



Changing Minds

www.cincinnatichildrens.org/about/fcc/fan/psych/changing-minds-newsletter

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FIVE
Issue 1

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sue Ohio

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depressed?

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resources

Being a
better
dad

OUR
MISSION

"To educate, inform, advocate, and empower people in order to affect positive change in attitudes and treatment for psychiatric illnesses."

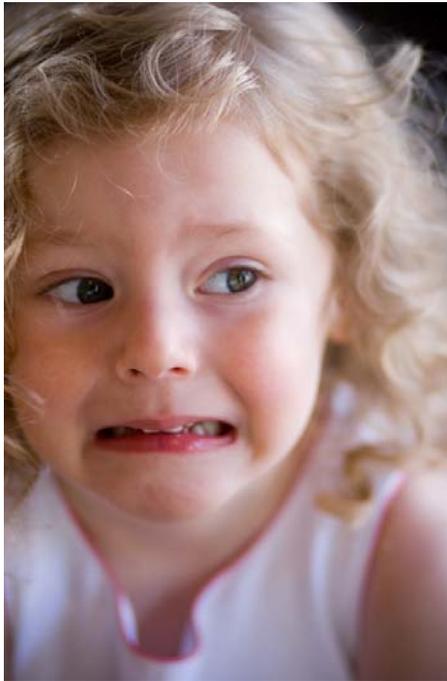
Taking the 'scare' out of healthcare

By: *Melissa Liddle, CCLS, CTRS*

Blood draw, EEG, MRI, tonsillectomy... Going to the hospital can be a stressful time for parent and child. It is often difficult for children to accurately imagine what a procedure or medical test might be like. Informing them about the medical test ahead of time can be re-assuring and most importantly, help reduce anxiety.

Every child is unique, so varying aspects of procedures will affect each differently. Parents can think of their children's sensitivities which might include privacy, sensory input, holding still, being away from a caregiver, etc. It is best to talk about these issues with the child in an open and honest way to minimize anxiety and maintain a trustworthy rapport between child, parent, and hospital staff.

A key factor is to use words that are easily understandable to the child. Use concrete language and provide honest answers to help avoid confusion. Make sure the information given describes *what* will happen during the procedure and *why* it is necessary. Addressing sensory concerns such as what the child will see, hear, and feel is also a helpful step in building confidence. Parents should explain when they will be present and if they are not able to stay, explain when they will return. Often-times, bringing a familiar item from home (stuffed toy, blanket, etc.) to the procedure can bring



Parents can minimize fears with some well-thought-out preparation and anxiety-reducing techniques.

comfort to the child.

Another helpful technique is to encourage the child to ask questions and express his or her feelings related to the procedure. He or she may share their feelings with someone they trust, draw out their emotions on paper, or act out their feelings through play.

By developing these different coping skills to address difficult areas, families can minimize stress from the hospital experience. Additional coping skills are: counting out loud, taking deep breaths, blowing bubbles, playing videogames, listening to

music, watching a movie, finding items in an I SPY book, and using imagination to take a make-believe vacation. These ideas can be practiced before going to the hospital, and also are great learning tools for other challenging situations in life.

Most people feel anxious when they have no control over the situation, and children are no different. Allowing them to make appropriate choices during a procedure will place a positive spin on the experience. The choices must be realistic options, like picking which arm will be used to draw blood, or whether they want to watch the nurse draw blood or play a video game. An approach like this helps children feel involved in the process and gives them a personal stake in having it go well for themselves and the hospital staff.

In your preparation work with your child, if you are not sure about the steps involved in the specific procedure, be sure to have a nurse or doctor explain the procedure to you. Information about procedures can also be obtained from the Cincinnati Children's Hospital website: www.cincinnatichildrens.org Any and all preparation efforts before a child's medical experience pay off by reducing anxiety and creating a supportive environment. The shared goal is to improve children's experience.

