



Mental Health System's Office (CSA)

The MHSO Department Newsletter is Back

I, Marcie Beachy, will be taking care of the MHSO department Newsletter. I would like this newsletter to be informative and keep everyone up to speed on what is going on here in our office and in our community. To do this I am asking for your help.

- There will be a section each month for information from trainings. If you have recently been to a training and learned something interesting please share it with us.
- In the Calendar of Events section please share any upcoming training information or enjoyable activities and festivals happening here locally or close by.
- In the, What's going on? section, if there is something new happening with your program that you would like to share, please do.

Information can be emailed to mbeachy3@yahoo.com.

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"If you treat an individual as he is, he will stay as he is; but if you treat him as if he were what he ought to be and could be, he will become what he ought to be and could be."

— Johann Wolfgang von



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Sources:

<https://sitn.hms.harvard.edu/sitnflash/archives/sitnflash-200607.html>

Science in the News- Harvard Medical School



Health & Wellness: Cancer from the Sun

With summer here the message of sun safety must be stressed! As many times as you have heard it before, don't forget your sun screen when you are outdoors. Even if the clouds are out and it is a gloomy day, you can still get burnt. Check the sunblock's expiration date. Sunblock without an expiration date has a shelf life of no more than three years. Exposure to extreme temperatures can shorten the shelf life of sunblocks. Sunblocks that block both UV-A and UV-B rays and are rated SPF 15 or higher are generally recommended. All sunblocks should be applied 15-20 minutes before sun exposure in order to allow a protective film to develop, then re-applied after water contact and sweating. Some sunblocks can lose effectiveness after two hours, so reapply frequently. Your skin (and your DNA) will thank you!

-- Abigail Bracha, Harvard Medical School



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Interesting Points from Trainings

MHA Annual Conference- Laughter Yoga

The MHA conference concluded with a Laughter Yoga instructor. She enlightened us on how laughter can bring about many positive outcomes in our lives. She demonstrated to us that we do not need a reason to laugh. Children laugh up to 400 to 500 times a day and many times they are laughing for no reason. In Jimmy Buffett's famous song, "Changes in Latitudes," a key line in the chorus is: "If we couldn't laugh, we would all go insane." This verse in this fun and somewhat philosophical song is supported by scientific research. Our mental health is positively enhanced by laughter.

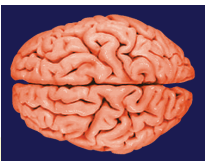
Solid scientific research demonstrates that laughter offers the following benefits:

- * Lowering blood pressure
- * Reducing stress hormones
- * Oxygenating the body by boosting the respiratory system
- * Boosting immune function by raising levels of infection-fighting T-cells
- * Triggering the release of endorphins, the body's natural painkillers
- * Strengthening cardiovascular functions
- * Increasing muscle flexion



Laughter stimulates heart and blood circulation and is equivalent to any other standard aerobic exercise. Dr. William Fry, Stanford University, USA claims one minute of laughter is equivalent to 10 minutes on the rowing machine.

For more information go to www.laughteryoga.org. You can also YouTube laughter yoga and see how other countries are practicing laughter yoga in their lives.



Giving a Fish a Bath: The Untold Story of the Adolescent Mind Presenter: Frank J. Kros, MSW, JD

Telling teens that they are "smart" may negatively impact academic performance.

Parents and others working with youth should focus instead on praising strategy and effort. "Don't tell your [teens] they are smart. More than three decades of research shows that a focus on effort- not on intelligence or ability-is the key to success in school and in life." Carol Dweck, Ph. D. An overemphasis on intellect or talent- and the implication that such traits are innate and fixed-leaves young people vulnerable to failure, fearful of challenges, and unmotivated to learn. Telling children from a young age that they are smart for doing simple everyday or common sense tasks sets the child up later in life to give up faster and easier when it comes to performing a task that is more difficult. They feel they are not smart enough and say they are dumb and do not try. "If I struggle or have to work, I am dumb." In contrast, when children are praised for the effort they made they strive to accomplish goals set in front of them. In turn, this will encourage the child to work harder to complete hard to reach goals. "If I work hard enough, I can learn this."

Upcoming Training

Working Successfully with Forensic Populations.

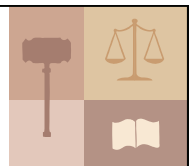
Presenter: Giselle Carter, LCSW-C Aftercare Coordinator for Clifton T. Perkins Hospital

Date: August 14, 2009 Time: 8:30 AM- 12:00 PM Location: Allegany County Health Department

Social Work CEUs and Certificates of Attendance are available.

Topics include: Discussion of the NCR Process and Treatment

Working with individuals on Conditional Release and the Community Forensic Aftercare Program, and Aftercare best practices for working with individuals in the mental health system who have legal histories and dealing with stigma.



Manage your stress.

Stress can add years to your life. Here is an example through a study of two groups of moms ages 20-50, one group had a healthy child (control group), the other group (stressed) had a chronically ill child. The group of moms under chronic stress aged 9-17 years faster than their counterparts with a healthy lifestyle.

Everyone is different and handles stress differently. What may be stressful to one person may not be stressful to another person. If you are looking to reduce the stress in your life or at least deal with it in a way that works for you, you will see improvements in your overall health. Make a list of things that stress you out, then write some things that have worked in the past. Keep using those things that worked in the past, but if you are looking for some new ways of reducing stress or managing it here are some ideas:

Exercise. Lowers blood pressure, lowers heart rate, increases brain cell growth. Should be sustained aerobic exercise for 30 minutes four times a week.

Mediation/Relaxation. Lowers cortisol levels, lowers heart rate. Must do daily and sustain it.

More sleep. Get 8 hours of sleep to ensure you can meet each day's challenges with energy and alertness. Adolescents need 9.25 hours of sleep per night.

Humor. Laughter reduces the levels of stress hormones epinephrine and cortisol.

Minimization. Don't take it that seriously.

Distraction. Think of something else.

Situational Control. First, make a plan.

Ask for help. Share responsibilities. You don't have to do it all.

Organize. It will be easier to find things when you need them.

Reminders. Have a calendar handy to help you keep track of what you have to do.

Balance work and play. Simplify your life to gain time for what you really want to do, make time for yourself.

Slow down. Learn to say "NO."



The time to relax is when you don't have time for it. ~Attributed to both Jim Goodwin and Sydney J. Harris

Give your stress wings and let it fly away. ~Carin Hartness

What's going on?



- ◆ Therapeutic Foster Care (TFC) has changed its name to Integrative Therapeutic Family Services (ITFS)
- ◆ Mobile Crisis and Stabilization Services (MCSS) is a new collaborative program between the Mental Health System's Office (MHSO) and Department of Social Services (DSS) to provide Crisis/Stabilization services for DSS involved youth.
- ◆ The second roundabout is scheduled to be completed in July.
- ◆ Some time soon, there will be arrows directing which way the traffic should flow in the Health Department's parking lot.
- ◆ The Allegany County Outpatient Mental Health Center (OMHC) is providing offsite individual and family therapy services.

 Lonaconing- St. Peter's Episcopal Church, Bishop Murry Center

 3rd Thursday of each month

 Westernport- Mt. Calvary Lutheran Church

 1st Monday of each month

For more information, call the ACHD OMHC at 301-759-5280.