



# Children's Mental Health Initiative

Serving Cass County, ND and Clay County, MN

## CHILDREN'S MENTAL HEALTH MATTERS!

2nd Annual

Cass and Clay County

Children's Mental Health Fair



Spring 2009  
Issue 4

The 2nd Annual Cass and Clay County Children's Mental Health Fair is scheduled for Thursday, May 7, 2009.

Cass and Clay children's mental health providers will

**DATE:** Thursday, May 7

**TIME:** 4:30 - 7:30pm

**WHERE:** Hjemkomst Center  
202 1st Ave. N.  
Moorhead, MN 56560

have booths displaying information and resources for fair attendees.

The fair will also kick off the first session in the 2nd Annual Children's Mental Health Information Series.



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## Children's Mental Health Information Series

The 2nd Annual Children's Mental Health Information Series is scheduled for May 2009. There will be three sessions in the series (*more information on page 3*).

Session One: Thursday, May 7th 6:00 - 8:30pm	Session Two: Thursday, May 14th 6:00 - 8:30pm	Session Three: Thursday, May 21st 6:00 - 8:30pm
<p>"Understanding ADHD and ODD in Young Children: Management Strategies" Larry Burd, Ph.D.</p> <p>Hjemkomst Center Moorhead, MN</p> <p>7 - 7:30pm break to attend CMH Fair in lobby</p>	<p>"Caring for the Challenging Child" Chris Poyzer, LSW</p> <p>Olivet Lutheran 1330 University Drive Fargo, ND</p>	<p>Professional Q &amp; A Panel</p> <p>"Notice What You Notice: Tips for Addressing Stress" Jodee Bock</p> <p>Olivet Lutheran 1330 University Drive Fargo, ND</p>

**2009 Children's  
Mental Health Day  
Thursday, May 7th**

# Reactive Attachment Disorder

Reactive Attachment Disorder (RAD) is a complex psychiatric condition that is characterized by problems with emotional attachments to others.

The child with RAD may appear detached, unresponsive, inhibited, or reluctant to engage in age-appropriate social interactions. Alternatively, some children with RAD may be overly and

inappropriately social or familiar, even with strangers. Children with RAD may also demonstrate aggressive behavior, defiance, and oppositional behavior.

One of the key factors in making a diagnosis of RAD is the presence of pathogenic care during the first years of life. Some of the factors that may contribute to attachment problems are multiple out-

of-home placements, babies who have experienced separation such as chronic pain/hospitalizations of self or mother during the first year of life, emotional unavailability of mother due to drug/alcohol problems, depression, absence of support network for mother/family, or physical or sexual abuse of the child.



**“Health is state of complete physical, mental and social well-being, and not merely the absence of disease or infirmity”**

## The Village Family Service Center Attachment and Development

The initial contact with the Village involves a phone intake, followed by an assessment that includes completion of instruments to assess behavior, attachment and parenting stress, with a determination of treatment resulting. The goal of treatment is to help the child recognize, experience, and release the difficult feelings associated with early traumatic experiences that disrupt the normal developmental processes of positive attachments.

Treatment typically begins with two weeks of daily intensive therapy to begin the corrective process. Interventions such as Eye Movement Desensitization and Reprocessing, narrative

therapy, a holding-nurturing process, play therapy, bibliotherapy, cognitive restructuring, and therapeutic parenting are employed to begin the process of increasing positive attachment behaviors and decreasing destructive behaviors, placement disruptions, and hospitalizations. Following the intensive therapy, the child and parent(s) are seen weekly, with a gradual reduction in the frequency of sessions.

The Village Family Service Center’s Attachment & Development program is designed to assess and treat children from age 5 to 12 with RAD. Currently, Blue Cross Blue Shield of

Minnesota, and North Dakota, and Medica/UBH cover the cost of RAD assessment and treatment. Families may also receive assistance through their county of residence or through adoption subsidies.

In addition to RAD specific treatment, the Village Family Service Center’s Attachment & Development program provides assessments for children and adolescents and will make treatment recommendations based on those assessments.

Please contact Steve Saum, Clinical Supervisor, at 701-451-4976 to make a referral or if you have questions.

## Follow My Lead

Follow my lead is a program developed by Shanon Grave, based on the work of Rise Van Fleet. Shannon is employed by The Village Family Service Center at Clay-Wilkin Head Start.

In this program, parents are taught and practice structuring play time around the following skills:

- Reflective listening
- Child-centered imaginary play
- Setting limits

In the past two years, over 30 Clay

Wilkin Head Start families have participated. Parent education groups meet once a week for 4-6 weeks.

### Parent Testimonials

"I spend a lot of time with my kids. After participation in the group I became more understanding of their feelings and a new way to play with them. That new way of play made me much more close to them."

"This is a great program. I noticed a big change after doing our first 'Special Playtime' together."

This program offers a therapeutic format. Families can participate through EAP or self-pay.

For more information call The Village Family Service Center at 701-451-4811.



