

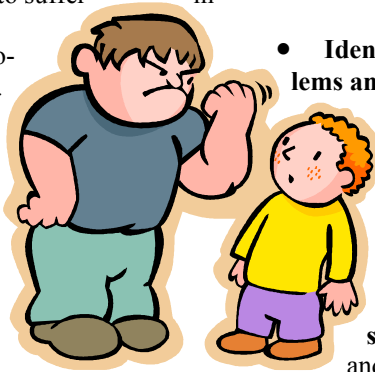
FEDERATION OF FAMILIES OF SOUTH CAROLINA SUPPORT MATTERS

The School Bully Can Take a Toll on Your Child's Mental Health

Ask any child what a bully looks like, and he or she is likely to describe someone who is bigger and stronger. Yet, while bullies certainly are known for their ability to overpower others physically, mental bullying can be just as damaging to children.

When children are picked on by bullies, whether physically or mentally, many feel the need to suffer in silence for fear that speaking up will provoke further torture. But bullying is not a problem that usually just takes care of itself. Action needs to be taken.

Parents and caregivers are sometimes reluctant to intervene in conflicts between children but they *can* teach children *not* to take part in—or become victims of—bullying. Children can be taught to assert themselves effectively. As a caring adult, you can:



- **Demonstrate assertive behavior.** Teach children to ask for things directly and respond directly to each other. It is OK to say "no" to an unacceptable demand. Let children role-play with puppets or dolls.
- **Teach social skills.** Suggest ways for children to compromise or to express their feelings in a positive way. Show children how to resolve problems firmly and fairly.
- **Identify potential friendship problems and correct them.** Teach children how to ignore routine teasing. Not all provocative behavior must be acknowledged. Teach children the value of making new friends.
- **Teach common courtesy skills.** Teach children to ask nicely and to respond appropriately to polite requests.
- **Identify ways to respond to bullies.** Help children identify acts of aggression, bossiness or discrimination. Encourage children not to give up objects or territory

to bullies. This discourages bullying behavior.

- **Demonstrate the rewards of personal achievement.** Teach children to trust and value their own feelings. They will be more likely to resist peer pressure, respect warm and caring adults, and be successful in achieving their personal goals.

Children who are victims or witnesses to acts of bullying often suffer from serious emotional problems including depression and anxiety. Parents and caregivers who wish to learn more about mental well-being in children, please call 1-800-789-2647 (toll-free) or visit the Web site at www.mentalhealth.samhsa.gov/child The federal Center for Mental Health Services is an agency of the Substance Abuse and Mental Health Services Administration, U.S. Department of Health and Human Services.

For a special presentation about how your community can address bullying contact The Federation of Families of South Carolina.

Learning from your Child's Teacher

You know how your child behaves at home, but do you really know what he or she is like at school? Now is a good time to find out if your child is ready to learn. A child's mental health is an important factor in his or her ability to do well in school.

Mental health is how a child thinks, feels, and acts. Mental health problems can affect any child—even elementary or preschool children. These problems are more common than you may think. One in five children has a diagnosable mental, emotional, or behavior problem that can lead to school failure, family discord, violence, or suicide. Help is available, but two-thirds of children with mental health problems are not getting the help they need.

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Crises and Disaster May Affect Your Child: When Teachers Should Refer Students to a

Children react differently to personal crises and disasters. Often parents and teachers are unaware how significantly such events have affected a child.

In past years and most recently with hurricane Katrina, our children have been exposed to far more visual information about such disasters than ever before.

When children see and hear this information they may fear the same thing could happen to them and their family.

Local community incidents, individual and family crises may also affect a child. Make your child's teacher aware if there have been family crises that may affect your child or if they have been overly affected by local or national events.

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Federation of Families for Children's Mental Health of South Carolina

Individuals with Disabilities Education Act (IDEA) and No Child Left Behind Act with Dixie Jordan

*Saturday, October 1, 2005
10:00 am to 4 pm*



**How do these education laws affect
your child with mental health needs or
diagnosis?**

Dixie Jordan, one of the leading experts on the discipline guidelines in the IDEA and children with mental health disorders and parent of a child with a mental health disorder, will provide a wealth of information relating to the IDEA and education of our children with mental health needs. Dixie is the Co-director of PACER Center, the national leader of parent training and information centers. She has served on many state and national boards and has provided extensive training on behavior intervention and special education laws. Dixie is the author of several books and publications written on behavioral issues and cultural diversity. Special consideration must also be given to children with special needs under the No Child Left Behind Act (NCLB). Ms. Jordan will relay how the NCLB affects these children and the changes that have occurred under this act as well. This opportunity will be well worth your time.

