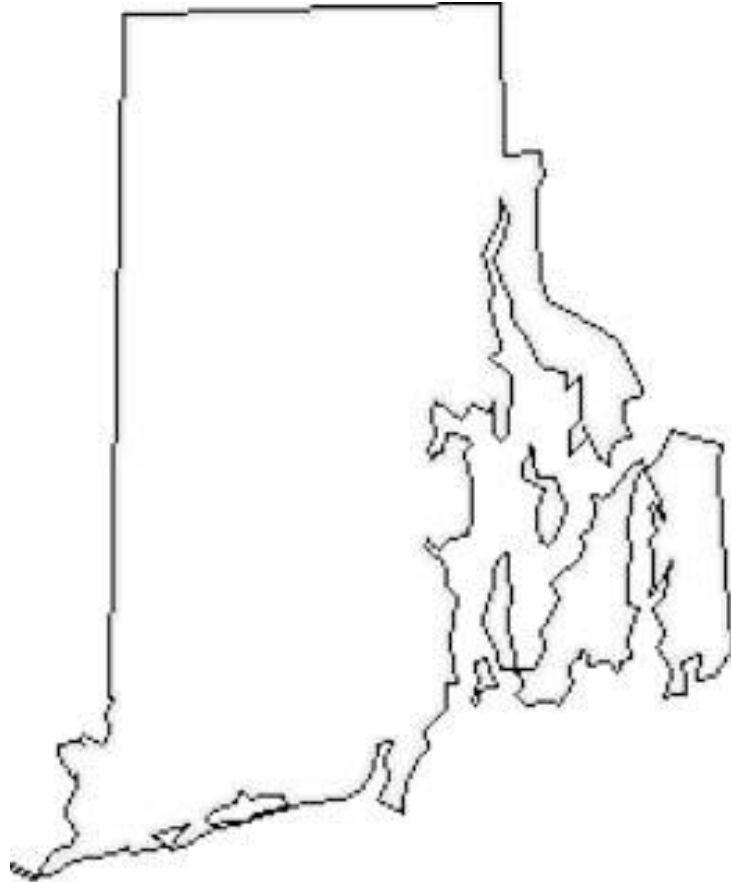


Mental Health Resource Guide  
For  
Rhode Island's AmeriCorps Programs



*Updated August 2015*

### **Rhode Island AmeriCorps Members:**

If you need help, here are some resources. Resource inclusion in this guide is not an endorsement of services by SRI. It is important to contact the resources to confirm whether or not your particular health insurance will cover services.

The SRI Director of Operations, Marisa Petreccia, is also available to members and program staff. She can be reached at 401-331-2298 or [mpetreccia@serverhodeisland.org](mailto:mpetreccia@serverhodeisland.org).

If you can't find what you are looking for, you can contact the United Way's social service hotline at 211 (like 911, but for social service emergencies).

If you are in danger of imminent harm, contact 911 or go to the nearest emergency room.

### **The state of mental health in RI:**

The Centers for Disease Control and Prevention recently conducted a study, which shows that Rhode Island leads the nation in the percentage of residents who attempt suicide. According to mental health advocates, the high rate of attempts likely reflects the state's high rates of unemployment and substance abuse, among other factors.

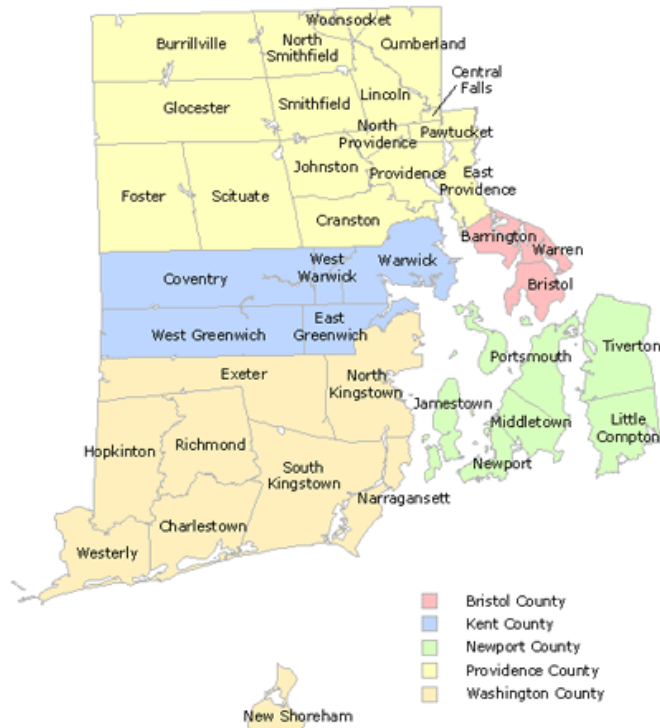
A separate survey by the federal Substance Abuse and Mental Health Services Administration found that Rhode Island also has the highest rate of serious mental illness among adults in the country.

It is estimated that one in five children in Rhode Island have a serious mental illness.

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## **COMMUNITY MENTAL HEALTH CENTERS**



### **Gateway Health Care**

**Service Area:** Pawtucket, Central Falls, Cranston, Foster, Gloucester, Johnston, North Providence, Scituate and Smithfield.

- Intake 401-729-8701
- 101 Bacon Street, Pawtucket, RI 02860

### **East Bay Center**

**Service Area:** Barrington, Bristol, East Providence and Warren

- Intake 401-246-1195
- 2 Old County Road, Barrington, RI 02806

### **The Kent Center**

**Service Area:** Coventry, East Greenwich, West Greenwich, Warwick and West Warwick

- Intake 401-738-4300
- 24 hour Emergency Services & Intake 50 Health Lane, Warwick, RI 02886

### **Newport County Community Mental Health Center**

**Service Area:** Jamestown, Little Compton, Middletown, Newport, Portsmouth and Tiverton

- 401-846-1213
- 24 hour Emergency Services 127 Johnnycake Hill Road, Middletown, RI 02842-5674

### **NRI Community Services**

**Service Area:** Burrillville, Cumberland, Lincoln, North Smithfield and Woonsocket

- Intake 401-235-7121
- 24 hour Emergency Services 55 Cummings Way Woonsocket, RI 02895-0856

### **The Providence Center**

**Service Area:** Providence

- Intake 401-276-4020 or 800-465-0300
- 24 hour Emergency Services 530 N. Main Street, Providence, RI 02904

### **South Shore Center**

**Service Area:** Block Island, Charlestown, Exeter, Hopkinton, Narragansett, North Kingstown, Richmond, South Kingstown and Westerly

