

Live Life to the Fullest

## Facts on Childhood Mental Illness



- ▲ Anxiety disorders, mood disorders, and disruptive behavior disorders are the most common mental health issues among children.
- ▲ 20% of American children suffer from a diagnosable mental illness during a given year, according to the U.S. Surgeon General.<sup>1</sup>
- ▲ In a classroom of 30 children, it is likely that at least two students are affected by Attention Deficit Hyperactivity Disorder.<sup>2</sup>
- ▲ 79% of children 6 to 17 years of age with a diagnosable mental health disorder do not receive mental health care.<sup>3</sup>

### What Sets Us Apart

When you refer one of your students to Aurora Mental Health Center, you are ensuring that they will be seeing a qualified mental health professional. Our staff includes:

- ▲ Child Psychiatrists
- ▲ Child Psychologists, Nurse Practitioners (Advanced Practice Nurses)
- ▲ Licensed Therapists Specializing in the Treatment of Children and Families.



### Five Convenient Locations in Aurora

- |   |   |
|---|---|
| <b>1. Viewpoint Plaza Center</b><br>11059 E. Bethany Dr., Suite 200<br>Aurora, CO 80014 | <b>4. Alameda Center</b><br>10782 E. Alameda Ave.<br>Aurora, CO 80014 |
| <b>2. North Aurora Center</b><br>1646 Elmira St.<br>Aurora, CO 80010                    | <b>5. Intercept Center</b><br>16905 E. 2nd. Ave.<br>Aurora, CO 80011  |
| <b>3. Hampden Center</b><br>14301 E. Hampden Ave.<br>Aurora, CO 80014                   |   |

For more information about any of our programs or services, please call our main number:

**303.617.2300**



**Aurora Mental Health Center**

Administrative Office  
11059 E. Bethany Drive • Suite 200 • Aurora, CO 80014  
Phone 303.617.2300 • Fax 303.617.2397  
[www.aumhc.org](http://www.aumhc.org)

<sup>1</sup> [www.WebMD.com](http://www.WebMD.com)

<sup>2</sup> SAMHSA's National Mental Health Information Center

<sup>3</sup> Bazelon Center for Mental Health Law

## Recognizing the Signs: Children and Mental Illness



**Aurora  
Mental Health  
Center**



## Children and Mental Illness

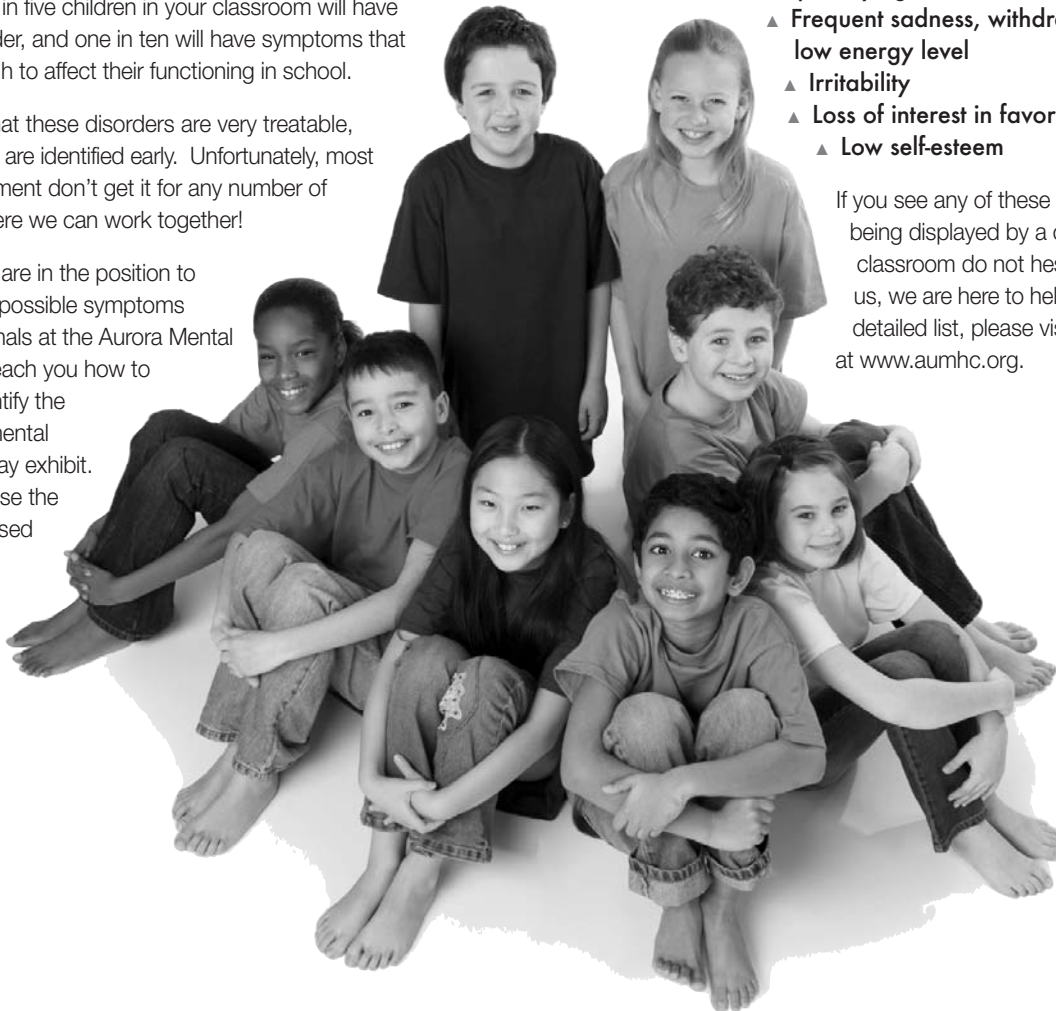
**As an educator, you are faced with difficult challenges every day** – teaching, preparing activities, grading papers and managing classrooms. In addition, many times you are called upon to teach life skills, resolve conflicts and provide counsel to students. But when it comes to dealing with student behavior that stems from a mental health disorder or an undiagnosed mental illness, you could find yourself with no place to turn for support. That's where we can help!

