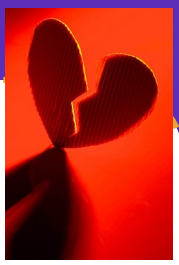




MENTAL MINUTES

JUNE 2011 VOLUME 2, ISSUE 7

Broken In My Home



RAPE STATISTICS

- **1 out of every 6** American women has been the victim of an attempted or completed rape in her lifetime.
- **9 of every 10** rape victims were female in 2003.
- While about **80% of all victims are white**, minorities are somewhat more likely to be attacked.
- About **3% of American men -or 1 in 33-** have experienced an attempted or completed rape in their lifetime.
- In 2003, **1 in every ten** rape victims were male.
- **15% of sexual assault and rape victims are under age 12.**
- **29% are age 12-17.**
- **44% are under age 18.**
- **80% are under age 30.**
- **12-34 are the highest risk years.**
- Girls ages **16-19** are 4 times more likely than the general population to be victims of rape, attempted rape, or sexual assault.
- **7% of girls in grades 5-8** and **12% of girls in grades 9-12** said they had been sexually abused.
- **3% of boys grades 5-8** and **5% of boys in grades 9-12** said they had been sexually abused.
- In 1995, local child protection service agencies identified **126,000 children** who were victims of either substantiated or indicated sexual abuse.
- Of these, **75% were girls.**
- Nearly **30% of child victims** were between the age of 4 and 7.
- **93% of juvenile** sexual assault victims know their attacker.
- **34.2% of attackers** were family members.
- **58.7% were acquaintances.**
- **Only 7% of the perpetrators** were strangers to the victim.

Effects of Rape

- Victims of sexual assault are:
- **3 times** more likely to suffer from depression.
 - **6 times** more likely to suffer from post-traumatic stress disorder.
 - **13 times** more likely to abuse alcohol.
 - **26 times** more likely to abuse drugs.
 - **4 times** more likely to contemplate suicide.

Source: <http://www.rainn.org/get-information/statistics/sexual-assault-victims>

As I sat at my desk in my 5th grade classroom listening to the D.A.R.E. representative talk about “strangers”, the figures in my booklet began to move. Yes, they morphed, and what took shape was the beginning of a struggle that would mold and consume my very existence.

I ran from my classroom and found myself in the stairwell bawling my eyes out, my friend came to console me and asked what was wrong...and then came the teacher. Next thing I remember was being questioned about what happened and being taken to the hospital for RAPE testing. I can only remember bits and pieces of those events, but EVERY detail of what got me there was unmistakable.

He would always wait until he thought I was sleeping and then he would get on top of me. It didn't matter if I was laying on my stomach or my back; he found a way in. The sound of the television helped me to drown out his heavy breathing in my ear and I just kept telling myself, “don't open your eyes, don't let him know you're awake”. I would separate myself from my body; I felt as though I was floating on the ceiling and looking down at the whole thing taking place.

...and then there were the times he did it in plain sight. My dad would make me sit on my “brother's” lap while we drove in the big red car and my “brother” couldn't be more “satisfied”. As my dad focused on the road, my “brother” would grind his body on my bottom. I felt slimy and disgusting, like my body was dirty and could never be clean. My father was clueless...he just drove along.

The very last incident was after my mother and father split up. I was sent to stay at my father's house for the night and I “fell asleep” downstairs. As I lay on my stomach, he got on top of me and began trying to get inside. I couldn't pretend anymore and when I tried to separate myself from my body, I failed. The pain sent a jolt of adrenaline rushing

through me and I threw him to the floor. I ran to my father's room...never saying a word about what took place, about what his son had done to me.

I repressed those memories for a few years until that day in my classroom when the floodgates opened. I was disturbed by my parents' lack of attention to the matter and, from a child's perception, I felt as though my mother was upset with me and my father wanted to forget it ever happened. I harvested feelings of anger and resentment toward them both for many years, almost twenty years, until my mother called me out of the blue one day and asked me what really happened back then.

