



Hanover County
Community Services Board

Behavioral Health Wellness Team
2020 Program Catalog



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About the Behavioral Health Wellness Team

The Behavioral Health Wellness Team works together to coordinate and implement programs and environmental strategies that promote healthy, drug-free families and communities.

Our individual and family programs promote resiliency and well-being through parent education, after-school programming, and skill-building workshops for children, teens and adults.

Our environmental strategies seek to highlight healthy community norms, encourage activities that enrich mental health, and enhance physical, social and cultural factors that are favorable towards creating drug-free environments.

Children & Adolescent Programs

Skill-Building Groups

Youth Development Specialists facilitate workshops for elementary school-age children designed to enhance skills needed for healthy decision making and optimal well-being.

Topics include:

- Managing Stress
- Understanding ADHD
- Building positive relationships
- Sibling Rivalry
- Handling peer aggression & bullying
- Managing strong feelings
- Enhancing social skills and friendships
- Responsibility

Workshops are interactive, include games and music, and teach children through doing. Many workshops are held in conjunction with parenting programs so children have a place to learn as well.



for the Siblings of Youth with Special Needs

Brothers and sisters often have the longest-lasting relationship with a sibling with special needs.

During their lives, they will experience most of the unique concerns and joys their parents do when living with a close relative with special needs.

Many siblings have feelings that are hard to express and few siblings of kids with special needs ever have a chance to talk about these feelings with others who “get it.”

At SibShops, sibs will have the chance to meet other kids whose brothers and sisters have special needs. They’ll talk about the good and not-so-good parts of having a sibling with a disability. Sibs play lively games, learn about their sib’s disability, participate in craft activities, and make new friends.

Email HanoverBHW@hanovercounty.gov for more information about programming.

Children & Adolescent Programs (cont.)

After School Programming at John M. Gandy Elementary School

Children in grades 3 – 5 participate in homework help, fitness and recreation, life skills lessons, arts & crafts, field trips, volunteer service, free choice time and are exposed to careers through special guest speakers.

The life skills programming helps children learn the necessary skills to make healthy choices, refuse alcohol and other drugs, and solve problems peacefully. Activities are designed to enhance children’s physical, social and emotional well-being.

Program meets Monday-Friday from 2:20 p.m. – 5:30 p.m. Space is limited and registration is required.

Teens Care Too

Teens Care Too, a coalition of young leaders, encourages their peers to avoid using alcohol, tobacco and other drugs. The group recognizes that building a community of healthy and informed youth is vital to the sustainability and improvement of our community.

The group meets monthly and coordinates awareness projects and activities that promote healthy alternatives to drug and alcohol use.



Email HanoverBHW@hanovercounty.gov for more information about programming.

Mental Health Awareness Training

More than Sad

This 2-hour workshop will help participants understand how depression can affect adolescents. At the end of the workshop, participants will be able to:

- Identify teen depression as a medical illness that involves chemicals in the brain
- Describe the key symptoms of depression
- Identify different ways depression can be expressed in adolescents
- Describe the most effective treatments for depression in teens
- Identify local resources to help teens with depression

Mental Health First Aid

Mental Health First Aid is a full-day, interactive workshop that provides participants with a five-step action plan to help loved ones, colleagues, neighbors and others cope with mental health problems.

Similar to traditional First Aid and CPR, Mental Health First Aid is the initial help provided to a person developing mental health problem or experiencing a crisis until professional treatment is obtained or the crisis resolves.

Participants will learn about the prevalence of common mental health issues, including signs and symptoms and strategies to connect with appropriate professional, peer, social or self-help care.

We offer three versions of Mental Health First Aid: the Adult version, a Youth Version for adults who work with adolescents, and a Higher Education version for those who work with college or university students.



Email HanoverBHW@hanovercounty.gov for more information about programming.

Mental Health Awareness Training (cont.)

Adverse Childhood Experiences (ACE) Interface Training

Adverse childhood experiences, or ACEs, are potentially traumatic events that occur in childhood (0-17 years). For example:

- experiencing violence, abuse, or neglect
- witnessing violence in the home or community
- having a family member attempt or die by suicide

Also included are aspects of the child's environment that can undermine their sense of safety, stability, and bonding such as growing up in a household with:

- substance misuse
- mental health problems
- instability due to parental separation or household members being in jail or prison

ACEs are linked to chronic health problems, mental illness, and substance misuse in adulthood. ACEs can also negatively impact education and job opportunities. However, ACEs can be prevented.