- Intake/Information (401) 364-7705
- PO Box 899 Charlestown, RI 02813

***COMMUNITY ACTION PROGRAMS--agencies that provide multiple types of social services, based on geographic area.***

<b><i>Agency</i></b>	<b><i>Catchment Area</i></b>	<b><i>Address and Phone</i></b>	<b><i>Website</i></b>
<b>Blackstone Valley Community Action Program</b>	Pawtucket, Central Falls, Lincoln, Cumberland, Woonsocket	32 Goff Avenue, Pawtucket, RI 02860 401-723-4520	www.bvcap.org
<b>Comprehensive Community Action</b>	Cranston, Foster, Scituate, Coventry	311 Doric Avenue, Cranston, RI 02910 401-467-9610	www.comcap.org
<b>Eastbay Community Action-Lower Bay Region</b>	Newport, Portsmouth, Tiverton, Middletown, Jamestown, Little Compton	19 Broadway, Newport, RI 401- 847-7821	www.ebcap.org
<b>Eastbay Community Action - Upper Bay Region</b>	East Providence, Warren, Bristol, Barrington	100 Bullocks Point Avenue, Riverside, RI 02915 401-437-1000	www.ebcap.org
<b>Family Resources Community Action</b>	Woonsocket	245 Main Street, Woonsocket, RI 02895 401-766-0900	www.famresri.org
<b>Providence Community Action Program</b>	Providence	518 Hartford Avenue, Providence, RI 02909 401-273-2000	www.procapri.org
<b>South County Community Action Agency</b>	Exeter, Charlestown, Narragansett, Westerly, Hopkinton, North Kingstown, South Kingstown, Richmond, West Greenwich, New Shoreham	1935 Kingstown Road, Wakefield, RI 02879 401-789-3016	www.sccainc.org
<b>Tri-Town Community Action Agency</b>	N. Providence, Johnston, N. Smithfield, Smithfield, Burrillville, Gloucester	1126 Hartford Avenue, Johnston, RI 02919 401-351-2750	www.tri-town.org
<b>West Bay Community Action Partnership</b>	Warwick, West Warwick, East Greenwich	224 Buttonwoods Avenue, Warwick, RI 02886 401-732-4666	www.westbaycap.org

**Community Action Programs—Services Offered:**

**Employment** Job Skills Training; Youth Job Programs; Micro-Business Assistance; Pre-employment Testing, Recruitment and Training

**Education** Day Care & Preschool, After School Programs, Head Start, Early Head Start, Even Start GED and ESL Classes, Family Literacy Programs

**Youth & Family Support & Development** Adolescent Self-Sufficiency Collaborative, Pregnant & Parenting Teen Programs, Youth Diversionary Program, Child Abuse & Neglect Intervention, Prison Discharge Planning

**Financial Services** Information & Referral, Budget Counseling, Income Tax Preparation Assistance

**Senior Services** Senior Dining & Social Center, Social Services, Transportation, RSVP Volunteer Program, Job Training & Employment

**Housing** Affordable Rental Properties; Housing Counseling & Placement; Housing Management; Housing Purchase, Repair, Rehabilitation; Homeless Housing; Energy & Heating Cost Assistance; Weatherization; Appliance Management; Lead Education & Outreach

**Basic & Emergency Needs** Food Banks, Meal Sites, Referral to Clothing & Furniture Banks, Rent & Mortgage Assistance, Emergency Shelter

**Health** Family Health Centers, Dental Clinics, WIC/Nutrition Education, Ronald McDonald Mobile Care, The Molar Express RI, Prescription Assistance

**Counseling** Individual & Family Counseling , Addiction Counseling, Mental Health Counseling, Victims of Crime & Trauma Intervention

**Addiction Services**

Agency/Name	Contact Info	Website:	Other info:
Gateway Healthcare, Tri-Hab	105 Bacon Street Pawtucket, RI (401) 726-8080  58 Hamlet Ave. Woonsocket, RI (401) 765-4040	gatewayhealth.org	Tri-Hab's Outpatient Counseling and Women's Day Treatment Programs offer substance abuse education, outreach, crisis intervention and assessment as well as individual, family and group counseling. Services are offered in Outpatient, Intensive Outpatient and Day treatment settings.
Rhode Island Alcoholics Anonymous Central Services	401-438-8860	rhodeisland-aa.org	For help finding an AA meeting in RI
Rhode Island Council on Alcoholism and other Drug Dependence	500 Prospect Street, Suite 202 Pawtucket, Rhode Island 02860 401-725-0410 1-866-ALC DRUG info@ricaodd.org	ricaodd.org	Clearinghouse of agencies and providers of alcohol and drug addiction services.
CODAC	1052 Park Ave, Cranston, RI 02910 401-461-5056  349 Huntington Ave, Providence, RI 02909 401-942-1450  93 Thames St, Newport, RI 02840 401-846-4150		CODAC's services range from medication assisted treatment (MAT) for opioid addiction, to counseling for alcohol/drug-related problems. Outpatient options include General Outpatient (or Drug Free) programs for legally-mandated individuals; Outpatient Treatment for opioid addiction; Intensive Outpatient Programming for individuals needing a higher level of care or engagement; psychiatric consultations for co-occurring disorders; anger management counseling; and support for family members and significant others affected by the substance abuse of someone they care about. CODAC offers dedicated programming for DWI and other legally mandated referrals from Probation, Parole, or Family Court and provides evaluations required by DCYF, RI Employee Assistance, and

	350 Columbia St, Wakefield, RI 02879 401-789-0934  850 Waterman Ave, East Providence, RI 02914 401-434-4999		others. Toxicology services include chain-of-custody compliant urinalysis and breath screens. Our Student Assistance Program provides critical prevention and early intervention resources in three RI school districts.
Minority Alcohol Program	369 Broad Street Providence 401-785-0050		
Al-Anon, Alateen, Al-Anon Adult Children and Al-Anon Gay and Lesbian	401-781-0044	<a href="http://riafg.org">riafg.org</a>	For help finding an al-anon meeting
SSTAR of Rhode Island	21 Peace Street Providence 02907 401-456-4440	<a href="http://www.sstar.org">www.sstar.org</a>	SSTAR of Rhode Island is the designated public detoxification provider for the state of Rhode Island. At our North Kingstown location, we provide safe, competent detoxification services administered by physicians, nurses and other healthcare professionals. Program services include: individual counseling and case management, group counseling, substance abuse-related education and aftercare assessment, planning and referral. Many clients come to us with housing, legal, medical, vocational and other social service needs that we attempt to meet or to link to wraparound services.
Project Link Women & Infants Hospital	101 Dudley Street Providence 02905 401-453-7610		Treatment of substance abuse for pregnant and parenting women.



**ADHD** (*Attention Deficit Hyperactivity Disorder*)

Agency/Name	Contact Info	Website:	Other info:
<p>Gershon Psychological Associates</p>	<p>400 Bald Hill Rd. Warwick, RI 02886</p> <p>7 Austin Ave. Greenville, RI 02828</p> <p>154 Waterman St. Providence, RI 02906</p> <p>INTAKE: 401-349-3131</p>	<p>gershonpsych.com</p>	<p>Therapy options include:</p> <ol style="list-style-type: none"> <li>1. Individual Therapy – For children, adolescents, and adults</li> <li>2. Family Therapy</li> <li>3. Couples Therapy</li> <li>4. Group Therapy – Girl’s Group, Parenting Group, Grief Group, Coping with Divorce, "Taming Your Temper" for Kids.</li> <li>5. Classes/Seminars - Behavior Management for Parents, Social Skills Classes.</li> </ol> <p>We offer numerous types of evaluations including: Neuropsychological, Psychological and Educational Evaluations; Diagnostic Screenings.</p>

***Autism/Autism Spectrum Disorders***

Agency/Name	Contact Info	Website:	Other info:
Autism Project	1516 Atwood Avenue Johnston, RI 02919  401-785-2666  info@theautismproject.org	theautismproject.org	Our mission is to develop a comprehensive system of care and resources that meet the needs of children and adults with autism and their families, including education, health, vocational, career, social and community needs. Services include social skills groups, support groups, and training programs for parents and professionals.
Gateway Healthcare	Michele Galpen, LICSW, Program Manager 1471 Elmwood Ave, Cranston, RI.  401-490-7320	gatewayhealth.org	Specialized program providing home based services and outpatient services for individuals on the Autism spectrum.
The Groden Network	Groden Center North Day Program & Fam. Services 86 Mount Hope Ave. Providence, RI 02906 401-274-6310  Groden Center South Day Program 2 St. Vincent de Paul St. Coventry, RI 02918 401-615-2600  Early Intervention & The Livingston Center 30 Livingston St. Providence, RI 02904	www.grodencenter.org	The Groden Network’s mission is to support children and adults with autism, and other developmental disabilities and behavioral challenges to lead productive, dignified and satisfying lives by: Providing the most effective educational, therapeutic, and other habilitative services; Advancing knowledge and best practices through research, education and training; Involving, educating, and supporting families in caring and advocating for their children.  Offering a wide range of services and programs for adults and children.

