



LABETTEcenter NEWhorizons

October 2010

The Place To Turn To...

An estimated one in four adults suffers from a diagnosable mental illness. These people aren't different from the rest of us, as a matter of fact, they are us. They are our friends, our neighbors, our coworkers, our partners, our parents, our children, mental illness doesn't discriminate, it affects everyone.

Substance abuse problems can also hit very close to home, and even though many people believe drug users belong to a different segment of society, nothing could be further from the truth. They also live right here among us. In fact, 45% of Americans know, and love, someone with a substance abuse problem. Every family is vulnerable.

Where do you turn if you or someone you love needs help? The same place the community has been turning to for more than 30 years – Labette Center for Mental Health Services.

Labette Center for Mental Health Services is a Community Mental Health Center providing a full range of mental health and substance abuse services to clients of all ages. We are in the business of saving lives and helping our clients succeed, and our professional staff works to create hope and opportunities for life change by providing education, support, consultation, and therapeutic behavioral health services to the people and communities of Labette County.

A not-for-profit, licensed community mental health center, we are proud to serve our friends and neighbors in Parsons, and beyond, and know that we are making a difference, not only in the lives of our clients, but in the communities that we serve.

Teen Bullying and Depression Takes Its Toll...

A continued rise in teen suicide rates is concerning mental health professionals, educators, and youth workers nationwide and many of those suicides can be directly linked to bullying and harassment. While these behaviors are not new, many people retain horrible memories of their teenage years in large part due to the bullying they experienced. Teenage bullying is a very real problem, and it isn't always physical, there are many different types of bullying, including verbal and emotional bullying, and it's no surprise that cyber bullying is seeing an increase.

At LCMHS, we know that bullying is not a rite of passage. Allowing name-calling and bullying to go unchecked compromises student performance, damages mental and physical health, and perpetuates a cycle that can lead to ever-greater forms of violence. Studies have proven that bullying is linked to prejudice and over the course of a year, nearly one-fourth of students reported that they had been harassed or bullied on school property because of their race, ethnicity, gender, religion, sexual orientation, or disability.

Bullying includes behaviors that focus on making someone else feel inadequate. It includes harassment, physical harm, repeatedly demeaning speech and efforts to ostracize another person. Bullying is active, and can cause teens to feel tense, anxious, and afraid. It can affect their concentration in school, self-esteem and feelings of self-worth. It can increase social isolation, and lead to withdrawal and depression. While policy issues do need to be addressed, and perhaps reworked, active outreach to those victimized by bullying behaviors also need to be undertaken, and that's where LCMHS comes in.

"We are here to help support our youth as they deal with these difficult issues," Matthew Atteberry, LSCSW, LCMHS Executive Director said. "We understand how difficult it can be for the students and want the community to know that we have therapists here and ready to help."

"Bullying is an age old problem," Shereen Ellis, LSCSW, LCMHS Director of Clinical and Emergency Services added. "We have to help all of our teens find balance. Not only do we have to help the one being bullied, we have to help the rest of the student population understand if they see the bullying step in and stick up for the victim."

It is key to watch for warning signs of increased depression or suicidal thinking in teens which can include: not wanting to do things they usually do, a change in sleeping or eating, decline in grades, drug or alcohol use, withdrawal from friends and family. And most importantly, if any warning signs are present, to call LCMHS, where Atteberry and his team are helping teens find balance, and are standing by to help.



*Labette Center for
Mental Health Services, Inc.*

For more information about Labette Center for Mental Health Services, classes, and updates, call 620-421-3770, check out our website at www.lcmhs.com, or follow us on Facebook!

Spotlight – Management Team

Sandra Dickerson, MHA, Director of Business Operations – has been with LCMHS since 1993, and in her current position as Director of Business Operations since 2005. Dickerson serves as a member of the LCMHS

Management Team, Risk Management Team, Strategic Planning Committee, and the Quality Assurance Committee. With an Associate Degree in Accounting, which she received from Labette Community College in 1994, Dickerson went on to attend the University of Phoenix where she received her Bachelor of Science in Health Administration in 2009, and her Master's in Health Administration in 2010. Having moved to Kansas in 1977 with her parents, who are both Southeast Kansas Natives, Dickerson raised her two children in Labette County, and along with her husband, is proud to call Parsons home. Part of a large family in Southeast Kansas with strong ties to the community, Dickerson is a member and Recording Secretary for the Association of Community Mental Health Centers Financial Managers Group, Dickerson also received an appointment by former Governor Kathleen Sabilius to the Kansas State Quality Committee.



