

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



**Federation of Families of  
SC Newsletter** [www.fedfamsc.org](http://www.fedfamsc.org)

**Resolutions or Affirmations?**

**January 2014**

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Approximately 1 out of 5 adolescents has a diagnosable mental health disorder.

The treatment success rate for children's mental health disorders is 80% .

Children & Youth who experience trauma display increases in stress hormones

**Resolutions or Affirmations**

At the start of each new year, many of us resolve to do something different to improve ourselves and our relationships with others. Many make a real resolve to change, but few are successful. According to Moms Mabley, the reason is simple, "If you always do what you always did, you will always get what you always got!" So to try something different this year, consider adding positive affirmations to your resolutions.

Click [here](#) to see a list of my favorites. Who knows, you just might experience something new this year!

**"Every Little Thing Gonna Be All Right"**  
Bob Marley

**Annual Conference: Feb. 28-March 1**

**Powerful Beyond Measure: Living a Better Day for a Brighter Tomorrow**

**White Oak Conference Center in Winnsboro**

Topics to be presented include mental wellness, cultural diversity, positive parenting, advocacy, crisis planning, and personality styles.

Youth between the ages of 12-25 will have their own opportunities to do "Something Fun", "Something Awesome", "Something Artistic", and "Something

that are comparable to those displayed in combat veterans.

Remarkable".

Click [here](#) for more details about the conference; limited scholarships are available.

## **Family Support Networks**

Is your child displaying aggressive behavior at home, at school, or in the community? Is your youth using drugs and/or alcohol? Is your child being defiant and disrespectful to you? Families raising children and youth with emotional, behavioral, and mental health challenges, or substance abuse concerns, often suffer in silence, believing that they are alone and no one else could possibly be experiencing the frustration, shame, disappointment, and embarrassment that they endure.

Family Support Networks are safe places where you can express your feelings and meet with other families to find compassion, mutual support and understanding.

There is also a supervised group (Youth M.O.V.E.) for youth between the ages of 12-25; they meet separately from the adults.

Click [here](#) to find out about upcoming meetings.

To learn more about Youth M.O.V.E. click [here](#).

To learn more about Family Support Networks, click [here](#).

## **Facebook Online Support Group**

**If you are unable to locate a Family Support Network in your community, contact us about starting one!**

In the meantime, become a part of our Online Support Group. It is private and confidential. Visit our website at [www.fedfamsc.org](http://www.fedfamsc.org) and our [Facebook page](#) to connect to a community that cares.

If you'd like to join a private FFSC Facebook support group, email Sarah at [sarah.rolf@fedfamsc.org](mailto:sarah.rolf@fedfamsc.org) for an invitation.

### **Free Training Available on the Learning Management System**

The Joint Council on Children and Adolescents has created a site to provide workforce development and training to professionals serving children and adolescents in the state of South Carolina. Family members may also utilize the Learning Management System. Simply create an account for free access to training and to learn more about the statewide core competencies. Obtain log in information [here](#).