

Depression in Children or Teens

Children's Hospital Community Clinic at the COA Goldin Center

Article adapted from the Canadian Mental Health Association—Mental health for all



Depression does not affect only adults, it can happen to children and teenagers too, and it is just as real a problem for them as it is for adults. The pressures of school and growing up can be overwhelming for children and teens.

If your child becomes depressed, your first warning signs will probably be changes in behavior that may suggest a troubled and unhappy state of mind. These are not temporary changes, rather changes that last more than two weeks. A child or teen who used to be active and involved may suddenly become quite and withdrawn. A good student might start getting poor grades.

Some of the common signs of depression can occur when school, social, or family pressures become too stressful. Your child or teen may be depressed and need professional help if you notice several of the following signs of depression: changes in behavior; changes in feelings; changes in thinking; physical changes.

How to help a depressed child:

1. Notice your child's behavior
2. Talk to your child
3. Listen to your child
4. *Act on what you see and hear*

If you have noticed signs of depression, do your best to encourage your child to talk to you about how they are feeling. Write down what they say. If you think your child has become depressed, do not panic. Help is available to you and your child. Act means to seek out help. Depression is very treatable. Teens, children and adults can all be helped to overcome depression.

Engage a support network to help you. Your child's teachers and school can be a huge support. All MPS schools have staff, teachers and administrators who will help refer your child to individual or group counseling, helping your child or teen to start working on their stress. Also, engage your family doctor in the discussion. They may be able to refer you to a children's mental health clinic or a therapeutic setting to help them address their depression symptoms. Follow through with professional recommendations. If you have questions or need a referral, please call the Children's Hospital Clinic at the COA Goldin Center at (414) 431-9563.

Community Happenings

All events take place at the COA Goldin Center, 2320 W. Burleigh Street unless otherwise noted *in italics*

Thursday, November 27– Sunday, November 30: COA Goldin Center Closed

Tuesday, December 16: Amani United Meeting, 4:30 p.m.—6:30 p.m., *at the Black Historical Society, 2620 W. Center St.* Report out to the community, meet and greet with local officials, Moody Park update and more!

Friday, December 19: Holiday Community Fun Night, 5:00 p.m.—7:00 p.m. Free and open to the public. Dinner, raffles, and family fun. An adult must be present with children to attend.

Monday, December 22—Friday, January 2: MPS Winter Break

Wednesday, December 24—Thursday, December 25: COA Goldin Center Closed

Wednesday, December 31—Thursday, January 1: COA Goldin Center Closed

Monday, January 19: Dr. Martin Luther King Day, MPS Schools Closed

Tuesday, January 27: Amani United Meeting, 4:30 p.m.—6:00 p.m.

Tuesday, February 24: Amani United Meeting, 4:30 p.m.—6:00 p.m.



Amani United Meeting—Join Us!

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Amani United

Issue 5: December 2014

COMMUNITY NEWSLETTER



Amani Votes, Amani's Future

By Pepper Ray

Amani BNCP Coordinator—Dominican Center for Women

There are countries today where people cannot exercise a right that some in the Amani neighborhood take for granted. Elections allow constituents a voice in selecting leaders that prioritize issues and concerns that are closely aligned with their own. Moreover, voting allows the public to have a voice in many different decisions that affect our lives.

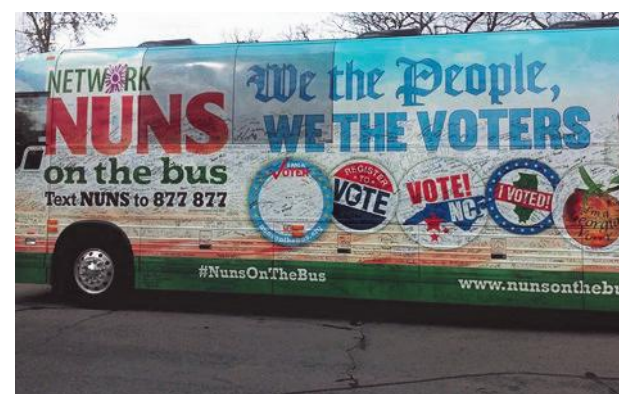
There was a point in time when certain groups of people could not vote. Poll taxes, literacy tests, and other restrictions were imposed to prevent participation in the election process. Numerous demonstrations were held, and the considerable violence that erupted brought national awareness and attention to the issue of voting rights. This encouraged President Johnson and Congress to pass voting rights legislation on August 5, 1965. This outlawed discriminatory voting practices. Today, the American Civil Liberties Union is a major protector of voting rights.

Voting is the best way to request better services, policies, and laws. It also informs residents of what is happening community-wide. "Milwaukee grassroots efforts were very encouraging for the 2014 Gubernatorial election which included canvassing by Safe & Sound. Wisconsin Jobs Now, Service Employees International Union and residents provided transportation to the polls," Jacob Gatlin, the Amani BNCP community organizer stated. Amani United hosted election efforts in conjunction with these organizations to boost voter awareness. This included a voting info session as well as transportation for early voting and an election day tailgate.

2015 election dates are Tuesday, February 17 and Tuesday, April 7. We encourage anyone who does not have identification to take advantage of the free voter ID's provided through the Department of Motor Vehicles. When residents are engaged in the political process, they increase their ability to affect positive change.

We would like to thank everyone that helped in our 2014 voting initiatives, including Nuns on the Bus, Beverly Bell (Twilighttraveltours@yahoo.com), Arlene Patterson, Brenda Hart, Michael Hanna, Belinda Sims, Arthur West, Leatha West, Wes Landry, and Beau Sanders.

