

Live Life to the Fullest

Children and Mental Health



When you choose Aurora Mental Health Center, you are ensuring that the child you care about will be seeing a qualified mental health professional. Our staff includes Child Psychiatrists, Child Psychologists, Nurse Practitioners (Advanced Practice Nurses), and Licensed Therapists Specializing in the Treatment of Children and Families.

Aurora Mental Health Center is a valuable resource for children, families, and the community. Call us if you have questions about symptoms, diagnosis or treatment. We are here to provide you with the information and support you need.

Please contact us at 303.617.2300 and let us know how we can help.

Five Convenient Locations in Aurora

- 1. Viewpoint Plaza Center**
11059 E. Bethany Drive
Aurora, CO 80014
- 2. North Aurora Center**
1646 Elmira Street
Aurora, CO 80010
- 3. Hampden Center**
14301 E. Hampden Avenue
Aurora, CO 80014
- 4. Alameda Center**
10782 E. Alameda Avenue
Aurora, CO 80012
- 5. Intercept Center**
16905 E. 2nd. Avenue
Aurora, CO 80011

For more information about any of our programs or services, please call our main number:

303.617.2300



Aurora Mental Health Center

Administrative Office

11059 E. Bethany Drive • Suite 200 • Aurora, CO 80014

Phone 303.617.2300 • Fax 303.617.2397

www.aumhc.org



Aurora Mental Health Center

¹ www.WebMD.com

² SAMHSA's National Mental Health Information Center

³ Bazelon Center for Mental Health Law



Children and Mental Health

Mental health issues are common in children and teens. According to the US Surgeon General,¹ one in five children will suffer from a diagnosable mental health condition each year, and one in ten will have symptoms that are significant enough to seriously affect their functioning in school, at home, and in the community. The most common mental health issues among children are anxiety disorders, including traumatic stress reactions; mood disorders, including depression; and disruptive behavior disorders, including ADHD.

Unfortunately, 79% of children and youth who need treatment don't get it for a number of reasons,² including the stigma often associated with mental illness; lack of knowledge regarding mental health issues in childhood; and difficulty accessing or paying for services. Children and adolescents who do not receive the care they need are more likely to struggle in school, less likely to graduate from high school, more likely to have difficult family and social relationships, and are at higher risk for delinquency.³

The good news is that these disorders are very treatable, especially when they are identified early. Early intervention can help children succeed in school, at home, and in life. An accurate diagnosis of a mental illness can prevent a child from being placed in more intensive and costly forms of care later on.

The following symptoms may be associated with a mental health disorder. If these symptoms are present, a mental health professional can provide an evaluation to help identify the cause and provide treatment recommendations:

- ▲ Excessive worry
- ▲ Avoiding social situations
- ▲ Trouble paying attention
- ▲ Aggression or frequent outbursts
- ▲ Disruptive behavior
- ▲ Frequent lying
- ▲ Frequent sadness, withdrawal, low energy level
- ▲ Irritability
- ▲ Loss of interest in favorite activities
- ▲ Low self-esteem

If you see any of these symptoms in a child you care about, do not hesitate to call us. We are here to help. For a more detailed list, please visit our website at www.aumhc.org.

Services

The professionals at the Aurora Mental Health Center are available to provide an array of effective services for children and families.

Education: Our expert staff can teach community members how to understand and identify the warning signs of mental health disorders in children and youth. We believe that knowledge is strength, and will lead to a decrease in the number of undiagnosed mental health disorders and allow children and families to connect to the help they need. In addition, our staff can provide more in-depth training on a number of specific topics. Our staff is also available for consultation with other professionals.

Prevention: Aurora Mental Health offers services designed to prevent the need for mental health treatment as well as to encourage early engagement in services when needed. Prevention services include screening, evidence-based parenting programs, and a number of wellness classes for children and families.

Treatment: Our programs are specialized to help children, teens, and their families cope with challenges of mental illness. Aurora Mental Health Center's treatment teams can provide individual, family, and group therapy, and medication evaluation and management. We also work closely with schools, human services, and other caregivers to ensure that children in need of mental health treatment are identified early and treatment is coordinated. Services include:

- ▲ Child and Family Outpatient Treatment Centers
- ▲ Child and Family Intensive Service Center
- ▲ Early Childhood and Family Center
- ▲ Specialized Child Trauma Treatment
- ▲ The Intercept Center: Mental Health Services for Children with Developmental Disabilities
- ▲ School Based Therapy
- ▲ Home Based Services