	<p>401-421-1895</p> <p>Support Programs 610 Manton Ave. Providence, RI 02909 401-274-6310</p>		
Perspectives	<p>1130 Ten Road Road Building B101 North Kingstown, RI 02852 (401) 294-3990</p>	<p><a href="http://www.perspectivescorporation.com">www.perspectivescorporation.com</a></p>	<p>Perspectives is a multi-faceted, dynamic agency that provides support to people with disabilities. They support adults and children throughout the state of Rhode Island. Services include: counseling, home based services, school based services and other programs for both children and adults.</p>
<p><a href="#">Sesame Street Autism Resources for Parents</a></p>		<p><a href="#">Sesame Street Autism Resources for Parents</a></p>	<p>Sesame Workshop created Sesame Street and Autism: See Amazing in All Children, a nationwide initiative aimed at communities with children ages 2 to 5. Developed with input from parents, people who serve the autism community, and people with autism, See Amazing in All Children offers families ways to overcome common challenges and simplify everyday activities. At the same time, the project fosters an affirming narrative around autism for all families and kids.</p>
<p><a href="#">Academic Accommodation Resources</a></p>	<p>DO-IT University of Washington Box 354842 Seattle, WA 98195-4842 <a href="mailto:doit@uw.edu">doit@uw.edu</a> <a href="http://www.uw.edu/doit/">www.uw.edu/doit/</a> 206-685-DOIT (3648) (voice/TTY) 888-972-DOIT (3648) (toll</p>	<p><a href="#">Academic Accommodation Resources</a></p>	<p>The DO-IT (Disabilities, Opportunities, Internetworking, and Technology) Center is dedicated to empowering people with disabilities through technology and education. It promotes awareness and accessibility—in both the classroom and the workplace—to maximize the potential of individuals with disabilities and make our communities more vibrant, diverse, and inclusive.</p>

	free voice/TTY) 509-328-9331 (voice/TTY) Spokane 206-221-4171 (fax)		
<a href="#">Moving with Special Needs Kids</a>		<a href="#">Moving with Special Needs Kids</a>	Article
<a href="#">Home Modifications for Special Needs Kids</a>		<a href="#">Home Modifications for Special Needs Kids</a>	When your child is in a wheelchair, your home becomes a difficult world to navigate. Your goal, as a parent, is to create a safe haven where your child's differences are not highlighted every time he tries to navigate the area. Here are some ways you can improve your home to make it more wheelchair-friendly, so you can truly provide a place where your child can feel "at home."
<a href="#">Reduce the Noise: Help Loved Ones with Sensory Overload Enjoy Shopping</a>		<a href="#">Reduce the Noise: Help Loved Ones with Sensory Overload Enjoy Shopping</a>	Article
<a href="#">Resources for Military Families</a>		<a href="#">Resources for Military Families</a>	National Military Family Association

### **Domestic Violence**

Agency/Name	Contact Info	Website:	Other info:
Rhode Island Crisis Assistance Center	401-714-2388	<a href="http://www.ricrisis.org">www.ricrisis.org</a>	Provides peer counseling and has funds available for crisis situations for survivors. Provides rape recovery kits to local hospitals.
Rhode Island Coalition Against Domestic Violence (RICADV)	422 Post Rd. Suite 102, Warwick, RI 02888  401-467-9940  Statewide 24 hotline: 1-800-491-8100	<a href="http://www.ricadv.org">www.ricadv.org</a>	In order to realize their vision, the RICADV and its member agencies: <ul style="list-style-type: none"> <li>• Provide direct services for victims and survivors of relationship violence,</li> <li>• Advocate for state policy change, including through the work of their task force, SOAR (Sisters Overcoming Abusive Relationships)</li> <li>• Develop and implement a Statewide Prevention Plan</li> <li>• Use diverse media to address domestic violence</li> </ul>
Domestic Violence Resource Center of South County	61 Main Street Wakefield, RI 02879  (401) 782-3990  <a href="mailto:info@dvrsc.org">info@dvrsc.org</a>	<a href="http://www.dvrsc.org">www.dvrsc.org</a>	Member of RICADV;  <u>Offering:</u> Hotline, Drop-In Center, Residential Services, Court Advocacy, and Support Groups.  <u>Serving:</u> Ashaway, Block Island, Bradford, Carolina, Charlestown, East Greenwich, Exeter, Hope, Hope Valley, Hopkinton, Kenyon, Kingston, Narragansett, North Kingston, Peace Dale, Rockville, Saunderstown, Shannock, Slatersville, Slocum, South Kingston, Wakefield, Warren, West Kingston, Westerly, Wyoming.

<p>Blackstone Valley Advocacy Center</p>	<p>P.O. Box 5643 Pawtucket, RI 02862</p> <p>(401) 723-3057</p>	<p><a href="http://www.wrcnbc.org">www.wrcnbc.org</a></p>	<p>Member of RICADV;</p> <p><u>Offering:</u> Shelter Program, Telephone Helpline, Outreach Program, District Court Program, Community Support Group and the Latina Advocacy Program.</p> <p><u>Serving:</u> Albion, Central Falls, Cumberland, Lincoln, Manville, and Pawtucket.</p>
<p>Elizabeth Buffum Chace Center</p>	<p>P.O. Box 9476, Warwick, RI 02889 821 West Shore Road, Warwick 02889</p> <p>(401) 738-1700</p>	<p><a href="http://www.ebccenter.org">www.ebccenter.org</a></p>	<p>Member of RICADV;</p> <p><u>Offering:</u> Crisis Hotline, Safe Shelter, Support Groups, Outreach and Training Programs, Legal Advocacy in Family and District Courts, Counseling, Teen Dating Violence Prevention Programs, and Transitional Housing.</p> <p><u>Serving:</u> Coventry, Cranston, East Greenwich, Foster, Johnston, North Providence, Scituate, Warwick, West Greenwich, and West Warwick.</p>
<p>Sojourner House</p>	<p>386 Smith Street Providence, RI 02908</p> <p>(401) 658-4334 Providence Hotline (401) 765-3232 Northern RI Hotline (401) 861-6191 Office</p>	<p><a href="http://www.sojournerri.org">www.sojournerri.org</a></p>	<p>Member of RICADV;</p> <p><u>Offering:</u> Shelter, Counseling, Support, and Advocacy for Women Who Are Battered and their Children, Educational Programs that Teach Non-violence Problem-solving Skills, Legal Support for Victims.</p> <p><u>Serving:</u> Burrillville, Centerdale, Chepatchet, Clayville, Fiskeville, Fortsdale, Foster, Glendale, Greenville, Harmony, Mapleville, Harrisville, North Scituate, North Smithfield, Pascoag, Scituate, Woonsocket.</p>