**\$10.00– covers lunch on site
and materials.**

**\$20.00– lunch, materials,
contact credits or CEU's.**

**Limited number of parent
scholarships are available, call
for more information.**

**Registration and Payment Due
by: September 23, 2005**

**Call to Register:
In Columbia– 779-0402
Tollfree-866-779-0402**

email: fedfamscbd@aol.com

Location: Columbia, in The Forum Auditorium at William S. Hall Institute, Freed St. on the grounds of the SC Department of Mental Health at the corner of Bull St. and Colonial Dr.



**Federation of Families for
Children's Mental Health
of South Carolina
PO Box 1266
Columbia, SC 29202**

Community Parent Groups

The Federation of Families of SC assists many parents of children with emotional, behavioral, or mental health disorders establish community parent groups. For others we provide information and technical assistance.

If you are the parent of a child or adolescent who is having emotional or behavior problems that have you concerned or if your child has been identified with a mental health disorder, join other families who will understand what you and your family are experiencing.

Attending a meeting with other families experiencing similar situations at home, in school and with agencies and professionals can be a comforting experience for parents who have felt they were the only parents having such an experience with their child.

If there is not a group listed in your community please call our office toll free at 1-866-779-0402. We may be able to connect you with other parents in your community. If you live in one of the areas below you may contact the group facilitators listed directly.

Anderson County

Anderson County Library
Room C
3rd Thur 7:00-9:00 pm
Lisa Fant (864) 261-9970
Jimmie Craigo (864) 338-0227

Beaufort County

Call for time and place
Loraine Tascoe-Bey (843) 322-5414

Beaufort County

Call for time and place
Rita Jaklitsch (843) 706-2395
Sharon Brown (843) 757-7107

Chester County

Call for time and place Katherine
Caldwell (803) 581-7672

Fairfield County

Winnsboro
3rd Tuesday 11:00 – 1:00 pm
Shirley Green (803) 635-6086

Florence County

Florence/Darlington
Aroma Underground
Celebration Avenue
2nd Saturday 8:00-9:00 am
866-779-0402 for more info

Georgetown County

Georgetown/Andrews/Pawley's Island
Call for time and place
Betty Wright (843) 546-9714

Greenville County

Greenville
St. James Church
1st Friday 7:00 pm
Perkin's Restaurant
2nd Thursday 7:00 pm
Maria Atkinson (864) 884-7460

Greenville County – Greer

Greer/Greenville/Spartanburg
NAMI Greenville Office
2320 East North St Suite L
1st Thur 10-11 am (parents of 12-up)
2nd Wed 10:30-11:30 (parents of 5-12)
Kelly Troyer (864) 346-7446

Greenwood

Parents United
Greenwood Children's Center
113 Liner Dr.
Every Monday 5-6:30
Tara Cothran- 864-941-8196

Hampton County

Hampton
Call for time and place
Mary Morris (803) 943-9191

Kershaw County

Camden/Lugoff/Elgin
Wateree Baptist Church
4th Sunday 3:00-4:30 pm
Karen Sullivan (803-475-2545)
Work – (800) 203-8884 #9970

Lancaster County

Lynnwood United Methodist Church
3rd Sunday 3:00pm
Bridgett Reeves (803) 273-9133

Lexington County

Lexington/West Columbia
Three Rivers Hospital – Hwy.378
(private dining room)
1st Tuesday 7:00 – 8:00 pm
Crystal Bivens (803) 794-9796

Marlboro County

Bennettsville/Cheraw
Marlboro Park Hospital
(room next to gift shop)
2nd Saturday 12:30 – 2:00 pm
Susie Tolson (843) 479-8140

Richland County

Columbia
United Way Building – 100 Main St
3rd Tuesday 6:30 – 7:30 pm
Continuum of Care- 3rd Friday 6-7:30
Pheobe Malloy (803) 695-5700 (W)
(803) 776-4105 (H) or,
Lillie Griffin- (803) 731-7643 (H)

Richland County

Richland/Irmo
Union United Methodist Church
6:30-7:30 pm
2nd and 4th Wed of each month
Laurie Jackson (803) 407-8141

