



# ANOTHER LEVEL

TIMES

## WINTER 2011

### MISSION:

"Empowering individuals, families and communities to Another Level."

### PHILOSOPHY:

We strive to form an alliance between our agency, stakeholders and consumers where the overall goal is to transform lives, encourage and support goal attainment. We strive to provide impactful services that allow for personal transformation, empowerment, and increased self awareness.



3 Year Accreditation

CABHA

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## Holiday Depression And Stress

The holiday season can be a time full of joy, cheer, parties and family gatherings. But for many people, it is a time of self-evaluation, loneliness, reflection on past failures and anxiety about an uncertain future.

### What Causes Holiday Blues?

Many factors can cause the "holiday blues": stress, fatigue, unrealistic expectations, over-commercialization, financial constraints, and the inability to be with one's family and friends. The demands of shopping, parties, family reunions and house guests also contribute to feelings of tension. People may also develop other stress responses such as headaches, excessive drinking, over-eating and difficulty sleeping. Even more people experience post-holiday let down after January 1. This can result from disappointments during the preceding months compounded by the excess fatigue and stress.

### Coping with Stress & Depression During the Holidays

- Keep expectations for the holiday season manageable. Try to set realistic goals for yourself. Pace yourself. Organize your time. Make a list and prioritize the important activities.
- Do something for someone else. Try volunteering some of your time to help others.
- Be realistic about what you can and cannot do. Don't put the entire focus on just one day (i.e., Thanksgiving Day). Remember that it's a season of holiday sentiment, and activities can be spread out to lessen stress and increase enjoyment.
- Enjoy activities that are free, such as taking a drive to look at holiday decorations, going window shopping or making a snow-person with children.
- Remember the holiday season does not banish reasons for feeling sad or lonely; there is room for these feelings to be present, even if the person chooses not to express them.
- Be aware that excessive drinking will only increase your feelings of depression.
- Try something new. Celebrate the holidays in a new way.
- Leave "yesteryear" in the past and look toward the future. Life brings changes. Each season is different and can be enjoyed in its own way. Don't set yourself up in comparing today with the "good ol' days."
- Spend time with supportive and caring people. Reach out and make new friends, or contact someone you haven't heard from in a while.
- Save time for yourself! Recharge your batteries! Let others share in the responsibility of planning activities.

# "Quotes From Our Clients"

"The Intensive In Home team helped my child and I a lot. Their help has really lifted some of the weight off of me. Being able to talk to them and nobody judging me and my family about getting help is so important. I have noticed a lot of improvement with my child's behaviors. There aren't weekly suspensions occurring and now it's more positive behaviors around the home. I enjoy the Intensive In Home team members time and patience to help my family. I feel really supported and they are always here to assist me and are consistently trying to contact me. Rose and Corey have always been here to help me. I feel like the name is true with my family because the agency has really taken our lives to another level."

"In the beginning I was really unsure about the IHH services and I doubted that it would help my child. However, I now know that I was wrong and we could have missed out on a great opportunity for my family to get assistance. I thanks them for all their hard work because my child has really improved on areas of concern that has been difficult."

*Another Level Counseling & Consultation aims to provide proven and evidence based strategies and techniques to assist individuals, families and communities in improving their overall functioning. We are please to be able to provide the following services:*

- ★ Psychiatric Evaluations/Medication Management
- ★ Substance Abuse Assessments, Drug Screens
- ★ Integrated Care (Medical & Mental Health)
- ★ Counseling Services
- ★ Intensive In Home Services (Children)
- ★ Consultative Services, Workshops & Trainings
- ★ Clinical Assessments (Children & Adults)
- ★ Community Support Team (Adults)

## REFERRALS:

In order to make a referral to our program for services:

- ★ Please complete a referral form and email it to our office (referrals@another-levelservices.com), or fax 704-548-9529, or call our office 704-548-5298.
- ★ When we receive your referral, we will contact you within 24-48 business hours.
- ★ If this is an agency based referral, we will send you a Referral Update Form so that you can stay informed about the status of your referral. Thanks for considering Another Level Counseling and Consultation for services, we look forward to working with you.

## UPCOMING EVENTS

**December 5-7, 2011** - North Carolina Council of Community Programs Conference, Pinehurst, NC

**December 9, 2011** - School Refusal Behavior Training @ 9AM - 4PM

**December 13, 2011** - Metrolina Provider Network Meeting @ 9AM

**December 21, 2011** - Provider Council Committee Meeting @ 9AM

**December 21, 2011** - ALCC Client Christmas Extravaganza @ 11AM

**December 26, 2011** - ALCC closed in observance of Christmas Holiday

**December 27, 2011** - ALCC Year End Meeting @ 2PM

**January 2, 2012** - ALCC closed in observance of New Years Holiday

**January 4, 2012** - Provider Info Share Meeting @ 9AM

**January 7, 2012** - Provider Council Committee Meeting @ 9AM

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[www.anotherlevelservices.com](http://www.anotherlevelservices.com)

# Cold-weather Workouts

## Tips to avoid taking on extra weight during the Winter months

[www.carolinasmedicalcenter.org](http://www.carolinasmedicalcenter.org)

Just because it's chilly outside doesn't mean you have to give up exercising completely. Plenty of calorie-burning, muscle-building workout options exist that are season-appropriate. See what works best for you and get moving. Don't like the cold? Move your favorite activities inside. Instead of walking in your neighborhood, do it at the mall before the stores open or convert your bike into a stationary version.