I finally got my chance to really speak; she was finally willing to listen. She called my father and convinced him that he needed to hear it as well; that no amount of therapy in the world would allow me to begin healing if I didn't get it off my chest and start with forgiveness toward them. My mother encouraged me to pursue charges against him but when we went to open that can of worms, we found out he was up on charges for raping a 14-year-old boy repeatedly.

The side of me that was molested says I didn't do enough, that I could have prevented the rape of that little boy and every other child “my brother” had damaged; yes, there were many. The rational side of me however, says that everything happens in its time. I will see to it that he NEVER has the opportunity to hurt another child.

He was my brother...he hurt me in my parents' home...he raped me right under their nose over a period of years...strangers were the least of my worries...

By: Nafiyasa S. Simmonds

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Upcoming Training: Friday, June 24, 2011

8:30 am - 4:00 pm

Attachment Training: 101

(6 CORE CEU Hours)

The Attachment and Bonding Center of Atlanta, LLC (ABC) has spent the last decade on the front lines assisting parents and social service agencies working with children who have been traumatized and have developed attachment resistance. ABC has identified many factors that are crucial to a positive treatment outcome. This workshop is for parents, case workers, therapists, teachers and other professionals who want to improve their effectiveness in working with this population.

REGISTER HERE

Acting on Reactive Attachment Disorder

Many parents of adoptive children are uncertain of how to parent these sometimes withdrawn, emotionally volatile and defiant children. As a licensed therapist trained specifically in the area of Attachment disorders I have watched parents struggle with the "best" way to handle their adoptive child. Many feel like these children are gifts from God, however they are uncertain how to move that child from feeling estranged to feeling embraced, loved and secure. One of the most difficult cases I ever dealt with was that of a 4-year-old Romanian orphan. His parents thought that it was normal for him to be a rambunctious whirlwind of activity at his age; but his mother, in particular, quickly noticed behaviors that were "not so normal".

Joseph had poor eye contact and a need to be in control of every situation he was in and would often become hostile and rock back and forth if he felt a lack thereof. He would lash out at the family dog in cruel manners and when he was scolded for doing so, he had a lack of empathy or remorse for what he had done. He never seemed to feel guilty for his acting out behaviors and would attempt to charm his way out of many situations. What was most peculiar was Joseph's response to strangers. He seemed to have no fear of them; he would often walk right up to people and begin conversation and hug or even attempt to kiss them. This was odd enough, but what was even stranger was the fact that Joseph would flinch at the mere touch of his parents and turn his back if they tried to hug him. Joseph often stole simple things around the house and would lie about doing so. Joseph's parents were at odds about whether Joseph did these things and Joseph seemed to take pleasure in watching them disagree.

Desperate for answers, Joseph's mother called The Attachment and Bonding Center of Atlanta (ABC) and explained Joseph's symptoms; we immediately suggested she bring Joseph in for an assessment. Joseph was diagnosed with Reactive Attachment Disorder (RAD), a continuum in which some children are securely attached; some suffer from mild attachment issues; and some from severe attachment disorders, as in Joseph's case. I began working with Joseph and his family, not only on Joseph's Attachment issues, but to instruct his mother and father how to parent him therapeutically as typical parenting techniques do not work with attachment disordered children.

Joseph began as a child that seemed incapable of loving his parents or being loved by them; he wouldn't obey, trust, or be joyful with them. With the appropriate RAD treatment, Joseph is now a child who loves his parents and loves the world; but most of all, he loves to be loved!

Here are some things you can do if you are struggling with a child with Attachment issues:

- Call a children's mental health agency that specializes in Attachment and Bonding issues.
- Get an assessment done on your child and begin therapy.
- Get educated on how to properly parent your child with Attachment issues.
- Involve the whole family in the process to create a healthy "attached" environment for everyone.