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## Stress Management for Caregivers

Stress is a part of life. How we react to it can have a positive or negative impact on us and the children in our lives. Some techniques to better handle stress are:

- **Recognize your stress** - How does your body feel when stressed? Look for the signs.
- **Evaluate your mental attitude** - Is there a bright side? Can you confront the source and problem solve?
- **Laughter is good medicine** - Is there humor in the situation? Can you add some?
- **Learn to relax** - Listening to music, prayer, meditation, and deep breathing are all effective options.
- **Physical coping strategies** - Physical exercise, healthy eating, proper sleep and taking a break are all important for combating stress.
- **Accept help** - Can you let some things go or delegate to others? Learn to say no sometimes.

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## 2009 Children's Mental Health Information Series (continued from page 1)

- The Children's Mental Health Information Series is for parents, childcare providers, teachers, professionals and other interested community members.
- Sessions, food and limited childcare provided (by reservation) free of charge for registered attendees.
- Certificates of attendance will be available.

**TO REGISTER FOR ANY OF THE SESSIONS PLEASE CONTACT:**

**Shawna Croaker, Coordinator**

**Children's Mental Health Initiative**

**Email: [rvcmhcc@rvcsc.org](mailto:rvcmhcc@rvcsc.org) or at [www.halfachild.com](http://www.halfachild.com)**

**Phone: 701-526-1565**

# Event Calendar Winter/Spring 2009

## March

- Thursday, March 5, 7-8:30pm, Red Yellow Green Framework presentation by Ada Alden, Ramada Suites, Free. Please register at 701-241-5700 or [diane.langer@ndsu.edu](mailto:diane.langer@ndsu.edu).
- Monday, March 9, 1-5pm, Computer Accessibility & Assistive Technology for People with Learning Disabilities, Expressway Suites, Free. Please register at 1-888-258-7949 or [joyce@thearcofbismarck.org](mailto:joyce@thearcofbismarck.org).
- March 14, 7-9pm, Federation of Families free event, Ogg Creek String Band, 1104 2nd Ave. S., Fargo.
- Tuesday, March 17, 8-9am, Collaborative Problem Solving with Explosive Children, Chris Poyzer, Prairie St. Johns. Free workshop. Please register in advance at [registration@prairie-stjohns.com](mailto:registration@prairie-stjohns.com).

## April

- Tuesday, April 14, 9am - 12:30pm, Autism Series, Multi-Disciplinary Interventions, ITV Room, 1st floor, Family Service Center, 715 11th St. N., Moorhead, MN. Free workshop. Register on-line at [www.cmh.umn.edu](http://www.cmh.umn.edu).
- Saturday, April 18, 10am-1pm, Week of the Young Child event, Moorhead Center Mall.

## May

- Thursday, May 7, 4:30 - 7:30, Cass and Clay County Children's Mental Health Fair, Hjemkomst Center, Moorhead.
- Thursday, May 7, 6 - 8:30pm, "Understanding ADHD and ODD in Young Children," Larry Burd, Ph.D., Hjemkomst
- Thursday, May 13 & 14, Children's Advocacy Center Annual Training, Doublewood, Register at [www.cacnd.com](http://www.cacnd.com).
- Thursday, May 14, 6 - 8:30pm, "Caring for the Challenging Child," Chris Poyzer, LSW, Olivet Lutheran.
- Thursday, May 21, 6 - 8:30pm, Professional Q and A Panel, "Stress and Mental Health," Jodee Bock, Olivet Lutheran.

\* More information and additional trainings on [www.halfachild.com](http://www.halfachild.com)

## Clay County Local Advisory Council for Children's Mental Health

The Clay County Local Advisory Council for Children's Mental Health meets on the second Wednesday of each month at 8:30 am at the Family Service Center at 715 11 St. N. , Room 2 in Moorhead.

The council is comprised of parents and professionals who advise the Clay County Board of Commissioners on the state of children's mental health services, including gaps in services, needs of the family and child, and the strengths of our current service delivery system.

We invite parents of children with mental health needs and other interested parties to attend our monthly meetings.

## Children's Mental Health Matters

You  
vaccinate.  
Test hearing.  
Monitor temps.  
Screen eyesight.  
You do a lot to give  
your child a healthy  
start. But when  
you only concentrate  
on physical health,  
you're missing  
half the picture.

[www.HalfAChild.com](http://www.HalfAChild.com)

Take the first step to complete the picture.

**Children's Mental Health Fair**  
May 7, 2009 • 4:30-7:30 p.m.  
Hjemkomst Center, Moorhead

**Children's Mental Health Week: May 3-9**  
Learn more about resources available and  
a training series for parents and caregivers  
at [www.HalfAChild.com](http://www.HalfAChild.com).

**DME**  
DAKOTA MEDICAL  
FOUNDATION  
FOR CHILDREN'S SERVICES



Region V  
Children's Services  
Coordinating Committee

The Children's Mental Health Initiative is generously funded by Dakota Medical Foundation in partnership with Region V Children's Services Coordinating Committee.

**Children's mental health resources, links and training information are available at:**

**[www.halfachild.com](http://www.halfachild.com)**

**Shawna Croaker, Coordinator**

**Children's Mental Health Initiative**

**[rvcmh@rvccsc.org](mailto:rvcmh@rvccsc.org)**

**701-526-1565**

**The Children's Mental Health Initiative is generously funded by Dakota Medical Foundation, in  
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