



MENTAL MINUTES

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SUICIDE STATISTICS



- Approximately three million youth, ages 12-17 were at-risk of suicide in the past twelve months.
- Of the youth at-risk, 37 percent or over one million actually tried to kill themselves.
- Only 36 percent of the youth at-risk for suicide (2000) received mental health treatment or counseling; the majority of help received was through school-based programs.
- Suicide is the leading cause of death among college students.
- Each suicide intimately affects at least six other people.
- More people die from suicide than homicide.
- Between the mid-1950s and the late 1970s, the suicide rate among U.S. males aged 15-24 more than tripled (from 6.3 to 21.3 percent). Among females of the same age, the rate more than doubled during this period (from 2.0 to 5.2).
- Among young people aged 10-14 years, the rate has doubled in the last two decades.
- Between 1980-1986 the suicide rate for African-American males aged 15-19 has doubled.
- Every day, approximately 80 Americans take their own life and 1,500 more attempt to do so.
- Over 32,000 people in the United States die by suicide every year.

Source: <http://www.gbmnews.com/gbm/articles/oprah-joins-battle-to-end-bullying-and-reduce-youth-suicide-trend-.html>

Bullying and Suicide

There is a strong link between bullying and suicide, as suggested by recent bullying-related suicides in the US and several other countries. Parents, teachers, and students need to be aware of the dangers of bullying so they can get help for students who may be at risk for suicide.

In recent years, a series of bullying-related suicides in the US and across the globe have drawn attention to the connection between bullying and suicide. Though too many adults still see bullying as "just part of being a kid," it is a serious problem that leads to many negative effects for victims, including suicide. Many people may not realize that there is also a link between being a bully and committing suicide.

The statistics on bullying and suicide are alarming:

- Suicide is the third leading cause of death among young people, resulting in about 4400 deaths per year, according to the CDC. For every suicide among young people, there are at least 100 suicide attempts. Over 14 percent of high school students have considered suicide, and almost 7 percent have attempted it
- Bully victims are between 2 to 9 times more likely to consider suicide than non-victims, according to studies by Yale University
- A study in Britain found that at least half of suicides among young people are related to bullying
- 10 to 14 year old girls may be at even higher risk for suicide, according to the study above
- According to statistics reported by ABC News, nearly 30 percent of students are either bullies or victims, and 160,000 kids stay home from school every day because of bullying

Source: <http://www.bullyingstatistics.org/content/bullying-and-suicide.html>

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Your input is important to us. Please take the opportunity to complete the form below indicating your opinion of our services, how we could improve service delivery, etc.



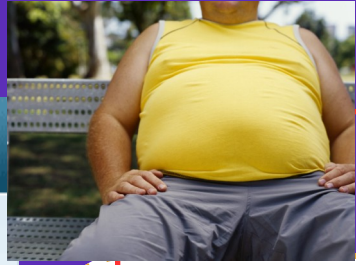
[Referral Sources Click Here to Complete a Survey](#)

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By clicking either of the above links, you will be directed to another site.

If you have any questions and/or comments regarding the services we provide or on how we can be of service to you, please feel free to contact us using the information provided below.

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Obesity

RATES OF ADULT OBESITY IN THE UNITED STATES (HIGHEST TO LOWEST)

1 Mississippi	27 Illinois
2 Alabama	28 Oregon
3 West Virginia	28 Virginia
4 Tennessee	28 Washington
5 South Carolina	31 Minnesota
6 Oklahoma	32 Nevada
7 Kentucky	33 Arizona
8 Louisiana	33 Idaho
9 Michigan	35 Maine
10 Arkansas	36 New Mexico
10 Ohio	37 New York
12 North Carolina	38 Wyoming
13 Missouri	39 Florida
14 Georgia	39 New Hampshire
14 Texas	41 California
16 Indiana	42 New Jersey
17 Delaware	43 Montana
18 Alaska	44 Utah
18 Kansas	45 D.C.
20 Nebraska	46 Vermont
20 South Dakota	47 Hawaii
22 Iowa	48 Rhode Island
22 North Dakota	49 Connecticut
22 Pennsylvania	50 Massachusetts
25 Maryland	51 Colorado
25 Wisconsin	

State rankings are based on average obesity percentages during the three years of 2006-2008.

