
OCTOBER. 2020, ISSUE 2

CCRC Mental Health & Wellness Newsletter

A Monthly Guide for Cultivating Staff and Family Wellness

A large black rectangular graphic with the words "WORLD MENTAL HEALTH DAY" in the center. Each letter is a different color and has a 3D effect, making them look like they are floating or standing out from the background.

WORLD
MENTAL
HEALTH
DAY

INSIDE THIS ISSUE:

- World Mental Health Day
 - Mental Health Statistics
 - Warning Signs of Mental Illness
 - Having Conversations About Mental Health
 - Panic Attacks in Children
 - Positive Discipline & Strengthening Parent/Child Relationships: A PAT Approach
 - Myths About the Flu Virus
 - Announcements
-

October 10th is World Mental Health Day!



October 10th is World Mental Health Day! According to NAMI, this is a day to "raise awareness of mental health issues around the world and mobilizing efforts in support of mental health." This is a time for us to for us to recognize all of the successes but also areas for growth in the realm of mental illness and we hope that you will take some time this month to address any mental health related concerns you or your loved ones may be experiencing. In honor of World Mental Health Day, much of this issue will focus on identifying, discussing, and coping with mental illness. We hope to encourage our staff and families to aide in reducing the stigma that often surrounds mental illness and to pave the way towards a happier, healthier society.

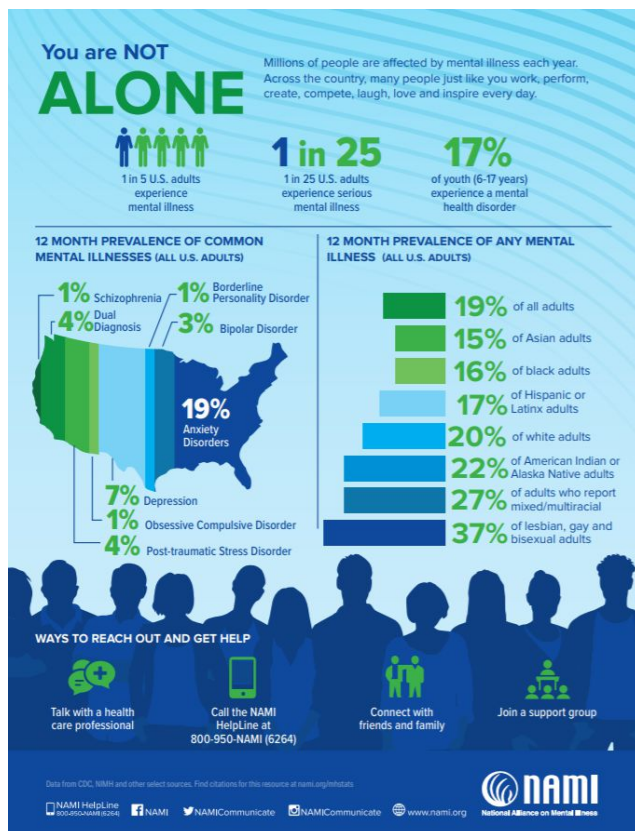


Do You Know the Warning Signs of Mental Health Illness?



Because of the continued stigma and shame that tends to accompany a mental health diagnosis, people are often unaware of the warning signs that they, or a loved one, is suffering from the symptoms that accompany these disorders. Though talking about mental illness is key, it is also *extremely* important to know the warning signs of mental illness. Having an understanding of what mental illness looks like will not only inform healthy conversations, but could also save a life!

Feeling alone in your experience? Well, you've got company.



One of the many unfortunate symptoms of disorders such as depression or anxiety, is that they lead you to feel as though you are alone in your experience. Because of this, people may withdraw and self-isolate due to fears of burdening loved ones or being misunderstood. Despite these feelings, studies actually show the opposite to be true.

The statistics in the graphic provided by NAMI provide a brief snapshot of the prevalence of mental illness across the United States. However, mental health can be quite tricky to capture statistically. This is due to a number of factors including; significant under-reporting, lack of self-awareness regarding symptoms, lack of access to mental health treatment, stigma, cultural perceptions of mental health, and more. Despite the fact that much progress has been made in order to better understand and measure the prevalence and impact of mental illness, we unfortunately have a long way to go.

So if these numbers are shocking, imagine what it would look like if all of the barriers to reporting were removed. Yikes!



Not All Conversations are Created Equal

In the fight to defeat stigma surrounding mental health, we stress the importance of talking about mental health openly and honestly with trusted others as this can aide in the fight to reduce stigma. Though this is *mostly* true, not every conversation will have the same impact. It is just as important to consider how we navigate these talks if we want to ensure we are properly encouraging those around us to address their mental health related concerns.

