

Spotlight On Staff!



Slam poetry seeks truth, evokes emotion, and exposes power by harnessing – and sometimes releasing – unbridled passion. And just as The Child Center's new Director of Applied Behavior Analysis (ABA – Autism) Services is passionate about slam poetry, so too is she passionate about focusing on maintaining the Center's high quality of care for our clients, and facilitating ethical program expansion and sustainability.

Maya Griffin began working in the field of psychology (specifically, ABA) in 2009 after graduating with a Bachelor's of Arts in Linguistics from the University of Texas at Austin. She was drawn to the idea that behavior was not only shaped by learning histories and current environmental antecedents and

consequences, but it could also be measured, predicated, and improved. After several years of providing ABA services to children with autism in their homes, schools, and in clinic-based settings, Maya graduated with a Master's of Science in Counseling from Nova Southeastern University. She then completed her practicum at an intermediate care facility for dually diagnosed teenagers and adults and became a Board Certified Behavior Analyst in 2012.

At her core, and in every position she's held, Maya's always cared deeply about helping others achieve their goals in the most effective, efficient, and socially significant way. That's why she feels so fortunate to be able to contribute to The Child Center's culture of collaborative services and family-centered care!

Mental Health Matters

Mental health conditions, which include behavioral and mental health problems, e.g. depression, anxiety disorders (including post-traumatic stress disorder), and disruptive behavioral disorders (such as attention deficit hyperactivity disorder, mood disturbances, substance use, suicidal behavior, and aggressive/disruptive behavior) are the leading causes of adjustment problems in adolescents and young people worldwide. Mental health conditions have a significant impact on the development of over a billion youth and their social and economic integration, including employability.

Nearly one fifth of the global population is comprised of youth aged 14 to 24 years, with 85 - 90% of this group living in low-income countries. On a global level, it is estimated that approximately 20% of youth experience a mental health condition each year.



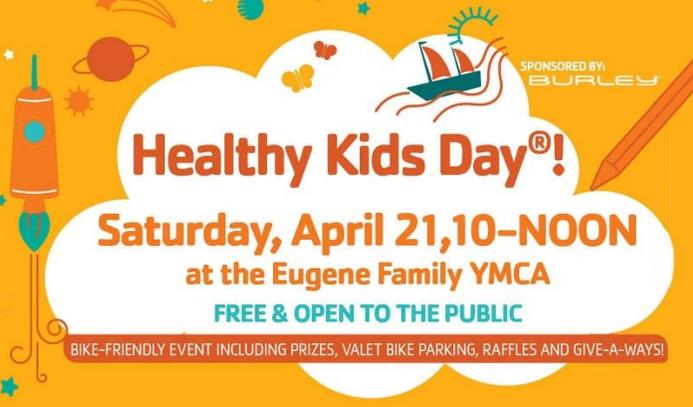
"On World Autism Awareness Day, let us reaffirm our commitment to promote the full participation of all people with autism, and ensure they have the necessary support to be able to exercise their rights and fundamental freedoms."
~ United Nations Secretary-General António Guterres

In 2007, the United Nations General Assembly declared April 2nd as World Autism Awareness Day (WAAD) in perpetuity. WAAD is meant to bring the world's attention to autism, a pervasive disorder that affects tens of millions worldwide, and encourages countries to take measures to raise awareness about autism throughout society and to encourage early diagnosis and early intervention. It further expresses deep concern at the prevalence and high rate of autism in children in all regions of the world and the consequent developmental challenges. By bringing together autism organizations all around the world, WAAD gives a voice to the millions of individuals worldwide who are undiagnosed, misunderstood, and looking for help.

The Child Center's ABA Program uses the principles of learning to help change and teach new behavior. Program placement recommendations are made by clinical supervisors and are based on clinical assessment. Early intervention for ages 1 to 3 years is provided either as an in-home program or a combined center and home program. Children aged 4 to 12 years are eligible for comprehensive programs or focused programs. Teens aged 13 to 18 years are eligible for focused programs. Group therapy and parent training programs are also available.

For more information, please call The Child Center at 541-726-1465

Community Events



SPONSORED BY BURLEY

Healthy Kids Day®!

Saturday, April 21, 10-NOON
at the Eugene Family YMCA
FREE & OPEN TO THE PUBLIC

BIKE-FRIENDLY EVENT INCLUDING PRIZES, VALET BIKE PARKING, RAFFLES AND GIVE-A-WAYS!