Source: CDCFast Facts:

https://www.cdc.gov/violenceprevention/acestudy/fastfact.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fviolenceprevention%2Fchildabuseandneglect%2Faces%2Ffastfact.html

Learn more about ACEs by attending an ACEs Interface Training, developed by Dr. Robert Anda, one of the lead researchers of the original ACE study. The full training is 8 hours in length, but can be shortened as necessary.

The Behavioral Health Wellness Team can also facilitate discussions about ACEs, their impact on human health and ways to prevent ACEs in the community.

Email HanoverBHW@hanovercounty.gov for more information about this training.

Programs for Parents

Parent Education Workshops

Individual workshops focused on common parenting challenges are offered throughout Hanover County, often in coordination with a local elementary school or through Hanover’s Parks & Recreation Department. A Parent Educator who specializes in child and adolescent development and family issues provides evidence-based strategies, information, and tools for your parenting “tool kit.”

Workshops generally last 60 – 90 minutes. A concurrent children’s workshop can also be scheduled addressing a parallel topic. Parenting workshops can also be scheduled by area businesses, day cares, faith-based groups, PTAs, Moms Clubs, and other community groups.

Workshop topics include:

<ul style="list-style-type: none">• Effective Communication• Nurturing Self-Esteem• Managing Strong Feelings• Encouraging Motivation• Strengthening Resiliency in Children• Bullying and Social Cruelty in Children• Sibling Rivalry• Impact on Divorce on Children• Perfectionism in Children• Parenting a Child with ADHD• Problem Solving• Raising Children of Character• Raising Strong Boys• Bridging the Gap-Grandparents as Parents• The Power of Positive Thinking• Parenting the Strong-Willed Child• Developing Responsibility in Children	<ul style="list-style-type: none">• Setting Limits• Resolving Homework Issues• Helping Children Cope with Stress• Relational Aggression in Girls• Caring Relationships• Grief & Loss• Development of Social Skills• Healthy Decision Making• 1-2-3 Magic• Conflict Resolution• Balancing Work and Family• Foundations for a Successful Stepfamily• Test Anxiety• Single Parent Survival Guide• Cyberbullying• Entitlement vs. Gratitude• Collaborative Parenting; Parenting as a Team
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Email HanoverBHW@hanovercounty.gov for more information about programming.

Programs for Parents (cont.)

Individual Parent Consultations and Coaching

Parent consultations, or parent coaching, is provided by a Parent Educator who specializes in child and adolescent development and family issues. The Parent Educator will talk with you about your concerns related to raising children. Our goal is to help you gather ideas, resources and skills that you can use at home. Each session will help you develop strategies to achieve your parenting goals based on your strengths and commitment to your child. Common topics include setting limits and boundaries, grief and loss, bullying, separation anxiety, sibling rivalry, and developmental milestones.

Family Matters

Family Matters is a four-hour parent education seminar to assist parents who have petitioned the courts regarding custody, visitation, or child support. The class offers parents information concerning how conflict affects children. Specific topics include how loyalty conflicts affect children; for example carrying messages, money issues, quizzing children, and putting down the other parent. There is a fee for this workshop and pre-registration is required by calling 804.365.4200

Power of Parents

Hanover Cares partners with Mothers Against Drunk Driving ([MADD](#)) to deliver 30-minute parenting workshops. The workshops encourage parents and family members to discuss underage drinking with their children, and give them strategies and talking points that are helpful in starting those conversations. Research shows that the number one influence on teens and their choices are parents and other adults who spend time with them.

Email HanoverBHW@hanovercounty.gov for more information about programming.

Family Programs

Strengthening Families Programming

New research proves what many parents have long suspected: Adolescent brains aren't fully "wired" until kids reach their mid-20s. The part of the brain that helps kids think clearly and make good decisions (prefrontal cortex) is not as developed as the emotional "do this now!" part of the brain. As one scientist observed, "a typical teen has a well-developed accelerator but only a partly developed brake."

Healthy brain development is profoundly affected by alcohol and drug use during the adolescent years. Research also continues to show that parents of teens can have a strong, positive influence in helping their children develop into healthy adults.

