

Manalapan-Englishtown

COMMUNITY ALLIANCE TO PREVENT ALCOHOLISM AND DRUG ABUSE

120 Route 522 • Manalapan, NJ 07726 • 732-446-8345 • Fax 732-446-1576

Website: www.mtnj.org



May 1st to May 7th is Children's Mental Health Awareness Week

Mental health is a serious concern for children everywhere as one in five children under the age of nineteen are predicted to develop a mental disorder. These disorders are often severe enough to disrupt their everyday life in school, work, and home. Because of these numbers, it is important to learn about these disorders, their symptoms, and how to help.

Common Disorders Among Children:

- **Anxiety Disorders**
- **Attention Deficit/Hyperactivity Disorder (ADHD)**
- **Autism Spectrum Disorder**
- **Mood Disorders (Depression, Bipolar Disorder)**
- **Eating Disorders**

Signs of a Disorder:

- **Lower Grades in School**
- **Avoiding Friends and Family**
- **Having Frequent Outbursts Rage**
- **Losing his/her Appetite**
- **Difficulty Sleeping**
- **Rebelling Against Authority**
- **Not Doing Once Enjoyable Activities**
- **Frequent Mood Swings**
- **Not Concerned with Appearance**

- **Obsessed with his/her Weight**
- **Lacking Energy or Motivation**
- **Attempting to Injure oneself**

Types of Therapy for Children:

- **Play Therapy:** Used for ODD, ADHD, anxiety, and depression for children between the ages of three and twelve. Children tell a story through toys like puppets, attributing their own thoughts and feelings through the puppet, and blow bubbles to improve deep and controlled breathing. This is observed by the therapist, who also challenges the child with more effective alternatives to replace disturbing behavior.
- **Art Therapy:** Used for ADHD, anxiety, depression, and family or relationship struggles. Children draw a story of their life events, which the counselor analyzes for themes and feelings to discuss with the child.
- **Animal-Assisted Therapy:** Used for anxiety, depression, and Autistic Disorder. Specifically, horseback riding therapy is often used. The rhythm of the horseback riding is soothing, helps the child focus, and improves the child's mood. Feeding and grooming promote social interaction and a feeling of responsibility in children. Canine-assisted therapy reduces stress for children with depression, anxiety, and ADHD. Finally, the animals can be used as a conversation topic started by therapists.
- **Operant Conditioning/ Applied Behavior Analysis:** Used for children with severe mental challenges, who function significantly below average. Reinforcing a behavior in increments through cognitive-behavioral techniques.

For more information contact the Manalapan Township Health Department:

Hours:

Monday-Friday, 8:30 a.m. – 4:30 p.m.

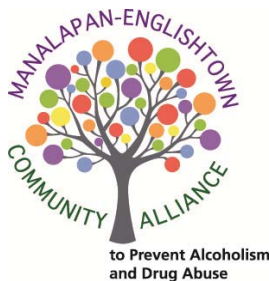
Location:

Manalapan Town Hall

120 Route 522 & Taylors Mills Road, Manalapan, NJ 07726

Phone: (732) 446-8345

Fax: (732) 446-1576



Our mission is to meet the need for comprehensive alcohol and drug abuse awareness planning and programming to create community-level change in Manalapan Township and Englishtown Borough.