a pony express' rider? Please do, your involvement would be so appreciated.

Contact for more information: billprimrose@hotmail.com

Active Parenting Now

Parent to Parent Network offers Active Parenting Now.

ACTIVE PARENTING NOW is an entertaining and informative, 6-week program for parents of children ages 5-12 that uses video, activities and discussion to show you ways to **raise responsible, cooperative children** who are able to resist negative peer pressure. You'll learn a proven approach to parenting developed by Dr. Michael Popkin that will lead to more harmony and happiness for you and your children.

The cost for the class is \$40 and will include all materials.

Please call 1-877-379-9926 or 402-379-2268 for more information.

Six topics every parent needs to know:

Session 1 The Active Parent

Session 2 Winning Cooperation

Session 3 Responsibility & Discipline

Session 4 Understanding & Redirecting Misbehavior

Session 5 Building Courage, Character & Self-Esteem

Session 6 The Active Family Now

**The cost for this class is \$40 per person,
and will include all materials.**

**Classes can be scheduled for
groups or organizations**



How Many Children Have Mental Health Disorders?

An estimated 15 million of our nation's young people can currently be diagnosed with a mental health disorder. Many more are at risk of developing a disorder due to risk factors in their biology or genetics; within their families, schools, and communities; and among their peers. There is a great need for mental health professionals to provide the best available care based on scientific evidence, good clinical expertise, and that takes into account the unique characteristics of the child or adolescent. However, it is estimated that only about 7 percent of these youth who need services receive appropriate help from mental health professionals (Dept. of Health and Human Services, 2001 — [Report of the Surgeon General's Conference on Children's Mental Health: A National Action Agenda](#)).

What Does Psychology Have to Offer?

Research in psychology has contributed to the development of more effective treatment and prevention of mental health disorders in children, youth, and families, including programs targeting expectant mothers, children in school settings, and youth transitioning into adulthood and programs working at the following levels:

- Individual — e.g., therapy or counseling for those with mental health disorders
- Peer — e.g., peer-assisted learning programs aimed at improving reading, math, and science
- Family — e.g., parent education on the needs of children at each stage of development
- School — e.g., strategies for teachers for effective classroom management
- Community — e.g., violence prevention programs administered through community/recreational centers or churches

Systemic — e.g., coordination of services in the health, juvenile justice, education, and child protection systems.

Psychologists working with children and youth are also trained to take into account developmental considerations on:

- Identity,
- Emotional,
- Social,
- Cognitive and

Biological bases.

Culture, ethnicity and language also mediates the behavior of children and adolescents in numerous ways and as a result affects the methods of prevention and treatment of mental health disorders.

Psychologists have developed tools to assess the risk and protective factors for the mental health of children and youth, to test them for behavioral or emotional problems, and to continually monitor treatment progress.

Psychologists have also designed programs that effectively engage families, schools and communities, that is, the critical social supports that can guarantee lasting well-being for children and youth. For example, one successful family-centered program aimed at decreasing alcohol use in preteens engages parents and caregivers by training them on parenting skills such as setting limits, expressing clear expectations about substance abuse, communication and discipline while also simultaneously training youth on resistance skills and how to develop negative attitudes toward alcohol.

How Does One Find a Psychologist for Children and Youth?

Psychologists working with children and youth can be found in many settings:

- In schools
- In community health centers
- In hospitals working in partnership with pediatricians and psychiatrists
- In research centers
- In private practice

You can also call 1-800-964-2000 or visit the [APA Help Center](#). OR
Call Parent to Parent Network 1-877-379-9926.

Parent to Parent Network

Parent to Parent Network
201 Miller Avenue
Norfolk, NE 68701

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Parent to Parent Network is affiliated with the
Nebraska Federation of Families for Chil-
dren's Mental Health

Members of:

National Alliance for Mentally Ill (NAMI)

National Federation of Families for Children's
Mental Health

Parent to Parent Network is a private, non-profit, commu-
nity based organization devoted to strengthening families
in Nebraska. Organized in 1998, the program has grown
substantially through the years, including outreach to sev-
eral communities in Northeast Nebraska.

We hire people who are or have been primary care-givers
for children with behavioral health, emotional, or school
issues. Our Advocates are trained to help, but their
strength lies in having "been there", and having found
ways to navigate the systems affecting their child.

We charge no fees for our services. We're members of the
Nebraska Federation of Families for Children's Mental
Health and the National Federation with the same name.

Services are provided confidentially. You determine what
services you want. We may make suggestions, but you
have the final say!

Advocacy on behalf of the families we serve is an integral
part of the services we provide. We look upon those to
whom we advocate as being partners rather than oppo-
nents. We prefer what we call collaborative advocacy. We
know that our families are best served when we make and
strengthen partnerships with other helping organizations.
Our advocacy is done with regard for one overriding princi-
ple: ***that the family voice be heard.***

OUR WEB ADDRESS IS:
WWW.PARENT-PARENT.ORG

Staff:

Robert Gereaux, Executive Director

Tawna Lichty, Family Services Coordinator

JoAnn Pieper, Office Manager

Cliff Hogancamp, Information Systems Specialist

Kimberly Dye, Family Advocate

Amanda Dunbar, Family Advocate

Vacant, Family Advocate

Maribel Bernal, Office Assistant