

# What's New

# Change Is Possible

## H ello Spring!

Winter is fading and the new life of spring is well on its way! It has been a very long and bitterly cold, snow-filled winter season, and we are all glad to see it behind us.

The staff at *Change Is Possible Counseling Services, LLC* would like our patients to help us welcome—once again, new staff members: Wendy and Carol are Licensed Clinical Social Workers with a variety of skill sets and a vast array of personal as well as professional experience to offer our clinic and patients. Georgia and Temeka will be aiding our already friendly staff of support staff members to meet the needs of clinicians and patients alike. Please join the management in welcoming these new members of our staff and in helping them feel comfortable as they become familiar with our policies and procedures. We are excited about the possibility of growth each one can bring to the clinic.



We want to congratulate all our Moms to be (therapists) and say thank you to our patients as they work to transfer cases or prepare to postpone treatment until the return of their therapists. It is sad to see them go—for a short time—and yet a joyous time for them and their families.

Sincerely yours,

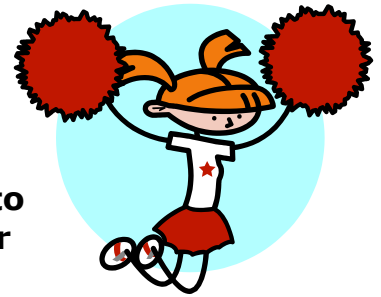
Cindy Zitny, LMSW, LMFT  
Clinical Director/Owner

**BE SURE TO CHECK OUT THE FLYER FOR THE “DEVELOPING SELF-ACCEPTANCE” GROUP BEGINNING ON MAY 1<sup>ST</sup> GROUP PARTICIPANTS REPORT TO REALLY ENJOY THIS CLASS.**

## Bipolar Disorder in Children and Adolescents

In this issue of our newsletter, we are spotlighting the *Consumer Update* by AAMFT entitled "*Bipolar Disorder in Children and Adolescents*". Many have heard of the negative issues attached to this confusing and even scary diagnosis of Bipolar Disorder or also known as Manic Depression. Lay people often label themselves or others with this diagnosis without confirming these notions through clinical observation and treatment. This practice of labeling selves or others is a dangerous and oftentimes damaging proposition—especially when it comes to our young children or adolescents.

By reading this AAMFT Consumer Update, patients will hopefully dispel some of the myths attached to this disability and will gain a greater understanding of its effects on our underage population. Those who examine this brochure will discover greater insights into the confusing and often misunderstood world of Bipolar Disorder.



This brochure will discuss:

- ✓ When to seek help
- ✓ Commonly used treatments
- ✓ Symptoms of depression
- ✓ Symptoms of mania
- ✓ Effects on patient and family
- ✓ Other disorders that commonly accompany Bipolar
- ✓ Medications and their side effects

Readers interested in learning more about this disorder will also find a variety of helpful resources. AAMFT will recommend information on several associations, foundations, and support groups that may offer assistance to families struggling with these issues. They also highlight several books for children, adolescents and parents alike. Pick up this brochure today, and after reading the contents, pass it along to family or friends.



***You can find the Consumer Update in a stand-alone brochure holder on the resource table under the mirror straight across from the suite entrance door.***