



The Mental Health Resource—

A monthly newsletter focusing on current mental health issues.

Feb. 2010

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Do “Just One Thing” for National Eating Disorders Awareness Week

February 21 - 27, 2010 is National Eating Disorders Awareness Week (NEDA awareness Week), when students, educators, health professionals and interested individuals work together with the National Eating Disorders Association (NEDA) to raise awareness of the dangers surrounding eating disorders and the need for prevention and early treatment.

About 10 million females and 1 million males in the United States suffer from anorexia or bulimia, according to NEDA. An even greater number struggle with “eating disorders not otherwise specified” (EDNOS), defined as clinical eating problems that do not meet the diagnostic criteria for anorexia or bulimia.

According to a January 2010 New York Times article, individuals with EDNOS may exhibit some or all of the following behaviors: chronic dieting, preoccupation with weight and food, frequent overeating, purging and compulsive exercising, to name a few. EDNOS is diagnosed in 4 percent of American women each year, making it the nation’s most common eating disorder.

Unfortunately, EDNOS is so loosely defined that most health insurance policies do not cover its treatment, despite the fact that its mortality rate exceeds that for anorexia and bulimia. With that in mind, The American

Psychiatric Association is rewriting the definition of EDNOS for the 2013 edition of its diagnostic manual. This change should make it easier for individuals with eating disorders to get the treatment they need.

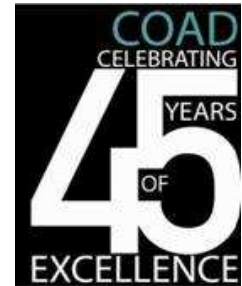
In the meantime, it is important to recognize that individuals who suffer from any form of eating disorder are at risk for psychological and social impairment, dangerous medical problems and even death. Even those who don’t have clinical eating disorders may be depriving themselves of leading fulfilling lives.

This year, NEDA is calling for everyone to do “just one thing” to help raise awareness and provide accurate information about eating disorders during NEDA awareness Week. Participants can con-

tribute in a variety of ways: Distribute info brochures, put up educational displays, host a speaker, arrange a movie screening and much more. More ideas on how you can do “just one thing” are available on NEDA’s Web site at NationalEatingDisorders.org.

COAD Mental Health Services offers books, brochures and bulletin board displays that you can use during NEDA awareness Week or any time of the year. In addition, an experienced eating disorders and body image speaker is available to present to your group.

To request resources, call 610-363-6164 or e-mail Tammy Schauf, COAD Mental Health Services Project Coordinator at tschauf@coadgroup.com.



COAD’s Anniversary Celebration ~

Saturday, April 17th

Penn Oaks Country Club
6 - 10pm

Call The COAD Group for more information about supporting this event – 610-363-6164.

FREE Interdepartmental Training on Adult Services in Chester County

Tuesday, February 16, 2010
8:30—noon

Room 149, Government Services Center
601 Westtown Road, West Chester

Departments included:

Adult Probation, Mental Health/Mental Retardation, Drug & Alcohol, Office of Aging, Health Dept., Chesco Prison & Dept. of Community Development

For all interested community members, county and social service staff and families. Call Lisa Richardson to register: by 2/11/10 — 610-344-6265

SAP Training

COAD is sponsoring a training for Secondary Student Assistance Programs

This 3-day certification training prepares school and agency staff to join existing school SAP core teams and meets the requirements of the PA Interagency Committee for Student Assistance Programs.

Completion of the competency based activities, including a post-training assignment, results in SAP certification and receipt of 30 Act 48 hours.

To be held at COAD March 9, 10 & 11th
8am—3:15pm

For more information contact Jacquelyn Taylor at 610-363-6164

From Disaster to Support

LIV • LIVE

Concert

To raise
Awareness of
teen depression
& suicide
prevention

2/05/10
7-9:30pm

Steel
City Coffee
House
Phoenixville

Call
610-363-6164
for info

Tuesday, January 12, 2010 may seem like just another day for many Americans, but it was a day of great horror, anguish and uncertainty for the people of Haiti after a devastating 7.0 Mw earthquake.

