

# NEW OAKLAND NEWS



NEW OAKLAND  
CHILD-ADOLESCENT & FAMILY CENTER



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## About New Oakland

New Oakland Child-Adolescent and Family Center has been serving the mental health needs of children, adolescents and their families since 1990. The FACE to FACE Crisis Intervention and Partial Hospital Program (PHP) began shortly thereafter in 1994. Presently, the FACE to FACE State of Michigan Licensed PHP is the only freestanding alternative to psychiatric hospitalization in Michigan. The FACE to FACE Program has evolved to include treatment for eating disorders, enuresis (bed wetting), ADHD, dual diagnosis of substance abuse and mental health, in-home services, and 23 hour hold crisis stabilization. The focus at New Oakland is on pro-active, preventive, and early intervention approaches for child, adolescent and adult populations. At New Oakland Child-Adolescent and Family Center, we place emphasis on working with the whole family while striving to maintain the integrity of each family member.

The professional staff at New Oakland Child-Adolescent and Family Center treat a wide range of emotional disturbances, family conflicts, stress related problems, substance abuse and mental illness. Our treatment modalities are individualized. Our interdisciplinary staff consists of child-adolescent and adult psychiatrists, licensed master level social workers, psychologists, clinical nurse specialists, professional counselors, educational and other support staff working together as a team to provide quality care.

New Oakland Child-Adolescent and Family Center's core programming model is a partial day program entitled FACE to FACE. The FACE to FACE Crisis Intervention Partial Hospital Day Program is a 5-7 day program that helps children, adolescents, adults and families through challenging mental health related issues. Presently, New Oakland has 4 locations serving Metro-Detroit: Davisburg, Clinton Township, Livonia and West Bloomfield. All offices offer traditional outpatient care, FACE to FACE Intensive Outpatient Programming (IOP), and FACE to FACE Partial Hospital Day Programming (PHP) Services. As such, a full Continuum of Care with Cluster Based Services are available across Metro-Detroit and the tri-county area. ❖

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# PRO-ACTIVE PARENTING

**P**ro-active parenting is essential in raising a successful child. Pro-active parenting is supportive, planned action parenting that empowers the child, parent, and family. A key component is “responding” instead of “reacting” to the child and his/her behavior. In responsive rather than reactive parenting, there is forethought and planned interaction with the child. Pro-active parenting involves promotion of the child’s growth and learning, not just immediate parental control. Pro-active parenting requires the development of particular parenting skills. These include providing boundaries, limits and external controls, avoiding power struggles, fostering autonomy and decision making skills.

Helping your child learn to plan, to set goals and then prioritize, follow through and accept the results is required. They will need to learn how to compromise, decline politely, delay their wants and needs.

Parenting is an investment, IS WORK, and takes skill. Once the basic skills are there it flows more smoothly. Taking time outs or giving yourself a chance to respond and not react is important. To avoid being reactive, have pre-determined rules and consequences. The manner in which parents talk to the child is important. Respect begets respect. Phrasing comments with minimal criticism

or complaint takes effort and practice. You might say, “you usually do a very good job... is there a reason it is different for you today”? ❖

*“Parenting is an investment, IS WORK, and takes skill.”*



## Meet the President & Executive Medical Director



**D**r. Sendi presently serves as President and Executive Medical Director of New Oakland Child-Adolescent and Family Center. Dr. Sendi’s primary responsibilities include providing executive, clinical and administrative leadership for the entire New Oakland Family Center System of Care. Dr. Sendi is a board-certified child, adolescent and adult psychiatrist.

As former Director of Fairlawn Center in Pontiac, Michigan,

Dr. Sendi was responsible for oversight of hundreds of clinical and administrative staff in his management of one of the State of Michigan’s Child-Adolescent Psychiatric Hospitals. In addition to being a Fellow of the American Ortho Psychiatry Association and American Academy of Child Psychiatry, Dr. Sendi is a member of numerous other psychiatric organizations and a published author. Currently, Dr. Sendi is a practicing child-adolescent psychiatrist at Havenwyck Hospital in Auburn Hills, Michigan. Presently, Dr. Sendi is intensely involved in the growth and development of the FACE to FACE Crisis Intervention and Assessment Program. ❖

### LOCATIONS TO SERVE YOU

**Davisburg Crisis Center**  
12850 Fountain Square Drive, Ste. 106  
Davisburg, MI 48350  
(248) 634-6303

**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

# FUN FACTS!

## CAN YOU MATCH THE PHOBIAS BELOW?

- |                        |           |                                    |
|------------------------|-----------|------------------------------------|
| 1. Arachnophobia       | ___       | Fear of animals                    |
| 2. Aliurophobia        | ___       | Fear of spiders                    |
| 3. Arsonphobia         | ___       | Fear of bald people                |
| 4. Logizomechanophobia | ___       | Fear of hospitals                  |
| 5. Entophobia          | ___       | Fear of needles or pointed objects |
| 6. Ergophobia          | ___       | Fear of insects                    |
| 7. Zoophobia           | ___       | Fear of cats                       |
| 8. Lygophobia          | ___       | Fear of reptiles such as snakes    |
| 9. Nosocomophobia      | ___       | Fear of darkness                   |
| 10. Aichmophobia       | ___       | Fear of birds                      |
| 11. Odontophobia       | <u>17</u> | Fear of injections                 |
| 12. Herpetophobia      | ___       | Fear of frogs                      |
| 13. Ornithophoia       | ___       | Fear of burglars                   |
| 14. Peladophobia       | ___       | Fear of bees                       |
| 15. Ranidaphobia       | ___       | Fear of computers                  |
| 16. Scelerophobia      | ___       | Fear of fire                       |
| 17. Trypanophobia      | ___       | Fear of having dental work         |
| 18. Apiphobia          | <u>6</u>  | Fear of work                       |