A Child Life Specialist is a resource and can be of great assistance. Some strategies in-

Connect the Dots: A list of resources

P.I.R.C. – Psychiatric Intake Response Center – Acute Crisis

Admission & Evaluation center for children & adolescents in acute crisis. Professional mental health assessments & Emergency Department (ED) evaluations are available at two locations; Cincinnati Children's Main Campus (ED); 3333 Burnet Ave, Cincinnati, Oh 45229 and Cincinnati Children's Liberty Campus (EED); 7777 Yankee Rd, West Chester, OH 45044. Call first to inquire about inpatient, Neuropsychiatry, Partial Hospitalization, Outpatient Care, Post-Traumatic Healing Center, Outreach, Research & Support Services. 513-636-4124. . Email: psychiatryresponse@cchmc.org

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Mental Health Access Point (MHAP) – The 'Front Door' to the Hamilton County Mental Health System

311 Albert Sabin Way
Cincinnati, Ohio 45229-2801
Phone: (513) 558-8888
Fax: (513) 558-3133

The Arc Hamilton County, 801 W. 8th St, Suite 400, Cincinnati, OH 45203.

513.821.2113: Provides information, education and advocacy services to people with autism, cerebral palsy, epilepsy, mental retardation, and childhood brain injury.
www.archamilton.org

Beech Acres Parenting Center; 6881 Beechmont Ave, Cincinnati, OH 45230

513.231.6630. Offers a wide range of educational and support programs as well as innovative mental health services to children, parents, families and schools.
www.beechacres.org

Clermont Co Family and Children First; 1088 Wasserman Way, Suite B, Batavia Oh 45103, 513.732.5400. Services coordination (Cluster), services/supports for multi-need, multi-system children and families.
www.clermontfcf.org

Glad House, Inc, 4721 Reading Rd, Building A, Cincinnati, Ohio 45237, 513.641.5530

Provides mental health counseling and intensive prevention services for children ages 5 – 12 and their families.
www.gladhouse.org

Depression: know the signs

This article is printed from the University of Cincinnati website:

The National Institute of Mental Health (NIMH) estimates that in a given year, 9.5 percent of the U.S. population—about 21 million adults—suffer from a depressive illness.

But, according to the NIMH, many people with depression never seek treatment, even though the disease is often very treatable.

“We know more now than we ever have about treating depression,” says UC psychiatrist Erik Nelson, MD. “We have so many therapies for this disease. No one should be suffering without treatment.”

Nelson says depression screenings should be given regularly and hopes that an upcoming screening day will encourage people to seek help.

“Depression, when not treated, is a debilitating disease,” says Nelson. “It’s important for everyone to know the signs and symptoms, not only for their own health, but also so they can recognize depression in a friend or loved one.”

Some symptoms include:

- Persistent sad or anxious mood
- Feelings of hopelessness, guilt, worthlessness
- Loss of appetite and weight loss or overeating and weight gain
- Thoughts of death or suicide
- Loss of interest or pleasure in activities you once enjoyed
- Changes in sleep patterns
- Fatigue

To learn more about UC’s ongoing clinical trials related to depression, call (513) 558-3249.

National Depression Screening Day is held each year and is designed to “call attention to the illness of depression on a national level, educate the public about its symptoms and effective treatments, offer individuals the opportunity to be screened for depression, and connect those in need of treatment to the mental health care system.”

For more information about National Depression Screening Day, visit www.mentalhealthscreening.org.

UC Health Line contains timely health information and is distributed every Tuesday by the UC Academic Health Center public relations and communications office.

Suit alleges mentally ill prisoners do not get proper care

A recently filed federal lawsuit alleges that mentally ill prisoners in Ohio are more likely to cause crime and be re-arrested and jailed because they are released without necessary follow-up care. As published in the February Cincinnati Enquirer, the lawsuit has asked a judge to order the Ohio Department of Rehabilitation and Correction and the Ohio Department of Mental health to provide the care necessary to keep persons with mental illness from being reincarcerated.

Instead of treatment, the lawsuit claims that released prisoners get minimal support and many former inmates seek homeless shelters or crime-laden neighborhoods, where repeat crime are likely to occur.