<p>Women's Center of RI</p>	<p>P.O. Box 603300 Providence, RI 02906</p> <p>(401) 861-2760</p>	<p><a href="http://www.womenscenterri.org">www.womenscenterri.org</a></p>	<p>Member of RICADV;</p> <p><u>Offering:</u> 24 hour Shelter and Hotline, Clinical Counseling, Court Advocacy, Child Advocacy, Child Care, Employment Assistance, and Individual Advocacy in English and Spanish.</p> <p><u>Serving:</u> Barrington, Centerdale, East Providence, Greenville, Harmony, North Providence, Providence, Riverside, and Rumford.</p>
<p>Women's Resource Center</p>	<p>114 Touro Street Newport, RI 02840</p> <p>624 Main Street, Warren, RI 02885</p> <p>401-846-5263 – (Business &amp; Hotline) 866-236-2474 – (Shelter)</p>	<p><a href="http://www.wrcnbc.org">www.wrcnbc.org</a></p>	<p>Member of RICADV;</p> <p><u>Offering:</u> Shelter, Advocacy Services, Walk-in Services, Legal Advocacy in Family and District Courts, Education and Counseling Services.</p> <p><u>Serving:</u> Barrington, Warren, Bristol, Little Compton, Tiverton, Portsmouth, Middletown, Newport, and Jamestown</p>

**Family Support**

Agency/Name	Contact Info	Website:	Other info:
RIPIN—Rhode Island Parent Information Network	1210 Pontiac Avenue, Cranston, RI 02920  401-270-0101  info@ripin.org	www.ripin.org	RIPIN’s mission is to assist individuals, parents, families and children to achieve their goals for health, educational, and socio-economic well being by providing information, education, training, support and advocacy for person/family centered care and systems change.
Parent Support Network	1395 Atwood Avenue, Ste 114 Johnston, RI 02919  401-467-6855	www.psnri.org	The Parent Support Network is an organization of families supporting families with children, youth, and young adults who experience or are at risk for serious behavioral, emotional, and/or mental health challenges. PSN seeks to strengthen and preserve families and reduce family isolation by promoting positive mental health and well-being, and building a culturally and linguistically competent system of care, through advocacy, education, training, and increased public awareness.
Children’s Friend	153 Summer St. Providence, RI 02903 401-276-4300  800-286-2901 info@cfsri.org	www.cfsri.org	Children’s Friend offers a wide array of flexible, effective, and culturally relevant services that support and strengthen Rhode Island families and communities. Across Rhode Island, their staff provides services to help over 31,488 individuals annually. These services range from family counseling and crisis intervention to Early Head Start and childcare programs.  Children’s Friend is a statewide leader in serving vulnerable children and families. Through the development of innovative programs and collaboration with other public and private agencies, Children’s Friend provides a comprehensive array of social services that strengthen families and support the healthy development of children.



### ***Gay, Lesbian, Transgender***

Agency/Name	Contact Info	Website:	Other info:
Al-Anon Gay and Lesbian	401-781-0044		The Al-Anon Family Groups are a fellowship of relatives and friends of alcoholics who share their experience, strength, and hope in order to solve their common problems. We believe alcoholism is a family illness and that changed attitudes can aid recovery. Resource for meeting information.
Gay and Lesbian Helpline	401-751-3322	<a href="http://www.glbthelpline.org">www.glbthelpline.org</a>	Whether you need a referral to a business or a professional, or you need to talk about “coming out” or any other issue of concern, the Helpline has resources for you. We provide information and referrals on a wide range of issues including social/support groups, health care, legal services, businesses, recreation, safe sex and more.
Youth Pride	Youth Pride, Inc. 743 Westminster St. Providence, RI 02903  Ph. (401) 421-5626 Fax (401) 274-1990 <a href="mailto:info@youthprideri.org">info@youthprideri.org</a>	<a href="http://www.youthprideri.org">www.youthprideri.org</a>	YPI’s goals are to meet the social, emotional and educational needs of lesbian, gay, bisexual, transgender, queer and questioning (LGBTQQ) youth and their allies through empowering programs of support, education, organizing and advocacy, while working to change the homophobic, biphobic and transphobic environments in which they live.
Pride RI	PO Box 1082, Providence, RI 02901  1005 Main Street, Suite 1105, Pawtucket, RI 02860  401-467-2130: <a href="mailto:Info@PrideRI.com">Info@PrideRI.com</a>	<a href="http://www.prideri.com">www.prideri.com</a>	Through the production of seminars, rallies, performances, theme events, art and literary programs and projects, individuals in Rhode Island have been able to learn about the issues, concerns and contributions of sexual minorities. RI Pride is one of the most active and visible GLBT organizations in the New England region. With over 15,000 people participating in our events attendance for the PrideFest and New England’s only Night-time Pride Parade, GLBT individuals in RI,

			southern Massachusetts, and eastern Connecticut are able to come together to celebrate their personhood and their culture. The PrideFest also includes an education and interactive recreational area called theKid's Pride Zone to provide GLBT parents a place to engage in family oriented activities with their children at the the festival.
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**General Mental Health Providers**

Agency/Name	Contact Info	Website:	Other info:
Anchor Counseling Center		www.anchorcounselingcenter.com	<p>At Anchor Counseling Center we provide counseling and testing to children, adolescents, adults, couples and families.</p> <p>Some of the services we provide include: Anger Management, Child Counseling, Individual Counseling, Adolescent Counseling, Child and Family Therapy, Marriage or Couples Counseling, Psychological Testing, Psychiatric Evaluations through Child and Family Psychiatry, Addiction Counseling, Suboxone Treatment.</p>
Child and Family Services of Newport County	<p>31 John Clarke Road Middletown, RI 02842</p> <p>401-849-2300</p>	www.childandfamilyri.com	<p>Child &amp; Family provides a wide-array of quality programs and services to the community:</p> <p>Child Care for Infants, Toddlers and Pre-School Aged Students Counseling Services, Homemaker and Home Health Aide Services for the Elderly &amp; Disabled, Case Management Services for Elders, Substance Abuse Prevention Education and other School Based Services, Volunteer Program, Home-Based Child Welfare Programs to Prevent Abuse and Neglect, Supportive Housing for Children and Adolescents, Supportive Housing for Homeless Mothers and their Families, Youth Opportunities Center for Adolescents, Counseling &amp; Role Model Program for Girls and Young Women</p>
Children’s Friend	<p>153 Summer Street Providence, RI 02903</p> <p>401-331-2900</p>	www.cfsri.org	<p>Children’s Friend offers a wide array of flexible, effective, and culturally relevant services that support and strengthen Rhode Island families and communities. Across Rhode Island, our staff provides services to help</p>