Clinical Psychologist, Amy Mornin, wrote an article for Psychology Today in 2019 outlining the differences in how we discuss physical health versus how we discuss mental health. Along with breaking down how specific terms and language can be more harmful than helpful, she also outlines ways to start mental health conversations and maintain them in a way that offers support and makes a call to action. Click the link below to read about Amy's 7 tips for having informed conversations about mental health.

<https://www.psychologytoday.com/us/blog/what-mentally-strong-people-dont-do/201901/how-mental-health-conversations-are-reinforcing-the>

CLICK HERE 



Did You Know that Children Can Have Panic Attacks? Here's how you can help.

When we think of panic attacks, we tend to associate them with teenagers and adults. However, studies have shown that our young children are also at risk for panic attacks. Though these are rare in toddlers, childhood anxiety disorders are becoming a more common phenomena and it is important that we understand how to help our children cope should they arise! The world is complex and scary for all of us, and that includes our younger children too. According to an article produced by the Discovery Mood & Anxiety Program, the symptoms of an anxiety attack in a child are similar to those of an adult (chills or hot flushes, shortness of breath, trembling, crying, etc), however, your little one may not have the language skills to tell you what they're experiencing. It is important to talk to your child's pediatrician if you believe that the episodes your child is experiencing are outside of what is expected for age appropriate displays of emotion. Having a close relationship with your child's pediatrician will also ensure that you are catching any early mental health related concerns and can seek out additional support if needed. Check out ChildrensNational.Org for more information on childhood panic disorder and to learn how you can help!





Supporting Positive Behaviors. Brought to You by the PAT Curriculum.

PARENT *handout*



Parents as Teachers.

Building a Foundation for Positive Behaviors

Your child's abilities to think, act and communicate for himself are growing. This changes your parent-child relationship – and it may affect your discipline strategies.

Your child is a unique person who is still developing and learning from you. For example, your support of his social-emotional skills helps him learn positive behaviors. And this means less need for discipline later on.

When he sees you modeling positive behaviors, it helps him understand what you expect him to do. This builds a strong parent-child relationship called **secure attachment**.

All day long, your child watches you for cues about:

- > Getting along with others.
- > Expressing thoughts and feelings.
- > Staying resilient when bad things happen.
- > Showing empathy.
- > Making responsible choices.
- > Solving problems.
- > Coping with strong emotions.

Your child also looks for you to set clear limits and resist giving in to his demands. This helps him develop a sense of security that makes it easier for him to cope with unfamiliar situations in positive ways.

Secure attachment tips

Ways to build this relationship include:

- > Spend a few minutes each day focusing all your attention on your child.
- > Set up predictable rules and routines.
- > Praise your child for appropriate actions.
- > Respond the same way every time when you are disappointed about his behavior.

REFLECTION

Take time to think about your family.

- > Remember a recent situation when you set limits for your child. How did you do it?
- > There are different views on reasonable rules. What guided yours?
- > Your family history or culture may influence your views. Were the limits you set for your child similar to or different from your own childhood?



No relationship is perfectly positive. Even bad days can be a learning tool if you keep working on building your relationship. It is never too late for you to repair a misstep.

"Secure attachment can improve an aspect of everyday life that many families struggle with: discipline. A positive approach to discipline and guidance works best when it's supported by a strong parent-child relationship. The process of building secure attachment starts before birth. It picks up momentum as newborns develop relationships with the caregivers who respond to their needs. As infants and toddlers grow in confidence and trust, the architecture of their brains changes –the internal wiring that supports self-regulation and the management of complex emotions is strengthened (Miller, 2008)."



Myths About the Flu Virus

Flu Myths vs. Flu Facts

UMN expert Mark Schleiss weighs in on some of the most common myths surrounding the annual flu vaccine

Myth: Vaccines are not proven to prevent the flu



Fact: You are at least 60% less likely to become infected with the influenza virus

Myth: The flu vaccine can give me the flu



Fact: Flu viruses used in flu shots are inactivated, so they cannot cause infection

Myth: I should wait to get vaccinated so I'm covered until the end of the season



Fact: Get the flu vaccine as soon as possible. It takes 2 weeks for antibodies to develop

Myth: The flu nasal spray is just as effective as the flu shot



Fact: The nasal spray is NOT effective. You should get the flu shot to be properly vaccinated

Myth: The flu shot will protect me from every type of flu virus



Fact: The flu shot is designed yearly to protect against the highest risk/actively circulating strains of influenza

11 FLU MYTHS DEBUNKED



MYTH 1: You can catch the flu from the vaccine.