Source: "F as in Fat: How Obesity Policies Are Failing in America, 2009," a report issued by Trust for America's Health and Robert Wood Johnson Foundation in July 2009.

Source: <http://www.yourbariatricsurgeryguide.com/obesity/>

MENTAL MINUTE

THANKSGIVING BRAIN TEASER

Fill in the middle word. This word should correspond with the first and last word.

- 1) Halloween _____ Party
- 2) Candy _____ Chowder
- 3) Wish _____ Meal
- 4) Carved _____ Seeds
- 5) Apple _____ Vinegar
- 6) Thanksgiving _____ Menu
- 7) Sweet _____ Skins
- 8) Scare _____ Feet
- 9) Pumpkin _____ Plate
- 10) Harvested _____ Duster

Facts, Statistics, and Rates of Obesity

Obesity is a disease that affects 34 percent of adults age 20 and over in the United States, which amounts to more than 72 million people. About 33.3 percent of American men and about 35.3 percent of American women are obese.*

The number of overweight and obese Americans has increased almost continuously since 1960. About 66 percent of U.S. adults were estimated to be either overweight or obese by the 2003-2004 National Health and Nutrition Examination Survey.

The rate of obesity differs from state to state, which is probably a reflection of various lifestyle, age and economic factors. The rankings [found in the table on the left] are based on data from 2004 to 2006.

If you are obese, you may have inherited it, because it has a strong genetic component. Your environment is another contributor. Our culture fosters the tendency toward obesity: physical activity isn't often required in our society, and the foods that cost the least often contain the most calories and the fewest nutrients.

There are a number of dangerous consequences. Obesity increases your risk of developing high blood pressure, type 2 diabetes, heart disease, stroke, gallbladder disease, cataracts, age-related macular degeneration (AMD) and cancer of the breast, prostate, and colon. In fact, obesity increases your risk of death. And that's not all. The lesser known effects of obesity may also include asthma, pregnancy complications, infertility and even Parkinson's disease, a progressive neurological disorder.

About 3 percent of Americans, or 6.8 million adults, were morbidly obese in 2005, according to the non-profit think tank Rand Corporation. (In the Rand study, "morbidly obese" was defined as having a body mass index or BMI of 40 or higher.)

You don't have to be skinny to reduce these risks. If maintained, even weight losses as small as 10 percent of body weight can improve your health.

Causes of Obesity

Knowing the various reasons that people become obese can help you understand your own struggle more clearly.

Understanding your condition is vital for losing weight and keeping the weight off. Here are the most common causes of obesity:

- **Genetics:** Obesity can often be traced to genes, and the brain can induce appetite tendencies.
- **Illness:** Hypothyroidism, Cushing Syndrome and depression.
- **Psychology:** Mental illness and emotional problems.
- **Lifestyle habits:** Poor diet and low levels of daily activity.

Source: <http://www.yourbariatricsurgeryguide.com/obesity/>

Bullying and Suicide

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Bully-related suicide can be connected to any type of bullying, including physical bullying, emotional bullying, cyberbullying, and sexting, or circulating suggestive or nude photos or messages about a person. Some schools or regions have more serious problems with bullying-related suicide. This may be due to a problem with bullying at the school. It could also be related to the tendency of students who are exposed to suicide to consider suicide themselves.

Some of the warning signs of suicide can include:

- Showing signs of depression, like ongoing sadness, withdrawal from others, losing interest in favorite activities, or trouble sleeping or eating
- Talking about or showing an interest in death or dying
- Engaging in dangerous or harmful activities, including reckless behavior, substance abuse, or self injury
- Giving away favorite possessions and saying goodbye to people
- Saying or expressing that they can't handle things anymore
- Making comments that things would be better without them

If a person is displaying these symptoms, talk to them about your concerns and get them help right away, such as from a counselor, doctor, or at the emergency room.

