

Prepare for your appointment with a mental health clinician or physician

Mental illness refers to a wide range of mental health conditions — disorders that affect your mood, thinking, and behavior. Examples of mental illness include depression, anxiety disorders, schizophrenia, eating disorders and addictive behaviors.

Many people have mental health concerns from time to time. But a mental health concern becomes a mental illness when ongoing signs and symptoms cause frequent stress and affect your ability to function.

A mental illness can make you miserable and can cause problems in your daily life, such as at school or work or in relationships. In most cases, symptoms can be managed with a combination of medications and talk therapy (psychotherapy).

Whether you schedule an appointment with your primary care provider to talk about mental health concerns or you're referred to a mental health provider, such as a psychiatrist or psychologist, take steps to prepare for your appointment.

What you can do

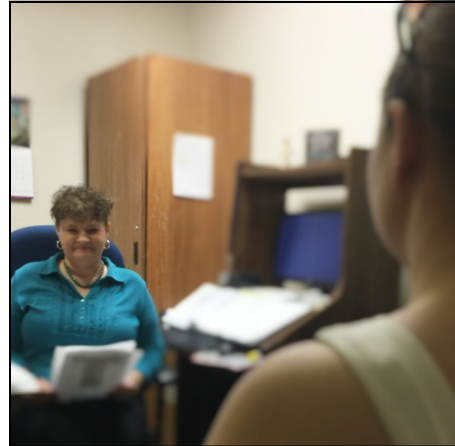
Before your appointment, make a list of:

- Any symptoms you or people close to you have noticed, and for how long
- Key personal information, including traumatic events in your past and any current, major stressors
- Your medical information, including other physical or mental health conditions
- Any medications, vitamins, herbal products or other supplements you take, and their doses
- Questions to ask your doctor or mental health provider

Questions to ask include:

- What type of mental illness might I have?
- Why can't I get over mental illness on my own?
- How do you treat my type of mental illness?
- Will talk therapy help?
- Are there medications that might help?
- How long will treatment take?

“What can I do to help myself?”



- What can I do to help myself?
- Do you have any brochures or other printed material that I can have?
- What websites do you recommend?

What to expect from your doctor

During your appointment, your doctor or mental health provider is likely to ask you several questions about your mood, thoughts and behavior, such as:

- When did you first notice symptoms?
- Have you been hospitalized for mental illness in the past?
- How is your daily life affected by your symptoms?
- What treatment, if any, have you had for mental illness?
- What have you tried on your own to feel better or control your symptoms?
- What things make you feel worse?
- Have family members or friends commented on your mood or behavior?
- Do you have blood relatives with a mental illness?
- What do you hope to gain from treatment?
- What medications or over-the-counter herbs and supplements do you take?
- Do you have any allergies to specific medications or have you experienced particular side effects from certain medications?
- Do you drink alcohol or use recreational drugs?

Coping with a mental illness is challenging. Talk to your doctor or therapist about improving your coping skills. Don't hesitate to ask any other questions.

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Texas Workforce Commission Announces Texas HireAbility Campaign

AUSTIN – The Texas Workforce Commission (TWC) has partnered with the Texas Governor's Committee on People with Disabilities and Texas Workforce Solutions to launch the Texas HireAbility campaign to raise awareness about the benefits of hiring people with disabilities. The campaign is launched in conjunction with National Disability Employment Awareness Month to highlight the contributions of people with disabilities in the workforce. Governor Greg Abbott has issued a proclamation for Disability Employment Awareness Month in Texas. The Texas HireAbility campaign will feature statewide events and resources for employers and job-seekers with disabilities.



“We are proud to kick off the Texas HireAbility campaign to connect the significant skills and abilities of people with disabilities with opportunities created by Texas employers,” said TWC Chairman Andres Alcantar. “Through this campaign, employers will better connect to these valuable workers to meet their workforce needs.”

Texas HireAbility resources for employers will include a Workplace Accessibility Webinar which employers can access on-demand from the Texas HireAbility website in early October. TWC will also connect employers to resources on recruiting, hiring and retaining employees with disabilities through the TWC Solutions blog and other social media channels.

