

Family Support Organization Of Middlesex County Newsletter SUMMER EDITION

April 2007

Inside this issue:

May is Mental Health Month	1
Congratulations Nik	1
Special Points To Note	1
Summer Camp	2
Employment Opportunities	2
Volunteers Needed	2
Mental Health Facts	2
Poster	3

May is Mental Health Month

The National Federation of Families for Children’s Mental Health has designated May 6-12 as National Children’s Mental Health Awareness Week.

This year’s theme is “Mind Your Mental Health”.

It is intended to focus society on the connection between mind and body, drawing on the growing body of research that shows a correlation between mental and physical well-being.

To celebrate, our speaker for May is Ms Libby Bartholomew from NAMI-New Jersey. Her topic is “Healthy Minds, Healthy Bodies”.

Her talk is designed to help parents understand how through teaching their kids self-care, they can improve physical health.

Join us for a very productive evening on Monday May 21st.

Our speaker for June is Ms. Amy Garcia from Mobile Response. They provide rapid response to children and families with urgent needs within 1 hour from the time of phone contact to Value Options (CSA). This helps keep our youth in their homes and tries to avoid placing youth outside the home.

Congratulations

The Youth Partnership of Middlesex County is very pleased to announce that Nikolaos Brown is the winner of the Very Special Arts’ Association (VSA) Student Arts Excellence award. The award honors students who have shown superior artistic talent and are at or below grade 12 and classified with a disability. Nik was told that he won the award in late February, but the ceremony is planned for May 19. Nik won for singing at the adjudication of the Linwood Middle School in North Brunswick. He sang Ave Maria and If My Friends Could See Me Now. Nik is a beautiful singer, as he has proven to the group. He sang in two Christmas concerts at the Park Place Nursing Home, and even directed it last year. We are very proud of this young man and we know he is on the path to great achievements. He is still a senior in High School, but this semester is taking his 3rd and 4th college classes at Middlesex County College.

Way to go, Nik!

FSO’s are building Youth Partnerships.

SPECIAL POINTS TO

NOTE:

- **Support Group Time Change ALERT**

Effective May 2007, Monday support group will start at **6.30pm to 8.30pm.**

- **Warm Line Contact:**
(732) 940-2837

We will hear. We will listen.

We will point you in the right direction.

- Next **B.I.L.L.Y** starts 5/16/07.
Registration already in progress!!

Summer Camp

Our office has a list of camps to meet just about every child and budget.

Call us on (732) 940 2837, or visit the office to browse through the list.

The National Camp Association has suggestions that parents should consider before making a decision:

1. **What do you and your child want to gain from the camp experience?**

Consider the primary goal, which can range from learning new skills or becoming proficient in a particular subject to developing more self-confidence and exerting more independence.

2. **What are other expectations of the camp experience?**

Determine whether your child is old enough to try sleepaway camp, or if day camp is more appropriate right now.

3. **What are the special interest that your child wants to explore?**

Remember, there are many choices. Make sure your child gets to try new things.

Employment Opportunities

- **Parent Partners**

The Family Support Organization is looking to hire a full time/ part time Parent Partner. The requirements are:

Past or present parent of a child with emotional or behavioral challenges and has some experience with the system.

Call (732) 940 2837 for more information.

- **Looking For Dynamic Parents**

NHS Human Services, one of the largest behavioral health services providers in the nation, has expanded its services to New Jersey. It is currently recruiting qualified caregivers for its Therapeutic Family Care Program serving Union and Middlesex counties.

See enclosed flyer for additional information.

Volunteers Needed

We Need Your Support

- Provide office support
- Fold & distribute flyers
- Share a hobby or skill
- Join us to advocate
- Communicate to state and local representatives

Call: (732) 940 2837

FSO's provide support, education and advocacy for families of children with emotional, behavioral or mental health needs.

FSO's lead family support and education groups.

FSO's are Organizations of parents empowering parents.

Mental Health Facts!!

- 13% of children between 9 and 17 years old have an anxiety disorder.
- Nearly 2/3 of boys and 3/4 of girls in detention centers have a psychiatric disorder.
- Only about 21% of children in the USA who need mental health services get them.
- About every 2 hours a young person kills himself or herself.
- Suicide is the 3rd leading cause of death among people under 24 years of age.
- 1 of 8 adolescents with a mental illness has a substance abuse problem.
- Girls ages 12-17 now match boys in drug and alcohol abuse.
- 80% of people with mental illness and substance abuse report onset before age 20.
- Untreated youth with co-occurring conditions have high rates of suicide and social cost.
- Youth with co-occurring disorders often are incarcerated rather than treated.
- Depression in children is treatable with early intervention and proper support.
- Children and youth who cause trouble at home or in school may be suffering from depression.
- Conduct disorder causes kids to act out their feelings or impulses in destructive ways.
- Anorexia affects 1 in every 100-200 girls but a much lesser amount of boys.
- Schizophrenia occurs in about 5 of every 1000 children.
- Early identification and intervention is a must to prevent downward spiral.

FSO's
Are
Impacting
Family
Driven
Legislation.

FSO's
Are
Creating
Parent
And
Professional
Partnerships.

Children's Mental Health Week May 6—12 2007



For support and direction in keeping your child at home, and in the community, contact:
Family Support Organization of Middlesex
732 940 2837

Family Support Organization
Of Middlesex County

1950 Route 27 North, Suite D
North Brunswick, NJ 08902