To learn more about Attachment Issues and Reactive Attachment Disorder, visit our website at www.mentalhealthgeorgia.com

MENTAL MINUTE

Tickle your brain with these random riddles:

1. A farmer had 12 sheep and 3 cows. All of the animals except 9 sheep died. How many animals did he have left in his farm?
2. It lives without a body, hears without ears, speaks without a mouth, and is born in air.
3. I don't speak, I cannot hear, but I always tell the truth.
4. What does this equation stand for: $365 = \text{"D of the Y"}$.
5. Can a Roman Catholic man from California marry his widow's sister who is from Texas?
6. A doctor and a boy were walking in a park. The doctor called the boy "my son" but the boy didn't call the doctor "father". To the boy, who was the doctor?
7. How does this proverb continue: "The squeaking wheel gets ..."
8. This name has a meaning both as a noun and an adjective. As a noun it is something you usually eat on a bun. As an adjective it is a synonym for honest.
9. An old man was looking at a photograph of a young man. Somebody asked him who it was. The man's answer was the following: "Brothers and sisters, I have none. But that man's father is my father's son." Who was in the photograph?
10. If there are 3 apples on the table and you take 2 of them, how many will you have?

Answer on p.4

What is Attachment Disorder / Reactive Attachment Disorder (RAD)

Attachment is defined as the affectional tie between two people. It begins with the bond between the infant and mother. This bond becomes internally representative of how the child will form relationships with the world. Bowlby stated "the initial relationship between self and others serves as blueprints for all future relationships." (Bowlby, 1975)

Attachment Disorder is defined as the condition in which individuals have difficulty forming lasting relationships. They often show nearly a complete lack of ability to be genuinely affectionate with others. They typically fail to develop a conscience and do not learn to trust. They do not allow people to be in control of them due to this trust issue. This damage is done by being abused or physically or emotionally separated from one primary caregiver during the first 3 years of life. "If a child is not attached-does not form a loving bond with the mother-he does not develop an attachment to the rest of mankind. The unattached child literally does not have a stake in humanity" (Magid & McKelvey 1988) They do not think and feel like a normal person. "At the core of the unattached is a deep-seated rage, far beyond normal anger. This rage is suppressed in their psyche.

Now we all have some degree of rage, but the rage of psychopaths is that born of unfulfilled needs as infants. Incomprehensible pain is forever locked in their souls, because of the abandonment they felt as infants." (Magid & McKelvey 1988) "There is an inability to love or feel guilty. There is no conscience. Their inability to enter into any relationship makes treatment or even education impossible." (Bowlby 1955) Some infamous people with Attachment Disorder that did not get help in time: Adolph Hitler, Saddam Hussein, Edgar Allen Poe, Jeffery Dahmer, and Ted Bundy. One famous person with Attachment Disorder who did get help in time (in 1887!) and became one of greatest humanitarians is Helen Keller.

Causes

Any of the following conditions occurring to a child during the first 36 months of life puts them at risk:

- Unwanted pregnancy
- Pre-birth exposure to trauma, drugs or alcohol
- Abuse (physical, emotional, sexual)
- Neglect (not answering the baby's cries for help)
- Separation from primary caregiver (i.e. illness or death of mother or severe illness or hospitalization of the baby, or adoption)
- On-going pain such as colic, hernia or many ear infections
- Changing day cares or using providers who don't do bonding
- Moms with chronic depression
- Several moves or placements (foster care, failed adoptions)
- Caring for baby on a timed schedule or other self-centered parenting

Source: http://www.attachment.org/pages_what_is_rad.php



Attachment Disorder Symptoms

- Superficially engaging & charming
- Lack of eye contact on parents terms
- Indiscriminately affectionate with strangers
- Not affectionate on Parents' terms (not cuddly)
- Destructive to self, others and material things (accident prone)
- Cruelty to animals
- Lying about the obvious (crazy lying)
- Stealing
- No impulse controls (frequently acts hyperactive)
- Learning Lags
- Lack of cause and effect thinking
- Lack of conscience
- Abnormal eating patterns
- Poor peer relationships
- Preoccupation with fire
- Preoccupation with blood & gore
- Persistent nonsense questions & chatter
- Inappropriately demanding & clingy
- Abnormal speech patterns
- Triangulation of adults
- False allegations of abuse
- Presumptive entitlement issues
- Parents appear hostile and angry

