

A Listening Ear



Just as our physical health impacts our ability to meet life's daily responsibilities, so does our mental health. When we are not burdened by depression, anxiety, addiction, or another psychological or emotional challenge, we are able to live a more fulfilling life, have a more positive experiences with our family, and contribute more to the community we live in.

One of the greatest obstacles to mental health care is overcoming the stigma—disgrace or negative association—related to experiencing a mental illness. Many individuals are afraid of what others will think of them if they seek help from a psychiatrist, psychologist, or counselor. Families also tend to feel uncomfortable to seek help with family functioning or coping with stressors particular to a member of the family. There is great concern over what members of the extended family, friends, neighbors, classmates, and co-workers may think when

they become aware that someone is receiving therapy or other mental health care.



It is fitting that NAMI should hold a walk for awareness and support of Mental Illness during the designated National Mental Health Awareness month. This year's event will be held for the greater Philadelphia region on Saturday, May 16, 2015 at the Montgomery County Community College campus located at 340 DeKalb Pike in Blue Bell, PA. It is not too late to sign up, or to join or register a team. For registration information, contact Beth Milton at 215-361-7784, or beth.milton@comcast.net.

Staff Spotlight **Amanda Miles,** **LPC**



Amanda holds a Master of Arts in Clinical Counseling from Eastern University, and recently received her Professional Counseling license for Pennsylvania. She joined Daemion Counseling Center as an intern, and continued

after completing her degree in 2012. Amanda works with her clients in a holistic fashion, and uses mindfulness techniques. She is also a certified Yoga instructor, and hopes to integrate yoga into a therapeutic setting. She is a valuable asset to our organization, and the clients she serves.

Services:
Individual Counseling
Women
Adolescents
Men
Couples Counseling
Groups
Drug & Alcohol
Evaluations
Anger Management
Evaluations
10- week Program

Depression
Anxiety
Relationship Issues
Effective Communication
Separation/ Divorce
Peer Relationships
Parenting Concerns
Academic
Underachievement
Grief and Loss
Identity Development
Self Esteem
Adjustment
Trauma
Coping Skills
Family Conflict
Career Counseling

Fast Fact:

Mental disorders fall along a continuum of severity. The most serious and disabling conditions affect 5-10 million adults and 3-5 million children in the United States.

National Alliance on Mental Illness

Still a place to be heard after over 40 years! Daemion Counseling Center is a grass-roots, community-based mental health counseling center operating continuously since 1970 to serve individuals (ages 12 and older), couples, and families in the Philadelphia metropolitan area. We offer evidence-based practices for clinical mental health counseling, Drug and Alcohol Evaluations, and an individualized Anger Management program. Our professional staff works closely with each individual to develop and achieve client-initiated goals.

Mental Health Across the Ages

It's important to recognize that mental health conditions vary and change with age. It is not unusual for a condition to "look" different in a child and an adult. Clinicians must pay careful attention to nuances of behavior and must consider all symptoms in context of normal development. For example, a temper tantrum may be typical behavior for a 3 year old, however a 23 year old individual should have mastered delayed gratification, self control, and emotion management sufficient to refrain from acting out in such a fashion.

Some conditions, such as Schizophrenia, are not clinically notable until young adulthood, while others must be recognized and diagnosed during childhood. Symptoms of other disorders of the brain (Parkinsons, Huntingtons) do not present themselves until later in life.

While there are no tried-and-true "warning signs" that a loved one may be experiencing a mental health condition, the following conditions or circumstances are important to note and worthy of follow up attention with a professional, regardless of age:



- Social withdrawal
- Drop in functioning
- Difficulty with concentration, memory, or logical thought
- Heightened sensitivity to sights, sounds, touch
- Unusual or exaggerated beliefs about self
- Fear or suspiciousness of others
- Rapid/dramatic shifts in mood

Daemion Counseling Center

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