			<p>over 31,488 individuals annually. These services range from family counseling and crisis intervention to Early Head Start and child care programs.</p> <p>Children’s Friend is a statewide leader in serving vulnerable children and families. Through the development of innovative programs and collaboration with other public and private agencies, Children’s Friend provides a comprehensive array of social services that strengthen families and support the healthy development of children.</p>
Family Services, Inc.	<p>55 Hope Street Providence, RI 02906</p> <p>Intake: 401-519-2280</p>	www.familysericri.org	<p>Outpatient Mental Health/Substance Abuse Counseling/Psychiatric Services Office-based in Providence for adults, children and their families.</p> <p>Trauma and Loss Center Specialized counseling and support www.psychologicalcenters.com for children, youth and families who have suffered trauma and loss.</p>
Psychological Centers	<p>756 Allens Ave, Suite 102 Providence, RI 02905</p> <p>401-490-8900</p>	psychologicalcenters.com	<p>Psychological Centers currently offers services based at or related to schools, community agencies, medical practices including community health centers, specialty behavioral health sites, and in homes and other community settings. In addition to local and national grants for demonstration projects, we offer consultation, clinical evaluations and specific interventions designed according to the best available evidence for effectiveness.</p>
Delta Consultants of South County Inc	<p>24 Salt Pond Rd., Ste D-4 Wakefield, RI 02879</p> <p>401-789-3694</p>	deltasouthcounty.com	<p>Child and adolescent issues, family/couples issues, mood disorders, personal issues/personality disorders, obsessive-compulsive disorder, anxiety, school difficulties, adoption, attention deficit disorder, attention deficit hyperactivity disorder</p>

Quality Behavioral Health	1090 New London Ave. Cranston, RI 02920  401-463-5778		Child and adolescent issues, eating disorders, family/couples issues, mood disorders, personal issues/personality disorders, obsessive-compulsive disorder, anxiety
Ocean State Psychotherapy Inc	1130 Ten Rod Road Bldg F Suite 203 North Kingstown, RI 02852  (401) 268-3886	oceanstatepsychotherapy.com	An outpatient practice providing confidential psychotherapeutic services for children, teenagers, adults and the elderly as well as families. Areas of focus include: Child and adolescent issues, family/couples issues, geriatric services, mood disorders, personal issues/personality disorders, obsessive-compulsive disorder, anxiety, PTSD, sexual abuse. Divorce reaction and mediation, gay and lesbian issues, ADHD, ODD, trauma.
The Center for Counseling and Wellness, LLC.	3285 South County Trail, Suite 2B East Greenwich, RI  401- 282-9502		Private, outpatient counseling center.
Wellness Within	900 Reservoir Ave Cranston, RI 02910  401-217-4624		Private, outpatient counseling center.
NAMI—National Alliance on Mental Illness	154 Waterman St Suite 5B Providence, RI 02906  (401)331-3060	www.namirhodeisland.org	<ul style="list-style-type: none"> <li>• Family-to-Family</li> <li>• NAMI Connection</li> <li>• Peer-to-Peer</li> <li>• Provider Education</li> <li>• NAMIWALKS</li> <li>• Grading the States</li> </ul>

United Way		www.211ri.org	<p>2-1-1 is the fastest and easiest way to get information when you need it. 24 hours a day, 7 days a week.</p> <p>One call gives you access to resources across your community, whether you need to get help - for you, for a family member or for a friend - or want to help. No more wrong numbers, no more wasted time trying to find the right person to call.</p> <p>Someone at 2-1-1 will help connect you to the services or information you need. <i>Confidentially, for free, in your language.</i></p> <p>Whether you need to find daycare for your child, get financial assistance for a utility bill, find a mental health counselor to help you in a crisis, or connect with any other kind of community service, you'll find all the answers you need by calling 2-1-1.</p>
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**HIV/AIDS**

Agency/Name	Contact Info	Website:	Other info:
AIDS Care Ocean State	18 Parkis Avenue Providence, RI 02907  (401) 521-3603  <a href="mailto:info@aidscaresos.org">info@aidscaresos.org</a>	<a href="http://aidscaresos.org">aidscaresos.org</a>	As Rhode Island’s largest provider of direct-care services to persons affected by HIV and AIDS, AIDS Care Ocean State is dedicated to providing quality housing, case management, medical and nursing care, and prevention to adults, families, adolescents and children who are affected by or at risk for HIV infection. ACOS has the only assisted living facility in Rhode Island for people with HIV/AIDS, as well as a 24 –hour nursery and over 80 apartments for people living with HIV/AIDS.
AIDS Project RI (a division of Family Serve of RI)	P.O. Box 6688 Providence, RI 02940-6688  401-831-5522	<a href="http://aidsprojectri.org">aidsprojectri.org</a>	AIDS Project RI was founded more than twenty years ago to provide compassionate, non-judgmental and collaborative response to the needs of people infected, affected and at risk of HIV/AIDS. Over the years, it became a recognized statewide leader on HIV/AIDS issues. In 2008, AIDS Project RI merged with Family Service of RI, linking its continuum of services to that of Family Service of RI, streamlining the delivery of services. Services include: Education and training, Materials and condom distribution, HIV testing  And Services for people living with HIV/AIDS

**Hospitals (psychiatric)**

Agency/Name	Contact Info	Website:	Other info:
Bradley Hospital	<p><b>Emergencies:</b> 401-432-1364</p> <p><b>General Information:</b> 401-432-1000</p> <p>1011 Veterans Memorial Pkwy. East Providence, RI 02915</p>	www.bradleyhospital.org	<p>Emma Pendleton Bradley Hospital is known as Bradley Hospital and is the nation's first psychiatric hospital devoted exclusively to children and adolescents.</p> <p>A Lifespan partner and a teaching hospital for The Warren Alpert Medical School of Brown University, Bradley Hospital has established itself as the national center for training and research in child and adolescent psychiatry.</p> <p>Bradley Hospital is a private, not-for-profit hospital and also operates the Bradley School, a fully certified special education school.</p>
Butler Hospital	<p><b>Emergencies</b> 401-455-6214</p> <p><b>Visiting Hours/Main Number</b> 401-455-6200</p> <p><b>Program Brochures &amp; General Information</b> 401-455-6265</p>	www.butler.org	<p>Butler Hospital is Rhode Island's only private, nonprofit psychiatric and substance abuse hospital for adults, adolescents, children, and seniors. A national leader in the development of acute psychiatric and substance abuse treatment, Butler is involved in a variety of research efforts which has earned it a national reputation as a major teaching and research facility.</p>



***Latina/o Resources***

Agency/Name	Contact Info	Website:	Other info:
Progreso Latino	626 Broad Street Central Falls, RI 02888 Ph: 401.728.5920 <a href="mailto:info@progresolatino.org">info@progresolatino.org</a>	<a href="http://progresolatino.org">progresolatino.org</a>	Progreso Latino is a community agency dedicated to helping the Latino and immigrant communities of Rhode Island achieve greater self-sufficiency and self-determination.
Clinica Esperanza	60 Valley Street Providence, RI 02909 401-347-9093	<a href="http://aplacetobehealthy.org">aplacetobehealthy.org</a>	Services for those who are uninsured. Primary Care services, focusing on prevention and health maintenance; Access to medication; Expanded specialty services including: cardiology, diabetes maintenance clinic, podiatry; Women’s clinic, gerontology, mental health services and infectious disease services (including HIV/AIDS); Vaccines

