

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



Federation of Families of SC Newsletter

www.fedfamsc.org

Bullying Prevention

October 2014

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Toll Free: 866-779-0402
Columbia: 803-772-5210

Upcoming Events

Family Support Networks

Richland/Lexington
October 16th 6:30-8:00 pm

Greenville
October 21st 6:30: 8:00 pm

Spartanburg
October 28th 6:30-8:00 pm

Don't see a Family Support Network in your area?

National Bullying Prevention Month

In support of Bullying Prevention Month, we have tailored our newsletter to reflect the awareness colors.

The End of Bullying Begins with Me.

That's the message during PACER's National Bullying Prevention Month in October. It's a time when communities can unite nationwide to raise awareness of bullying prevention through events, activities, outreach, and education.

Unity Day

Wednesday, October 22, 2014

Make it **ORANGE** and make it end!
Unite against bullying!

What are your true colors when it comes to bullying? If you care about safe and supportive schools and communities make your color **ORANGE on Unity Day.**

That's the day everyone can come together-in schools, communities, and online-and send one large **ORANGE** message of support, hope and unity.

Find out more about the

[Warning Signs of Bullying!](#)

NIMH News

Bullying Exerts Psychiatric Effects into Adulthood

**Want one??
Call us to get
started!**

**Call Toll Free
for Locations
866-779-0402
803-772-5210**

**Out of the Darkness Walk
Riverfront Park
1:00 pm
October 26, 2014**

Youth Mental Health First Aid Training

**An 8-hr interactive
course that prepares the
public to provide Mental
Health First Aid to youth
youth between the ages
of 12-25. Provided by
certified Youth Mental
Health First Aid USA
instructor.**

**For more info, email
jenah.cason@gmail.com.**

**DID YOU KNOW??
There are several
mental health-related
awareness events in
October?**

Click [here](#) to learn more!

Key Facts

***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**

Once considered a childhood rite of passage, bullying lingers well into adulthood. Bullies and victims alike are at risk for psychiatric problems such as anxiety, depression, substance abuse, and suicide when they become adults, reported a study partially funded by the National Institute of Mental Health (NIMH) that was published in the April issue of JAMA Psychiatry.

Watch this quick video, "[Bullying: Not a 'Rite of Passage'](#)", to learn more about the effect of bullying on young adults.

Youth M.O.V.E. SC on Bullying

What do you know bullying? [Take the quiz!](#)

Great short video for young people:
[Bullies and Bystanders: What the Teens Say!](#)

FDA: Don't Leave Childhood Depression Untreated

Every psychological disorder, including depression, has some behavioral components.

Depressed children often lack energy and enthusiasm. They become withdrawn, irritable and sulky. They may feel sad, anxious and restless. They may have problems in school, and frequently lose interest in activities they once enjoyed.

Some parents might think that medication is the solution for depression-related problem behaviors. In fact, that's not the case. The Food and Drug Administration hasn't approved any drugs solely for the treatment of "behavior problems." When FDA approves a drug for depression-whether for adults or children-it's to treat the illness, not the behavior associated with it.

Read More [Here](#).

+++Employment Opportunity+++

Continuum to Hire Parent Support Providers

The Federation of Families was recently awarded a contract to provide four full-time Parenting Peer Support Providers through the Governor's Office Continuum of Care. A Parenting Parent Support Provider will be based in these regions: Columbia, Greenville, Florence, and Charleston. To find out more about these positions, click [here](#)

Bullies and Bystanders

experience trauma display increases in stress hormones that are comparable to those displayed in combat veterans.

How bullying impacts bystanders

It is not only victims who suffer. According to stopbullying.gov, kids and teens who witness bullying are more likely to:

- Have increased use of tobacco, alcohol, or other drugs
- Have increased mental health problems, including depression and anxiety
- Miss or skip school

"Children's Mental Health Matters"

These bystanders also are more likely to experience feelings of helplessness and have suicidal thoughts, research suggests.

"I felt a little worthless, not knowing what to do. I felt really guilty for not helping that person being harassed, and I wish I could go back in time and fix that," says a high schooler named Paul.

Article: Teaching kids what to do when they witness bullying or cyberbullying is the key to preventing it. Includes information about bullying facts, bystander facts, why bystanders are silent and tips that can help kids stand up, not stand by. Read it [here](#).

Video: [What the Experts Say](#)

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