



Hope & Courage

United Advocates for Children and Families



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Teen Depression: A Guide for Parents and Teachers

Teenage depression isn't just bad moods and occasional melancholy. Depression is a serious problem that impacts every aspect of a teen's life. Left untreated, teen depression can lead to problems at home and school, drug abuse, self-loathing- even irreversible tragedy such as homicidal violence or suicide.



Fortunately, teenage depression can be treated, and as a concerned parent, teacher, or friend, there are many things you can do to help. You can start by learning the symptoms of depression and expressing concern when you spot warning signs. Talking about the problem and offering support can go a long way toward getting your teenager back on track.

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Upcoming Events: Care 4 Kids Candlelight Banquet

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SAVE THE DATE

CARE 4 KIDS
CANDLELIGHT BANQUET

CARE 4 KIDS CANDLELIGHT BANQUET
Raising Funds and Awareness for Children's Mental Health
To purchase tickets please call
916-643-1530 Ext. 106

October 29, 2010
4:30 pm – 9:00 pm
Los Angeles Marriott Burbank Airport Hotel
2500 N. Hollywood Way, Burbank, CA 91505

UACF
United Advocates for Children and Families

For sponsorship opportunities or more information, please visit our website at: www.uacf4hope.org



Public Policy

by Raphael Metzger,

Director of Policy and Research



Capitol, Sacramento, CA

Look for AB3632 To Draw Attention During FY 2010-2011

This past May, 2010 Governor Schwarzenegger sent a proposed budget to the California legislature that would have suspended existing state law that requires county mental health departments to provide assessment and treatment services to children who, without such services, would be unable to obtain educational benefit from the school curricula. Although this requirement became part of the California Government Code in 1985, it continues to be referred to as AB 3632-- the number assigned to the proposal some 25 years ago by the California legislature, before the assembly bill became law.

AB3632 supports school district and local education agency compliance with the federal Individuals with Disabilities Education Act (IDEA). IDEA created the Individualized Education Plan (IEP) that is the centerpiece of the relationship between disabled children, their parents, and school officials. Under federal law schools are responsible for educating all the children within their jurisdiction, not just non-disabled children, and the IEP developed by the IEP Team specifies the services and supports needed by a disabled child to benefit from the school's educational programs. When the particulars

of a child's situation implicates a need for a mental health assessments, local education agencies and county mental health departments coordinate for the assignment of clinicians, participation in IEP meetings, and provision of services through the mechanisms established by AB3632.

[Read more](#)

Treatment of Children with Mental Illness

National Institute of Mental Health

Research shows that half of all lifetime cases of mental illness begin by age 14.¹ Scientists are discovering that changes in the body leading to mental illness may start much earlier, before any symptoms appear.



Through greater understanding of when and how fast specific areas of children's brains develop, we are learning more about the early stages of a wide range of mental illnesses that appear later in life. Helping young children and their parents manage difficulties early in life may prevent the development of disorders. Once mental illness develops, it becomes a regular part of your child's behavior and more difficult to treat. Even though we know how to treat (though not yet cure) many disorders, many children with mental illnesses are not getting treatment.

[Read more](#)

Eating Disorder: Treatment and Recovery

The inner voices of anorexia and bulimia whisper that you'll never be happy until you lose weight, that your worth is measured by how you look. But the truth is that happiness and self-esteem come from loving yourself for who you truly are—and that's only possible with recovery.



It may seem like there's no escape from your eating disorder, but recovery is within your reach. With treatment, support from others, and smart self-help strategies, you can overcome your eating disorder and gain true self-confidence.

[Read More](#)
