



# GRANDPARENTS RAISING AND NURTURING DEPENDENTS WITH DISABILITIES



VOLUME 12/ISSUE 11 May 2019

## May Project GRANDDD Support Groups

### Fulton County Daytime Session

Third Tuesday of Every Month from 10am to 12:00pm  
Helene Mills Senior Multipurpose Facility  
515 John Wesley Dobbs Ave NE, Atlanta, GA 30312



This month: **Tuesday, May 21st at 10am**

Topic: **Tech 101—Using technology available today: Come learn the basics!**

Presentation led by Roland Dawkins of Humana

### DeKalb County Daytime Session

Second Thursday of Every Month from 10:30am to 12:30pm  
Covington Branch of DeKalb Public Library  
3500 Covington Hwy, Decatur, GA 30032



This month: **Thursday, May 9th at 10:30am**

Topic: **Diabetes and Nutrition: Reading Food Labels**  
presentation led by the Ruby E. Neeson Diabetes Foundation

### **GRANDDDS and KIDS Evening Support**

**Join us for an Evening Support Group for Grandparents Raising Grandchildren with Special Needs & Children's Support Groups**

**Monday, May 20<sup>th</sup> from 6-8pm**

**Please note date change for this month!!**

**Metropolitan Library 1332 Metropolitan Pkwy SW**



**Topic this month: Children's Mental Health Issues—presentation by Georgia Parent Support Network**

All are invited to attend an evening support group for grandparents raising grandchildren with special needs and **separate mental health support groups for children aged 8-18**. Childcare will be provided for children under 8. **You must RSVP by May 17<sup>th</sup> !!**  
**Register to attend by email to [lauraw@isdd-home.org](mailto:lauraw@isdd-home.org) or call 470-310-3458.**

## Project GRANDD Annual Family Fun Day is coming up!

Please save the date for **Tuesday, July 16<sup>th</sup> 2019 10am to 3pm** for a fun family outing for grandparents raising relative children to bond with their grandchildren. We are still working out the details but will let you know as soon as we can so you can sign up. Mark your calendar **now** so you don't miss all the fun!



## PASTA class

Our Parenting the Second Time Around enrichment class continues every Friday through May 31<sup>st</sup>. Please consider joining us for one class or several! It is held 10:30am to 12:30pm at the Covington Branch of the DeKalb Library.

Upcoming topics include Legal Concerns of Relative Raising Children, Advocating for Your Child, Living with Teens and Dealing with Teen Behavior.

Please contact Sherri for more information.

## Need Help? Have a Question? Contact Us

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## School Supplies

Are you in need of school supplies for next school year for your grandchildren? Project GRANDD has partnered with Atlanta Legal Aid and the Georgia Bar

Association to help provide school supplies for children who need them. [You have to sign up by May 30<sup>th</sup> for the 2019-2020 school year.](#) Please sign up at an upcoming support group, let your caseworker know which children need supplies, or call 470-310-3458.

## HEALTH CORNER—

**Children's mental health is without a doubt the most important aspect of any child's social and cognitive development.**  
from [www.kidsmentalhealth.org](http://www.kidsmentalhealth.org)

Children need to have a good mental health status if they are going to live up to their full potential and truly live a life that is filled with positive experiences and the willingness to do what is best for themselves and the people around them.

There are a myriad of factors that can impact a child's mental health status, both positively and negatively. **Providing children** with an environment that demonstrates **love, compassion, trust, and understanding** will greatly impact a child so that they can build on these stepping stones to have a productive lifestyle. Many children do not receive that type of lifestyle though. Some children have to deal with a childhood that is filled with angst, resentment, hatred, distrust, and constant negativity. They have a difficult time coping with their emotions. These children will usually make excellent candidates for **mental health programs**. It is a difficult process for any person, let alone a child, to overcome such adversity but being proactive and doing all that you can for the child will at least help their mental health in some positive fashion.

Some children may also be born with mental health issues. These issues are a product of nature rather than nurture so the child may have a more difficult time dealing with his or her emotional state. Many children just naturally feel depressed or have anxiety issues. When these issues are not dealt with in the proper fashion, the children tend to have lower self-esteem and they struggle in the educational environment.

Children with mental health issues will have a difficult time acclimating to different situations. **Studies have shown that these children, if left untreated by a mental health professional, will likely to grow up and repeat these same behaviors with their children.** These children tend to have a lower self-worth, negative feelings, perform poorly in school, and later become involved in unhealthy lifestyle decisions. However, when these children are properly treated they can learn how to live a more promising life. They can overcome many of the issues that affect them without their consent. These children can live happy and productive lives that are filled with love, harmony, and a great mental health status.

According to the surgeon general, 1 in 5 children has a diagnosable mental illness. - Children, however, are developing mentally and physically, and their behavior may be difficult to analyze. Actions such as anxiety, anger, and shyness can be a part of developmental growth or a temporary condition rather than an illness. When troubling behaviors occur over a period of time or in a way that disrupts daily life, they are considered symptoms of a disorder.

Diagnosis usually begins with a medical doctor who takes a lengthy history and examines the child to rule out physical reasons for the difficulties. Lab tests may also be done to test for side effects of medication, for allergies, or for other conditions that could produce symptoms. If no medical reason is found for the behavior, the doctor refers the child to a psychologist or psychiatrist who treats children and adolescents. A psychologist is trained to evaluate and **diagnose mental illnesses** but usually treats them through counseling or behavioral therapy. A psychiatrist is a medical doctor who can diagnose mental illnesses and write prescriptions for medication. Often, the two will work together to provide a combination of counseling and medication. Other therapies, such as music or art, may be added to conventional treatments.

## RESOURCE CORNER

Children's Mental Health Awareness Week Events May 6-10<sup>th</sup>  
Suicide prevention training May 7<sup>th</sup> at Fulton Juvenile Court  
([www.signupgenius.com/go/60B0F49AEAB2AA0F85-question](http://www.signupgenius.com/go/60B0F49AEAB2AA0F85-question))  
Or May 10<sup>th</sup> at Southeast Atlanta Library  
([www.signupgenius.com/go/60B0F49AEAB2AA0F85-question1](http://www.signupgenius.com/go/60B0F49AEAB2AA0F85-question1))

Grandma's Hands & Georgia DBHDD: Mental Health Awareness Resource Fair  
May 16<sup>th</sup>, 2019 at 11am  
Oak Hill Child Family and Adolescent Center  
2805 Metropolitan Parkway SW Atlanta GA 30315

Don't forget you can double your Food Stamps at participating Farmer's Markets for twice as much produce! (Markets include Alumna Farm, Freedom Farmers Market, East Atlanta Farmers Market, Grant Park Farmers Market, Market at Good Samaritan, Truly Living Well Collegetown Market)

«Text5»

«Text3»

«Text2»

**PROJECT GRANDD**  
A program of Innovative Solutions for  
Disadvantage & Disability  
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