

# A. C. E. S.

ASSOCIATION FOR COUNSELING, EDUCATION & SUPPORT  
 (A Private Non-Profit Agency)  
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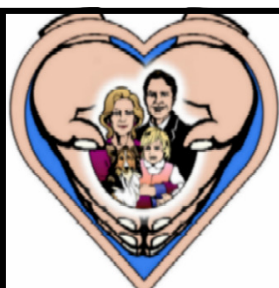
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"Dedicated to a true  
 revival of the  
 Sanctity of Family"

## A.C.E.S. MISSION STATEMENT

*The Association for Counseling, Education and Support is committed to providing a safe and supportive environment in which a comprehensive range of therapeutic and empowering services are made available to the families of our community, while making ongoing diligent efforts to assess, identify and remove any barriers to access. These programs are designed to allow individuals and families to grow in a positive and wholesome way, and allow them to celebrate the importance and sanctity of family.*

We're on the Web!  
 Visit us at [acesassociation.com](http://acesassociation.com)

# A.C.E.S. IN ACTION NEWSLETTER

Association for  
 Counseling, Education & Support  
 (A. C. E. S.)

Volume 5, Issue 2  
 April 2009

## A.C.E.S. IS HAVING A FUNDRAISER!



In conjunction with the Beadman Show & Shine Car Show and Craft Faire, scheduled for Saturday, May 9, 2009 from 9:00 a.m. until 4:00 p.m., A.C.E.S. will be offering a delightful array of food. Breakfast sandwiches, doughnuts, coffee and hot chocolate will be served starting at 8:00 a.m., to

be followed by a very delightful assortment of barbecued tri-tip, hamburgers, hot dogs and polish dogs for lunch. There will also be a variety of sweet treats and drinks to accompany lunch, and will be available throughout the day.

The Car Show and Craft Faire promises to be a hit, and thanks to the efforts of our event co-chairs, Kim Needles and Scott Smithson, and the Show and Shine Committee, the food will definitely be an added treat for all to enjoy.

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## A Legislative Update: Shortage of Child and Adolescent Psychiatrists

New legislation recently introduced by the U.S. Congress that will address the shortage of child and adolescent psychiatrists is being applauded by three of the country's leading mental health organizations. The Child Health Care Crisis Relief Act, sponsored by Representatives Patrick Kennedy (D-RI) and Ileana Ros-Lehtinen (R-FL), was reintroduced on April 2, 2009 in the House of Representatives.

The shortage of child and adolescent psychiatrists practicing in the United States has reached the crisis level, with 7418 practicing in a country with almost 74 million children and adolescents — 20% of which have some type of mental disorder with at least a mild functional impairment. Most children with mental-health issues receive care from primary care physicians or pediatricians. However, for those who do not improve with initial treatment and who require specialist referral, the current shortage of child psychiatrists can mean significant treatment delays.

"This bill will greatly alleviate the scarcity of available specialists trained in child and adolescent psychiatry," Robert Hendren, DO, president of the American Academy of Child and Adolescent Psychiatry (AACAP), said in a recent statement. "Children wait for months for an appointment, or their parents drive for hours to the nearest specialist. We need to address this shortage so that children can receive the treatment they so desperately need."

**A.C.E.S. is recruiting new members. If you know someone who would like to join the A.C.E.S. family, please call us at 241-9276.**

LEARNING HOW  
TO RECOGNIZE WHEN  
YOUR TEEN NEEDS HELP



## ADOLESCENTS AND DEPRESSION

### Signs Your Teen Is Depressed

"One in five children have a diagnosable mental, emotional or behavioral disorder. And up to one in 10 may suffer from a very serious emotional disturbance. Seventy percent of children, however, do not receive mental health services." (SGRMH, 1999)

Parents often find it difficult to recognize depression in their teenagers. Teens who are depressed may seem irritable more than down, which can cause parents to simply write off the symptoms as "normal" adolescent growing pains. It is absolutely essential that parents recognize when a pre-adolescent or adolescent child is depressed, because treatment is more effective with early intervention. The more serious consequence of untreated depression can be substance abuse (self-medication) and the risk of suicide. Any indication that a child has been depressed for six months or more should be treated in the same way you would if you saw signs of physical disease in that child.

One of the obstacles facing parents is that their child may simply seem like what many believe is a "normal teenager"- angry, belligerent, irritable, and hostile. These behaviors when isolated to events or short periods of time may well be the growing pains of adolescence, but when they extend beyond a six-month period and seem intractable and entrenched, parents need to seek intervention before more serious indications arise.

### The Typical Signs of Depression Are:

- Low energy, seemingly the teen has no "get up and go"
- Adolescent feels "low" most of the time
- Your teen is irritable, especially when pressured to "do something"
- Weight loss or gain (more than 10% of normal weight)
- Insomnia or sleeplessness, or excessive need for sleep
- Child expresses feelings of worthlessness
- Suicidal thoughts, ideation, or threats (with or without a plan)
- Drop in grades or missing school (possible claiming to be "sick" in the morning)
- Drop in social activities, interactions with peers, or a sudden change in peer group
- Indecisive or doesn't seem to care about anything (especially things they used to care about)
- Low frustration level
- Frequent bouts of crying, often for "no reason"
- No longer participates in their usual activities (social, family, academic, extracurricular)

If your child says certain tell-tale things that indicate depression, and stays in this "state of mind" for more than six months, it is time to seek outside therapy or other interventions. Typical statements repeated are:

- I don't know why I bother, what's the point of anything
- I wish I were dead
- I can't do anything right. I'm worthless. (Or variations on this theme)

If your teenager seems stuck in a pattern that includes some of these behaviors, it is time to seek therapy and make sure your child is properly treated should he or she be suffering from depression.



A Message from  
Joe Baudizzon,  
Chairman of The  
Board of Directors

Once again, I want each and every one of you to know how pleased I am with our tremendous progress. It is such an honor to be a part of A.C.E.S., along with all its wonderful members. It truly amazes me to see all the generous donations and precious time that our members have given and continue to give.

The Beadman Show and Shine Car Show and Craft Faire is scheduled for this Saturday, May 9, 2009, and A.C.E.S. will be providing all the food for the event, and we can certainly use your help. Come join in the fun!

We continue to see astounding growth, with new things happening everyday. I encourage each and every one of you to keep spreading the word about the wonderful things A.C.E.S. is doing, families helping families, and encourage them to join us.

Again, thanks to all, and keep up the good work! I hope to see you all at our meetings and events.

Have a great summer.

Chairman of the Board

### A POEM TO REMEMBER

Two people in one,  
one happy, one sad,  
Two sides of me,  
one mad and one glad.

There's only one side  
I try to let show;  
my feelings inside  
the others don't know.

I'm two people in one,  
as strange as that sounds,  
the real me inside  
no one has found.

(Written by a 15-year-old teen)

### A.C.E.S. WISH LIST

As a non-profit agency, we depend on the generosity of corporate and private donors to meet our intended mission of families helping families. Every item on this list that can be donated helps to keep costs down. We are a 501(c) 3 and, as such, your gift is tax deductible.

If you are unable to collect in-kind items, please feel free to send a monetary donation to help defray the cost of our storage units that house all the donated items for our Emergency Assistance Program, or help us obtain additional items as needed on an emergency basis.

Items Needed include:

- Household items, i.e. appliances, furniture, kitchenware
- Clothing, coats, shoes, slippers and socks—all sizes
- Power Point Projector/screen, digital/video cameras
- Storage shed, storage unit, storage unit shelving
- Self-help books, CDs, DVDs, toys, tools and tool boxes
- Gas cards/Gift cards, Non-perishable foods