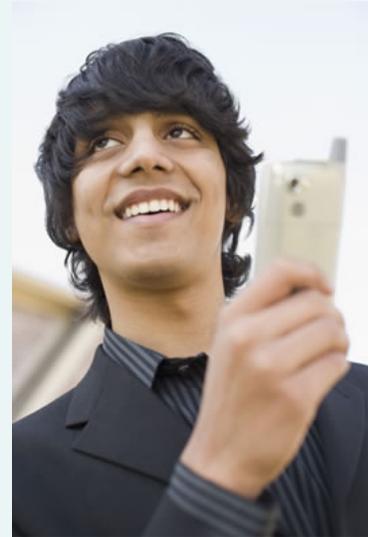


DID YOU KNOW:**THERE IS A CONSISTENT LINK
BETWEEN CYBER-BULLYING AND
DEPRESSION**

About a quarter of all youth experience bullying when utilizing social media.

Twitter, Facebook, and Instagram are a staple in many American homes with 81% of teens reporting that they utilize social media and a whopping 23% reporting being bullied while online.



While these social media outlets provide for social interaction with people they also allow for repeated harassment. Cyber-bullying can happen 24 hours a day, 7 days a week. Oftentimes children who are cyber-bullied are also bullied in person. This means kids are having a harder time getting away from the behavior.

Researchers, including Michelle Hamm from the University of Alberta in Canada, recently reviewed the literature surrounding cyber-bullying and depression and found clear links. The studies just captured one point in time, "so we don't know what happened over a longer period of time," Hamm said.

The next step is to determine if cyber-bullying has long term health consequences that will follow teens into adulthood.

[Read More](#)

For information on how to report cyber-bullying visit: StopBullying.gov

***100% of our patients rated our services
as excellent or very good!***

For many people with behavioral health problems the most effective approach often involves a combination of



counseling and medication. At Alternative Behavioral Care, we aim to treat the whole client in one setting. We are not a large bureaucratic hospital. Our office is modern and inviting, and patients are not a number to us. Patients can call our office and speak directly to their psychiatrist or therapist! We know how important it is that patients receive prompt personal attention.

We offer a wide range of services to increase your quality of life. We offer mental health services for:

- **Children:** Ages 4 - 12
- **Women:** Age 18 and up
- **Adults:** Age 18 and up
- **Adolescents:** Ages 12 - 17

If drugs or alcohol are causing problems for you, we offer a safe and gentle program which includes anti-craving medications along with relapse prevention therapy. We are not a traditional 12-step program. Our programs are designed to work around patients' schedule with day and evening options. We offer the following programs:

- **Substance Abuse Program:** for Adolescents ages 12-17 and Adults ages 18 and up
- **Specialty Addiction Recovery Program:** Specialty outpatient program for those addicted to opiates such as heroin and pain medications for ages 16 and up.
- **Alcohol Addiction:** We specialize in alcohol addiction and offer special treatments for those addicted to alcohol.
- **Medication Assisted Recovery:** With medical doctors on staff, we provide medication assisted recovery to ease withdrawal symptoms and assist with cravings. Including, but not limited to, Suboxone.
- **Dual Diagnosis Services**

Our dedicated staff consists of psychiatrists, social workers, counselors, and case managers.

**It is the expertise and commitment of our staff
that is the driving force of our success rate.**

Feel free to visit our web site to view all our programs at [Alternative Behavioral Care](#).

**American Academy of Pediatrics
Finds that Substance Abuse and
ADHD are Intertwined**



Overall, the risk of substance use disorder is 2.5 times higher in kids with ADHD...

The American Academy of Pediatrics recently published a clinical report outlining how to minimize the potential for abuse when prescribing stimulant medications. Within the report it was noted that kids with ADHD are three times more likely to become dependent on nicotine in adolescence or adulthood, and twice as likely to become dependent on cocaine/alcohol than their counterparts without ADHD.

If you are concerned about your child's potential for misuse of their stimulant medications prescribed to treat their ADHD, talk to his/her physician and [read more](#) about how to minimize the potential for misuse of their medication.

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