Each year, the flu vaccine is made from components of the flu virus that cannot transmit infection. Once administered, it takes **ONE TO TWO WEEKS** for the vaccine to offer protection from the flu virus. Those who got sick soon after receiving a flu vaccination either were infected with the flu before or just after they became vaccinated, or were infected with a different respiratory virus.

MYTH 2: Healthy people don't need to be vaccinated.



Children ages 6 months to 19 years old, pregnant women, and people who suffer from a chronic illness or are over age 49 are **STRONGLY ENCOURAGED** to get vaccinated every year, as they are the most susceptible to the flu virus. The flu shot also is recommended for healthy people — health care workers in particular — who might spread the virus to others who fall into the above categories.



MYTH 3: You don't need to get a flu shot every year.

Since the flu virus changes (mutates) each year, the flu vaccine is re-created annually to protect against the most recent dominant strains. Therefore, getting vaccinated is important to make sure you're **PROTECTED AGAINST THE STRAINS MOST LIKELY TO CAUSE A FLU** outbreak each year.

MYTH 4: Pregnant women can't get a flu shot.



The flu shot is **HIGHLY RECOMMENDED** for pregnant women, as pregnancy can cause immune, heart and lung changes that all increase the risk for flu. The severe respiratory infection and high fevers associated with flu can lead to serious pregnancy complications — even premature labor. Vaccination can also protect the baby for the first few months of life, when he or she is not old enough to get the flu shot yet is very vulnerable to illness.



MYTH 5: People with egg allergies can't get a flu shot.

Vaccines without egg proteins are available, but most people with egg allergies **WILL NOT** have a serious reaction if given a vaccine that contains egg.

MYTH 6: If you get the flu, the shot didn't work.



Unlike vaccines that offer 100 percent protection, such as vaccines for measles and polio, the flu vaccine is only about 60 to 90 percent effective. This is because **MULTIPLE STRAINS OF THE FLU VIRUS** circulate every year and it's difficult for scientists to predict exactly which strains will be dominant. Following flu vaccination, it's possible to become infected with a strain that wasn't included in the vaccine. However, the vaccine will still be somewhat effective, and your symptoms will be less severe.



MYTH 7: Getting the flu vaccination is all you need to do to protect yourself from the flu.

Aside from getting vaccinated, protection from the flu **CAN BE MAXIMIZED** by frequent hand-washing and avoiding contact with people who have the flu. If you were exposed to the flu before vaccination, ask your doctor about antiviral medications.

MYTH 8: The flu is just a bad cold.



Influenza can cause bad cold symptoms, but it shouldn't be taken lightly. In the United States alone, the virus causes **36,000 DEATHS** and more than 200,000 hospitalizations.



MYTH 9: Flu can include gastrointestinal symptoms, like nausea, vomiting and diarrhea.

The term "stomach flu" is often used to describe illnesses with nausea, vomiting or diarrhea. While these symptoms can sometimes be related to the flu — more commonly in children than adults — they **RARELY** are the main symptoms of influenza. The flu is a respiratory disease, not a stomach or intestinal disease.

MYTH 10: You can't spread the flu if you're feeling well.



Nearly 30 PERCENT of people carrying the influenza virus have no symptoms.



MYTH 11: If you have a high fever with the flu that lasts more than a day or two, antibiotics may be necessary.

Antibiotics work well against bacteria, but they are **NOT EFFECTIVE** in treating viral infections like the flu. However, bacterial infections can develop as a complication of the flu virus. If your flu symptoms seem to linger or worsen, see your doctor.

ANNOUNCEMENTS

Child Care Resource Center
Early Head Start Lancaster



Head Start &
Early Head Start
New Location!
808 W. Newgrove St.
Lancaster, CA
93534

NEW Head Start Center in Lancaster! Now Enrolling Children Ages Zero to Five!

WHAT YOU CAN EXPECT

Our new location will offer full day/5 days a week once centers reopen. While centers remain closed we are offering virtual services.

Virtual services provide schedule flexibility that families need to balance work, school, and other challenges. Our teaching staff will work with your schedule and needs to individualize Virtual Head Start Services for your child.

Services that are available to you include:

- Virtual interactions with your teacher and weekly activity kits.
- Grab N Go meals.
- Diapers and wipes for enrolled children as needed.
- Access to health, nutrition, disabilities, mental health and family engagement services for you and your child.

Enroll Your Child Today! Visit www.ccrca.org/headstart or call 818-717-4515.

SOURCE

JOHNS HOPKINS