The Eugene Family YMCA is hosting a FREE community event to inspire more kids to keep their minds and bodies active. At the annual YMCA's Healthy Kids Day®, there will be lots of activities, including pickleball, an obstacle course, and swimming in the pool to motivate and teach families how to develop healthy routines throughout the year. There will also be a variety of food booths and local organizations with information for families and youth. Families are encouraged to commute by bike to the event and enjoy free bike valet parking, bike tune ups, bike registration and more. Healthy Kids Day sponsors include: Burley, Paul's Bicycle Way of Life, Dutch Bros. and The Eugene Emeralds.



Lane County

Come celebrate mental health awareness month with your local NAMI at their FREE Community Celebration on Sunday, May 20th from 1-4 pm at Alton Baker Park in Eugene! There is no cost for admission or parking,

and all activities will be free of charge. Check out information on other local organizations and businesses. There will be food and t-shirts available for purchase to support NAMI programming, and this is a family friendly event with a kid's area. For more information, please contact NAMI Lane County at 541-343-7688 or email us at jennifermaclean@namilane.org

Get a grip on spring at Willamalane's 33-foot-tall climbing wall!

On April 28th, from 1-4pm, Willamalane Park and Recreation District is hosting their Spring Cling and Day Camp Expo at the Bob Keefer Center. All ages are welcome at this fun,

FREE family event. Free climbing, including climbing gear, and tips, tricks, and demos from experts. They will also have raffles and prizes, and information on their summer camps for kids.

For more information, please call Willamalane at 541-736-4544



The State of Youth Mental Health in Oregon

When looking at the prevalence of mental illness in children and adolescents and the rate of access to care, Oregon does reasonably well compared with the rest of the United States. In considering seven distinct measures that make up the Youth Ranking by Mental Health America, Oregon is ranked 41. This means that we have a relatively low prevalence of mental illness and a relatively high rate of access to care for youth compared with other states.



However, Oregon still has 14.64% of youth (ages 12 to 17) who reported suffering from at least one major depressive episode (MDE) in the past year – the second highest in the nation. Major Depression is marked by significant and pervasive feelings of sadness that are associated with suicidal thoughts and impair a young person's ability to concentrate or engage in normal activities. Oregon also has 13.1% of youth who have experienced severe depression last year, which is the highest in the nation. Depressive symptoms result in significant interference in school, home, and in relationships. What's more, 54.9% of these young people did not get the treatment needed to support them.

To combat these statistics, The Child Center continues to address mental health issues for children and adolescents through a diverse and effective continuum of services. Our dedicated staff is committed to providing transformative and impactful services to meet the social, emotional, and behavioral needs of our clients.

More information, including indicator measures and comparative analysis by state, is available at www.mentalhealthamerica.net

We Couldn't Do It Without You!

Thank you to The Bier Stein, Planktown Brewing, the John G. Shedd Institute for the Arts, Valley Cruzers of the Willamette Valley, Jim & Kirin Walsh, the Shoup Family Trust, Marilyn Deaton, Peter & Josephine von Hippel, the Callan Family Fund, Cindy Chavez, the Walmart Foundation, Daniel & Shannon Mills, Cindy Stenard, Donna & Trond Arnesen, and Greta Siecinski. You generous donations allow us to provide critical service to our clients and their families!

Great Partners at Great Clips!