In some cases, it may not be obvious that a teen is thinking about suicide, such as when the suicide seems to be triggered by a particularly bad episode of bullying. In several cases where bullying victims killed themselves, bullies had told the teen that he or she should kill him or herself or that the world would be better without them. Others who hear these types of statements should be quick to stop them and explain to the victim that the bully is wrong.

Other ways to help people who may be considering suicide include:

- Take all talk or threats of suicide seriously. Don't tell the person they are wrong or that they have a lot to live for. Instead, get them immediate medical help.
- Keep weapons and medications away from anyone who is at risk for suicide. Get these items out of the house or at least securely locked up.
- Parents should encourage their teens to talk about bullying that takes place. It may be embarrassing for kids to admit they are the victims of bullying, and most kids don't want to admit they have been involved in bullying. Tell victims that it's not their fault that they are being

bullied and show them love and support. Get them professional help if the bullying is serious.

- It is a good idea for parents to insist on being included in their children's friends on social networking sites so they can see if someone has posted mean messages about them online. Text messages may be more difficult to know about, so parents should try to keep open communications with their children about bullying.
- Parents who see a serious bullying problem should talk to school authorities about it, and perhaps arrange a meeting with the bully's parents. More states are implementing laws against bullying, and recent lawsuits against schools and criminal charges against bullies show that there are legal avenues to take to deal with bullies. If school authorities don't help with an ongoing bullying problem, local police or attorneys may be able to.

People who are thinking about suicide should talk to someone right away or go to an emergency room. They can also call a free suicide hotline, such as 1-800-273-TALK (8255).

Friends and relatives of suicide victims also need to find someone to talk to as they grieve, especially if they are suffering from depression or suicidal thoughts themselves.

Source: <http://www.bullyingstatistics.org/content/bullying-and-suicide.html>

Recipe Round-Up: Cajun Turkey with Dirty Rice Stuffing

Cajun Turkey

Ingredients

- 1 (12-pound) fresh or frozen turkey, thawed
- 2 tablespoons no-salt-added Cajun seasoning (such as Spice Islands)
- 1/2 teaspoon salt
- Cooking spray
- Dirty-Rice Stuffing
- Parsley and rosemary sprigs (optional)

Preparation

Preheat oven to 350°. Remove and discard giblets and neck from turkey. Rinse turkey with cold water; pat dry. Trim excess fat. Starting at neck cavity, loosen skin from breast and drumsticks by inserting fingers, gently pushing between skin and meat. Rub Cajun seasoning and salt under loosened skin, and sprinkle in body cavity. Tie ends of legs with cord. Lift wing tips up and over back; tuck under turkey.

Place turkey on a broiler pan coated with cooking spray or on a rack set in a shallow roasting pan. Insert meat thermometer into meaty part of thigh, making sure not to touch bone. Bake at 350° for 2 1/2 hours or until thermometer registers 180°. (Cover turkey loosely with foil if it gets too brown.) Remove turkey from oven. Cover loosely with foil; let stand 10 minutes before carving. Discard skin. Serve with Dirty-Rice Stuffing. Garnish with parsley and rosemary sprigs, if desired.

Source: http://find.myrecipes.com/recipes/recipefinder.dyn?action=displayRecipe&recipe_id=10000000222346



Dirty Rice Stuffing

Ingredients

- 2 tablespoons olive oil
- 1 pound andouille sausage, chopped
- 1/2 pound chicken livers, cut into bite-size pieces
- 1 cup finely chopped onion
- 1 cup finely chopped celery
- 1 cup finely chopped green bell pepper
- 1/4 cup no-salt-added Cajun seasoning (such as Spice Islands)
- 1/4 cup chopped garlic
- 6 cups hot cooked long-grain rice
- 3 cups fat-free, less-sodium chicken broth
- 1/2 teaspoon salt

Preparation

Heat oil in a large Dutch oven over medium-high heat. Add sausage and next 6 ingredients (sausage through garlic); sauté 15 minutes or until browned. Add rice, broth, and salt; cook until liquid is nearly absorbed (about 15 minutes).

Source: http://find.myrecipes.com/recipes/recipefinder.dyn?action=displayRecipe&recipe_id=10000000221994

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.