***Sexuality/Sexual Assault***

Agency	Contact Info	Website:	Other info:
Center for Sexual Pleasure and Health	The Grant Building 250 Main Street, Unit 6 Pawtucket, RI 02860 401.489.5513 aida@thecsph.org	thecsph.org	<p>Within the CSPH itself, they host:</p> <ul style="list-style-type: none"> <li>• A large collection of books, magazines, journals, and pamphlets that are available for the public to stop in and read</li> <li>• Documentaries open for the public to view by appointment</li> <li>• One on One Sexuality Consultations</li> <li>• Free Condoms and Lubricants</li> <li>• A large collection of sex toys and aids (not for purchase), as well as personalized guidance so you can make the best selection for your satisfaction.</li> <li>• Drop-in hours</li> <li>• Sex educational curriculum and learning tools</li> <li>• Genital teaching models</li> <li>• An Antique Vibrator collection</li> <li>• Classes and workshops</li> </ul>
Day One	100 Medway St. Providence, RI 02906-4402  401-421-4100  24 hour victims of crime helpline: 1-800-494-8100	dayoneri.org	<p>Services include:</p> <ul style="list-style-type: none"> <li>• The 24-hour Victims of Crime Helpline (1-800-494-8100)</li> <li>• Crisis intervention; individual and group counseling for children and adults</li> <li>• Consultations</li> <li>• Adult advocacy for victims and their families</li> <li>• Legal advocacy through Sexual Assault</li> </ul>

			<p>Response Team (SART)</p> <ul style="list-style-type: none"> <li>• The Office of Victim Services at the RI Department of Corrections</li> <li>• Law Enforcement Advocates and the RI Children's Advocacy Center</li> <li>• Prevention education</li> <li>• Psycho-educational services for incarcerated men and women who are victims of childhood sexual abuse and assault</li> </ul>
St. Mary's Shepherd Program	<p>420 Fruit Hill Ave., North Providence, RI 02911</p> <p>401-353-3900</p> <p>info@smhfc.org</p>	www.smhfc.org	<p>The Shepherd Program is a collaborative mental health and trauma team that believes all people regardless of socioeconomic status, race, or sexual orientation deserve specialized treatment of the highest quality. We provide state-of-the-art, client-centered, strengths-based interventions that help our clients heal from the circumstances that brought them to us.</p> <p>The Shepherd Program provides the following services: sexual abuse assessments, juvenile sexual offender assessments, individual, group and family therapy, training and consultation.</p>

***Suicide***

Agency/Name	Contact Info	Website:	Other info:
The Samaritans	Box 9086 Providence, RI 02904  Hotline: 800-365-4044 401-272-4044	samaritansri.org	Services include: <ul style="list-style-type: none"> <li>• <u>LifeLine</u> is a peer to peer befriending program designed to provide new inmates with information which will help to lessen their anxiety, which is a result of incarceration and to serve as a peer outreach, awareness and referral for treatment effort before inmates become suicidal;</li> <li>• <u>Crisis Hotline/Listening Line Program</u>, where trained volunteers have used non-judgmental, non-religious befriending skills to ease the emotional pain or crisis of more than 500,000 callers of all ages who are lonely, depressed, suicidal or seeking information to help a family member or friends. As requested, callers can be referred to our community partners for professional mental health services. All calls are confidential and anonymous. Our Crisis Hotline/Listening Line is open 24/7 depending on the hourly/daily availability of volunteers;</li> <li>• <u>LifeLine</u>, a peer to peer befriending program designed to provide new inmates with information which will help to lessen their anxiety, which is a result of incarceration and to serve as a peer outreach, awareness and referral for treatment effort before inmates become suicidal;</li> <li>• The agency also runs support groups and provides outreach and education to the community.</li> </ul>

**Traumatic Brain Injury**

Agency	Contact Info	Website:	Other info:
Brain Injury Association of Rhode Island	935 Park Avenue, Suite 8 Cranston, RI 02910  (401) 461-6599	<a href="http://www.biausa.org/RI">http://www.biausa.org/RI</a>	<p>The Brain Injury Association of Rhode Island is a statewide organization dedicated to providing support, education, advocacy, research and prevention. Whether you are a person with a brain injury, a family member or friend of someone affected by brain injury, a professional working in this field, or an interested member of the general public, the Brain Injury Association of Rhode Island hopes to be of service to you.</p> <p>The Association has a variety of programs to provide information and resources about brain injury and brain injury prevention to any interested person who contacts us. We are involved in many public awareness and prevention education activities. We are active in the public policy arena, both within the state and nationally, around issues related to brain injury and prevention.</p>

# AN OVERVIEW OF ALCOHOL AND DRUG ADDICTIONS

Alcohol and drug addictions are common problems that can affect people regardless of their economic background, job status, level of education, gender, age, or cultural heritage.

## What are addictions?

Addictions are disorders of the brain that cause people to become psychologically and/or physically dependent on alcohol or other substances such as cocaine, crack, heroin, prescription drugs, or tobacco.

## Causes

Addictions are caused by a combination of genetics, personality type, and lifestyle factors, including exposure to risks or situations that might trigger addictive behavior. There is strong evidence that addictions are actually biological in nature, and can run in families.

## A widespread problem

The 2004 National Survey on Drug Use and Health conducted by the Office of Applied Studies shows how widespread alcohol and drug addictions are.

- More than 19 million Americans aged 12 or older use illicit drugs.
- Marijuana is used by 14.6 million; two million use cocaine.
- Hallucinogens are used by nearly one million people.
- More than seven million people use pain relievers, tranquilizers, stimulants and sedatives for non-medical reasons.
- More than 120 million Americans aged 12 or older are current drinkers of alcohol; of these, 55 million are binge drinkers and 16.7 million are heavy drinkers.

## Treatment

There have been dramatic advances in the ability to treat the urges and cravings that characterize alcohol and drug addictions, including:

- New medications
- Patient and family education and information
- The use of 12-step programs

- Individual, group and family therapy that help people learn lifestyle changes and new skills (assertiveness, refusal), and how to set goals and prevent relapse.

Rhode Island offers a multitude of treatment options such as detox services, outpatient services, residential services, etc. for those wishing to begin and/or continue recovery from addiction. An explanation of treatment options is listed below.

**Detoxification:** “Detox”, short for detoxification, is when an individual enters a facility, whether a medical or social setting, and is medically supervised while they safely withdraw from alcohol and/or drugs. Depending upon the individuals’ circumstances as well as the facilities program, it generally lasts from 3 to 7 days.

**Outpatient Treatment:** Outpatient treatment is designed for individuals who can commute to a center for treatment. It is more suitable for people who are employed and/or have strong social support. Many outpatient providers also offer other services, including detoxification, intensive day treatment, individual counseling sessions, group therapy, family counseling and drug education programs.

**Intensive Outpatient Treatment:** Also referred to as “day” or “partial hospital”, intensive outpatient treatment generally consists of one to two weeks of daily participation in treatment provided in an outpatient setting such as a community health center. Because of the intense level of care, intensive outpatient treatment can provide a wide range of treatment services including group therapy, relapse prevention training, individual counseling, family therapy, life skills training and vocational training.

**Residential Treatment:** Residential/inpatient treatment takes place in a 24-hour, live-in setting. It is designed for individuals with serious drug or alcohol problems that have resulted in a significant disruption in some aspect of the individual’s life such as work, school, family relationships, friends, money, health and/or the law. Contingent on the needs of the individual, it can be short term (1-3 months) mid term (3-5 months) or long term (6-12 months).

**Intervention:** An intervention is a deliberate process by which change is introduced into an individual’s thoughts, feelings and behaviors. This change is accomplished by talking to the person about the behavior in question in a clear and respectful way. In an attempt to intervene on the part of the person in need you may want to receive guidance from a professional. The ultimate goal is to get the person in need to agree to some form of treatment. Family members and friends will gather to discuss the details with the interventionist and jointly decide what form of intervention will take place. Depending upon the situation, the intervention will identify who should be included, what treatment options will be offered, and development of proper execution and follow through of the plan.