Over the course of that week in January, I saw the horrible images on the news, but nothing hit me harder than learning that a college friend's family was in the midst of the catastrophe.

Imagine having full contact with your family overseas just one week prior to this disaster and then frantically dialing their home number to get nothing but a busy signal over and over again. It doesn't seem like a true reality, but for my friend, this was his living nightmare. He spent days worrying, hoping, praying, crying, pleading, and imagining the worst.

Many people tend to think about the worst-case scenarios when disasters strike. They may convince themselves that all hope is lost and experience difficulty focusing on anything other than whether their families and friends are alright.

When my friend found out that his family members were safe, I'm sure he experienced euphoric relief. Seeing others' words of hope posted on his "Facebook" page and his appreciative responses made me realize how invaluable support can be during times of crisis.

The Crisis Management Institute (www.cmionline.org) provides the following suggestions for coping and providing support when disasters occur:

1. Try not to expect that the worst is true.
2. Know that communications break down and that not hearing from loved ones doesn't mean that they are hurt.
3. Remember that international communities and agencies come together to help others in times of need.
4. Be sure to talk to someone about your feelings and concerns.
5. Most importantly, never lose hope.

COAD Mental Health Services maintains a mental health resource library, including information about coping with disasters. To request information, contact COAD at 610-363-6164 or e-mail mhs@coadgroup.com.

By: Melissa Ann Hopely

**VALENTINE
BRUNCH**

Saturday, February 13th
1 to 4 pm
At Community Crossroads
Peer Support Center
825 Paoli Pike
West Chester
Call for information
610-429-1702

The Pink and Blues Group



A support group for LGBTQ individuals who also deal with a mental health and/or addiction issue

Will begin meeting weekly
Monday, February 1, 2010
7-9 pm

Community Crossroads Peer Support Center
825 Paoli Pike, West Chester

For more information call the Peer Support Center
610-429-1702 and ask for Dawn

Divorce – The Toll on Teens

Are teens, developmentally self-centered and focused on their peer groups, immune to the pain of divorce in the family?

Studies have shown that teens are affected in negative ways, but sometimes in ways that parents don't understand. Some teenagers "act out" in response to their parents' divorce, and some feel responsible for their parents' unresolved relationship issues. The emotional heartache that the children of divorced parents experience can lead to poor academic performance, associations with new and negatively influential groups of friends, angry moods, picking fights with others, or acting out in other maladaptive ways.

When parents are married, they have a shared responsibility in disciplining their children. Once parents are no longer living together, one parent often becomes the disciplinarian while the other becomes the enabler, according to Aspen Education Group (www.aspeneducation.com). Adolescents may take advantage of such inconsistencies in communication

and authority to redeem a sense of order in their lives. Some teens may even attempt to assume authority within their households in an effort to feel a sense of power at a time when they are completely powerless. It's crucial that both parents stay involved in their teens' lives and provide discipline and expectations.

So what can divorced parents do to stop their teens from going down the wrong path?

In many instances, divorced parents no longer wish to associate with one another. However, it is important for parents to find a way to work as a team in order to provide consistent rules and boundaries for their children. One strategy for parents to use is to create a plan that both will follow. Doing so provides a structure that helps teens to keep up with school and make responsible choices.

As difficult as it may be, parents should communicate directly with each other rather than asking their teens to act as messengers. In addition, parents should not share unnecessary details of their

relationship problems or feelings toward each other with their teens. It is especially important that parents refrain from criticizing one another, since even the most rebellious teens love both parents. Divorced parents may find it helpful to seek counseling to avoid these pitfalls.

Informing teens that the divorce wasn't their fault is another important step for both children and parents. Teens should be reassured that they will continue to see and be loved by both parents.

One of the greatest lessons learned from a divorce is that things do, in fact, "take time." Parents who commit to working as a team, communicating appropriately with one another, and providing unconditional love for their children will ease the transition and support their teens' personal, social and academic well-being.

Contact COAD Mental Health Services at 610-363-6164 or e-mail mhs@coadgroup.com for educational materials about coping with divorce.

