



THE HEARTLAND HERALD

Please visit www.heartlandbehavioral.com or call 1 (800) 654-9605 for more information on our services.

A Note from our CEO

The 2010-2011 school year has begun! Being a busy mother of three children the beginning of the school year brings about both excitement and anticipation of what this year may bring. Juggling football practice, soccer, music concerts and then trying to figure out "what's for dinner, mom?" can feel like a never ending nightmare for any family.



In this edition, the professional staff of Heartland offer advice and suggestions on how to help make this school year a success for the children you come into contact with. School can bring about struggles for many of the children we provide care to. Often times being in a classroom and attempting to manage the daily frustrations of academics and socialization can be overwhelming for our children. Reducing those early morning stressors at home, before school starts can give your child a boost. Establishing routines within your home can be lifesaver during those busy mornings when you are bustling around trying not to be late for work and school. In the evening it is helpful to lay out clothes for the next day, make lunches, pack each backpack with homework, notes for the next day, etc. Packing a healthy snack for each child to have after-school and throwing it in the car, can give

each kiddo an energy boost as you make your way to after school activities.

Evening family time is always a great time to talk about the day and check in with each child. Establishing a nightly dinner menu for the entire week, factoring in all the after school activities will help prevent a nightly "drive through run."

Eating a planned meal as a family will promote healthy eating and help promote healthy family interactions. Even soup and sandwiches (a fall favorite at my house) is easy and gives the family a chance to get caught up on the day's events. Weekly meal planning can be a fun weekend activity and each child can pick out a meal for the week. Shopping for the entire week, all at once, can be time saver. It's never fun to realize that you have to go to the store at 5:00pm after a busy day at work.

In addition to celebrating the start of the new school year, at Heartland we are celebrating the completion of over a million dollars in renovations and additions to our 100 year old facility and 50 acre campus. We are excited about the enhancements to our units and the addition of our Equestrian Therapy program. At Heartland we take

great pride in providing quality mental health treatment to children and adolescents. We are now even more proud as we can provide the same quality of care in updated and child-friendly environments. I hope all of you find the information in our newsletter helpful. I wish all of you a happy fall season.

Alyson Harder, LCSW, LSCSW

Chief Executive Officer

Inside this issue:

Helpful "Back to School" Tips and Advice	2
New Psychiatrist in October	2
Equestrian Therapy at Heartland	2
Medications in School	3
Did You Know Spotlight: TRICARE	3
Heartland Behavioral Health Services	4
Residential Treatment Services/ Acute Hospitalization	4

Heartland Continues to Undergo \$1,000,000 Renovation

Clockwise from whale: Murals in pre-adolescent rooms; Ceiling, wall, and flooring replaced in most units; Ceilings, walls, and flooring replaced in each room; walls in pre-adolescent unit; new barn erected that houses the horse stables; new horse stables to hold horses for Equestrian Therapy Program. Be watching for more photos of our progress to come!



Helpful “Back to School” Tips and Advice

Entering school for the first time or returning to school after summer break is a trying and sometimes fearful experience for children and adolescents.

“Will my teacher like me?”

“Will I like my teacher?”

“Am I going to fail?”

“Will I make/get along with friends?”

“Will my mommy be here to pick me up?”

All questions stemming from anxiety and fear that is felt when kids are facing the first day/weeks of school.

Separation anxiety, otherwise known as being separated from everything and everyone that is familiar (especially mom and dad) is very common during this time. This fear in early childhood usually comes in the form of crying and/or clinging onto the parent (which can bring tears to our eyes).

Helpful tips to ease anxiety:

1. Smooth the transition-take the child to visit the school a couple of times during the summer.
2. Play at the school playground with your child to familiarize them with the surroundings.
3. Take advantage of “meet the teacher” night-hang out, visit with the teacher-let the child see that “mommy makes friends with the teacher”.

4. Place a note, drawing or picture in your child’s back pack so they feel close to home.
5. Model “brave behavior” as a parent.
6. Keep a structured routine for bed-time and wake up time-kids LOVE routines-it gives them a sense of security to know what comes next..

Adolescent students must also adjust as they may go from the top of the food chain as an 8th grader, to find themselves as “bottom feeders” as 9th graders.

As parents/care givers, helping our children through way of positive talk and encouragement will help make their first school experience a positive one. Encourage your child to talk with: a guidance counselor, older sibling, parent or friends.

Leah McManis, LPC, NCC
Director of Clinical Services



New Psychiatrist in October

Did you know? Only 15% of youths who had difficulties had parents that actively talked to a health care provider or school staff about their child’s emotional or behavioral difficulties. (Source: National Council for Community Behavioral Healthcare)

Heartland Behavioral Health Services is pleased to announce the addition of Child Psychiatrist, Dr. Arneli Solidum, MD. Dr. Solidum comes to us from New Hampshire, where she worked in both Child and Adolescent Psychiatry for over six years. She treats a wide range of patients with various mental disabilities and behavioral issues. Dr. Solidum will be moving to the Nevada community with her husband and 5 children.