For local treatment provider referrals please contact our 24-hour helpline at 1-866-252-3784 or order our newest edition of the Directory of Rhode Island Substance Abuse Treatment and Prevention Services.

# AN OVERVIEW OF ANXIETY DISORDERS

People with anxiety disorders can suffer from a variety of fears or concerns such as going outside, flying, speaking in public, or feeling self-conscious around people. They often know they shouldn't feel or think this way, but they can't stop themselves. About 19 million Americans suffer from these disorders.

## What are anxiety disorders?

Anxiety disorders are serious medical illnesses. They begin in the brain, and fill people's lives with constant anxiety and intense fear.

## Causes

Several different types of anxiety disorders exist. Experts believe that a combination of genetics, brain chemistry, life experiences, and personality may cause anxiety disorders to develop.

## Types of anxiety disorders and common symptoms

### Panic disorder

- Sudden panic attacks cause feelings of terror
- Intense episodes of anxiety happen in between the panic attacks
- Panic attacks can occur at any time, even during sleep
- Panic attacks can cause people to avoid normal, everyday activities and, in severe cases, become housebound

### Post-traumatic stress disorder (PTSD)

- Can appear at any age
- Happens most often after a terrifying event – a violent attack, serious accident, or natural disaster
- People with PTSD have constant, frightening thoughts and memories of the event
- Symptoms usually begin within three months of the trauma
- PTSD is typically diagnosed if the symptoms last more than one month



- Occasionally, the illness does not show up until years after
- Some traumatized people do not develop PTSD

### Social phobia (social anxiety disorder)

- Begins in childhood or early adolescence
- Causes overwhelming anxiety and extreme self-consciousness in everyday social situations
- Intense fear of being watched and judged by others
- Fear of being embarrassed or humiliated
- Fear of an upcoming social event weeks in advance
- Problems at school, work, and in relationships
- Fears of public speaking in formal or informal situations and eating in front of others
- Physical symptoms include blushing, profuse sweating, shaking physically, nausea, and difficulty talking

### Specific phobias

- About twice as common in women
- Intense, irrational fear of such things or situations as closed-in places, heights, escalators, flying, dogs, blood, snakes, driving over a bridge, or other things
- Can begin in childhood or adolescence
- Adults may realize that their fears are irrational, but they will avoid whatever causes the anxiety
- Specific phobias can have a negative impact on career and personal life

### Generalized anxiety disorder (GAD)

- About twice as common in women
- People constantly worry about health, family, work, or school
- Begins gradually and can happen at any time of life
- The thought of getting through the day causes anxiety
- Physical symptoms include fatigue, headaches, muscle tension, muscle aches, irritability, hot flashes, lightheaded, out of breath, or nauseous
- May have difficulty concentrating, relaxing, falling asleep
- People with GAD don't usually avoid situations, but still may not be able to carry out ordinary daily activities

## Treatment of anxiety disorders

Anxiety disorders can grow progressively worse if left untreated. A careful diagnostic evaluation is needed before starting treatment. Sometimes alcoholism, depression, or other condition triggered by the anxiety disorder will also need to be treated. While medications will not cure an anxiety disorder, they will help keep symptoms under control. Cognitive behavioral therapy (CBT) is typically the therapy of choice.

# AN OVERVIEW OF MOOD DISORDERS

It is not just the blues and you can't just snap out of it. Mood disorders reflect abnormalities in brain chemistry and like other illnesses, they require medical treatment. It is not normal for people, no matter what their age, to have sustained problems with mood. Children, adults and the elderly can all benefit from treatment.

## What are mood disorders?

Mood disorders are brain-based illnesses that affect the way a person eats and sleeps, their outlook on life, the way they feel about themselves and their family and friends. These disorders can profoundly impact one's ability to function. Mood disorders affect approximately 18.8 million American adults or about 9.5% of the U.S. population age 18 and older in a given year.

## Causes

Mood disorders are believed to have more than one single cause. We know that genetics plays a major role because mood disorders have been found to run in families. Other cases seem to happen with no warning after a stressful situation, personal loss, feelings of guilt, or following abuse or neglect. Mood disorders often develop in the context of medical and psychiatric illnesses, and may increase the severity of those conditions.

## Mood disorders and their signs and symptoms

The three main types of mood disorders are major depression, dysthymia (pronounced dis-thime-ia), and bipolar disorder.

Major depression affects a person's ability to experience pleasure, concentration, appetite, sleep, sense of physical wellbeing, and one's overall perspective on life. It may be associated with thoughts of suicide or suicidal behavior. Symptoms include:

- Feelings of hopelessness, sadness, pessimism, guilt, worthlessness, helplessness
- Loss of interest or pleasure in hobbies and activities that were once enjoyed
- Decreased energy and feeling "slowed down"
- Difficulty concentrating, remembering, making decisions
- Not being able to sleep, or sleeping too much
- Thoughts of death or suicide
- Constant physical problems that do not respond to treatment

Dysthymia is a less severe form of depression, but its symptoms are long term. Many people with dysthymia may also develop major

depression. Symptoms are similar to depression, but milder and longer lasting.

Bipolar disorder, formerly called manic-depressive illness, causes mood swings from severe highs (mania) to severe lows (depression). The switches can be either dramatic or gradual. Symptoms include:

- Abnormal or excessive good feelings
- Unusual irritability
- Decreased need for sleep
- Unrealistic ideas or plans
- Increased talking and racing thoughts
- Increased energy
- Inappropriate social behavior

## Treatment

Until it is treated, a mood disorder may cause a person to be depressed for weeks, months, or even years. Patients should seek a physical examination to identify or rule out physical causes, and then a psychiatric evaluation should be conducted. Many effective medications and therapies can treat mood disorders. Some people with milder forms of depression may do well just with therapy while people with moderate to severe depression most often benefit from medications. Most patients do best with combined treatment – medication and therapy focused on more effective ways of dealing with life's problems.

## Research

Studies to increase our understanding of the causes of mood disorders are being actively pursued by thousands of scientists and physicians around the world, as are efforts to develop more effective treatments. Major advances have occurred in the past decade, with exciting new developments in the areas of genetics, brain imaging, neuroendocrinology, medications, psychotherapy, and therapeutic brain stimulation. Continuing progress is expected over the next several years in this area of vital interest.

# AN OVERVIEW OF OBSESSIVE-COMPULSIVE DISORDER

Once thought to be a rare condition, obsessive-compulsive disorder (OCD) is recognized as a common psychiatric illness that affects millions of people. Because people with OCD, whether old or young, tend to hide their problems, it is difficult for many healthcare providers to understand or help them.

## What is obsessive-compulsive disorder (OCD)?

OCD is a widespread disorder that distorts the way that the brain processes information and communicates with other areas deeper in the brain. People with OCD suffer from persistent unwanted thoughts that compel them to perform specific ritualistic behaviors.

## Symptoms

People with OCD will obsess about something to the point that it causes them great emotional distress. Obsessions take up a lot of time (more than an hour a day), or significantly interfere with the person's work, social life, or relationships. Common obsessions include:

- Fears of germs, dirt, body fluids
- Fears of harming self or others
- Intrusive thoughts or urges
- Excessive religious or moral doubt
- A need to have things extremely orderly and "just so"
- Associated feelings of fear, disgust, or doubts

In an effort to rid themselves of the stressful feelings, people with OCD will engage in compulsions – behaviors to help them feel better. The rituals are performed to obtain relief from the discomfort caused by the obsessions. Common compulsions include:

- Washing hands over and over again
- Checking, touching or counting over and over again and in a certain way

## Causes

There is evidence that the front area of the brains of people with OCD cannot communicate information properly, and this is what causes obsessive thinking, anxiety and the need to engage in compulsive behavior. Genetics and neurobiological causes may be at the root of these problems.