Using the Strengthening Families Program, families can practice skills that improve communication, strengthen family bonds, and help teens avoid drug use, violence, and other problem behaviors.

Guiding Good Choices

Families with 4th & 5th graders

This five-week workshop series provides those caring for 9-12 year olds the opportunity to learn and talk with others about specific strategies which help kids make healthy decisions and avoid risky behavior. Through activities, discussion, and video, group members will explore: strengthening family bonds, setting clear family guidelines, helping kids develop healthy behaviors, and increasing their involvement in the family.

Strengthening Families Program, 10 - 14

Families with 5th – 8th graders

Families attend this seven session program together. We provide a family meal followed by separate parent and tween discussion groups. Youth learn to handle frustration, resist peer pressure, appreciate parents/caregivers, and learn about setting goals for the future. Parents/caregivers will discuss what youth this age are like, how to make rules and consequences, how to solve problems with youth, and ways to show love and support. Families practice having fun together through structured activities, discuss what makes their family strong, and practice solving problems together. Childcare is provided for younger siblings.

Strengthening Families Program, 12 - 16

Families with 8th – 12th graders

Families attend 14 weekly sessions, beginning with a meal, followed by separate parent and youth groups. Parent discussions review appropriate developmental expectations, teach parents to interact positively with teens through active listening, reducing sarcasm and criticism, the importance of scheduling family meetings and establishing effective and

Family Programs (cont.)

consistent discipline and consequences. Teens meet separately to discuss future goals and how their choices help or hinder their progress. Teens also work to understand feelings, control their anger, resist peer pressure, comply with parental rules, solve problems and communicate effectively. Teens also develop their social skills, learn about healthy relationships, and learn about the consequences of substance use.

Email HanoverBHW@hanovercounty.gov for more information about programming.

Support Groups

Hanover Family Support Group

The Hanover Family Support Group meets the second Tuesday of every month from 7:00 p.m. to 8:30 p.m. at the Community Services Board, 12300 Washington Highway in Ashland, VA.

Any Hanover County resident who desires support and guidance regarding a family member with mental illness is welcome to attend. Members support one another, share experiences of living with a family member with mental illness, discuss challenges and gain insight on how other families meet those challenges. Member can also learn how to advocate for their loved ones with mental illness.

No registration or fee required.

For more information, contact Kathy Redfearn at 804-365-3226.

Community Campaigns and Environmental Strategies

Counter Tools

Counter Tools is a statewide public health campaign related to the sale of tobacco products. Tobacco companies spend more of their marketing and promotional dollars in the retail environment than anywhere else. They do this through price discounts and branded advertisements that prompt tobacco usage and make it harder to quit.

Through the Counter Tools initiative, all stores in Hanover County that sell tobacco or vapor products are audited. The audit counts how much advertising is posted, the location of the advertising in regards to youth-related products and what type of price promotions are in effect.

Additionally, each retailer receives merchant education material and are encouraged to always card teenage buyers. These audits will continue until all retailers are in compliance by not selling tobacco or vapor products to those under 18.

Hidden in Plain Sight

In prevention, parents are often told to monitor their teen and watch for warning signs of drug abuse or other risky behaviors. However, parents often do not know what to look for.

To help parents with this problem, we have replicated a teenager's bedroom that contains indicators of substance use. Parents are then allowed to "snoop" around to try to spot these indicators that sometimes look like harmless objects or even trash. After looking around the bedroom, presenters reveal the indicators and talk with parents about how the object is used and the trends law enforcement are seeing in the community. Lastly, parent educators discuss how to have those tough conversations about peer pressure, drinking, drug use and healthy decision making with teens.

Hidden in Plain Sight events are held periodically throughout the year, but can also be offered upon request. Email HanoverBHW@hanovercounty.gov for more information.

Just Say Something

According to research, the top reason youth cite for NOT using alcohol and drugs is that they don't want to disappoint their parents.

The goal of the *Just Say Something* social media campaign, developed in conjunction with Hanover Cares, is to raise awareness among parents to continue to talk to their children about not using alcohol or drugs. These efforts hope to reduce substance use among Hanover youth.

For more information about this campaign please contact Hanover Cares at 804-564-6119.