



For the Health of it

Mental Health Edition

Winter
2017

For the Health of it is a quarterly publication from your School Health team.

Seasonal Affective Disorder—The Winter Blues

You may have heard of it before, you might even think it's an old wives tale, but it's a real thing - "the winter blues."

Seasonal Affective Disorder (SAD) is a specific type of depression that correlates with a change in the seasons, more often seen in the winter months.

Symptoms include irritability, low energy, oversleeping, weight gain, and more.

There are simple ways to combat SAD, follow the QR code for more information and speak with your doctor if you are experiencing symptoms of SAD.



And the Winner for the 2016 Wellness Challenge is....
Kitty Hawk Elementary School
for the highest average days of "wellness" per participant!

Treatment for Children with Mental Illness

"Research shows that half of all lifetime cases of mental illness begin by age 14," (NIMH, 2009). By recognizing early signs of mental illness in young children and adolescents, and seeking appropriate care, we can prevent the development of these disorders. How are mental health illnesses diagnosed

in young children? How can I know if my child's problems are serious? What treatment methods are available? For answers to these questions and more, visit the website for the National Institute of Mental Health (NIMH) at:



The Difference between Depression & Sadness in Teens

Everyday feelings of hopelessness, sadness, and emptiness. Loss of interest in activities that used to be fun. Trouble sleeping either too much or not enough. Inability to concentrate, focus, or stay on task. Feelings of worthlessness or

guilt. These are not necessarily signs of normal teen moodiness or sadness - these could be signs of clinical depression. For more information on knowing the difference, visit:



Help for those with Suicide Risk

In 2014, suicide was the second leading cause of death for individuals between the ages of 10 and 34 in the United States and in North Carolina, (CDC, 2016). If you are in crisis, or know someone who is, call the National

Suicide Prevention Lifeline at 1-800-273-8255 or (locally) the Mobile Crisis Team at 1-866-437-1821. For more information on suicide prevention, please visit:



Six Important Facts About Eating Disorders:

1. Eating disorders do not discriminate, they affect males and females, young and old.
2. You cannot tell by someone's size whether they have an eating disorder.
3. Families do not cause eating disorders.
4. Both genetic and environmental factors influence eating disorders.
5. Eating disorders are mental illness - not a passing phase.
6. Complete recovery is possible. (Bulik, 2014).

For more information, visit:



Teen Dating Violence

Data from the 2013 National Youth Risk Behavior Survey shows that, among high school students in dating relationships, 21% of females and 10% of males experienced some form of dating violence. However, many teens do not report this abuse to parents or friends out of fear. Dating violence has serious short and long-term effects on those involved. For more information visit:



Resources

Integrated Family Services

Based out of Ahoskie, Integrated Family Services offers a complete array of mental health services to individuals in Eastern North Carolina. Please visit their website for more information.



Chat Feature of Integrated Family Services:



National Institute of Mental Health

The NIMH is part of the US Department of Health and Human Services. They are the nation's leader in mental health research and their website provides rich resources and education on various topics related to mental health. This is reliable source of information on mental health related issues.



PORT Human Services

Based out of Greenville, PORT Human Services provides assistance with mental health and substance abuse. For more information, please visit their website.



School Counseling Services

Every student enrolled in Dare County Schools has access to a school based counselor. These counselors are highly trained and educated individuals who can help students and families navigate the mental health resources of our community. If you have any questions or concerns, please contact your school based counselor for referral options.

Dare County's School Nurses Middle & High Schools

Cape Hatteras Secondary

Cid Causey
252.995.5730
x3006

First Flight High

Robyn Dozier
252.449.7000
x2495

First Flight Middle

Jennifer Gilbert
252.441.8888
x2206

Manteo Middle School

Jodi Francis Wyant
252.473.5549
x1207

Manteo High School

252.473.5841
x1051

School Health Supervisor

Jodi Francis Wyant
252.473.5549
x1207

Did you know that healthy children learn better?

Dare County offers a Coordinated School Health Program to its students through a partnership between Dare County Department of Health & Human Services and Dare County Schools. As a part of this program, School Nurses are stationed at each Dare County School.