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- Child Mental Health Program, Ages 4-11
- Adolescent Mental health and Substance Abuse Programs, Ages 12-17
- Adult Mental Health and Substance Abuse Programs
- Exclusively Women's Mental Health and Substance Abuse Programs

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Could Screen Time Help Kids With Depression?

Many pediatricians recommend that children watch no more than two hours of television per day. Excessive use of computers, phones, and televisions is linked to obesity, cognitive delays, and other health problems. However, a recent study suggests that kids who enjoy screen time in moderation may be the happiest of all. The study found that limiting screen time was a solid recommendation and cited that youth who spent a minimum of 5 hours a day staring at screens were 80% more likely to be depressed than their peers who watched no TV at all. Notably, compared to kids who had no screen time at all those who had a half hour of screen time daily were 8% less likely to be depressed and those who watched an hour a day were 12% less likely to be depressed [Learn More](#)

A Must See Film on Life With Bipolar Disorder

"All These Flowers," a new documentary about six people who are fighting the battle of bipolar disorder is a must see film for clinicians. According to Bryce, the film's maker, "'All These Flowers' is a witness to the life and struggle of those who have been diagnosed with bipolar disorder and it is the story of their triumph over the stigma, maltreatment, and the identity associated with it."



"All These Flowers" was very personal for Bryce after being diagnosed with depression in his early twenties. Truth and understanding are two big motivators for the film.

[Learn More](#)

"All These Flowers" will be screened at The Tivoli (Kansas City) on December 16, 2015, at 8 p.m. Tickets are given on a first-come, first-serve basis. It is currently not screenings in St. Louis.

ADHD Drug Shows Promise in Treating PTSD and TBIs

A small pilot study reported in *Neuropsychopharmacology* suggests that methylphenidate may improve symptoms associated with Post Traumatic Stress Disorder and Traumatic Brain Injuries. Methylphenidate is typically reserved for treatment of ADHD. According to the researchers the treatment was well tolerated by the patients.

The small 12 week study showed that treatment with methylphenidate improved scores on the Ruff Neurobehavioral Inventory-Postcomorbid Cognitive Scale. Additionally, treatment with methylphenidate was associated with improvement in symptoms of concussion, and with improvement in PTSD symptoms, as measured by the Posttraumatic Stress Disorder Checklist.

"These results suggest the need for a larger randomized controlled trial to replicate and confirm these findings. Design considerations for such a trial should include the need for multiple sites to facilitate adequate recruitment and extension of the treatment and follow-up periods," the study authors wrote. [Learn More](#)

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