

# RESOURCE SHARING RECAP

## NOVEMBER 2015 RESOURCE SHARING

It has been a year since Dauphin County Mental Health began sending the monthly resource sharing topics. Thanks to those of you who have completed post cards to get on the mailing list and for letting us know some general area of interest to you. Please let me know by responding to this email if there are some more specific things you would like to receive information about.

Since people have begun receiving information at different times throughout the year, I thought this would be a good time to recap the past year's topics:

November 2014 - What makes your family strong? 5 Protective Factors

December 2014 - Helping Your Child Understand and Label Emotions

January 2015 – Exploring the 7 “C”s of Resilience in Your Child – Focus on “Coping”

February 2015 – Understanding the Meaning of Your Child’s Challenging Behavior

March 2015 – Strategies for Apologizing to Kids

April 2015 – National Children’s Mental Health Awareness Week

May 2015 – Exploring the 7 “C”s of Resilience in Your Child – Focus on “Control”

June 2015 – Trauma – What It Is and How to Cope

July 2015 – Trauma – Focus on Children’s Reactions and How to Help Them Cope with  
Traumatic Events

August 2015 – Your Child and Psychiatric Medications – Questions to Ask the Prescriber

September 2015 – Back to School Tips for Medication Use During School Hours

October 2015 – Dauphin County’s Year of Family Engagement and Family Driven Care