*If you are giving up that easy, the answers are on the right.*

**ANSWERS:** 1. Fear of Spiders; 2. Fear of Cats; 3. Fear of Fire; 4. Fear of Computers; 5. Fear of Insects; 6. Fear of work; 7. Fear of animals; 8. Fear of darkness; 9. Fear of hospitals; 10. Fear of needles or pointed objects; 11. Fear of having dental work; 12. Fear of reptiles such as snakes; 13. Fear of birds; 14. Fear of bald people; 15. Fear of frogs; 16. Fear of burglars; 17. Fear of injections; 18. Fear of bees.

**FACE to FACE Crisis Intervention and Assessment Program**

**800-395-FACE (3223)**

## Paying for Health Care Treatment and Medication

**A**re you finding it difficult to pay for your child's health care? You are not alone. Expensive meds, inadequate insurance coverage, and lost work time can add up quickly. Many families who were already struggling to deal with a difficult diagnosis now struggle financially to pay for the necessary treatment. It can become a mountain of stress. There are some options that may help. Consider the following avenues that may lighten your load.

- Ask for samples from the doctor.

- Check to see if the doctor has a sliding scale fee based on income or any assistance programs.
- Check your state's insurance programs.
- Apply for SSI disability if your child qualifies.
- Check your local Medicaid office to see if your child may qualify for coverage.
- Look for local charities such as The FACE to FACE Foundation, St. Vincent DePaul Pharmacies, etc.
- Network with local NAMI and other support groups who are aware of local resources.

Check out the links below to be connected with important resources.

- The FACE to FACE Foundation**  
[www.FACEtoFACEFoundation.com](http://www.FACEtoFACEFoundation.com)
- United Way of Southeast Michigan**  
[www.uwsem.org](http://www.uwsem.org)
- Mental Health Networker**  
[www.mhweb.org](http://www.mhweb.org)
- St. Vincent & Sarah Fisher Center**  
[www.svsfcenter.org](http://www.svsfcenter.org)
- National Alliance on Mental Illness-Michigan**  
[www.namimi.org](http://www.namimi.org)

# MENTAL HEALTH IS IMPORTANT

**M**ental health is how people think, feel, and act as they face life's situations. It affects how people handle stress, relate to one another, and make decisions. Mental health influences the ways individuals look at themselves, their lives, and others in their lives. Like physical health, mental health is important at every stage of life.

All aspects of our lives are affected by our mental health. Caring for and protecting our children is an obligation and is critical to their daily lives and their independence. Like adults, children and adolescents can have mental health disorders that interfere with the way they think, feel, and act. When untreated, mental health disorders can lead to school failure, family conflicts, drug abuse, violence, and even suicide. Untreated mental health disorders can be very costly to families, communities, and the health care system.

Studies show that at least one in five children and adolescents have a mental health disorder. The causes are complicated. Mental health disorders in children and adolescents are caused mostly by biology and environment. Examples of biological causes are genetics, chemical imbalances in the body, or damage to the central nervous system, such as a head injury. Many environmental factors also put young people at risk for developing mental health disorders:

- Exposure to environmental toxins, such as high levels of lead;
- Exposure to violence, such as witnessing or being the victim of physical or sexual abuse, drive-by shootings, muggings, or other disasters;
- Stress related to chronic poverty, discrimination, or other serious hardships; and
- The loss of important people through death, divorce, or broken relationships.

Children and adolescents with mental health issues need to get help as soon as possible. A variety of signs may point to mental health disorders or serious emotional disturbances in children or adolescents. Pay attention if a child or adolescent you know has any of these warning signs:

- Sad and hopeless for no reason, and these feelings do not go away.
- Very angry most of the time and crying a lot or overreacting to things.
- Worthless or guilty often.
- Anxious or worried often.
- Unable to get over a loss or death of someone important.
- Extremely fearful or having unexplained fears.
- Constantly concerned about physical problems or physical appearance.
- Frightened that his or her mind either is controlled or is out of control.

A child or adolescent experiences big changes, such as:

- Showing declining performance in school.
- Losing interest in things once enjoyed.

- Experiencing unexplained changes in sleeping or eating patterns.
- Avoiding friends or family and wanting to be alone all the time.
- Daydreaming too much and not completing tasks.
- Feeling life is too hard to handle.
- Hearing voices that cannot be explained.
- Experiencing suicidal thoughts.

A child or adolescent experiences:

- Poor concentration and is unable to think straight or make up his or her mind.
- An inability to sit still or focus attention.
- A need to wash, clean things, or perform certain routines hundreds of times a day, in order to avoid an unsubstantiated danger.
- Racing thoughts that are almost too fast to follow.
- Persistent nightmares.

A child or adolescent behaves in ways that cause problems, such as:

- Using alcohol or other drugs.
- Eating large amounts of food and then purging, or abusing laxatives, to avoid weight gain.
- Dieting and/or exercising obsessively.
- Doing things that can be life threatening.
- Killing animals.

If you recognize any of the aforementioned warning signs in your child-adolescent, please contact your pediatrician, family physician, psychiatrist or call your insurance company for a referral. An immediate consultation is strongly recommended. ❖

**800-395-FACE (3223)**