



MENTAL MINUTES

October 2010 VOLUME 2, ISSUE 1

OCTOBER HIGHLIGHTS



National Breast Cancer Awareness Month

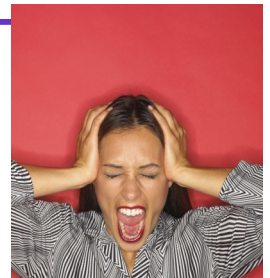
Breast Cancer Awareness Month takes place throughout the month of October each year. It began in 1985 in an effort to increase concern for breast health issues and spread the importance of early cancer detection.



While a great deal of research and treatments have been achieved and improved in recent years, breast cancer is still one of the leading causes of death among women, second only to skin cancer. Therefore, the value of acknowledging and promoting healthy breast care is substantial. It is important to educate women on the risk factors and causes of breast cancer, as well as possible preventative measures and annual mammography screening for women over 40.

Source: <http://www.epromos.com/education/calendars/national-breast-cancer-awareness-month/>

Mental Illness Awareness Week 2010: October 3-9, 2010



In 1990, the U.S. Congress established the first week of October as Mental Illness Awareness Week (MIAW) in recognition of NAMI's efforts to raise mental illness awareness. Since 1990, mental health advocates across the country have joined together during the first full week of October to celebrate.

MIAW has become a NAMI tradition. It presents an opportunity to all NAMI state organizations and affiliates across the country to work together in communities to achieve the NAMI mission through outreach, education and advocacy. The National Day of Prayer for Mental Illness Recovery and Understanding is Tuesday, Oct. 5, 2010.

Beginning Oct. 1, PBS television stations in some communities will begin airing the documentary *Unlisted: A Story of Schizophrenia*, which was screened at the 2010 NAMI national convention. The film also can be used a tool for MIAW or later public education efforts. Please check its website for more information.

Source: http://www.nami.org/template.cfm?section=mental_illness_awareness_week

HAPPY HALLOWEEN

National Domestic Violence Awareness Month

The Domestic Violence Awareness Project

In 1995, the National Resource Center on Domestic Violence (NRCDV) convened several national domestic violence organizations - the Family Violence Prevention Fund, the National Coalition Against Domestic Violence, the National Domestic Violence Hotline and later the National Network to End Domestic Violence - to launch a new effort to support domestic violence programs' awareness and education efforts for Domestic Violence Awareness Month (DVAM), observed annually in October. The collaborative effort became the Domestic Violence Awareness Project (DVAP).

Today, the DVAP is a diverse and unique partnership of local, tribal, state and national domestic violence organizations and networks. The DVAP collaborates to collect, develop and distribute resources and ideas relevant to advocates' ongoing public and prevention awareness and education efforts not only in preparation for DVAM, but also throughout the year.

Source: <http://www.nrcdv.org/dvaml/>



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Halloween Safety Tips

Parents of trick-or-treating kids can get so caught up in the fun themselves that they might forget some simple safety ideas that could keep everyone out of trouble. Having a fun and safe Halloween will make it all worth while!

Kids love Halloween! They get to dress up and get free candy! What a perfect holiday! Give your kids some precious Halloween memories that they'll have for life. If you take your kids to a sponsored event, like a safe Halloween thrown by your church or community center, make sure to keep an eye on them at all times. Even though it seems less dangerous, you are still in a strange environment full of people that you don't know. All it takes is a minute with your back turned to find your child gone.

Cell phones are everywhere now! Everyone seems to have one, they can be so affordable. Make sure that your child has a pre-programmed cell phone with him/her if they go out on Halloween night! Make sure that all important numbers are already there and ready for use.

Below are more common sense tips that can help adults keep their kids safe:

- As bad as it sounds, this is just a fact of life now. Get on the internet and check your local state website for sex offenders. Almost every state has one, just do a search for your state sex offender site. Look up your zip code and it should have a list of registered offenders in your area that includes street addresses. Make sure that your kids stay away from these houses!
- Know the route your kids will be taking if you aren't going with them. Let them know that they are to check in with you every hour, by phone or by stopping back at home. Make sure that they know not to deviate from the planned route so that you always know where they will be.
- Trick or treating isn't what it used to be. In most cities it's not safe to let kids walk the streets by themselves. Your best bet is to make sure that an adult is going with them. If you can't take them yourself, see if another parent or two can.
- Help your young child pick out or make a costume that will be safe. Make sure that it's fire proof or treated with fire retardant. If they are wearing a mask of any kind, make sure that the eye holes are large enough for good peripheral vision.
- Know what other activities a child may be attending, such as parties, school or mall functions. If they are going to be at a friend's home, get the phone number and make sure that you've met the parents.
- Make sure you set a time that your kids should be home by. Make sure they know how important it is for them to

be home on time or to call immediately if something happens and they are going to be delayed.

