



Perspectives on Primary Care

Winter 2008-2009

Physical Ailment or Seasonal Affective Disorder? Anxiety Disorder or Migraines? Chronic Fatigue or Depression?

Understanding and treating the overlap of mental health disorders and somatic complaints is becoming increasingly important when stress, anxiety and depression are on the rise.

USEFUL INFORMATION AT A GLANCE

- *Up to 30% of children and adolescents report frequent headaches*
- *Up to 25% describe recurrent abdominal pain*
- *Up to 20% complain of musculoskeletal pain*
- *At least 2% - 4% of pediatric visits are due to stomach aches*
- *1/3 to 1/2 of children and teens reporting somatic complaints have an underlying mental health disorder, primarily anxiety or depression*
- *60% of girls with an anxiety disorder have one or more somatic complaints*
- *69% of girls reporting stomach aches and headaches meet criteria for an anxiety disorder*
- *Boys more frequently report musculoskeletal pain and have underlying depression and behavioral concerns such as ODD and ADHD*
- *Children with social phobia have the highest rate of somatic complaints*
- *These individuals are more likely to become adults with somatic complaints and high utilizers of health care*

THE WHEN AND HOW OF MENTAL HEALTH REFERRALS...

- If a patient is missing more than 10 to 15% of school or work
- When there is a request for psychotropic medication
- Diagnosis or strong suspicion of diagnosable mental health disorder
- Duration of somatic symptoms for longer than 6 months
- Multiple somatic complaints that are medically unrelated
- Self-injurious behavior, eating or appetite issues including excessive weight loss or gain, or excessive substance use
- Excessive sleep disturbances
- History of significant change in patient's life including trauma, loss, or abuse
- Lack of motivation or hopelessness about improving their medical complaints

You need not walk alone.

Straight Talk about Substance Abuse . . .

“I don’t drink everyday.” “I only drink beer.” “I just use alcohol to relax.” “I never drink alone.” Do these statements sound familiar? As a substance abuse therapist I hear these statements and many similar ones everyday.

Often, it can take time to figure out where a patient falls on the continuum of alcohol use, abuse and dependence. The nature of alcoholism is to rationalize, minimize and deny. Add to that, the tendency of patients to withhold information because of shame or fear of stigmatization. This missed information can cause enormous problems with medical and psychiatric conditions, potential surgical complications, unexpected alcohol withdrawal symptoms, drug interactions, and lost opportunities for prevention, including intervention during pregnancy to prevent damaging effects of alcohol on the fetus. According to some research, the rate of screening for alcohol consumption in health care settings remains lower than 50 percent.

We can help you assess your patient. We at Perspectives Counseling Centers understand the pain and suffering that accompanies substance abuse and are committed to helping the individuals and families heal. We offer the following services:

Substance Abuse Assessment: An in-depth assessment of their bio, psycho, social history, current life circumstances, occupational functioning, and relationships as well as a substance abuse use and inventory of current use patterns. Results are shared with the patients and referrals are given.

Alcohol Awareness/Education Course: This is a one-day, in-depth education class that’s goal is to educate the patient as to differences between abuse and dependence, the addiction cycle, risk factors for dependence, negative consequences to use, health risks as well as risks of drinking and driving. Included in this class is a written self assessment for the patient to gauge where they are at with their alcohol use. Patient’s are encouraged to develop plan to avoid drinking and driving.

Adult & Adolescent Group Therapy: Eight week groups that educate the patient as to risks of alcohol and drug use. Cycle of addiction, identification of triggers to use and high-risk situations will be discussed. Patients will explore family patterns of substance use. They will learn to develop goals and implement healthy coping strategies.

Individual Counseling: A patient works one on one with a therapist about their problems with alcohol and drug use. They identify and explore underlying trauma and contributing factors to substance use in their life. The therapist assists them in identifying goals, removing roadblocks and aid in recovery. Many times in therapy, we are working with the spouse or child of an addicted person as well.

Intervention: There are many lives affected by the substance use of a loved one. If the loved one wants to stage an intervention with the addict, the therapist can help them with this. The therapist will help them decide if an intervention is appropriate and then plan who else will be involved and how it will be conducted.

Perspectives Counseling Centers Children's Department

Dear Fellow Professionals:

Hello! I would like to introduce myself to you and your staff. I am the Children's Director at Perspectives Counseling Centers. We offer an abundance of services to the children you service in your practice. We have individual counseling as well as family treatment and group therapy. We have over 15 therapists who specialize in children as young as 3 years old and also have child psychiatry available if medication management is necessary. Our mission is to treat every child with compassion and respect while providing a safe, nurturing environment. Here, they can explore and learn about themselves. Your proactive involvement now can make the difference in a child's life by teaching them the skills needed for positive mental health in adulthood. We hope that we can be of service to you in the future.

