



VAPT Enote May 2013

Dear VAPT members,

I hope you are having a great spring and are planning to join us in the Shenandoah Valley for the summer **Virginia Association for Play Therapy Come Play with Us!! conference in mid-JUNE.**

SAVE-The DATE

JUNE 14 and 15, 2013

James Madison University Festival Conference Center

Harrisonburg, Virginia

A Developmental/Relational Approach for the Treatment of Autism Spectrum Disorder in Children and Adolescents: Exploring DIR Floortime

Featuring Dr. Esther Hess

from the Center for the Developing Mind

Los Angeles, California

You can learn more about Dr. Hess' cross-disciplinary, interprofessional interventions at

<http://www.centerforthedevelopingmind.com/>

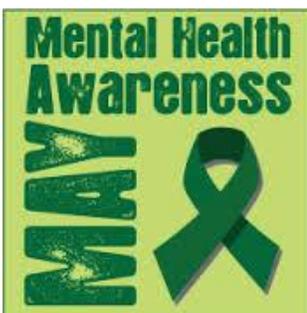
Conference registration opens soon-a few more hurdles to clear- and there is room for all! Just check our VAPT FB page or VAPT website to see when the link is active <http://vapt.cisat.jmu.edu/>.

May is MENTAL HEALTH MONTH and this enote features some resources to remind you to take care of your own well-being and the well-being of your clients.

Playfully,

Anne

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MAY IS MENTAL HEALTH MONTH

This year the theme calls attention to strategies and approaches that help all Americans achieve wellness and good mental and overall health.

"Wellness is essential to living a full and productive life," said Wayne W. Lindstrom, PH.D., president and CEO of Mental Health America, which started May is Mental Health Month in 1949.

Given the demands of daily life and trying to balance work and home, everyone is at risk of stress. But there are steps that maintain well-being and help everyone achieve wellness. These involve a balanced diet, regular exercise, enough sleep, a sense of self-worth, development of coping skills that promote resiliency, emotional awareness, and connections to family, friends and community.

Mental Health America (www.mentalhealthamerica.net), founded in 1909, is the nation's leading community-based network dedicated to helping all Americans achieve wellness by living mentally healthier lives. With our 240 affiliates across the country, we touch the lives of millions—Advocating for changes in mental health and wellness policy; Educating the public & providing critical information; and delivering urgently needed mental health and wellness Programs and Services.

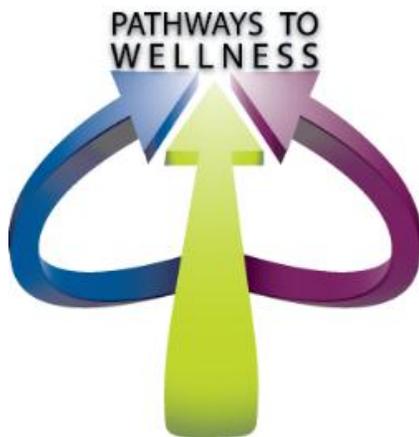
For Mental Health Month, Mental Health America has created 31 Ways to Wellness—daily tips and suggestions that the general public can use throughout May and beyond. The online calendar can be found at <http://mentalhealthamerica.net/go/may/calendar>. For more information on May is Mental Health Month, go to <http://www.mentalhealthamerica.net/go/may>.

Contact: Steve Vetzner, (703) 797-2588 or svetzner@mentalhealthamerica.net



For more than 60 years, Mental Health America and its affiliates across the country have led the observance of May is Mental Health Month by reaching millions of people through the media, local events and screenings. This year's theme is ***Pathways to Wellness***.

Key Messages



1. Wellness - it's essential to living a full and productive life. It's about keeping healthy as well as getting healthy.
2. Wellness involves a set of skills and strategies that prevent the onset or shorten the duration of illness and promote recovery and well-being. Wellness is more than just the absence of disease.
3. Wellness is more than an absence of disease. It involves complete general, mental and social well-being. And mental health is an essential component of overall health and well-being. The fact is our overall well-being is tied to the balance that exists between our emotional, physical, spiritual and mental health.
4. Whatever our situation, we are all at risk of stress given the demands of daily life and the challenges it brings-at home, at work and in life. Steps that build and maintain well-being and help us all achieve wellness involve a balanced diet, regular exercise, enough sleep, a sense of self-worth, development of coping skills that promote resiliency, emotional awareness, and connections to family, friends and community.
5. These steps should be complemented by taking stock of one's well-being through regular mental health checkups and screenings. Just as we check our blood pressure and get cancer screenings, it's a good idea to take periodic reading of our emotional well-being.
6. Fully embracing the concept of wellness not only improves health in the mind, body and spirit, but also maximizes one's potential to lead a full and productive life. Using strategies that promote resiliency and strengthen mental health

and prevent mental health and substance use conditions lead to improved general health and a healthier society: greater academic achievement by our children, a more productive economy, and families that stay together.

Child Mind Institute - Speak up for Kids



This organization is an important advocate/partner, like VAPT, they promote children's mental health care. Information from their website is shown below.

We all want to raise healthy, happy kids.

Unfortunately, too many children will never reach their full potential because of untreated mental health problems.

WHY SPEAK UP?

More than 15 million American children have a diagnosable psychiatric or learning disorder—more than the number of children who have leukemia, diabetes, and AIDS combined.

And less than half of them will ever get help, putting them at increased risk for academic failure, alcohol and substance abuse, bullying, conflict with their families and authorities, and unemployment.

But we can help. By speaking up for kids we draw national attention to barriers to care and educate and empower parents with the information and resources they need to help their children succeed.



Why don't kids get the help they need?



Mental health problems are often perceived as less "real" than physical ones, and stigma and shame can keep people from seeking help



Parents don't know where to go to get help or what interventions are effective



Treatment can be expensive and health insurance coverage is limited



Too few professionals are trained to diagnose and treat child and adolescent disorders, and the quality of care is uneven



Underinvestment in the scientific pursuit of better diagnostic tools and treatments

Check out the website and refer it on to others. Here's the web address: http://speakup.childmind.org/why_speak_up/