Spartanburg County

Spartanburg/Greer
Spartanburg County Library
3rd Friday 6:30 pm
Maria Atkinson (864) 884-7460

Sumter County

Sumter
Maureen Fitzgerald (803) 469-9729

Williamsburg County

Hemingway/Andrews/Kingstree
Call for date, time, and place
Glander Pressley (843) 382-8685

York County

Rock Hill
Call for time and place Danice Vance
(803) 324-5964
Betsy O'Brien (803) 802-4484

updated 07/06/2005

Learning from your Child's Teacher... continued from page 1

The federal Center for Mental Health Services, a component of the Substance Abuse and Mental Health Services Administration, is urging parents and teachers to talk about mental health. Your child's teacher should be your ally. He or she can help you decide if your child may need help.

Here are a few questions you should discuss with your child's teacher.

1. Does my child seem angry most of the time? Cry a lot? Overreact to things?
2. Does my child destroy school property or do things that are life threatening? Harm other children on the playground? Break rules over and over again?
3. Does my child appear sad or anxious much of the time? Show an unusual concern about grades or tests?
4. Does my child seem obsessed about how he looks? Often complain about headaches, stomach aches, or other physical problems—especially when it's time to take a test or participate in classroom social activities?
5. Is my child unable to sit still or focus

her attention? Make decisions? Respect your authority as a teacher?

6. Has my child lost interest in things usually enjoyed, such as sports, music, or other school activities? Suddenly started avoiding friends?

If you and your child's teacher answer "yes" to any of these questions, and the problem seems persistent or severe, then you need to find out if a mental health problem is contributing to this behavior. It's not easy for parents to accept that their child may have a problem. Early treatment can help your child succeed in the classroom, but it is important that you seek help.

Here are some tips to get you started. Get more information. Call 1-800-789-CMHS (2647) to receive a free brochure or other materials about children's mental health.

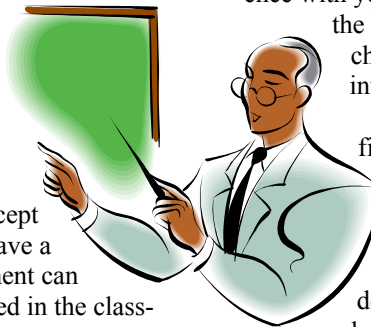
Talk with your pediatrician or health care provider. He or she can check your child for other factors that can inhibit

learning, such as poor eyesight or hearing. Together, you may decide that your child and family need help from someone with more mental health training.

Take an active role in helping your child get better. Every child and every parent has strengths. Helping your child do his or her homework gives you a chance to share your time and your experience with your child. This can strengthen the bond between you and your child. It also can teach you what interests your child.

Keep looking until you find the right services and the right providers for your child. Be patient, yet persistent. When it comes to mental health services, one size does not fit all. There are several national organizations and advocacy groups that can help you find services in your community.

Children need consistency, both in the home and in the classroom. By working together, parents and teachers can reinforce a child's strengths; such as curiosity, caring for animals, or a sense of humor. That's a big part of being a caring parent or teacher.



FOR YOUR INFORMATION...

Important dates and information from The Federation of Families of South Carolina.

504/IDEA Overview Training

You are invited to attend a 504/IDEA Overview training that is made available to you through the Federation of Families of South Carolina.

September 28, 2005

4:00-6:30 p.m.

In Williamsburg, S.C.

At the Rick Goings Boys and Girls Club

Meals will be provided to those who register before September 26. Please call 1-866-779-0402 to register.

The Training is offered to parents of children/adolescents with or at risk of developing an emotional or behavioral disorder.

Record Keeping Workshop in Florence

You are invited to attend a Record Keeping Workshop* that is made available to you through the Federation of Families of S.C., Pro-Parents of S.C., and sponsored by the Common Ground (a Federation of Families parent group.)

September 24, 2005

9:00a.m.-Noon

At the Florence County Library

Meals will be provided to those who register before September 20, please call 1-866-779-0402 to register.

*Please bring your child's school and medical records with you for this hands on workshop. IEP Questions will be answered during this workshop.

Teachers Referring Students to a Mental Health Professional; continued from page 1

Serious illness of family members, deaths, divorce or even the death of a family pet can seriously affect some children.