- Kids will be kids. Explain to kids of all ages the difference between tricks and vandalism. Throwing eggs at a house may seem funny but they need to know the other side of the coin as well, that clean up and damages can ruin Halloween for everyone. If they are caught vandalizing, make them clean up the mess they've made.

- Some sick people find Halloween a great night to hurt cats. Explain to your kids that animal cruelty of any kind is not acceptable. Kids may already know this on their own but stress the point that it's not acceptable behavior. Make sure that they know that harming animals is not only morally wrong but punishable by law and will not be tolerated.

- Serve your kids a filling meal before trick or treating and they won't be as tempted to eat any candy before they bring it home for you to check. Check your local grocery store or craft store for Halloween cook books full of tasty treats on a horror theme for both kids and adults.

- Make sure that if your child is carrying a prop, such as a scythe, butcher knife or a pitchfork, that the tips are smooth and flexible enough to not cause injury if fallen on. Make sure that costumes won't get in the way when they are walking, which could cause them to trip.

- Teach your kids about not getting into strangers cars or talking to strangers, no matter what the person says to them. Explain to them as simply as you can that some adults are bad and want to hurt children, that they should never go into a house that they don't know, get into a car or go anywhere with a stranger. Also, tell them what to do should this happen, to scream as loud as they can to draw attention and to run away as fast as they can to someplace safe.

- Be sure to show your children how to cross a street properly. They should always look both ways before crossing the street and should only cross at corners or crosswalks. Make sure that if you have more than one child, they know to take the hand of the younger child when they cross a street.

Make Halloween a fun, safe and happy time for your kids and they'll carry on the tradition that you taught them to their own families some day!



Source: <http://www.halloween-safety.com/>
halloween_safety_adults.html

MENTAL MINUTE

HALLOWEEN BRAIN TEASER



5 friends went trick-or-treating together for Halloween, but they soon got tired and went home at some point along the way. The next morning, the friends met up to exchange candy, so each could have their favorites. Can you figure out who wore what costume, in what order they left the group, and what each friend's favorite candy is?

FRIENDS: Andy, Jane, Max, Pam, Sam

COSTUMES: witch, vampire, devil, cat, skeleton

CANDY: Reese's, M&M's, Snickers, Starburst, Milky Way

- 1) The 5 friends are Max, the witch, the girl who likes Starburst, the boy who dressed as a devil, and the person who left the group 3rd.
- 2) Andy (who does not like Milky Way) left sometime after Max and immediately before Sam.
- 3) Pam likes Starburst and she left after Sam.
- 4) The friends left the group in this order: the one who likes Reese's, the witch, Andy, the one who likes Milky Way, and Pam.
- 5) The skeleton likes M&M's.
- 6) The vampire was not last.

BRAIN INJURY IN CHILDREN

Unfortunately, head injuries are very common with children, accounting for approximately one hundred thousand hospitalizations annually. Modes of injury include motor vehicle accidents, bicycle accidents, falls, sporting injuries, and child abuse.

Certain aspects of brain injury are unique to children. For example, it is more difficult to determine the measure of the loss of brain function in a child. In adults there are prior academic records, I.Q. scores, and job histories to rely on. At one time it was assumed that children were more resistant to brain trauma than adults because their developing brains could rewire over time. However, mounting evidence seems to suggest otherwise. In fact, it may be that children are more susceptible than adults to permanent brain damage even when the forces involved are equivalent.

In children some neurologic deficits after head trauma may not manifest for many years. Frontal lobe functions, for example, develop relatively late in a child's growth, so that injury to the frontal lobes may not become apparent until the child reaches adolescence as higher level reasoning develops. Since the frontal lobes control our social interactions and interpersonal skills, early childhood brain damage may not manifest until such frontal lobe skills are called into play later in development. Likewise, injury to reading and writing centers in the brain may not become apparent until the child reaches school age and shows signs of delayed reading and writing skills.