By: Melissa Ann Hopely

Here's Help for Parents ~

FREE Tuesday evening open-forum sessions
with Mike Blanche, MSS LCSW

7—8:30 pm in Schieck Hall
Berwyn United Methodist Church
140 Waterloo Ave., Berwyn

Discussion Topics: Feb. 23—Setting Boundaries
March 23 — Technology & the Internet, cell phones, texting
April 27 — Dealing with transition

For more information go to www.berwynumc.org or call 610-644-7843

Calendar of Meetings & Events —

- Every Thurs. — **The Depression and Bipolar Alliance** 6:30- 7:30 pm at the Peer Support Center, 825 Paoli Pike, West Chester. For more info. call 610-429-1702.
- Every Tues. & Thurs. — **Double Trouble** for those recovering from addiction and mental health problems. 3:30-5 pm at the Peer Support Center, 825 Paoli Pike, West Chester. For more info. call 610-429-1702.
- Every Tues.— **Recovery Works** a schizophrenia support group. 6:30 – 7:30 pm at the Peer Support Center, 825 Paoli Pike, West Chester. For more info. call 610-429-1702.
- 2nd Tues. — **ADHD Support Group for Adults with ADHD.** 7 pm Keshet Israel Congregation, 1000 Pottstown Pike, West Chester. For more info. go to www.chadd.org or call 610-429-4060.
- 3rd Tues. — **ADHD Support Group for Parents, Teachers, Caregivers.** 7 pm Keshet Israel Congregation, 1000 Pottstown Pike, West Chester. For more info. go to www.chadd.org or call 610-429-4060.
- 2nd Wed. — **ADHD Support Group for Parents** in Oxford. For more info call 610-384-2568.
- 2nd Wed. — **Chester County Youth Suicide Prevention Task Force** 3:30 – 5pm at COAD, 930 E. Lancaster Ave., Exton. For more info. call 610-363-6164.
- 2nd Wed. — **Survivors of Suicide(S.O.S.)** 7:30 pm at Paoli Memorial Hospital in Paoli. For more info call 215-545-2242.
- 4th Thurs. — **Mental Health / Mental Retardation Advisory Board Meeting** 6pm at the Government Services Bldg., 601 Westtown Rd., West Chester, Room 149. For more info call 610-344-6265. (no meeting July, August and December)
- 1st Thurs. — **NAMI Southern Chester County Family Support Group** 7:30 pm at Friends Meeting House, Rt. 82, Kennett Square. For more info. call 610-444-5993.
- 3rd Thurs.— **NAMI PA Chester County General Meeting** 7pm at Christ Memorial Lutheran Church in Malvern. For more information call 484-947-5643. The Help Line is 610-430-0177.
- 2nd Thurs. — **NAMI North East Chester County**—Phoenixville Family Support Group—7-8:30pm. Call ahead—610-430-0177.
- 2nd Mon. — **NAMI CAN** Mental Health Family Support for families with children up to age 22. 7-9 pm at Central Presbyterian Church, Rt. 113 in Downingtown. For more info call ahead - 610-935-9739.
- 3rd Wed. — **NAMI Grief & Support Group** 7:30 - 9pm in Downingtown. Call for location. Call ahead—610-269-3476.
- 1st Wed. — **CSP Meeting** - Noon to 2pm, the Peer Support Center 825 Paoli Pike, West Chester. For more info call 484-239-2188.
- 3rd Wed. — **Participatory Dialogue Committee** Noon to 2pm at Peer Support Center, 3rd Floor Conference Room, 825 Paoli Pike, West Chester. For more info email Jamie Messersmith at jmessersmith@ccbh.org.
- 2nd Mon. — **Adult MH Meeting** - 5:30—8pm Peer Support Center, 825 Paoli Pike, West Chester. For info call 610-429-1702.
- 2nd Tues. — **Chester County Children's Committee** 9:30 –11 am at Government Services Bldg., 601 Westtown Rd., West Chester. For more info call 610-344-6265.

The COAD Group
Mental Health Services
930 E. Lancaster Avenue
Exton, PA 19341