

NEW OAKLAND NEWS



NEW OAKLAND
CHILD-ADOLESCENT & FAMILY CENTER

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Mental Health & Self-Injury

Could your child be intentionally cutting or burning herself without your knowledge? It's called self-injury or self-mutilation, and you need to know about it, because the practice is on the rise. It's defined as a deliberate harming of your own body without a conscious attempt at suicide.

It's amazingly common believe it or not. In a Massachusetts survey almost a fifth of the students reported that they had injured themselves on purpose in the last year!

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UNDERSTANDING SELF-INJURY

Self injury, also called self-harm, self-mutilation, or simply cutting, is defined as any intentional injury to one's own body. Usually, self-injury leaves marks or causes tissue damage.

Many find it almost impossible to understand why young people harm themselves, and how it could possibly help them to feel better. By deliberately hurting their bodies, young people often say they can change their state of mind so that they can cope better with "other" pain they are feeling. They may be using physical pain as a way of distracting themselves from emotional pain. Others are conscious of a sense of release.

Overall, self-harm is a way of dealing with intense emotional pain.

Self-harm has a huge impact on the day-to-day life of those who do it. They will often try hard to keep what they're doing secret, and to hide their scars and bruises. But the burden of guilt and secrecy is difficult to carry. It can affect everything from what they wear to the kinds of sports and physical activities they take part in, as well as close physical relationships with others.

Ultimately, because young people who do it are all too aware of the stigma of self-harm, it can affect

their relationships with friends and family and their sense of self-worth. Young people start self-harming to cope with their problems and feelings, but it very soon creates other serious problems. It can set up an addictive pattern of behavior, from which it can be very hard to break free.



800-395-FACE (3223)
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Meet One of New Oakland's Child- Psychiatrists



Danial Zak, DO

Presently, Dr. Zak is a treating psychiatrist across all New Oakland Facilities and works providing services in both the outpatient and FACE to FACE Partial Hospital Program (PHP). Dr. Zak graduated from Michigan State School of Osteopathic Medicine.

He is a member of numerous Psychiatric Associations and has specialized training in Dietetics and Nutrition. He has nearly 10 years of experience in psychiatry and provides treatment to Child-Adolescent and Adult populations. In his free time Dr. Zak enjoys spending time with his family, traveling, reading and is an avid Detroit sports fan. He is a Diplomate, on the American Board of Psychiatry and Neurology.

FIVE LOCATIONS TO SERVE YOU

West Bloomfield Center
5775 W. Maple Road
West Bloomfield, MI 48322
(248) 855-1540

Livonia Center
31500 Schoolcraft Road
Livonia, MI 48150
(734) 422-9340

Clinton Township Center
42669 Garfield Road
Clinton Township, MI 48038
(586) 412-5321

Clarkston Center
6549 Town Center Drive
Clarkston, MI 48346
248-620-6400

Warren Center
26522 Van Dyke Ave.
Center Line, MI 48015
586-759-4400

KID'S ZONE

WORD SEARCH: FEELINGS

Find the words on the right of the page in the word search below to identify your **FEELINGS**. Words can be located horizontally, vertically, diagonally and backwards.



HAPPY
HURT
ANGRY
EXCITED
THRILLED
SAD
WORRIED
SURPRISED
PROUD
ANXIOUS
MAD
HOPEFUL
LONELY
GLAD
JOYFUL
AFRAID
DULL
FURIOUS
OFFENDED
EAGER

FACE to FACE Crisis Intervention and Assessment Program

800-395-FACE (3223)

Who Is More Likely to Engage in Self-Injury?

Self-injury can occur in either sex and in any race of people. The behavior is not limited by education, age, sexual orientation, socioeconomic status, or religion. However, there are some common factors among people who Engage in self-injury. Self-injury occurs more often among:

People who have a history of physical, emotional, or sexual abuse,

People who have co-existing problems of substance abuse, obsessive-compulsive disorder, or eating disorders,

Adolescent females,

Individuals who were often raised in families that discouraged expression of anger, and

Individuals who lack skills to express their emotions and lack a good social support network.

Warning Signs

- Frequent cuts and burns that cannot be explained
- Self-punching or scratching
- Needle sticking
- Head banging
- Eye pressing
- Finger or arm biting
- Pulling out one's hair
- Picking at one's skin
- Swallowing poisonous substances or objects
- Breaking bones

HOW NEW OAKLAND CAN HELP

How Is Self-Injury Diagnosed?

If an individual shows signs of self-injury, a mental health professional with self-injury expertise should be consulted. That person will be able to make an evaluation and recommend a course of treatment. Self-injury can be a symptom of psychiatric illness including:

- Personality disorders (particularly borderline personality disorder)
- Bipolar disorder
- Major depression
- Anxiety disorders (particularly obsessive-compulsive disorder)
- Schizophrenia

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How Is Self-Injury Treated?

Treatment for self-injury may include:

- Psychotherapy:** can be used to help a person stop engaging in self-injury.
- Cognitive-behavioral therapy (CBT):** CBT may be used to help an individual learn to recognize and address triggering feelings in healthier ways.
- Post-traumatic stress therapies:** These may be helpful for self-injurers who have a history of abuse or incest.
- Group therapy:** Talking about your condition in a group setting to people who have similar problems may be helpful in

decreasing the shame associated with self-harm, and in supporting healthy expression of emotions.

Family therapy: This type of therapy addresses any history of family stress related to the behavior and can help family members learn to communicate more directly and openly with each other.

Hypnosis and other self-relaxation techniques: These approaches are helpful in reducing the stress and tension that often precede incidents of self-injury.

Medications: Antidepressants or anti-anxiety medication may be used to reduce the initial impulsive response to stress.

What Is the Outlook for People Who Engage in Self-Injury?

The prognosis for self-injury varies depending upon a person's emotional or psychological state. It is important to determine the factors that lead to an individual's self-injuring behaviors.

By way of an initial evaluation, outpatient counseling, in-home counseling and/or the FACE to FACE Partial Hospital Program, children and families are provided with solutions that go far to resolve the often traumatic experiences and parent-child conflict that result from self-injury issues.

Should you wish to learn more about the specialized treatment services at New Oakland Family Centers, please contact any one of our five tri-county sites for more

information and to set up an initial evaluation. Contact information for our five locations is located on the inside of this publication.