Maintaining vascular stability after head trauma can be a difficult feat in children. On occasion, a head injury can trigger a sudden dilation of all cerebral blood vessels, resulting in a massive influx of blood into the head. All the extra blood and associated cerebral edema it causes can raise intracranial pressure over the course of hours to fatal levels. These children seem normal after the accident but within a few hours lose consciousness as intracranial pressure rises.

Recent studies show that children's skulls are only 1/8 as strong as that of adults. Thus, children are much more vulnerable to injury through deformation and fracture of the skull, which can injure the brain. In adolescents, the effects of brain injury are often difficult to distinguish from the normal anxiety and behavioral changes that occur as part of adolescent development.

Educational opportunities are guaranteed to mildly head injured children under Federal law 94-142 which protects the rights of learning disabled, retarded and emotionally disturbed children to receive an education. Head injured children are unique in this regard. They are not learning disabled, retarded or emotionally disturbed. While a head injured child may have some difficulty in placement, under the law such children must still be placed in an appropriate setting for their unique problems.

Coup and contracoup injuries

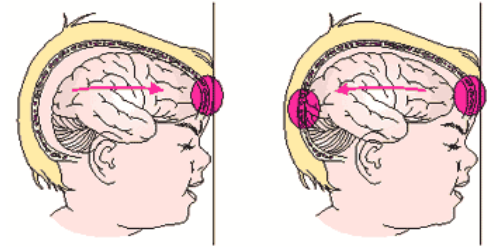


Image demonstrates how in a coup injury a blow to the rear of the skull results in an injury to the anterior of the brain. In a contracoup injury (right), the brain recoils and strikes the posterior skull as well, injuring it twice.

Source: <http://www.braininjury.com/children.html>

Take a look at these articles headlining recent increases in concussions and traumatic brain injuries in young athletes:

<http://www.sciencedaily.com/releases/2010/08/100830094924.htm>

<http://www.sciencedaily.com/releases/2010/09/100913080624.htm>

Recipe Round-Up: Crock Pot Roast Beef

Roast Beef Ingredients:

- 4 lb. boneless beef top round roast
- 1 tsp. Beau Monde Spice Mix*
- 1/2 tsp. lemon pepper
- 2 Tbsp. olive oil
- 2 onions, chopped
- 4 cloves garlic, minced
- 1 cup sliced celery
- 16 oz. pkg. baby carrots
- 3 potatoes, quartered
- 1 cup dry red wine or beef broth
- 1 tsp. Sugar
- 15 oz. can tomato sauce
- 2 Tbsp. tomato paste



Preparation

Sprinkle roast with Beau Monde seasoning and lemon pepper. In large Dutch oven or heavy skillet, brown roast on all sides in hot oil over medium heat; drain well. Place onions, celery, garlic, carrots, and potatoes in 4-5 quart slow cooker and place roast on top. In medium bowl, mix together wine or broth, sugar, tomato sauce, and tomato paste and pour it over the roast. Cover crockpot and cook on LOW for 8-10 hours, until vegetables are tender and roast is cooked.

Source: <http://busycooks.about.com/od/fullmealrecipes/r/cproastbeefvege.htm>

*Beau Monde Spice Mix:

- 1 Tbsp. ground cloves
- 1 tsp. ground cinnamon
- 1 Tbsp. Salt
- 1 Tbsp. ground bay leaf
- 1 Tbsp. ground allspice
- 2 Tbsp. ground pepper
- 1 Tbsp. ground white pepper
- 1 tsp. ground nutmeg
- 1 tsp. ground mace
- 1 tsp. celery seed

In a small mixing bowl, mix together all ingredients. Pour into a tightly closed jar and store in a cool, dry place.

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: Breast Awareness and Self Exams

Breast Awareness

Breast cancer is one of the most common forms of cancer affecting women in the United Kingdom and in North America. Throughout your life you may have heard of the importance of conducting regular breast self-examinations to check for signs of **breast cancer**. While breast cancer self-exams can be done, physicians and **health** experts now advise women to increase their breast awareness.

