

Blairsville Center
(706) 745-5911

Demorest Center
(706) 894-3700

Cleveland Center (New)
(706) 348-4060

Gainesville Center
(678) 207-2950

Cumming Center
(678) 341-3840

Hartwell Center
(706) 376-4002

Dahlonega Center
(706) 864-6822

Toccoa Center
(706) 282-4542

Children's Mental Health

What Every Child Needs for Good Mental Health...

It is easy for parents to identify their child's physical needs: nutritious food, warm clothes when it's cold, bedtime at a reasonable hour. However, a child's mental and emotional needs may not be as obvious. Good mental health allows children to think clearly, develop socially and learn new skills. Additionally, good friends and encouraging words from adults are all important for helping children develop self confidence, high self-esteem, and a healthy emotional outlook on life.

Parents and family members are usually the first to notice if a child has problems with emotions or behavior.

The following signs may indicate the need for professional assistance or evaluation:

- decline in school performance
- poor grades despite strong effort
- regular worry or anxiety
- repeated refusal to go to school or take part in normal children's activities
- hyperactivity or fidgeting
- persistent nightmares
- persistent disobedience or aggression
- frequent temper tantrums
- depression, sadness or irritability

— From the National Mental Health Association
<http://www.mentalhealthamerica.net/index.cfm>

S Our trained clinicians focus on helping youth and their families find the necessary coping skills, communication techniques and inner strength to face challenges and succeed.

Some key services include:

Outpatient Treatment Services

V Behavioral Health interventions, for youth and their families. Licensed therapists work with children and adolescents to enhance their mental, emotional, and social functioning.

Adolescent Substance Abuse Treatment

e Offered to youth and their family members to assess and treat substance abuse and addiction.

An overview of programs include:

- Mental Health Services
- Crisis Prevention & Intervention
- Substance Abuse Services
- Outpatient Treatment & Aftercare
- Pharmacy Services



Services are based on individual needs and available resources. Fees can be paid by clients, family members, Medicare, and Medicaid. Funding is also provided by the Georgia Department of Behavioral Health and Developmental Disabilities. Some individuals may qualify for a reduced rate by supplying information to substantiate their financial situation. A reasonable charge is set for services offered. No one is turned away due to inability to pay.



Avita's mission is to improve quality of life for persons with behavioral health and developmental disabilities. Our mission is achieved by providing person-centered care, partnering with families and communities, and nurturing the unique skills of our dedicated staff members.

Our vision is seeing people achieve their dreams... Our philosophy is one of self-determination and recovery. Through advocacy and innovation, Avita aspires to be acknowledged for excellence in service access, satisfaction, and outcomes.



Avita Community Partners envisions all individuals served as participating in a variety of relationships, having a home, job, and natural support system.



Administrative Offices

4331 Thurmon Tanner Parkway
Flowery Branch, Georgia 30542

Web site: www.avitapartners.org

Phone: 1-800-525-8751

A child's physical and mental health are both important

Basics for a child's good physical health:

- nutritious food
- adequate shelter and sleep
- exercise
- immunizations
- healthy living environment

Basics for a child's good mental health:

- unconditional love from family
- self-confidence and high self-esteem
- the opportunity to play with other children
- encouraging teachers and supportive caretakers
- safe and secure surroundings
- appropriate guidance and discipline

Nurture children's confidence and self-esteem:

- **Praise Children** - Encourage children's first steps or their ability to learn a new game helps them develop a desire to explore and play in a safe area where they cannot get hurt. Assure them by smiling and talking to them often. Be an active participant in their activities. Your attention helps build their self-confidence and self-esteem.
- **Set Realistic Goals** - Young children need realistic goals that match their ambitions with their abilities. With your help, older children can choose activities that test their abilities and increase their self-confidence.
- **Be Honest** - Do not hide your failures from your children. It is important for them to know that we all make mistakes. It can be very reassuring to know that adults are not perfect.
- **Avoid Sarcastic Remarks** - If a child loses a game or fails a test, find out how he or she feels about the situation. Children may get discouraged and need a pep talk. Later, when they are ready, talk and offer assurance.

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Child & Adolescent Services

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one,
changing all.

Avita Community Partners provides treatment for children, adolescents, and families affected by a mental illness, severe emotional disorder or substance abuse.