

Family Support Organization Of Middlesex County Newsletter SECOND SUMMER EDITION

June 2007

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Summer Heat and Sun Risks for Antipsychotic Medication Users

From State of New Jersey, Division of Mental Health Services

Antipsychotic Medications Affect Body Heat

Antipsychotic medications may impair the body's ability to regulate its own temperature.

During hot and humid weather, individuals taking antipsychotic medications are at risk of developing excessive body temperature, or hyperthermia, which can be fatal. Individuals with chronic medical conditions are especially vulnerable e.g. heart and pulmonary disease, diabetes, etc.

Heat exhaustion is the most common heat-related condition, which is most likely to occur in people who are involved in physical activity outdoors during heat waves.

Heat stroke is a more serious condition of dehydration and salt depletion which can be life threatening.

Symptoms of heat stroke

- Agitation, confusion, seizures, lethargy, or coma (all may be first symptoms)
- High body temperature (102 degrees Fahrenheit or above)
- High blood pressure initially (shock may follow, resulting in low blood pressure)
- Rapid pulse and heartbeat
- Rapid, shallow breathing if person is moving about; slow and deep breathing if the person is still
- Hot, dry, flushed skin

Treatment

- Call 911 immediately
- Loosen or remove outer layers of clothing
- Move to a cool place
- Use CPR if needed
- Replace fluids and sodium only under medical

Symptoms of heat exhaustion

- Irritability or change in behavior
- Low or normal temperature
- Slight low blood pressure
- Rapid, full pulse and heartbeat
- Rapid breathing
- Cold, pale skin (may be ashen-gray)
- Profuse perspiration
- Dizziness, headache, and weakness
- Nausea, vomiting
- Cramps in the abdominal area or in the extremities

Treatment

- Move to a cooler place as soon as possible
- Give water or other liquids immediately (there is no need for salt)
- Encourage the person to rest for a short time

Family Skate Night

Thursday, June 28th, 2007
6.30p m— 8.30p m

Woodbridge Community Center
United Skates of America
600 Main St
Woodbridge, NJ 07095

You are all invited to our Family Skate Night sponsored by Coordinated Family Care (CMO) and Family Support Organization.

Join us for a fun filled night of roller skating.

We are celebrating the end of another school year, the start of summer and July 4th.

Families are encouraged to bring their roller/in line skates.

There will be prizes for children who wear red, white & blue to the event.

Pizza and soda will be served.

Call the office on 732 940 2837 to register by Monday June 25th.

Employment Opportunities

• Parent Partners

The Family Support Organization is looking to hire a fulltime/ 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.

Special Thanks To Volunteer

Our special thanks and appreciation this month goes to Felix who folded over 2000 brochures which enabled us display them in 13 libraries and handed them out at 2 fairs.

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

Piece By Piece... Celebrating You Gala

Check out the flyer on the above and join us on August 16th as we acknowledge families who have been successful in reaching their Family Vision.

A Parents Creed

- A child lives with criticism, he/she learns to condemn
- A child lives with hostility, he/she learns to be shy
- A child lives with ridicule, he/she learns to feel guilty
- A child lives with tolerance, he/she learns to be patient
- A child lives with encouragement, he/she learns confidence
- A child lives with praise, he/she learns to appreciate
- A child lives with fairness, he/she learns justice
- A child lives with security, he/she learns to have faith
- A child lives with approval, he/she learns to like themselves.
- A child lives with acceptance and friendship, he/she learns to find love in the world

SPECIAL POINTS TO

NOTE:

• P.A. C. E. S

Our Monday support group is now named P.A. C. E. S

It stands for Parents And Caregivers Emotional Support

- Next **B.I.L.L.Y** starts 7/11/07. Registration already in progress!!

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

We will hear. We will listen.

We will point you in the right direction.

From The Executive Director's Desk

The NJ Alliance of Family Support Organizations organized a board training at the Westin hotel in Princeton on May 19th.

Over 60 board members attended from all the Family Support Organizations statewide.

The Keynote speaker was Commissioner Kevin Ryan of the Department of Child and Families who emphasized the need to bring our children out of residential placements and keep them home.

He read from a children's book titled "The Big Box" by Toni Morrison to bring his point home.

The book speaks of children going into the "The Big Box" which is a metaphor for being told you must leave your home, because you don't fit in at school, at home, at play and you march to a different beat. The child must therefore leave home and go to a place that is more structured so they can fit in **(The Big Box)**. I am encouraging all of you to read this book. It is very poignant. It illustrates how our children feel in out of home placements.

The book is out of print but we have a copy in our office. If you will like to read it, stop by. It only takes 5 minutes to read. I know it will affect you profoundly and you will think seriously before taking this option with your child.

The other speaker at the event was Ms. Vendetta Blocker, Assistant to the Commissioner. She spoke about the importance of having family involvement in the mental health process.

There were assorted trainings that board members attended to better equip them as they guide our organizations and assist our families.

We are still in need of board members.

Interested parents and guardians of children with emotional or behavioral challenges (past or present) should please call me
(Bobbie Locke) on 732 940 2837.

Are Your Children Driving You Mad!!!

Join our six week B.I.L.Y (Because I Love You) parenting class and learn how to identify a crisis, establish ownership of behavior, put guilt where it belongs and take control of your home with humor and love.

Since we started the class in February, over 30 parents have attended and have left empowered with workable solutions to overcome those feelings of frustration, anger, fear and loneliness that we all experience as parents.

Speaker Night

We had 2 outstanding topics for our speaker night in May and June.

In May we had Ms. Libby Bartholomew from NAMI who spoke on the topic "Healthy Minds, Healthy Bodies".

Then in June we had Ms. Amy Garcia from Mobile Response.

We appreciate the Parent, Professional Partnerships that our speakers provide for our support group.

A heartfelt thanks to our two speakers.

There would be no speakers for July and August.

Have a wonderful summer.

Quote

Families are like quilts -
Lives pieced together,
colored with memories, and
bound by love.

Anonymous

Community Outreach

We participated in two fairs all in Perth Amboy. Brochures, pens, wrist bands and bags were handed out.

1. Resource Fair at Ignacio Cruz Early Childhood center.
2. Safe Haven For Children Fair.