



Alternative BEHAVIORAL CARE

Almost 100% Of Our Patients Rate Our Services and Staff as Very Good or Excellent!
And Our Testimonials Are Endless!!!

  Like us on Facebook and Follow us on Twitter

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

Call us to find out how we can help your clients and loved ones....

[VISIT OUR WEBSITE](#)



Quiet Time in School Improves Mental Health

According to the David Lynch Foundation for Consciousness-Based Education and World Peace many schools including schools in Detroit, Chicago, and Los Angeles have begun to implement the *Quiet Time Program* which consists of two fifteen-minute sessions of transcendental meditation. During this time students can be found breathing deeply and clearing their minds. The results from this practice have been incredibly impressive. Schools are reporting among many other things, a 65% decrease in violent crimes and an 86% reduction in suspensions over 2 years. [Learn More](#)

Flavored Tobacco Attracting Young People

The CDC and the FDA are becoming increasingly concerned

about flavored e-cigarettes. With flavors such as gummy bear and watermelon, e-cigarettes are now the most commonly used tobacco product among middle- and high-schoolers. A ban has been passed prohibiting flavors (aside from menthol) in cigarettes but the ban has yet to be expanded to other tobacco products such as e-cigarettes.



Most adult cigarette smokers started before age 18 and smoking is the leading cause of cancer, heart disease, and stroke. E-cigarettes contain nicotine and formaldehyde and are highly addictive. [Learn More](#)

Flavored tobacco products are enticing a new generation of America's youth into nicotine addiction, condemning many of them to tobacco-related disease and early death," said CDC director Dr. Tom Frieden

Medications for Insomnia

Insomnia is a very common medical condition, whether its the primary diagnosis or a result of another psychiatric disorder. Chris Bojrab, MD, recommends that clinicians always review sleep hygiene practices with clients to improve insomnia. Encouraging clients to maintain consistent sleep and wake times, avoid stimulants, and to create an environment conducive to sleep is key to improving overall sleep quality. However, when these recommendations are not enough physicians may begin to consider medications.

GABA acting agents that can assist with sleep include:

- Barbiturates - phenobarbital, secobarbital
- Benzodiazepines - temazepam, estazolam, flurazepam, quazepam, triazolam
- Non-Benzodiazepine Hypnotics - zolpidem, zaleplon, eszopiclone
- Sedating Antidepressants - trazodone, amitriptyline, doxepin, mirtazapine
- Antihistamines - diphenhydramine
- Antipsychotic Medications - quetiapine, olanzapine, asenapine, etc.
- Other Hypnotic Medications - ramelteon, DORAs (dual orexin receptor antagonists, a new class of hypnotics expected to come to market in the coming months)

The effective treatment of insomnia can offer patients an improved quality of life while also assisting the clinicians' ability to effectively treat co-morbid conditions such as fatigue, chronic pain, and cognitive impairment.

[Learn More About the Risks and Benefits of These Medications](#)

[Website](#) [Staff](#) [Mental Health](#) [Substance Abuse](#) [FAQ](#) [Contact](#)





Alternative Behavioral Care
<http://alternativebehavioralcare.com>
636.477.6111

