



# CHILDREN'S MENTAL HEALTH INITIATIVE

Serving Cass County, ND and Clay County, MN

Issue 2

Summer 2008

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## Children's Mental Health Information Series

In May 2008, a Children's Mental Health Information Series was held for parents, child care providers, teachers and other professionals. The series was designed to meet the 2008 Children's Mental Health Summit goal of *increasing education and training for persons providing services for children on social-emotional development and early childhood mental health.*

Deborah Cavitt, Minnesota Association for Children's Mental Health conducted the first session, held May 8. She educated over 60 participants on warning signs of early childhood mental health disorders.

On May 15, Ron Odden, Licensed Psychologist, presented behavior

management techniques for 80+ attendees. Suggestions included ideas for gaining compliance as well as positive reinforcement techniques.

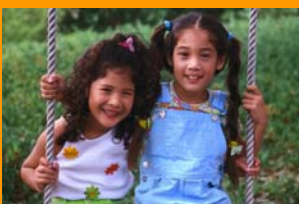
In addition, Deb Jendro and Carolyn Strnad spoke on how to effectively advocate for a child with a mental health disorder. The presentation included ideas on how parents and professionals can partner together and helpful hints for effective advocacy and communication.

The last session on May 22 was conducted by Dr. Joanne Pearson, Child Psychiatrist. She provided information on specific psychiatric disorders found in children. She informed 90 participants of the identifying criteria,

suggestions for treatment and how to effectively work with children with psychiatric disorders.

At the conclusion of the last session there was a panel of local professionals. They answered questions related to children's mental health issues and resources in our community.

All of the sessions were free of charge, with certificates of attendance available. Free childcare and food was provided for attendees.



## Children's Mental Health Fair

The first Cass and Clay Children's Mental Health Fair was held at the Hjemkomst Center, Moorhead, MN on May 8. Twenty-two booths provided information and resources on children's mental health issues.

Mental Health America, Kids on the Block Puppets presented a puppet show for children on bullying. The show was received with much praise from kids and parents. Attendee response was positive. The fair provided a

great wealth of resources in one centralized location for the community.

The Cass and Clay Children's Mental Health Fair and training series is scheduled to be held again in May of 2009.



## Attention Deficit Hyperactivity Disorder (ADHD)

There are three types of ADHD: Inattentive, Hyperactive/Impulsive, and Combination.

Symptoms for Inattentive Type ADHD may include the following:

### Inattentive Type:

- Easily distracted
- Bored easily
- Skips details
- Makes careless mistakes
- Difficulty listening
- Unorganized & forgetful

- Difficulty finishing tasks
- Difficulty following directions

Symptoms for Hyperactive/Impulsive ADHD may include the following:

### Hyperactivity/Impulsivity:

- Fidgets and squirms
- Constant moving
- Difficulty with quiet activities
- Talks excessively
- Blurts out answers

- Difficulty waiting
- Interrupts others

Childhood ADHD is diagnosed after a child has shown six or more specific symptoms on a regular basis for more than six months and in more than two settings.

If your child is displaying symptoms of ADHD, you may want to have them assessed by a pediatrician or mental health professional. For more

**“Children have never been very good at listening to adults, but they have never failed to imitate them.”**

**James Baldwin**

## Positive Characteristics of Children with ADHD

**Creativity-** Children who have ADHD can be marvelously creative and imaginative. The child who daydreams or has ten different thoughts at once can become a master at problem-solving or creative expression. Someone with ADHD can be a fountain of ideas, an invaluable asset in brainstorming sessions. Children with ADHD can be easily distracted, but may notice what others don't see.

**Flexibility-** Because children with ADHD consider a lot of options at once, they don't become set on one alternative early on and are more open to different ideas.

**Enthusiasm, spontaneity and liveliness-** Children with ADHD are rarely boring! They are interested in a lot of different things and have lively personalities.

**Energy, drive and tenacity-** When children with ADHD are motivated, they work or play hard to strive to succeed. It actually may be difficult to distract them from a task that interests them, especially if the activity is interactive or hands-on.

Keep in mind that ADHD has nothing to do with intelligence or talent. Many children with ADHD are intellectually or artistically gifted.

## Positive Parenting Tips

### Give Children Appropriate Ways to Feel Powerful-

If you don't, they will find inappropriate ways to demonstrate their power. Ask them their advice, give them choices, let them help you with tasks such as cooking or shopping. Often we do things for our children because it is less hassle, but the result is they feel unimportant.

### Withdraw from Conflict-

If your child is testing you through a temper tantrum, or angry and disrespecting you, it is best to leave the room or immediate space and tell them that you will wait until he or she wants to "try again." Stay calm and matter a fact in your statement.

### Separate the Deed from the Doer-

Never tell a child they are bad. Help your child recognize that it is the behavior you are not

willing to tolerate. When in doubt ask yourself "did my discipline build my child's self-esteem?"

### Be Consistent and Follow Through!!

If you have made an agreement that your child can't buy candy when she gets to the store, do not give in to pleas, tears or whining. Doing so will reinforce this behavior. Your child will learn to respect you more if you mean what you say.