“Employers are always looking for innovative ways to expand their businesses by hiring skilled workers,” said TWC Commissioner Representing Employers Ruth R. Hughs. “Through the Texas HireAbility campaign, employers will have access to additional resources to help them connect with this segment of the workforce.”

Texas HireAbility Campaign continues on page 2.

Texas HireAbility Campaign, cont.

As part of the campaign's launch in October, TWC will partner with Texas Workforce Solutions offices across the state to promote job and hiring fairs to connect Texas employers with job-seekers with disabilities. These events will be ongoing and will provide opportunities for employers to receive resumes and applications, as well as conduct onsite or post-event interviews. TWC will also partner to support events to help employers learn more about recruiting, hiring and retaining employees with disabilities.

"Employers move to Texas because of our strong and diverse workforce," said TWC Commissioner Representing Labor Julian Alvarez. "I encourage all Texans to celebrate the contributions of workers with disabilities and to support Texas' commitment to workforce diversity this October and beyond."

For a full schedule of events and to learn more about National Disability Employment Awareness Month, visit TXHireAbility.texasworkforce.org.

Source: Texas Workforce Commission, Lisa Givens.



2016 International Survivors of Suicide Loss Day

November 19, 2016

afsp.org/SurvivorDay

American Foundation for Suicide Prevention

Top 10 Tips for Self-Care

Self-Care is Healthcare. Do it for LIFE.

- TIP #1 Solve problems because procrastinating only makes them bigger.
- TIP #2 Turn off the TV/Phone/PC. Make at least 2 hours a day technology-free zone.
- TIP #3 Call a friend regularly.
- TIP #4 Swap an hour of news for half an hour of comedy.
- TIP #5 Take a walk, go for a run or get to the gym. Daily!
- TIP #6 Eat! Regularly! Nutritiously!
- TIP #7 Do three things (big or small) for yourself BEFORE you leave the house each day.
- TIP #8 Take your favorite book, magazine or Kindle down to the park/beach/lake and take some time out to read.
- TIP #9 Do MORE of what you LOVE- hobbies, interests, sports, etc.
- TIP #10 Think of self-care. Think of self-compassion.

BeyondGoodHealth Holistic Medical Clinics

Walkers can impair infant, toddler development

Walker use with babies typically delay motor development and are dangerous.

In 1994, when baby walkers were still extremely popular in the United States, the Consumer Products Safety Commission declared that baby walkers were responsible for more injuries than any other children's product. The types of injuries included head injuries, broken bones, broken teeth, burns, entrapment of fingers and even amputations or death.

"Research has shown that putting a child in a walker can delay walking," said Nicole Byrd, Early Childhood Intervention physical therapist. "Research results also show that the more time a child spends in a walker, the greater the developmental delay. When in a walker, a child's legs are often in an unnatural position, and he or she cannot see his or her legs. This decreases the communication of the body and the brain needed for developing balance."

Walkers allow mobility beyond a baby's natural capability, and faster than a parent's reaction time. Most of the injuries involve falls down stairs, but injuries can also come from allowing reach to hot, heavy, or poisonous objects. Today's walkers are safer, but they are still hazardous and of no benefit to the baby.

During the second half of the first year, healthy babies develop a strong urge to move across the floor. At first, this is a struggle for them as they work their arms and legs, stretching, rolling, scooting or crawling. They find delight in accomplishment as they achieve their goal of a toy out of reach. Later, the focus of their work will turn to pulling themselves upright. Byrd recommends push toys and activity tables to stimulate this development. She said that children can use these types of toys through all stages of development from birth to age three to work on sitting, playing on hands and knees, pulling to stand, cruising along, bridging, and walking.

Babies in walkers learn to crawl, stand, and walk later than normal, and continue to show delayed motor development for months after they have learned to walk. To learn more about walkers and child development, visit <http://brainy-child.com/article/babywalker.shtml>

Referrals or requests for more information can be made at 254-773-6787 or Childteam.org.



24/7 Toll Free Crisis Line:
1.800.888.4036

Toll Free Non-Emergency Line
844.815.6221



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