

## GENERAL TIPS FOR PROMOTING MENTAL HEALTH

The best way to promote children's mental health is to build up their strengths, help to protect them from risks, and give them tools to succeed in life.

Help children relate to others and build their confidence. Give children a chance to talk about experiences and feelings; offer encouragement and praise; acknowledge positive and negative behavior; and provide consistent and fair expectations with clear consequences for misbehavior.

Encourage exercise and sports. Researchers have linked a variety of psychological benefits to exercise, including decreased depression and anxiety, and improved mood states, self-confidence, sense of life-quality, and general psychological well-being. Participation in exercise and sports has also been shown to reduce delinquent behavior and boost academic performance.

Encourage strong family relationships. Researchers at Baylor College of Medicine in Houston found that adolescents who were from closely knit families and maintained an intimate connection with their parents based on trust and open communication were less likely to use alcohol.

High expectations can go a long way. Studies indicate that high parental or family expectations for a child's performance may serve as a protective factor against child substance abuse.

- from the National Mental Health Association



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Direct Line: 844.853.8937  
[compasshealthnetwork.org](http://compasshealthnetwork.org)



# Children's Services



Compass Health<sup>®</sup>  
Network



*While we try to teach our children all about life,  
our children teach us what life is all about.*

*~ Angela Schwindt*

Compass Health Network provides support, information and resources through our various children's programs. Services include:

- assessment & referral
- counseling
- community based services
- medication management

There are different criteria to be eligible for each of the various children's programs. An assessment will help to determine what services will best meet each child's needs.

## **ASSESSMENT**

The first part of the process is to assess each child to determine his or her treatment needs. Referral to appropriate services follows.

## **OUTPATIENT COUNSELING**

Counseling services include individual, family and group situations. This involves youth coming into the office to receive counseling. The type of counseling received is determined on an individual basis and is able to help with problems of varying degrees and types.

## **COMMUNITY PSYCHIATRIC REHABILITATION**

This is an available and covered service through the Missouri Medicaid program, for a defined population of children and youth with severe emotional disturbances. Community based services are intended to assist eligible children and youth, ages 0-21 years, and their families in gaining skills and access to needed psychiatric and psychological treatment, as well as medical, social, educational, vocational services and other supports essential to maximizing the child or youth's adjustment and functioning within a family setting and community.