## 2008 Children's Mental Health Summit

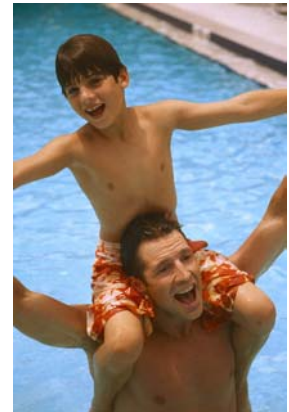
The date for the upcoming 2008 Children's Mental Health Summit has been tentatively set for Tuesday, September 23, 2008.

The summit agenda will

include a review of the progress and tasks of the Children's Mental Health Initiative to date, updates on related community initiatives and programs, and identification of current

children's mental health needs in our community.

The goal of the summit is to provide direction to the Children's Mental Health Initiative.



## Children's Mental Health Initiative Website

A children's mental health webpage has been developed by Dakota Medical Foundation for the Children's Mental Health Initiative.

Visit [www.halfachild.com](http://www.halfachild.com) for information and resources concerning children's mental health.

The webpage contains the following:

- Children's Mental Health Resource Guide
- Children's Mental Health Resource "quick glance" Table
- 2006 and 2007 Children's Mental Health Summit Report
- List of the Advisory Board Members

- 2008 Children's Mental Health Information Series handouts
- Newsletters
- Links to related resources
- Community Event Calendar

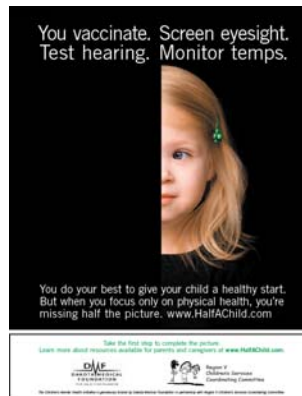
If you have children's mental health related events to post on the calendar, please contact Shawna.

The "half a child" concept was developed by Flint Communications to promote mental health awareness in children.

If you would like 3x5 "half a child" postcards with the children's mental health website information, they are

available free of charge for Cass and Clay businesses, schools, and agencies. Larger posters are also available for display, by request.

Please contact Shawna Croaker at [rvcmh@sendca.org](mailto:rvcmh@sendca.org) or at 701-232-2452 to request materials or to post events on website.



**You do your best to give your child a healthy start. But when you focus only on physical health, you're missing half the picture.**  
[www.halfachild.com](http://www.halfachild.com)

## Federation of Families Picnics

The Federation of Families for Children's Mental Health will hold three family socials this summer.

This is a great opportunity for families and children to gather, socialize and network with open and caring

families who may be experiencing day to day life with a mental health need or an emotional behavioral disorder.

Potluck picnics will be held at the following locations:

- June 29, 2008 Lindenwood Park,

- Fargo, 2 PM July 20, 2008 Gooseberry Park Moorhead, 2 PM
- Aug. 22, 2008 Oakgrove Park, Fargo 6 PM

Please feel free to call Deb at 235-9923 if you have any questions.



## MISSION

To facilitate collaboration among children's mental health providers and referral sources, deliver children's mental health community education and assess, monitor and evaluate current children's mental health services in Cass County, ND and Clay County, MN.

[www.halfachild.com](http://www.halfachild.com)

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**DAKOTA MEDICAL**  
**FOUNDATION**  
YOUR HEALTH IS OUR FOUNDATION

## Event Calendar

### Summer/Fall 2008

#### June

June 23- Movie night in the park. Island Park at dusk

June 24 - Professional Education Series, "Applied Suicide Intervention Skills Training, Prairie" St. Johns, 12-1 pm

June 25-"What Data can tell you about drug patterns in your community" Grand Forks, ND 8-3:30 pm

June 29- Federation of Families Picnic, Lindenwood Park, 2 pm

#### July

July 8 - River Arts, Davy Park, 5-8:30 pm

July 14- Movie night in the park. Island Park at dusk

July 15 - Rise & Shine, "Hot Topics in Nutrition and Mental Health," Prairie St. Johns, 8-9 am

July 20- Federation of Families Picnic, Gooseberry Park 2 pm

July 22 - Professional Education Series, "Strategies in Family Therapy," Prairie St. Johns, 12-1 pm

July 22- Family Fun Night. Armour Park, West Fargo 6-8 pm

July 28- Movie night in the park. Island Park at dusk

#### August

August 12 - River Arts, Davy Park, 5-8:30 pm

August 12, 13 & 14- Communities Collaborative Conference, Mahnomon, MN

August 18- Movie night in the park. Island park at dusk

August 19 - Rise & Shine "The Clinical Efficacy of 12 Step Programs," Prairie St. Johns, 8-9 am

August 22- Federation of Families Picnic, Oakgrove Park, 6 pm

August 26 - Professional Education Series, "Health Literacy," Prairie St. Johns, 12-1 pm

#### September

September 9 - River Arts, Davy Park, 5-8:30 pm

September 16 - Rise & Shine, "Involuntary Commitment Procedures in North Dakota, Prairie St. Johns, 8-9 am

September 23- 2008 Children's Mental Health Summit (Time and location to be determined)



The Children's Mental Health Initiative is generously funded by Dakota Medical Foundation, in partnership with Region V Children's Services Coordinating Com-