- Aerobics classes are often offered at gyms and community centers, or you can rent a video or DVD. (burns 240 calories\*)
- Swim indoors and winter will seem like summer. Your knees will thank you, since swimming puts less stress on your joints than running or walking. (burns 300 calorie)
- Hit the gym. Exercising with dumbbells and weight machines improves balance and coordination. (burns 220 calories\*) Or try that yoga class you've been curious about. (burns 180 calories\*)
- Walk briskly to stay warm. Head into the wind so it won't blow in your face on the way home when you're colder. (Burns 200 calories\*)
- Go running along your usual route, but watch for icy patches and slippery, wet roadways. Keep a slower pace; run too fast and you'll create a chilling breeze. (Burns 340 calories\*)
- All figures are for a 150-pound woman exercising for 30 minutes.

Want to keep track of your heart rate while working out? If you have a smartphone, there's no need for another device! With the Instant Heart Rate app, you can use your phone's camera and your index finger to detect your pulse.

## Taking your child to see a Therapist

Sometimes kids, like adults, can benefit from therapy. Therapy can help kids develop problem-solving skills and also teach them the value of seeking help. Therapists can help kids and families cope with stress and a variety of emotional and behavioral issues. Many kids need help dealing with school stress, such as homework, test anxiety, bullying, or peer pressure. Others need help to discuss their feelings about family issues, particularly if there's a major transition, such as a divorce, move, or serious illness.

### Should My Child See a Therapist?

Significant life events — such as the death of a family member, friend, or pet; divorce or a move; abuse; trauma; a parent leaving on military deployment; or a major illness in the family — can cause stress that might lead to problems with behavior, mood, sleep, appetite, and academic or social functioning.

Signs that a child may benefit from seeing a psychologist or licensed therapist include:

- developmental delay in speech, language, or toilet training
- learning or attention problems (such as ADHD)
- behavioral problems (such as excessive anger, acting out, bed-wetting or eating disorders)
- a significant drop in grades, particularly if your child normally maintains high grades
- episodes of sadness, tearfulness, or depression
- social withdrawal or isolation
- being the victim of bullying or bullying other children
- overly aggressive behavior (such as biting, kicking, or hitting)
- mood swings (e.g., happy one minute, upset the next)
- management of a serious, acute, or chronic illness
- signs of alcohol, drug, or other substance use (such as solvents or prescription drug abuse)
- therapy following sexual, physical, or emotional abuse or other traumatic events

### Talk to Caregivers and Teachers

It's also helpful to speak to caregivers and teachers who interact regularly with your child. Is your child paying attention in class and turning in assignments on time? What's his or her behavior like at recess and with peers? Gather as much information as possible to determine the best course of action.

### Different Types of Therapy

There are many types of therapy. Therapists choose the strategies that are most appropriate for a particular problem and for the individual child and family. Therapists will often spend a portion of each session with the parents alone, with the child alone, and with the family together.

### Preparing for the First Visit

You may be concerned that your child will become upset when told of an upcoming visit with a therapist. Although this is sometimes the case, it's essential to be honest about the session and why your child (or family) will be going. The issue will come up during the session, but it's important for you to prepare your child for it. Explain to young kids that this type of visit to the doctor doesn't involve a physical exam or shots. You may also want to stress that this type of doctor talks and plays with kids and families to help them solve problems and feel better. Kids might feel reassured to learn that the therapist will be helping the parents and other family members too.

### Providing Additional Support

While your child copes with emotional issues, be there to listen and care, and offer support without judgment. Patience is critical, too, as many young children are unable to verbalize their fears and emotions.

By recognizing problems and seeking help early on, you can help your child — and your entire family — move through the tough times toward happier, healthier times ahead.

# Time Management Tips for Students

## Organizing Your Life

[www.collegeboard.com](http://www.collegeboard.com)

The school year is almost over and there is still a lot of work to be done. Students often become overwhelmed during the last semester of school because of poor time management techniques and the frequency of multiple project having due dates at the same time. Managing your time well is an important element of success — especially if you're a student. If you set priorities that fit your needs and lifestyle, you'll have a better chance of achieving your goals. Here are some tips for taking control of your time and organizing your life.

### 1. Make a To-Do List Every Day.

Put things that are most important at the top and do them first. And don't forget to reward yourself for your accomplishments.

### 2. Use Spare Minutes Wisely.

When you're commuting on the bus or train, use the time to get some reading done.

### 3. It's Okay to Say No.

If your friend asks you to go to a movie on a Thursday night and you have an exam the next morning, realize that it's okay to say no. Keep your short- and long-term priorities in mind.

### 4. Find the Right Time.

You'll work more efficiently if you figure out when you do your best work. For example, if your brain handles math better in the afternoon, don't wait to do it until late at night.

### 5. Review Your Notes Every Day.

Reviewing helps you reinforce what you've learned, so you need less time to study before a test. You'll also be ready if you get called on in class or have to take a pop quiz.

### 6. Get a Good Night's Sleep.

Your brain needs rest to perform at its peak. Lack of sleep makes the day seem longer and your tasks seem more difficult.

### 7. Communicate Your Schedule to Others.

If phone calls or text messages are proving to be a distraction, tell your friends that you are only available at certain times of day and not to expect a response at other times.

### 8. Become a Taskmaster.

Give yourself a time budget and plan your activities accordingly. Figure out how much free time you have each week before you add any commitments.

### 9. Don't Waste Time Agonizing.

Instead of agonizing and procrastinating, just do it. Wasting an entire evening worrying about something that you're supposed to be doing is not productive, and can increase your stress.

### 10. Determine Your Priorities.

You can't do everything at once. Establish the importance of each item. Then set realistic goals that are attainable.

## Lily Pad Dot to Dot

Who's on the Lily Pad?