## Treatment

People with OCD can improve their functioning and their lives. The most effective and proven treatments are a combination of medications and cognitive behavioral therapy (CBT). Support groups can also be extremely helpful. Early diagnosis and proper treatment, including finding the right medications, can help people avoid the suffering associated with OCD and lessen the risk of developing other problems, such as depression, marital and work problems, or attempting suicide. Healthcare professionals need to be properly trained in order to understand and treat patients with OCD.

## AN OVERVIEW OF POST TRAUMATIC STRESS DISORDER

Though it may seem like a relatively simple concept, trauma—a powerful experience that may have long-lasting effects—has not always been defined the same. Scientists continue to study experiences of trauma in hopes of finding better treatments. One particular type of trauma is known as posttraumatic stress disorder (PTSD).

PTSD can affect many different people, from survivors of rape and survivors of natural disasters to military service men and women. Roughly 10 percent of women and 5 percent of men are diagnosed with PTSD in their lifetimes, and many others will experience some adverse effects from trauma at some point in their lives. According to the National Institute of Mental Health (NIMH), about 1 in 30 adults in the U.S. suffer from PTSD in a given year—and that risk is much higher in veterans of war.

Not all “traumatic” events meet the clinical standards for trauma. The loss of a loved one or the limitations resulting from an illness may cause trauma but the shock of such events is not in itself abnormal. PTSD includes both an event that threatens injury to self or others and a response to those events that involves persistent fear, helplessness or horror.

Recent scientific understanding shows that experiencing traumatic events can change the way our brains function. Especially with severe or repeated exposure, the brain can be affected in such a way that makes a person feel like the event is happening again and again. Repeated experience of the traumatic event can prevent healing and keep a person stuck in a pattern that may induce anxiety, sleeplessness, anger or an increased possibility of substance abuse.

### **What are the symptoms of PTSD?**

Although the symptoms for individuals with PTSD can vary considerably, they generally fall into three categories:

**Re-experience** - Individuals with PTSD often experience recurrent and intrusive recollections of and/or nightmares about the stressful event. Some may experience flashbacks, hallucinations, or other vivid feelings of the event happening again. Others experience great psychological or physiological distress when certain things (objects, situations, etc.) remind them of the event.

**Avoidance** - Many with PTSD will persistently avoid things that remind them of the traumatic event. This can result in avoiding everything from thoughts, feelings, or conversations associated with the incident to activities, places, or people that cause them to recall the event. In others there may be a general lack of responsiveness signaled by an inability to recall aspects of the trauma, a decreased interest in formerly important activities, a feeling of detachment from others, a limited range of emotion, and/or feelings of hopelessness about the future.

**Increased arousal** - Symptoms in this area may include difficulty falling or staying asleep, irritability or outbursts of anger, difficulty concentrating, becoming very alert or watchful, and/or jumpiness or being easily startled.

It is important to note that those with PTSD often use alcohol or other drugs in an attempt to self-medicate. Individuals with this disorder may also be at an increased risk for suicide.

### **How is PTSD treated?**

There are a variety of treatments for PTSD, and individuals respond to treatments differently. PTSD often can be treated effectively with psychotherapy or medication or both.

**Behavior therapy** focuses on learning relaxation and coping techniques. This therapy often increases the patient's exposure to a feared situation as a way of making him or her gradually less sensitive to it.

**Cognitive therapy** is therapy that helps people with PTSD take a close look at their thought patterns and learn to do less negative and nonproductive thinking. **Group therapy** helps for many people with PTSD by having them get to know others who have had similar situations and learning that their fears and feelings are not uncommon.

Medication is often used along with psychotherapy. Antidepressant and anti-anxiety medications may help lessen symptoms of PTSD such as sleep problems (insomnia or nightmares), depression, and edginess.



## AN OVERVIEW OF TRAUMATIC BRAIN INJURY

Traumatic brain injury (TBI), a form of acquired brain injury, occurs when a sudden trauma causes damage to the brain. TBI can result when the head suddenly and violently hits an object, or when an object pierces the skull and enters brain tissue. Symptoms of a TBI can be mild, moderate, or severe, depending on the extent of the damage to the brain. A person with a mild TBI may remain conscious or may experience a loss of consciousness for a few seconds or minutes. Other symptoms of mild TBI include headache, confusion, lightheadedness, dizziness, blurred vision or tired eyes, ringing in the ears, bad taste in the mouth, fatigue or lethargy, a change in sleep patterns, behavioral or mood changes, and trouble with memory, concentration, attention, or thinking. A person with a moderate or severe TBI may show these same symptoms, but may also have a headache that gets worse or does not go away, repeated vomiting or nausea, convulsions or seizures, an inability to awaken from sleep, dilation of one or both pupils of the eyes, slurred speech, weakness or numbness in the extremities, loss of coordination, and increased confusion, restlessness, or agitation.

### **Treatment**

Anyone with signs of moderate or severe TBI should receive medical attention as soon as possible. Because little can be done to reverse the initial brain damage caused by trauma, medical personnel try to stabilize an individual with TBI and focus on preventing further injury. Primary concerns include insuring proper oxygen supply to the brain and the rest of the body, maintaining adequate blood flow, and controlling blood pressure. Imaging tests help in determining the diagnosis and prognosis of a TBI patient. Patients with mild to moderate injuries may receive skull and neck X-rays to check for bone fractures or spinal instability. For moderate to severe cases, the imaging test is a computed tomography (CT) scan. Moderately to severely injured patients receive rehabilitation that involves individually tailored treatment programs in the areas of physical therapy, occupational therapy, speech/language therapy, physiatry (physical medicine), psychology/psychiatry, and social support.

### **Prognosis**

Approximately half of severely head-injured patients will need surgery to remove or repair hematomas (ruptured blood vessels) or contusions (bruised brain tissue). Disabilities resulting from a TBI depend upon the severity of the injury, the location of the injury, and the age and general health of the individual. Some common disabilities include problems with cognition (thinking, memory, and reasoning), sensory processing (sight, hearing, touch, taste, and smell), communication (expression and understanding), and behavior or mental health (depression, anxiety, personality changes, aggression, acting out, and social inappropriateness). More serious head injuries may result in stupor, an unresponsive state, but one in which an individual can be aroused briefly by a strong stimulus, such as sharp pain; coma, a state in which an individual is totally unconscious, unresponsive, unaware, and unarousable; vegetative state, in which an individual is unconscious and unaware of his or her surroundings, but continues to have a sleep-wake

cycle and periods of alertness; and a persistent vegetative state (PVS), in which an individual stays in a vegetative state for more than a month.

## **RESEARCH**

The National Institute of Neurological Disorders and Stroke (NINDS) conducts TBI research in its laboratories at the National Institutes of Health (NIH) and also supports TBI research through grants to major medical institutions across the country. This research involves studies in the laboratory and in clinical settings to better understand TBI and the biological mechanisms underlying damage to the brain. This research will allow scientists to develop strategies and interventions to limit the primary and secondary brain damage that occurs within days of a head trauma, and to devise therapies to treat brain injury and improve long-term recovery of function.