



Alternative BEHAVIORAL CARE

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We are *Proudly Serving*
the **Emotional and Mental Health Needs**
of Our Community With Our



- 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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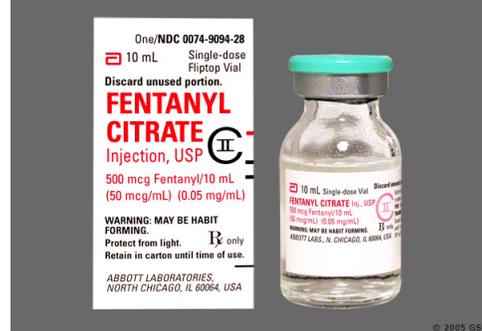
Identifying Patients at Risk for Suicide by a Clinicians' Notes

A study published online on Oct 1, 2015 in *Psychiatric Services* studied clinicians' notes as a way to identify suicidal patients. The researchers used linguistics software to construct quantitative theme-based categories related to distancing language and examined trends using key word analysis. Findings indicated that frequent use of third person pronouns (distancing language) was used more frequently in the notes of patients who later died by suicide. If these findings could be replicated in additional studies this could have important implications in the identification of suicide risk. [Learn More](#)

Fatalities Due to Illicit Fentanyl Have Increased

In a recent health advisory the CDC reported

that confiscations of illicit Fentanyl have increased, and at the same time an increase in Fentanyl related fatalities has occurred. This advisory comes after the DEA issued a nationwide alert regarding the threat of Fentanyl to the public health. The DEA reports that most overdose deaths were attributed to illicitly manufactured non-pharmaceutical Fentanyl. This Fentanyl is often mixed with Heroin or other diluents or sold in its potent form called "China White."



The CDC reports that the purpose of this health advisory is to alert first responders, medical examiners, and coroners to the possible increases in their area and as well as to provide recommendations for quickly detecting outbreaks. [Learn More](#)

The CDC is recommending increased access to Naloxone and training on its administration to reduce opioid death

Four Ways to Tackle Childhood Stress

Most children experience ups and downs and varying degrees of stress throughout their life. However, childhood stress can cause significant mental and physical problems if left unmanaged. Children who lack the skills to work through stress in their lives can suffer from migraines, insomnia, digestive issues, high blood pressure, anxiety, and depression. Asthma, allergies, and diabetes can also be exacerbated by stress. Teaching kids stress reduction techniques can help them improve their lives.

Four Stress Reduction Tips for Kids:

- **Use Body Mapping:** This will help kids understand the mind-body connection. Draw the outline of a body and then talk about how we can feel when our bodies are stressed. Cue the child to think about how they respond to stress (jaw clenching, heart racing, etc). Color these areas red on the map.
- **Practice Guided Imagery:** Have the child get comfortable in a relaxing place, ask them to picture themselves in a relaxing destination, cue the child toward relaxed breathing and describe the journey to the relaxing destination.
- **Revisit the Schedule:** Make a stress list and examine that busy schedule. Kids need adequate downtime and time to play.
- **Choose Your Own Ending:** Have the child describe a stressful situation with emphasis on the ending. Then, brainstorm alternate endings to the situation

The effective management of stress is a critical skill for children to learn. Stress management helps children lead healthy and happy lives.

[Learn More About Managing Childhood Stress](#)



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