Note: On November 4, 2014, More than 1,000 residents voted at the COA Goldin Center—Amani Votes!



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Moody Park Construction

By Pepper Ray
Amani BNCP Coordinator—Dominican Center for Women

Many residents, new and old, gathered on August 29, 2014 to participate in the groundbreaking of Calvin C. Moody Park, but the event almost didn't happen. When residents learned that the County wanted to postpone the groundbreaking, they called on their elected officials asking for action. It paid off. Seeing how engaged the residents were and how invested they are in making the park a success, the County Executive held the groundbreaking as scheduled.

"J.P. Cullen has been selected as the contractor for Moody Park. Equipment has started to mobilize as site prep and construction will begin in November," Milwaukee County Parks has stated. On December 16th residents will have the opportunity to meet with contractors and view updated layouts of the park during an open house that will take place at the Black Historical Society (2620 W. Center Street) at 4:30 p.m.

In other news, Friends of Moody Park meetings will take place during the Amani United meetings over the winter months. Separate meetings will resume in the spring. If you are interested in participating in the development of programming for Moody Park, please contact Unitedamani@gmail.com. This newsletter will continue to provide updates on the park.



Someone You Should Know: Mrs. Patricia Ott

By Sister Patricia Rogers
Executive Director—Dominican Center for Women



We often hear about absentee landlords in Amani, but nothing about the caring and supportive property owners. Amani is proud to have a caring partner and member in Mrs. Patricia Ott. Pat is a hard working community activist, landlord, Amani United member and strong supporter of the Dominican Center for Women.

A genuine love for people is the only reason a landlord would be so involved in the community. It is not uncommon to see Pat roll up her sleeves and do whatever it takes to make life better for children and families. She started an after school learning center,

was instrumental in getting 25 gardens installed for Amani residents, is the lead gardener for the 24th street community garden and she introduced Milwaukee Time Exchange to residents. Pat singlehandedly got GROUNDWORK Milwaukee and the City of Milwaukee Neighborhood Improvement Development Corporation to match funds for the 2014 Amani Community Garden's planting season.

Amani has free family-friendly community gardens complete with an outdoor library and sitting area thanks to Pat and her Amani youth volunteers. It is located at 2939 N. 24th Street. All Amani residents are invited from April to September.

Patricia Ott is someone you should know!



Family Resource Center Offers a Place to Bond

By Leah Andreini
FRC Program Assistant—COA Youth & Family Centers



Meacher Finch is a participant of COA's Ethel Nutis Gill Family Resource Center and resides in the Amani Community. Tunisia Sims, Amani's Health Navigator, introduced Ms. Finch to the FRC's Family Drop-In Program in September of 2013. Since their first visit, she and her grandson, Marcellus have been devoted members of the FRC.

Ms. Finch explains that Family Drop-In is a continuous learning experience for her family. Marcellus is learning socialization skills, how to follow directions, become more independent, and reach developmental milestones. He loves to participate in different activities that he was previously never exposed to. She appreciates the positive atmosphere and learning environment of the FRC.

Ms. Finch has formed friendships with other Amani parents at the Family Drop-In Program and during monthly field trips. She states that one of the greatest benefits of the FRC thus far has been the positive, growing relationship between her and her grandson. "We have become so much closer since attending the FRC. We have a very special bond now." Ms. Finch encourages the Amani Community to utilize the FRC for spending quality time with family and utilizing the many resources they have to offer. She states, "You have to come in and see the benefits firsthand for yourself. You won't be disappointed."

Family Drop-In times are Wednesdays and Thursdays, 12:00 p.m.—2:00 p.m., and Friday, 11:30 a.m.—1:30 p.m.

COA Welcomes Joe Trevino, Director of Programs

By Mara Duckens
Associate Executive Director—COA Youth & Family Centers



There is a new face at the COA Goldin Center. We are excited to introduce Joe Trevino who has been hired as COA's Director of Programs. In this capacity, Joe will oversee early child, youth, and community development programs for the agency, with a continuing commitment to integrating our family-centered approach into all services.

Housed at the Goldin Center, Joe will spend a great deal of his time in the Amani and Franklin Heights neighborhoods working with residents on high-impact programs and community development initiatives. You will grow accustomed to seeing him at Amani United and Moody Park planning meetings, Family Nights, and other events.

Before coming to COA, Joe had an impressive 30 year career with the Boys & Girls Clubs. During that time he held several management positions including Director of the Davis Boys & Girls Club and as Senior Director of Operations. Most recently, he was Vice President of Operations for the Boys & Girls Club of the Twin Cities where he managed eight metro club sites as well as a residential camp. He returned to Milwaukee for the balmy temperatures and mild winters.

"I am very excited about working at COA and working together with Amani United to bring about positive change for residents. At COA we will continue to be a safe haven that provides quality programs and services for children and families in the Amani neighborhood. My vision is to bring together all sectors of the community to identify problems, evaluate changing conditions, and build collective approaches to improve the quality of life in the neighborhood," says Joe.

During his leisure time, Joe enjoys coaching basketball, working out and attending sporting events. Please take time to say hello the next time you are in the Goldin Center or see Joe out and about in the community.

Come out and meet Joe at COA's Holiday Community Fun Night on Friday, December 19th at 5:00 p.m. This event is free and open to the public. Enjoy dinner, raffles, and plenty of family fun!