Equestrian Therapy at Heartland

Sometimes a person can find themselves all talked out. They feel like they are “stuck” in traditional therapy, or find it not effective or appropriate to meet their needs. It is at these times that introducing a horse into the mix makes all the difference. Horses are honest which makes them especially powerful messengers. They like to have fun. In other words horses provide vast opportunities for metaphorical learning. In EAP there is actually very little talking. In the beginning of each session the Team, which consists of a licensed mental health professional and an equine specialist (and the horses of course) give a set of instructions to the

group or individual. The group or individual work to complete the task using their own interpretation of the instructions. People don’t change unless they are challenged. The most lasting change occurs when people find their own answers to questions. Horses act as excellent mirrors, they reflect back to people who they really are. With the horses, residents can practice new behaviors in a therapeutic environment and learn that in changing themselves, they do have the power to change the world around them.

Here at Heartland we have EAP group programs that specialize in treating a variety of



issues that effect at-risk-youth. We have programs for anger management, eating disorders, sexually abusive youth, grief and loss, PTSD, Autism/Aspergers and anxiety and depression. We have EAP programs for family issues, including parenting, blended families and addiction/recovery. We have designed individual EAP sessions that put evidenced based treatment modalities such as CBT and DBT into motion. Finally, we create cards to assist the resident in practicing skills.

Sarah Torontow, LPC, EAGALA
Heartland West Coordinator

Medications in School

As we start back to school it is important to remember to discuss any medications your child may be on with the school staff. Specific information that would be important to share with the school staff members include:

- The trade and generic name of the medication.
- The dosage and administration schedule of the medication.
- Any educational information provided to you by the pharmacy or the health care provider.
- The name and contact number of your health care provider.



The more information that school staff members have regarding your child's medication, the better prepared they will be to safely provide he or she with a positive learning environment. Heartland specializes in the mental and behavioral healthcare of children and adolescents. Our medical and nursing staff members are always available to offer assistance in any way we can.

*Nathan Taylor, RN
Director of Nursing*

Did you know? Night terrors affect up to 5% of kids, typically starting between ages 3 and 5 and they are more common in children who sleepwalk. Both sleepwalking and sleep terrors tend to run in families. Long term solution is to give your child more time to sleep by establishing a calming night routine, like bathe, jammies, book, and bed. Prevent sleep deprivation by using this routine nightly, even weekends, and allow for more hours of sleep.

DID YOU KNOW?

National Highway Traffic Safety Administration report in 2008 that said driver distraction is the cause of 16 percent of all fatal crashes, which translates to 5,800 people killed, and 21 percent of crashes that result in an injury, which is 515,000 people.

According to the study by the Pew Research Center in Washington, D.C, which surveyed 800 teens up to age 17:

- 75 percent of teens have a cell-phone, and more than half of them say they have talked on their cell-phone while driving.

- 40 percent say they have been in a car when the driver used a cell-phone "in a way that put themselves or others in danger."

- 48 percent of teens say they have been in a car when the driver was texting. National Highway Traffic .



In our next edition of the Heartland Newsletter, we will discuss the emotional dangers of cell phone texting and social networking.

Did You Know...

TRICARE is a health care program of the United State Department of Defense Military Health System. TRICARE provides civilian health benefits for military personnel, military retirees, and their dependents.

Heartland Behavioral Health Services sets themselves apart with their TRICARE unit from any other facility in the state. We believe in quality of care and we believe in our treatment working the FIRST time, we never want to see a child jump from facility to facility to get what they need. The first visit here is all the child will need to be successful in the home community.

Heartland has been certified with Tri-Care since 2005. Heartland's TRICARE Program is designed to assist those residents with TRICARE insurance. In addition to traditional TRICARE RTC treatment, a dual diagnosis program with either Safe Haven (self-injurious programs) or Serenity (substance abuse program) is available for TRICARE certified residents.



THE HEARTLAND HERALD

Betsy Curtis

Director of Marketing & Community Relations

The **Heartland Herald** is published by the Director of Marketing through article submissions, facts, and ideas of the professional staff of Heartland Behavioral Health Services. The information provided in this publication is intended to educate readers about subjects pertinent to their health and is not substitute for consultation with a personal therapist, psychiatrist, psychologist, and/or physician.

For more information call 1 (800) 654-9605.



Heartland Behavioral Health Services

1500 West Ashland

Nevada, MO 64772

Please visit www.heartlandbehavioral.com or call **1(800) 654-9605** for more information on our services.

Hearthland Behavioral Health Services offers residential treatment and acute hospitalization for youth ages 4-19.



Residential Treatment Services

We treat youth with mental health issues, substance abuse issues, or emotional and behavioral disorders. We offer quality programs including our Tri-Care Certified Treatment Program and Self Injurious Behavioral Program. Our services are tailored to meet the needs of General Psychiatric Disorders, and we also offer an Intensive Treatment Program for Behavioral/Conduct Disorders.

Allows adolescent males and females, ages 12-18, an extended period of psychiatric treatment. This opportunity is helpful to the adolescent who may be experiencing severe behavioral, chronic and often chaotic family, social and educational disturbances.

Acute Hospitalization

At Heartland, we believe that nature and leisure activities are a vital element in healing. That's why our beautiful 50-acre campus offers a fishing pond, ropes course, basketball court, tennis court, baseball field, bowling alley, gymnasium, and last but not least, our beloved equestrian program. We've seen it time and time again — teamwork, trust and self-confidence grow as youth participate in these activities.

Offers comprehensive psychiatric treatment for ages 4-17. Our short-term intervention program helps the troubled child or teen make sense of confusing feelings, and come to terms with himself or herself as a healthy, independent individual having the skills to sustain positive relationships, both with family and friends.

Throughout our wide range of programs and services, the individual stands out. It is this commitment to the individual that sets Heartland apart.

