

# Mental Health Child and Adolescent Service

## Clinical Herald

# HELLO!

It's been awhile since we created a newsletter for the Child and Adolescent Service for Mental Health, but no time like the present!!

LOTS has changed with us since our last **newsletter, we've moved in case you haven't heard!**

Outpatient Mental Health is now located at the Dawson Centre at 197 Dufferin Street, Level II, Bridgewater, Nova Scotia. We still have the same number, 902 527 5228. We are close neighbors with Addiction Services, which is ever expanding, right along with

mental health! With technology quickly advancing, we have been able to move right along with it. Well, we are trying anyway!

First of all, take time to read our newsletter, and if you are reading this online, take some more time to look through our website:

[www.southshoremenalhealth.ca](http://www.southshoremenalhealth.ca)

We aim to keep our site updated with new and practical infor-

mation regarding your mental health, and the mental health of those around you. We will also have a quarterly newsletter which will be posted online, on our website.

We will also offer traditional printed versions for doctors of-fices, community health agencies, schools and other community agencies and organizations.

If you would like a copy of our quarterly newsletter, please **email us....**

### GPS: Great Parenting Strategies ~ Navigating Your Way Through Parenting Your Challenging Child

GPS is the new name for parents of defiant kids.

GPS ran very successfully through the spring and will be offered again in the

Fall. We are pleased to open the group to anyone in the community. This group is designed for parents of children under the age of 14. Call *Kathy Gregory* at

543-4604 ext. 2227 to get your name on our waitlist :)

Watch for flyers for the Fall GPS group!!



## Mental Health Services



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**SUMMER 2011**

**Clara Miller** is now our acting manager for Mental Health and Addiction Services.

**WELCOME CLARA!!**

Clara replaces **Hubert Devine**, who retired!



### More Moves!

Addiction Services staff had been spread across different sites but will soon all be housed at the Dawson Center.

We are in the midst of construction at the moment!



# AUTISM

## Early Intensive Behaviour Intervention (EIBI)

The [Early Intensive Behaviour Intervention \(EIBI\)](#) programme for preschoolers with Autism Spectrum Disorders is expanding. We have hired 3 new fulltime Autism Support Workers, and hope to soon hire a second half-time clinical interventionist. Previously, only a small portion of preschoolers could benefit. We hope to now be able to offer this intensive in-home programme to all eligible preschoolers. To read about the success of this programme, go to:

<http://www.hinnovic.org/the-effectiveness-of-the-nova-scotia-eibi-program/>

And

[http://www.gov.ns.ca/health/mhs/pubs/mhs\\_EIBI\\_factsheet.pdf](http://www.gov.ns.ca/health/mhs/pubs/mhs_EIBI_factsheet.pdf)



Reminder:

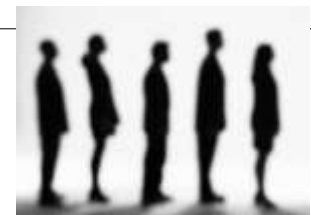
A physician referral is NOT required

“Before beginning a hunt, it is wise to ask someone what you are looking for before you begin looking for it”

*Pooh's Little Instruction Book*

### Wait times...

The wait time for diagnostic assessments for autism is quite lengthy, due in part to increased referrals and in part to a staff vacancy. Please continue to refer by calling ERS at 543-4604 ext. 2449. Wait times for other services continue to be close to the provincial standards



### Information Sessions:

We offered a series of information sessions about ASD topics for families and community members this Spring. These were well-attended, and we will repeat and expand this in the Fall.

*Look for flyers in the Fall!!*



# THANK YOU for the generous donation!

Through the generous donation of a community member, we now have Telehealth equipment at the clinic. This will provide easier access to services to clients who find it hard to travel to the Dawson Center. We can also reduce travel costs by participating in meetings and continuing education by Telehealth rather than travelling. This generous donor has also added many useful books and

DVDs to the staff library and materials on mental health topics to the public library.



“I can no other answer make, but thanks, and **thanks**”

William Shakespeare



# THANKS!!!

We had the good fortune to have some guidance counsellors volunteer as co-leaders for group programmes.

Mike Worthylake (Dr.J.C. Wickwire), Pat Wentzell (Pentz and Petite) and Jill VanderToorn (Center) assisted with the Chilled group for

*“The world is hugged by the faithful arms of volunteers !!”*

*-Terri Guillemets-*

anxious teens, while Kristy Boutilier (Newcombville) assisted with the GPS group (for

parents of challenging children).

We always welcome new volunteers; if you are interested, contact Jane Schnare, team leader, @ 543-4604 ext. \*\*\*or Joan Eisnor, volunteer services (543-4604 ext. \*\*\*\*) to discuss how you can help.

*“Mental health problems do not effect 3 or 4 out of every 5 people, but 1 out of every 1”*

*Quote: Dr. William Menninger*



## Mental Health Services

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## Mental Health Services

Child and Adolescent  
Service



## Staff shout out!!

This is a SHOUT OUT to one of our child psychologists, Mary Jean Chisholm. Jeannie has been off since the start of 2011 on a much deserved sabbatical. She and her globe trotting husband have been circumnavigating the universe since leaving for a year, **and hasn't looked back to the south shore much over the past while.** When they have spent time back here, we hear they have been making the absolute best of their time with home staycations :) We wish them all the fantastic adventure and amazing experiences the world has **to offer!! But oh yea, we miss you and can't WAIT until 2012 when you get back!! :)**



We are on the web!!  
[www.mentalhealthsouthshore.ca](http://www.mentalhealthsouthshore.ca)

## A few of our favorites...

### BOOKS:

#### Anxiety:

*"Up and Down the Worry Hill"* by Aureen Pinto Wagner

#### ADHD/Explosive kids:

*The Explosive Child* by Dr. Ross W. Greene

#### Autism:

*"Initiations and Interactions"* by Teresa A. Cardon

#### Teen depression:

*"Beyond the Blues Workbook"*  
By Lisa Schab

### Videos/DVD'S/Films:

#### Films:

Temple Grandin starring Clair Danes. (Aspergers)

#### Videos:

Easy pill swallowing:  
[www.youtube.com/watch?v=MXFMZuNs-Fk&NR=1](http://www.youtube.com/watch?v=MXFMZuNs-Fk&NR=1)

#### Night terrors:

[www.youtube.com/watch?v=pfwFaKpOK74](http://www.youtube.com/watch?v=pfwFaKpOK74)

### Webpage's:

Laing House

[www.lainghouse.org](http://www.lainghouse.org)

Teen Mental Health

[www.teenmentalhealth.org](http://www.teenmentalhealth.org)

Youth Suicide Prevention

[www.youthsuicide.ca](http://www.youthsuicide.ca)

Teen Health

[www.chebucto.ns.ca/health/teenhealth/mentalhealth](http://www.chebucto.ns.ca/health/teenhealth/mentalhealth)

Help Zone

[www.gov.ns.ca/helpzone/](http://www.gov.ns.ca/helpzone/)

Kids Help Phone

[kidshelpphone.ca/en/home.asp](http://kidshelpphone.ca/en/home.asp)

Psychosis Sucks

[www.psychosissucks.ca/epi/](http://www.psychosissucks.ca/epi/)