Malissa Wood MA, LLP/LPC
Director of Children's Services



How Emotional Issues are linked to Physical Symptoms of Children

When working with children, we often hear chief complaints that have some connection to the child's physical life. We always recommend a complete physical when this arises. On the other hand, it is also important to see that a physical symptom sometimes can be rooted in an emotional issue. A prime example would be a child who is experiencing anxiety. They may report worries, irritability, poor concentration and hopelessness; nevertheless children tend to be more in tune with their bodies than their emotions. Therefore, a child may first report stomach aches, headaches, shaking, rapid heart beat, sweating and/or difficulty breathing. If there is no physical illness indicated then a referral to a therapist for further exploration may be warranted. It is very important to be versed in the mind/body connection and how it unfolds with a child. We ask that as a physician, during the assessment of a child, to please include mental health questions. And remember at Perspectives Counseling Centers...

NO CHILD NOR THEIR FAMILY WALKS ALONE.
(248) 244-8644 (586) 268-6712

CHILDREN'S ISSUES WE AT PERSPECTIVES SPECIALIZE IN:

- * Academic Achievement (ADHD)
- * Adoption
- * Anger
- * Anxiety
- * Depression
- * Developmental Disabilities
- * Divorce
- * Eating Disorders
- * Family Conflict
- * Grief and Loss
- * Physical, Emotional, Sexual Abuse
- * Self-Esteem
- * Self Injury
- * Social Skills

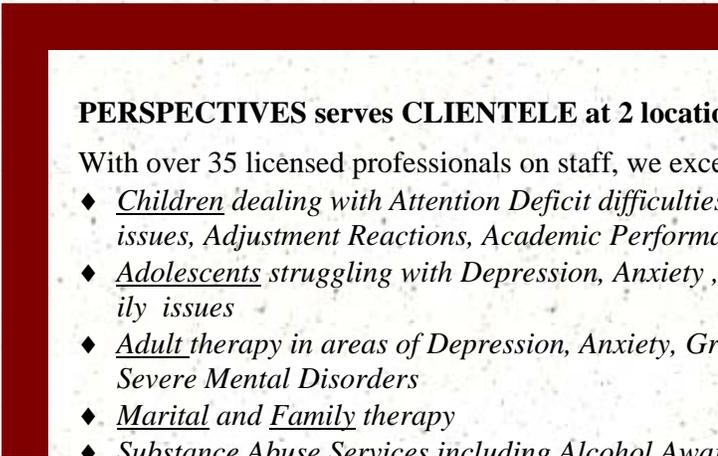




PERSPECTIVES COUNSELING CENTERS

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248-244-8644

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Sterling Heights, MI 48310
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PERSPECTIVES serves CLIENTELE at 2 locations and growing...

With over 35 licensed professionals on staff, we excel in the mental health services and provide care for:

- ◆ *Children dealing with Attention Deficit difficulties, Oppositional Behavior, Social Issues, Self-Esteem issues, Adjustment Reactions, Academic Performance, Emotional Impairments*
- ◆ *Adolescents struggling with Depression, Anxiety, Eating Disorders, Self-Injury, School Issues, Family issues*
- ◆ *Adult therapy in areas of Depression, Anxiety, Grief/Loss, Addictions, Bipolar Disorder, Chronic and Severe Mental Disorders*
- ◆ *Marital and Family therapy*
- ◆ *Substance Abuse Services including Alcohol Awareness Classes, Secretary of State and Department of Transportation Evaluations*
- ◆ *Psychiatric services including Board Certified M.D.'s and D.O.'s for children, adolescents and adults*
- ◆ *Most insurances and sliding scale accepted*



PERSPECTIVES serves PROFESSIONALS...

- ◆ *Perspectives Professional Development Institute—Earn valuable CEU's for unbelievable rates*
- ◆ *Speaker's Bureau—competent speakers come to you with expertise*

PERSPECTIVES serves COMMUNITY...

- ◆ *Family Life Perspectives Radio Program—WMUZ 103.5 Monday-Friday 10:45-11:00 am*
- ◆ *Parenting and Community Education Opportunities*

**Call 248-244-8644 for more information or
Visit our website: www.perspectivesoftroy.com**

