



## Project INTERFACE Newsletter

March 2009

Dear Mental Health Professionals:

Thank you for your continued participation in Project INTERFACE! Each month, more callers dial our Helpline to speak with the full-time Access Coordinator for referrals to mental health providers. An increasing number of school professionals also search our database for referrals as they seek to assist students and their families.

As you know, the continued success of Project INTERFACE requires that information about your practice be complete and current. We find many of our families have very specific requests and having a vibrant and full professional profile, in your own words, makes it easier to make a referral match. Thanks to all those who have recently updated your practice information. If you have not yet done so, please e-mail us at [updates@projectinterface.org](mailto:updates@projectinterface.org) to receive instructions for easy updating online.

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### Spotlight on Upcoming Events

#### Free Parent Group Series: Navigating the Rocky Road of Adolescence

Meeting for four sessions from 7:00- 8:30 pm:

**Tuesdays** (4/28, 5/5, 5/12, 5/19)

**Thursdays** (4/30, 5/7, 5/14, 5/21)

*Location:* WarmLines, 225 Nevada Street, Newton Cultural Center in Newtonville. Free parking.

Pre-registration required: [www.warmlines.org](http://www.warmlines.org) or 617-244-INFO.

Join other parents of teens and a professional facilitator to explore the many changes that occur during adolescence, and how they affect relationships at home and school. Discuss relevant topics such as promoting healthy choices, setting realistic limits and appropriate consequences, understanding when and how to negotiate, dealing with changes and crises (e.g., divorce), identifying risk factors for anxiety and depression, handling experimentation with sex, alcohol, drugs, and learning to "let go" while maintaining family connections.

Led by Joani Geltman, MSW, a specialist in Child Development, and therapist, parenting coach and consultant for over 25 years. Joani serves on the faculty of Lesley University and Curry College. She has been a parenting columnist for the TAB newspapers, has produced and hosted the "Who's Listening?" parent-teen talk forum, and is a featured parenting expert on MYTV.

Learn more/print a flyer at: [www.warmlines.org/parentsforteens.html](http://www.warmlines.org/parentsforteens.html).

### Continuing Education for Early Childhood Professionals and Mental Health Professionals

#### Emotional Intelligence

Saturday, March 28, 2009

10:00 am- 12:00 pm

*Location:* MSPP, 221 Rivermoor St., Boston, MA 02132

*Instructor:* Deborah Weinstock- Savoy, Ph.D.

Children's emotional growth is as crucial as their cognitive learning. Explore the importance of emotional development, and what to expect as children move from the toddler years through the primary grades. Learn how to help children recognize feelings, control impulses, and express emotions appropriately and productively. Discuss other topics such as handling tantrums, helping "shy" or "sensitive" children, understanding temperament, and encouraging empathy. *WL21, 2 CE Credits or 2 PDPs, \$25*

To register or learn more: [mspp.edu/academics/continuing-education/programs/wl21.asp](http://mspp.edu/academics/continuing-education/programs/wl21.asp)

### **When Children Are Mean**

Tuesday, April 14, 2009

7:00 - 9:00 pm

*Location:* WarmLines: 225 Nevada Street, Newtonville

*Instructor:* Deborah Weinstock- Savoy, Ph.D.

Teasing, excluding, name-calling, and bullying: the ups-and-downs of peer relationships are painful for children, yet can provide crucial opportunities for learning and growth. Examine social relationships of toddlers, preschoolers, and early elementary-age children from a developmental standpoint. Learn how to help victims, perpetrators, or bystanders, since young children may be any of all of these at different times. *WL22, 2 CE Credits or 2 PDPs, \$25.*

To register or learn more: [mspp.edu/academics/continuing-education/programs/wl22.asp](http://mspp.edu/academics/continuing-education/programs/wl22.asp)

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### **Tips for Parents**

#### **Managing alcohol and drug use and abuse in teens: What you can do**

*from Alison Malkin, LICSW, Prevention/Intervention Counselor, Newton North High School*

- Discuss potential problem situations -- along with possible solutions -- well ahead of time. This gives your teen the foresight to handle a wide variety of potential difficulties.
- Generate a list of clear expectations and consequences -- again, in advance. This puts everyone on the same page and lessens the chance of miscommunication.
- Contact other parents to find out whether there is a party at their home and whether they will be there. Encourage them to contact you at any time with the same questions.

For more tips visit [Parenting Tips for Teens](#) on the Project INTERFACE site.

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### **Highlight from Recent Research**

#### **Causal Relationship Between Alcohol and Depression May Start with Alcohol Abuse**

A recent study suggests that patients who abuse alcohol who develop depression do not need to be treated for depression, "because it's not the depression that's the problem; it's the alcohol," said David Fergusson, PhD., from Christchurch School of Medicine & Health Sciences in New Zealand. A natural next step for researchers might be to examine the impact of successful treatment of alcohol problems on depression. "We would expect that the effective treatment of alcohol abuse would reduce rates of depression," said Fergusson.

Read more at: [archpsyc.ama-assn.org/cgi/content/short/66/3/260](http://archpsyc.ama-assn.org/cgi/content/short/66/3/260).

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#### **Contact Information**

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