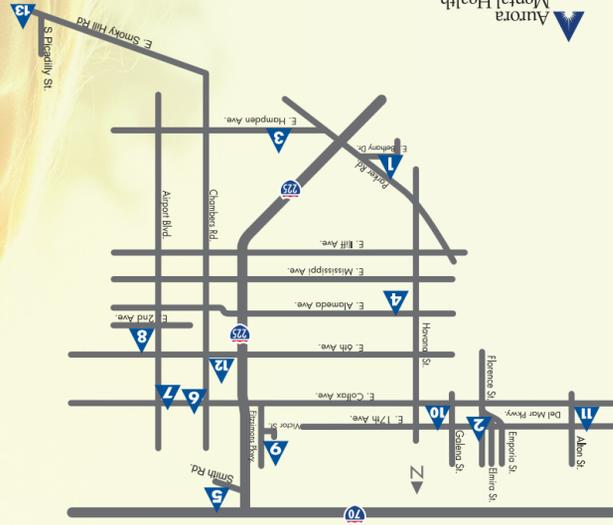


Live Life
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- 1 Viewpoint Plaza
Administration
Counseling Center/
11059 East Bethany Drive
- 2 North Center
1646 Elmira Street
- 3 Hampden Center
14301 East Hampden Avenue
- 4 Alameda Center
10782 East Alameda Avenue
- 5 Providers' Resource
Clearinghouse (PRC)
14500 East 33rd Place
- 6 Community Transitions
Program
1390 Chambers Road
- 7 Substance Abuse
Treatment Services
1400 Chambers Road
- 8 Intercept Center
16905 East 2nd Avenue
- 9 Fitzsimons Center
2206 Victor Street
- 10 Galena Center
1504 Galena Street
- 11 Asian Pacific
Development Center
1537 Alton Street
- 12 Chambers Center
791 Chambers Road
- 13 Smoky Hill Center
20971 East Smoky Hill Road

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PERSPECTIVES

FALL 2015

SPOT AND STOP: TEACH YOUR KIDS ABOUT BULLYING

Talking less, withdrawing from social activities, avoiding or skipping school, reporting that their things are "lost," crying or acting unusually sad. These may not just be symptoms of normal school stress, but rather indications that a child is being bullied at school.

Bullying is not uncommon. Whereas close to 20 percent of students report being bullied two to three times per semester, school crime and safety statistics show that kids notified an adult about an incident less than half (40 percent) of the time.

How can parents, teachers and caregivers help? Just like with many other subjects, it's important to teach children about bullying. Knowledge can empower children to recognize bullying by or against their peers, respond quickly and with respect, and avoid becoming a bully themselves.

How to identify bullying
A child feeling that something is wrong may be the first clue that bullying is happening. Common bullying behaviors fall into four types (physical, verbal, relational and cyber) and may include hitting or pushing other children; verbally taunting a schoolmate — in person, online, in print; damaging a peer's belongings; and/or excluding someone from a group activity. Regardless of the specific tactic, the common thread is showing little concern for the feelings of others.

He or she acts intentionally to hurt, ridicule, intimidate or isolate someone else. Bullying can occur in or out of school, on the playground, through social media and mobile communications, during extracurricular activities — anywhere that children come together in groups of two or more. It's also important for children to remember that anyone can be a bully, boy or girl, friend or foe. It all depends on the person's actions.

Is my child a bully?
Sometimes it's hard for parents to spot bullying in their own children. Be sure to listen to other parents, as well as teachers and caregivers, if they say that your child is:

- Impulsive and hot headed, indicating a dominant personality in need of constant control.
- Easily frustrated, demonstrating impatience and disgust when things don't go their way.
- Without empathy, showing no regard for the pain or discomfort of others, pets included.
- Breaking rules, talking back and otherwise acting out against authority.
- Associating with bullies or not making friends with other children — one sign of low self-esteem.