Safe Schools for Everyone: Gay, Lesbian, Bisexual, and Transgender Students



The National Education Association (NEA) believes that a great public school is a fundamental right of every child—free from intimidation and harassment, and safe for all students, including those who identify as gay, lesbian, bisexual, and transgendered.

There is only one real issue for educators: We are responsible for our students' safety and education. We must ensure that everyone is given the opportunity to achieve and thrive.

Measurable Damage

We know that students are more likely to learn and succeed in safe, supportive environments. Unfortunately, safety can be an issue for children and teens who are seen as different because of their sexual orientation or gender identity. From the earliest grades, students routinely use homophobic language, and verbal taunts often escalate to physical confrontations.

The effects of bullying, harassment, and discrimination are clear. Students who are subjected to frequent harassment do less well academically, and are much more likely to be truant or drop out of school, be depressed or suicidal, consume drugs or alcohol, or carry a weapon to school.

Alarming Statistics

According to the 2005 National School Climate Survey, taken by the Gay, Lesbian and Straight Education Network (GLSEN):

- More than a third (37.8%) of students experienced physical harassment at school on the basis of sexual orientation;
- More than a quarter (26.1%) of students experienced physical harassment at school on the basis of their gender expression;
- Nearly one-fifth (17.6%) of students had been physically assaulted because of their sexual orientation;
- Over one-tenth (11.8%) of students had been physically assaulted because of their gender expression.

Source: <http://www.nea.org/tools/30420.htm>

Mental Minute Solution

Solution

- 1) Costume
- 2) Corn
- 3) Bone
- 4) Pumpkin
- 5) Cider
- 6) Dinner
- 7) Potato
- 8) Crows
- 9) Pie
- 10) Crop

Source: <http://www.braingle.com/brainteasers/teaser.php?op=2;id=39016;comm=0>

Four Steps Schools Can Take to Address Anti-LGBT Bullying and Harassment

As communities across the country hold vigils in memory of Lawrence King, a 15-year-old from California whom classmates say was killed because of his sexual orientation and gender expression, GLSEN is calling on schools to honor King's memory by using this as an opportunity to address violence and harassment directed at lesbian, gay, bisexual and transgender (LGBT) students.

"While we are all still numb to the reality of this horrible tragedy, it is important that we begin to look at ways we can make sure something like this never happens again," said GLSEN Executive Director Kevin Jennings. "Schools can take steps to ensure that all their students are safer, regardless of sexual orientation or gender expression/identity."

GLSEN, the Gay, Lesbian and Straight Education Network, recommends four approaches that schools can begin implementing now to address anti-LGBT bullying and harassment.

- Adopt a comprehensive anti-bullying policy that enumerates categories such as race, gender, ethnicity, religion, sexual orientation and gender expression/identity.
- Enumeration is crucial to ensure that anti-bullying policies are effective for LGBT students. Policies without enumeration are no more effective than having no policy at all when it comes to anti-LGBT bullying and harassment, according to GLSEN's 2005 National School Climate Survey.
- Require staff trainings to enable school staff to identify and address anti-LGBT name-calling, bullying and harassment effectively and in a timely manner.
- Support student efforts to address anti-LGBT bullying and harassment on campus, such as the formation of a Gay-Straight Alliance or participation in the National Day of Silence on April 25.
- Institute age-appropriate, inclusive curricula to help students understand and respect difference within the school community and society as a whole.

While lethal violence like Lawrence's murder is rare, anti-LGBT bullying and harassment are pervasive problems in our schools, and effective responses are crucial to prevent escalation.

In the 2005 National School Climate Survey, nearly a fifth (17.6%) of LGBT students reported being physically assaulted at school in the past school year because of their sexual orientation and over a tenth (11.8%) because of their gender expression.

Nearly two-thirds of LGBT students (64.3%) said they feel unsafe in school because of their sexual orientation and two-fifths (40.7%) because of their gender expression. "Only 10 states and the District of Columbia protect students from bullying and harassment based on sexual orientation, and only five and the District of Columbia protect students based on gender identity/expression," Jennings said. "We can make our schools safer, and every child deserves to know that we care enough about them to try."

Source: <http://www.glsen.org/cgi-bin/iowa/all/library/record/2263.html>



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