What is Breast Awareness?

Breast awareness simply means becoming familiar with how your breasts normally look and feel and knowing what changes to look and feel for in your breast. This means to be aware of changes in the size of your breasts, changes in the nipples, nipple rash, nipple discharge, breast puckering or dimpling, lymph node swelling, breast pain, skin redness or breast lumps.

When to Start Breast Self-Exams

Health experts advise women to begin breast self-exams by the age of 20. Women should have a clinical breast exam by a physician every three years until the age of 40. After the age of 40, women should have a clinical breast exam and mammogram every year. It is recommended that women do a breast self-exam about a week after the first day of their period, when breasts are no longer swollen and tender due to hormonal fluctuations.

Visual Examination

A visual examination involves standing in front of a mirror with your arms hanging down and looking at your breasts to check for puckering, dimpling, changes in breast size and texture and if your nipples are inverted. The two other positions to check for these changes are with your hands on your hips and your hands raised up with your palms pressed together.

Physical Examination

The physical examination is to check for lumps or any changes in the breast tissue. You can conduct

the exam in the shower or lying down on a bed. There are two methods to conduct the physical examination, the clock pattern and the wedge pattern.

Clock Method

The clock pattern is where you envision the face of a clock on each of your breasts. You lie down with your left hand behind your head, and use your right hand to examine your left breast. Put your hand at top of the breast using your middle three fingers in the 12 o'clock position. Use your fingers in a massaging, clockwise motion to check for lumps. Then you move hour by hour, using the same motion and feeling for any changes in your breasts. After you have repeated one cycle, move your fingers closer to your nipple and repeat the process until you get to your nipple.

You should check both your left and right nipple for discharge by pinching with your fingers at 12 o'clock and 6 o'clock and at 3 o'clock and 9 o'clock. When you are done with your left breast, put your right hand behind your head and use your left hand to examine your right breast in the same fashion. Make sure to feel your lymph nodes under your armpit as well as areas around your breasts for any tissue changes.

Wedge Method

The wedge method entails envisioning each breast as a pie divided into equal wedges. Lie down on a bed and place your left hand behind your head. Use your right hand to examine your left breast beginning at the top of your breast and working your way down to your nipple. Use your middle three fingers to massage firmly but gently from the top of the wedge to the bottom. Once you have completed the wedge, move your fingers to the next wedge going in a clockwise direction. For the opposite side, put your right hand behind your head and use your left hand to massage your right breast.

Do not forget about checking lymph nodes under your armpit and tissue around your breasts. Examine your nipples for discharge.

Sweeping Method

If you are not comfortable with the clock or wedge methods, then you can use a simple sweeping technique with your three middle fingers. You begin at your collarbone and work in a clockwise direction from the outside of your breast towards the nipple. If you have larger or thicker breasts, use a walking motion with your fingers to feel for any lumps or changes. Do not forget to check your lymph nodes and nipples.

Detection of a Lump

If you find a lump in your breast, you should contact your doctor as soon as possible. Keep in mind that 80% of breast lumps are non-cancerous. More than 50% of women have what is known as **fibrocystic breasts** usually during their periods and menopause. Fibrocystic breasts are lumpy, painful and tender and develop when breast cells fill with fluid and form benign cysts in the breasts. These changes are attributed to hormone fluctuations during a woman's menstrual period and menopause.

Pros and Cons of Breast Self-Exams

Breast self-exams in combination with clinical breast exams and mammography can reduce the risk of terminal breast cancer. By checking your breasts regularly you can identify a possibly cancerous lump and have it treated when the cancer is still in its early stages.

Breast self-exams by themselves do not reduce the number of people dying from breast cancer. Breast self-exams can miss tumors so it is important to have more than one method for screening for breast cancer. You may discover a lump and have an unnecessary biopsy conducted if the lump turns out to be benign.

Source: http://www.womens-health.co.uk/breast_exam.html

Mental Minute Solution

- 1) Max, Vampire, Reese's
- 2) Jane, Witch, Snickers
- 3) Andy, Skeleton, M&M's
- 4) Sam, Devil, Milky Way
- 5) Pam, Cat, Starburst

Source: <http://www.braingle.com/brainteasers/teaser.php?id=37730:op=0:comm=1>



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