Prisoners in the civil rights lawsuit are not named but suffer from multiple psychiatric illnesses such as depression, bipolar disorder, and schizophrenia.

Proponents of mental health rights have long argued that many prisoners are woefully untreated and become repeat offenders, causing potential unsafe neighborhood environments and costing thousands of tax payers' money for re-incarceration. Supporters say that the cost of providing treatment to a mentally ill person is approximately \$7,400, as opposed to the \$25,000 it cost communities to place persons in jail.

The lawsuit alleges that many crimes are committed because of untreated mental illness.

The suit is being filed by the Cincinnati based Ohio Justice and Policy Center.

Proven strategies can reduce a child's stress

(Continued from page 1)

clude using pictures, puppets, or dolls to help children understand the medical procedures and they strive to facilitate a positive hospital experience in any way that they can. Children's Hospital Child Life Specialists can be found in the Emergency Department, Radiology, and Same Day Surgery as well as in Outpatient Clinics and Inpatient Units.

Melissa Liddle is a child life specialist for Cincinnati Children Hospital and Medical Center.

WE NEED YOUR STORIES— Patients, families and practitioners all benefit from sharing knowledge of and emotional insight to the myriad and complex facets of mental health. Please consider sharing your story with us. E-mail the editor at eccles.lisa1@gmail.com

Needed: Children with Bipolar Disorder for Family Focus Treatment

Therapy Treatment Study

change the outcome



CCHMC IRB # 06-03-32

What

A research study to see how effective Family Focused Treatment is in adolescents diagnosed with bipolar disorder and their families.

Who

Adolescents 13 to 17 years old diagnosed with bipolar disorder may be able to participate in this study.

Pay

Participants and their families will receive therapy sessions at no charge, \$40 for an initial interview and \$20 for additional monitoring visits. A total of \$280 can be received.

Details

Contact Twila Rogers at 513-636-0160 or twila.rogers@cchmc.org



Changing Minds

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We are on the web at

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"This newsletter is produced and edited exclusively by parent volunteers. Nothing contained in this newsletter should be substituted for a professional's diagnosis, advice, or treatment. Reading this newsletter constitutes an agreement to hold harmless all volunteers and contributors for anything contained in this newsletter."

Strengthen the father-child relationship

Many parenting articles center around the mother, who is typically the main caregiver. However, today's families are far more diverse than the traditional nuclear families with the mother at home and the father working.

Many children are raised by single parents, grandparents, aunts, uncles, sisters, brothers, foster families, etc. Dads may not be getting their fair share of attention. At a parenting conference sponsored by Beech Acres, David Brewer, the center's director of training, focused on the father and had these tips for strengthening the special father-child relationship:

1. Spend time getting a clear picture of the type of dad you want to be.
2. Really know your kids.
3. Choose your battles.
4. Catch your kids in the act of being good!
5. You are a dad, not a friend. Be courageous in setting boundaries.
6. Be patient.
7. Be a role model. Show your sons how to be a man. Take your daughters on "dates" to show them how they should be treated.
8. Sometimes kids can hear positive messages from other dads that they cannot hear from you. Don't be offended and be willing to be a role model for other children.
9. Honor their mother. No matter what, she is part of them.
10. Give the gift that only you can give. No one else will ever be their father.



The Power of One

Lisa Eccles

Fear can be a debilitating emotion and one of the few that feels like it "spreads" among others. Animals are thought to "smell" one's fear—which is probably a chemical emission from a hysterical person. We have all seen children who play off their parents' emotions — the little boy who was fine while wandering alone around the park, but starts to cry when he sees his mother's panicked face. When I volunteered at a same day surgery unit, the children were more calm than most of their parents. Our front page article on how to calm the fears of children has great tips and proven strategies. Children will trust their caregivers—so it is important that they deal with their fears and emotions before discussing the hospital trip with their children. If they push that work aside, and don't deal with their own fears, then the anxiety and trepidation will certainly surface on the day of the procedure or test—and to the detriment of the child.