SPOT AND STOP: TEACH YOUR KIDS ABOUT BULLYING

40TH ANNIVERSARY & ANNUAL ART CONTEST

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Helping your children become respectful adults

Follow these tips to raise non-aggressive children and, if needed, counteract bullying tendencies:

- **Tell your children that they are important.** Make sure they know you love and appreciate them.
- **Laugh with your children.** Teach them that fun is to be shared, and never directed at others.
- **Set reasonable limits and redirect as needed.** Make sure your children know that bullying is wrong. If a child misbehaves, say so quickly and clearly, then suggest a positive alternative.
- **Be a good role model.** Your children will learn to solve problems and deal with conflict based on what they see you and other adults doing.
- **Spend time together.** Devote at least 15-20 minutes every day to engage in an activity that your child enjoys. Do something other than watching TV to boost trust and communication.
- **Learn your school's policy on bullying.** Most schools now have specific procedures and protocols in place regarding bullying.
 - o To learn about Aurora Public Schools' policy on bullying, visit: aurorak12.org/pol-reg/SectionJ/jbc.pdf
 - o To learn about Cherry Creek School District's policy on bullying, visit: cherrycreekschools.org/boe/sectionjpolicies/jicde.pdf

How a child can and should respond to bullying

Many children are unsure what to do when they see or experience bullying. Make sure your child knows that being bullied is not their fault. The best reactions are non-threatening and non-violent:

- **Walk away.** Don't let the confrontation continue when there's somewhere else to go.
- **Ask the bully to stop.** He or she may not know that their words and actions are hurtful.
- **Tell a trusted adult.** Adults can help enforce the rules to keep everyone safe.
- **Ignore the bully.** A bully appreciates an audience. Tell your child not to give it to him or her.
- **Pair up.** A child may be the target of a bully simply because they are alone. Encourage your child to have a buddy — walking to and from school, on the playground, in class or at lunch.

Do not advise your child to fight back. It doesn't matter "who started it." Fighting is dangerous, violates school policy, and may actually encourage the bully to intensify his or her negative behavior.

Some may say that bullying is "part of growing up," but it doesn't have to be. Take action during October, which is National Bullying Prevention Month, and teach your kids how to spot and stop it. For more information and resources, go to:

- pacer.org/bullying
- stopbullying.gov
- apa.org/topics/bullying

Please join us as we celebrate our 40th Anniversary of service to our community, and our 9th Annual Student Art Contest and Show.

Wednesday, October 21, 2015
(5:00 p.m. - Reception & View Art; 5:45 p.m. - Program Begins)

Radisson Hotel Southeast in Aurora
3200 South Parker Road, Aurora, CO 80014 (Parker Road & I-225)

Art Contest theme this year is:
"WHAT FILLS YOUR HEART WITH JOY?"

We will honor all participating students and present awards to the winners.

ALL ARTWORK ENTERED WILL BE DISPLAYED AT THE ART SHOW!

Come see our student talent at our **FREE** 40th Anniversary Celebration.
Please RSVP by Friday, October 16, 2015. Call 303.617.2300
or e-mail: annualcelebration@aumhc.org

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Thank you to our art contest sponsor: **CITYWIDE BANKS.**



YOU CAN BE A FIRST RESPONDER

You may be able to notice and begin to help someone having a heart attack, but what about someone who's hurting mentally or emotionally? What are the signs and symptoms, and how should you respond?

Think CPR for the head and heart. Mental Health First Aid is a certification course open to all adults – regardless of training or vocation – who want to better understand mental illness and know what to do to help someone experiencing a mental health crisis.

In a single eight-hour class, you will learn:

- 1** Potential warning signs and risk factors for the most common mental health issues;
- 2** Ways to help someone who's showing signs of mental illness or a mental health crisis;
- 3** A five-step action plan to help an individual in need access care with a mental health professional.

Aurora Mental Health Center offers several opportunities to take the course throughout the year, and you can choose whether to focus on youth or adults (adult-focused class also available in Spanish). We can also coordinate on-site training at workplaces, schools, churches and other community locations.

Learn more and register at www.aumhc.org/events or by calling 303-617-2300. To inquire about hosting a class for your organization, email communityeducation@aumhc.org or call 303-617-2300.



Support Aurora Mental Health on Colorado Gives Day, December 8, 2015, when Coloradans will come together again to raise millions of dollars for nonprofits like ours.

Donate online at GivingFirst.org/AuMHC anytime during the 24-hour period of December 8 or schedule your donation ahead of time to "give where you live!"

- 100% of your donation will come to us.
- When you give online on December 8, your donation will be increased by the FirstBank Incentive Fund.