Parent to Parent Network

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, education, 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 teachers simply see him as a troublemaker and continuously 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 psychologist 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.
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

**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.

Live Music from 7-9 pm by Thudwinker

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 US 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**: Yancey Park 5:05 pm CST,

**Leave**: Yancey 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: US 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
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

Classes can be scheduled for groups or organizations.

The cost for this class is $40 per person, and will include all materials.
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 disor-
der. 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 pro-
fessionals 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 re-
sult 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 criti-
cal 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 par-
enting 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 is a private, non-profit, community based organization devoted to strengthening families in Nebraska. Organized in 1998, the program has grown substantially through the years, including outreach to several 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 opponents. 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 principle: 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