We are the Aurora Mental Health Center and we are here to provide just the kind of support you need as an educator, given the significant amount of time students are in your care.

Mental health disorders are common in children and teens. In fact, statistically one in five children in your classroom will have a diagnosable disorder, and one in ten will have symptoms that are significant enough to affect their functioning in school.

The good news is that these disorders are very treatable, especially when they are identified early. Unfortunately, most kids who need treatment don't get it for any number of reasons. This is where we can work together!

As an educator, you are in the position to witness and identify possible symptoms early. The professionals at the Aurora Mental Health Center can teach you how to understand and identify the warning signs of a mental illness that a child may exhibit. You can help decrease the number of undiagnosed mental illnesses and connect children in need of treatment with the help they need.



Early intervention can help children succeed in school, at home, and in life. An accurate diagnosis of a mental illness can prevent a child from being placed in more intensive and costly forms of care later on. Frequent and persistent negative behavior may impact a child's functioning in school and their relationships with other children. There are many symptoms that you, as an educator maybe the first to recognize:

- ▲ Excessive worry
- ▲ Avoiding social situations
- ▲ Trouble paying attention
- ▲ Aggression or frequent temper tantrums
- ▲ Disruptive Behavior
  - ▲ Frequent lying
  - ▲ Frequent sadness, withdrawal, low energy level
  - ▲ Irritability
  - ▲ Loss of interest in favorite activities
  - ▲ Low self-esteem

If you see any of these symptoms being displayed by a child in your classroom do not hesitate to call us, we are here to help. For a more detailed list, please visit our website at [www.aumhc.org](http://www.aumhc.org).

### How We Can Help

Aurora Mental Health Center is a valuable resource for you, your students, and their parents. Call us if you have questions about symptoms, specific behavioral problems, proper counseling techniques for conflict resolution, or questions about mental health in general. We are here to provide you with the information and support you need. By partnering with Aurora Mental Health Center, you will have the foundation and assistance you need to identify and address mental health issues.

### Programs for Students, Families, and Schools

Our programs are specialized to help children, teens, and their families cope with challenges of mental illness. Aurora Mental Health Center's treatment teams can provide individual, family, and group therapy, and medication evaluation and management. We also work closely with schools, human services, and other caregivers to ensure that children in need of mental health treatment are identified early.

Listed are some of the services we provide for you, your students and their families:

- ▲ Child and Family Treatment Centers
- ▲ Intensive Service Center
- ▲ Early Childhood and Family Center
- ▲ Specialized Child Trauma Treatment
- ▲ The Intercept Center: Mental Health Services for Children with Developmental Disabilities
- ▲ School Based Therapy
- ▲ Home Based Services
- ▲ Functional Family Therapy

In addition, we offer education to parents, family support, and wellness groups. Our staff is also available to provide in-school screenings for your students, educational speaking presentations to staff, and consultation.

**If you are an educator in need of support or assistance, please contact your on-site mental health professional if you have one, or call the Aurora Mental Health Center to speak with a child specialist at 303.617.2300.**