Source: http://www.attachment.org/pages_what_is_rad.php

Recipe Round-Up: Coconut Chicken Wings

Ingredients

- 3 tablespoons vegetable or light olive oil
- 2 tablespoons soy sauce
- 2 tablespoons sugar
- 1 teaspoon mild curry powder
- 1/2 teaspoon salt
- 1/4 teaspoon ground black pepper
- 1/2 teaspoon grated lemon zest
- 1 cup coconut milk
- 3 pounds chicken wings
- 1 cup flaked sweetened coconut



Instructions

In a large bowl, whisk together the first seven ingredients, then whisk in the coconut milk. Reserve and refrigerate 1/2 cup of the mixture divided evenly in two containers. Cut off the tips of the wings (reserve them for stock or discard), then halve the wings at the joint. Place them in the bowl and toss them with the marinade. Cover the bowl with plastic wrap and refrigerate it for at least an hour, but preferably overnight.

Just before grilling the wings, toast the coconut in a medium-size skillet over medium heat, stirring constantly until golden brown, about 10 minutes. Pour the flakes onto a plate and allow them to cool, then lightly crumble the flakes with your fingers and set them aside. Prepare the grill for cooking and oil the grates. Grill the wings 8 to 10 minutes per side, turning once, or until the meat is no longer pink inside. Use one container of the reserved marinade to baste the meat at each turn. As the wings finish cooking, warm the other container of reserved marinade in a small saucepan until heated through.

Transfer the cooked wings to a platter and coat them with the warmed marinade. Sprinkle the wings with the toasted coconut and serve them immediately. Serves 6 as a main dish or 12 as an appetizer.

Source: <http://familyfun.go.com/summer/summer-recipes/summer-dinners/coconut-chicken-wings-699690/>

Our sister agencies provide an extensive array of mental health services for both children and adults. "Our mission is to provide high-quality, easily accessible services for Georgians, focused on promoting mental and emotional well-being through personal and professional development, family preservation, resource coordination, and individualized treatment.

Self Care Corner: Easy Summer Health Tips



1. Drink plenty of water. It is very important to drink water. Your body needs water to prevent dehydration during warm summer days. Take special care to make sure infants and toddlers drink enough water. They can become dehydrated much more easily than adults.
2. If you have asthma or other respiratory problems, keep a careful watch on the daily air quality reports. Also, don't forget to take your inhaler or other medication with you when you go out.
3. Take a rest or nap. Don't push yourself beyond your physical limits.
4. Wear Sunscreen. Sunburn is painful and unhealthy. Use a sunscreen that is right for your skin.
5. Stay Cool. Wear light, loose-fitting clothing to help you stay cooler.
6. Wear Sunglasses. Sunglasses protect your eyes from the sun's UV rays.
7. Maintain your energy level by limiting your intake of fat and sugar; focus on carbohydrates, fruits and vegetables.
8. Before leaving for vacation pack a few items (calamine lotion, baking soda) that will help with itchy or painful insect bites.
9. If you have allergies and plan to be traveling/vacationing, find out which plants will be pollinating in your vacation spot
10. Know your body. If you are feeling ill, see a doctor. An average of 400 people die each year in the United States due to extreme heat.

Source: <http://www.mamashealth.com/summer/>

Our Non-Profit organization, Atlanta Center for Healing, is looking for Board Members and Volunteers!!!

Contact: *Nafiyssa S. Simmonds BS, MBA*
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Look out for our Quarterly Newsletter!!!



Mental Minute Solution

1. 9 sheep left alive. All other animals including the cows, died.
2. Echo. The echo has no body, it has no ears, but still can "hear" and "reply" without a mouth. And of course it is born in air.
3. The mirror
4. 365= Days of the Year
5. No. The fact that his wife is a widow, means that he is dead.
6. Mother. Not all doctors are men!
7. The grease. If you want something, you don't have to just wait in silence.
8. Frank. However, if spelled Franc, the name is the currency in France before they adopted the Euro.
9. His son. The father of the young man on the photograph is the old man himself.
10. You will take the 2 apples and they are with you, so you have 2 apples.

Source: <http://www.123facts.com/play-quiz/Tickle-Your-Brain-69.html>



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