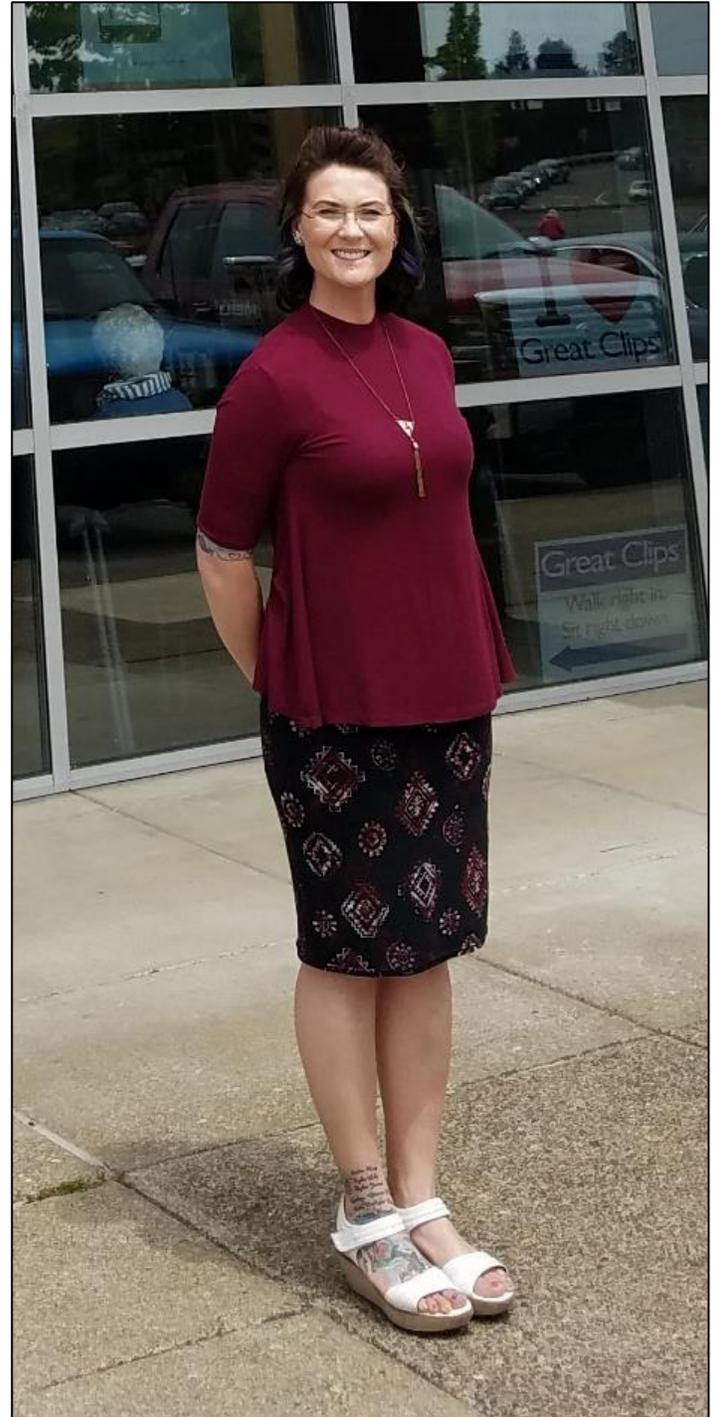
They clip, they snip, they buzz and bouffant, but here they also do something extraordinary: they give back to the community in a direct and very meaningful way.

Davian Rogers has been working for the Great Clips at 1873 Pioneer Parkway E. in Springfield for ten years, and for the last six of those she has been the manager. When asked to donate haircuts to our clients, she jumped at the chance, even suggesting that we partner with them to provide additional haircuts throughout the year as needed.

For kids with autism, past trauma, sensory challenges, anxiety, and other mental health issues, a haircut can be uncomfortable, scary, and even painful. Davian understands this, and with good communication, flexibility, and patience, she is committed to serving our clients and giving them the best experience possible.

Davian, her staff, and the owners of this location are all committed to ensuring community development and improvement by supporting organizations like The Child Center, one that holds a special place in Davian's heart.

Thank you Davian and Great Clips for the many smiles you bring to our clients with your scissors, your generosity, and your love!



Here we grow again... On June 01, 2018, The Child Center's Bend office opened a new location in La Pine at 51530 Huntington Road, Suite #5! The new office will provide outpatient mental health services to children, adolescents, and adults facing emotional, behavioral, and mental health challenges. Clients must be insured through OHP. Please call for more information or to access services: 541-728-0062.



Summer Yoga Relief

More and more, kid's yoga is being linked to increased self-confidence, improved performance in school, and most importantly, a marked observable and measurable relief in both

stress and anxiety. Yoga can often simply make kids happier!

To those ends, our IOSS program is incorporating daily yoga into our summer curriculum for our Cascade Middle School kids. They will Downward Dog and Tree Pose to improved mental and physical health while gaining skills around mindful breathing, sitting in silence, and reconnecting to their bodies.

We Couldn't Do It Without You!

Thank you to Derek Johnson, Connie and Harry Wonham, Ted Calhoun, Neal Zoumboukos, Kenneth M. and Kenda H. Singer, Jose Rodriquez, Sandy and John Schoemaker, and to all the anonymous donors who provided monetary or in-kind contributions and gifts. Your generous donations allow us to provide critical service to our clients and their families!

Thank you also to the Eugene Family YMCA, the National Alliance on Mental Health (NAMI) Lane County, and the Willamalane Park and Recreation District for allowing us to partner with you on your recent events in Eugene and Springfield!