Holidays Can Also Bring Stress and Depression

The Holiday Season is fast approaching, and the days leading up to Thanksgiving and continuing through New Year's, can be a joyous occasion for many, filled with family and friends. However, for some it can also be a season of despair, anxiety, depression and stress. For those dealing with the loss of a family member, those who have no one to celebrate the Holidays with, and those who worry about how they will manage to pay for the Holiday Season – especially in the midst of the current recession - it can be the most trying time of the year.

The Holidays are a critical time for many, and people are urged to get help if feelings of depression, stress, or anxiety remain persistent. People are also encouraged to get help if they are having trouble concentrating, experiencing issues like irritability, an inability to sleep or eat, or if they are having trouble with their routine daily tasks. It's because of the difficulty that many struggle with this time of year that LCMHS wants the public to be aware of the services that they offer to those in crisis or sinking into a seasonal or situational depression.

"In my experience, the Holidays can be very difficult time for people.

Memories of loved ones, death, divorce, a sense of another year gone, expectations that cannot or do not get met," LCMHS Executive Director Matthew Atteberry said. "The Holidays can represent a "tipping point" for some folks who might not otherwise be in crisis during the rest of the year."

LCMHS has services that can help those struggling with the Holiday blues or seasonal depression, both during regular business hours and after hours through their Emergency/Crisis Line.

You don't have to suffer through the Holidays this year...LCMHS is standing by to help.



National Depression Awareness Month

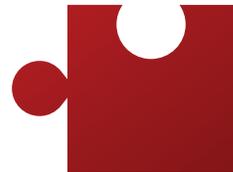
Do you feel that you are lacking energy and nothing sounds interesting or fun? Do you no longer care for the things you used to enjoy? If each day all you really want to do is sleep and cry or you feel helpless and hopeless that anything will ever be better ...you may be suffering from depression.

Depression is more than a day or two of feeling low – it's long lasting and sometimes debilitating. Depression is not a sign of personal weakness or a condition that can be willed or wished away. People with a depression cannot "pull themselves together" and get better. People with depression often feel alone. They don't realize that depression affects more than 17 million Americans in any given year.

Clinical depression is a serious medical condition that if left untreated, may lead to other complicated medical conditions. Depression signs and symptoms may include body aches and pains, sadness, irritability, changes in appetite or sleep, trouble concentrating, or withdrawing from family, friends and activities. Unfortunately, two-thirds of people who suffer from depression fail to seek the care needed. However, more than 80 percent of all cases of clinical depression can be treated effectively with medication, psychotherapy, or a combination of both.

Being assessed for depression is often the first step to getting well. And that's where the professionals at LCMHS come in. With the knowledge that depression is a highly treatable disorder, LCHMS works to get

treatment underway as soon as possible. As with any illness, the earlier the treatment begins, the more effective it is and the greater the likelihood the recurrence of depression can be prevented.



Anytime someone comes to LCMHS for services, a complete clinical interview is conducted and if testing is needed, then that can be completed as well. At LCMHS, our supportive staff can help those suffering from depression recognize their symptoms, identify their emotions, and better understand what they are going through. Through that process, patients are able to develop healthy coping and problem solving skills to better address the issues, improve care for themselves, and hopefully begin to see the world in a more positive light.

"With depression, there is hope," Cendie Shelton, LMLP said. "It's not easy, but if a person takes a pro-active role, develops good coping skills, and has support through therapy and medications, their mood will improve, their symptoms will lessen, and they will start to feel better."

Don't let depression cloud your life, or the life of someone you love. LCMHS is standing by to help.



"Problems do not go away. They must be worked through or else they remain, forever a barrier to the growth and development of the spirit." M. Scott Peck