

Contact Sherrie Frailey

Family Resource Developer
at Harrisburg Schools

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Email at

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Is your child struggling to achieve at school and nothing seems to help?

Is your child having difficulty with truancy?

Is your child having behavior problems at school that don't seem to be improving?

These are just a few of the observable behaviors that can be a warning sign for needed mental health assessment. Find out more about how Project Connect can help with Mental Health services for your child.

618-273-3326

www.projectconnectehd.org

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1 in 5 children have a mental health disorder that affects their ability to succeed in the classroom and their ability to interact well with peers.

Mental illness affects children regardless of age, culture, race, disabilities, religion, or finances.

How will you know whether or not your child is affected?



Our staff is here to help children and families because we know the facts....

Mental illness is

- **NOT** the result of bad parenting
- **NOT** a sign of weak character
- **NOT** an excuse label for bad behavior
- **NOT** something to just "get over"

Use the checklist on this page to help you begin to identify whether your child may need a more formal assessment by a qualified professional.

Child is troubled by feeling:

- Sad or helpless for no reason
- Very angry most of the time
- Overreacting to things
- Often anxious or worried
- Unexplained fear

Child has experienced big changes like:

- Losing interest in things previously liked
- Change in sleeping or eating
- Not completing tasks
- Hearing Voices
- Suicidal Thoughts
- Daydreaming too much
- Avoiding friends and family and wanting to be alone often.

Child Experiences:

- Inability to sit still
- Racing thoughts - too fast to follow
- Cannot make up mind
- Worry about being harmed, hurting others or doing something "bad"
- Persistent nightmares
- A need to repeat a task over and over

Child engages in problem behaviors like:

- Drug and alcohol abuse
- Dieting/exercising obsessively
- Violating others rights
- Setting fires
- Killing animals
- Doing life-threatening things
- Constantly breaking the law

If you need help accessing information about mental health services, your Family Resource Developer can help direct you to appropriate services and support you during your journey with assessment and treatment.

Meet



Sherrie Frailey

Parent & Family Resource Developer for Harrisburg Schools

There are a lot of times we feel alone when we are dealing with our children. It seems that no one else understands the specific problems we face at home and at school. I want parents to know that they no longer have to struggle by themselves. As a Family Resource Developer for Harrisburg School District, my role is to be a helping hand for families and children experiencing mental health issues.

I am a recently remarried mom of six wonderful children, one of them having ADHD and depression. My family has been through a lot with seeing multiple doctors and trying medications that are offered for these common childhood experiences. Frustration has overwhelmed me through hours in waiting rooms and hoping that this specific medical/mental health professional will be able to help us.

I am not a counselor or social worker. I'm a parent who has been there, and I understand facing challenging issues with a child. Encouraging everyone to realize that mental health disorders are just as much of a difficulty as other health issues such as high blood pressure or diabetes is important to the future mental health of our community. — Sherrie Frailey