How can you tell if a student needs a referral to a mental health professional?

There is a wide range of normal reactions to a disaster. Usually the reactions can be dealt with through support at home and at school. However, when symptoms persist several months and/or are disruptive to the student's social, mental or physical functioning, you may need to recommend professional help. Counseling may be recommended as a preventive measure.

How should the referral be made?

In making such referral, it is important to stress that it is not a sign of failure from parents if they find they are not able to help their child by themselves. It is also important to note that early action will help the child return to normal and to avoid more severe problems later.

When should a referral be made for a preschool or elementary school student?

Consider referring the family for professional help if the child:

- Seems excessively withdrawn and depressed
- Does not respond to special attention and attempts to draw him/her out
- Exhibits extreme signs of anxiety,

such as excessive clinging, irritability, eating or sleeping problems for more than one month.

When should a referral be made for a junior high or high school student?

Consider referral to a mental health professional if the student:

- Is disoriented, that is, if he/she is unable to give own name, town and the date -
- Complains of significant memory gaps
- Is despondent and shows agitation, restlessness and pacing
- Is severely depressed and withdrawn
- Mutilates self
- Uses drugs or alcohol excessively
- Is unable to care for self, e.g., doesn't eat, drink, bathe or change clothes
- Repeats ritualistic acts
- Hallucinates, hears voices, sees visions
- States his/body feels "unreal" and expresses fears that he/she is "going crazy"
- Excessively preoccupied with one idea or thought
- Has a delusion that someone or something is out to get him and

his family

- Is afraid he will kill self or another
- Is unable to make simple decisions or carry out everyday functions
- Shows extreme pressure of speech, talk overflows

For more information on responding to mental health needs in times of crises, or to find out about local mental health services, contact 1-800-789-2647, or visit

<http://www.mentalhealth.samhsa.gov>

(click on "crisis counseling").

Federation of Families of SC Contact Info:

- In Columbia: (803) 779-0402
- Toll-Free: 1-866-779-0402
- E-mail: Fedfamsc@yahoo.com
- Web: <http://www.midnet.sc.edu/ffsc>

PO BOX 1266
COLUMBIA, SC 29202

Diane Revels-Flashnick, Director
Crystal Bivens, Project Coordinator
Brenda Dease, Outreach Coordinator

National Child Health Day: A Chance to Nurture Children's Mental Health

National Child Health Day, the first Monday in October, is an occasion for all of us to focus on the health and development of our nation's children. But it's not just *physical* health and development that are important. *Mental* health is crucial to the development of children and must be as closely nurtured, year-round, as other aspects of their health. Approximately one in every five young people in the United States has a mental health challenge. Early detection of mental health difficulties is key to reducing the pain caused to children—and the costs sustained by their families and communities.

Pay attention if a child you know:

- Is troubled and feeling very sad, anxious, angry or frightened;
- Experiences big changes in school performance, in sleeping or eating habits, or loses interest in things usually enjoyed;

- Is limited by poor concentration, inability to sit still or focus, persistent nightmares, or performs certain routines dozens of times a day;

- Behaves in ways that cause problems, often hurts other people, destroys property or breaks things.

These could be warning signs of a mental health problem. Parents, teachers and caregivers should learn these warning signs so that they can recognize potential problems and get help for a child who needs it.

En Español

[Cómo Ayudar a los niños a vérselas con el miedo y la ansiedad. Espanol Folleto\(KEN01-0099\)](#)

[Cómo estás? Qué hubo? – Espanol Folleto \(CA-0036\)](#) Este folleto acentúa la importancia de la salud mental de los niños..

www.mentalhealth.samhsa.gov
Publications

The Federation of Families of South Carolina continues to grow everyday. There are no dues for membership. By calling, writing or E-mailing to let us know that you would like to be on our membership list, is all that is required. You will receive our quarterly newsletter, have access to our website, you can call for information or assistance. You may participate in or start a parent support group in your community, we train and provide technical assistance. We stretch our dollars, but to reach more families we must continue to grow. Please help us by making a tax deductible contribution in any amount.

Thank you for your financial contribution. Please send checks to:

Federation of Families of South Carolina
PO BOX 1266
Columbia, South Carolina 29202

Name: _____

Telephone: () _____

Email: _____

Address: _____

___ \$5 ___ \$10 ___ \$25 _____ Other

All donations are tax deductible and graciously accepted.

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