



September 2019 E-Newsletter

*The Latest News from Astor*



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Friend

We hope you are enjoying these cool late summer days! As parents and children settle into their back-to-school routines, we realize the transition may not be easy for some kids. The stress of a new school and new routine can be hard on children. We offer a few tips to ease the stress.

September is National Suicide Prevention Month. Dr. McGuirk shares some red flag behaviors to recognize youth in crisis.

Astor is looking for folks to join our Young Professionals Board. If you would like to be an advocate for children and families, we would love to hear from you.

We thank you for your continued support and wish everyone a wonderful and safe school year!

Your friends at Astor.

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## Going Back to School Doesn't Have to Be Hard

Most children love summers. But for children with mental health problems, the summer time doesn't just signal fun in the sun. For these children, summer time is a time of emotional and physical relief. Which is why going back to school is so hard. So, what can parents do to make the transition back to school easier? Here are some tips to get you started.

- **Ask about worries** – Ask your kids open-ended questions. Remind children that it's important to talk about it because waiting and not dealing with it is so much worse. Listen to your children by reflecting what they say. Tell them it's ok to feel those ways.

- **Pay attention to sleep** – Pay close attention to changes in sleeping patterns. The earlier you notice an issue, the earlier you can address it.

- **Develop and practice strategies** – The best way to find strategies is to empower your child to find solutions. Ask them questions like, "What do you think will help that problem?" and "Did you do something that worked before?"

*Read more at [Mental Health America](#)*

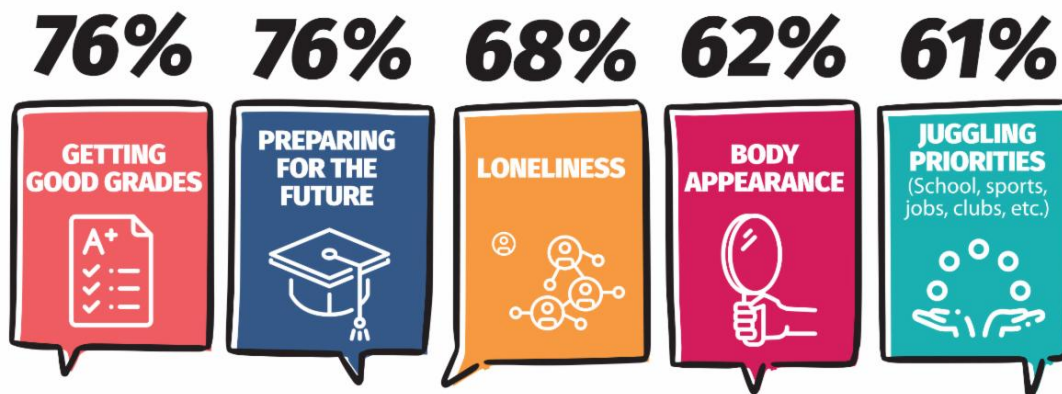
## Manage Back-to-School Stress

If the thought of going back to school fills you with dread, you're not alone. It's normal to feel stressed or lonely sometimes – but when it's all the time, it can impact your school year. When your stress starts impacting

sleep or when you can't shake that sad feeling – it could be something more serious. Free, confidential, and anonymous screening tools are available at [www.MHAScreening.org](http://www.MHAScreening.org).

### WHAT IS STRESSING PEOPLE OUT MOST?

Mental Health America surveyed 11-17 year olds who came to [MHAScreening.org](http://MHAScreening.org) about what was stressing them out. Here's are the top 5 things that caused them stress.



## SEPTEMBER IS NATIONAL SUICIDE PREVENTION MONTH

### Recognizing Red Flag Behaviors in Youth

by James McGuirk, PhD

Parents and guardians are responsible for their children's health and well-being, including regular check-ups with a physician, a common and often required back-to-school ritual. Less talked about but equally perhaps more important, raising children must also include nurturing their mental health. Spotting the signs of a child who maybe struggling can be the difference between life and death, and sometimes those signs are hard to distinguish from normal developmental stages. Recognize the red flag behaviors – [continue reading online](#).



### Are you a Young Professional looking for a way to give back?

If you are between the ages of 25 and 40 and are looking for a meaningful and amazing

opportunity to advocate and raise funds for children and families dealing with mental and behavioral health challenges, then Astor is for you! **Astor is recruiting for our Young Professionals Board (YPB)** and we are looking for candidates in the NYC area who want to build awareness and make a difference in the lives of children and their families. [Click here](#) to learn more about serving on our YPB from a current board member or contact Maliha Khan at [mkhan@astorservices.org](mailto:mkhan@astorservices.org) for more information. **Join us as we work to ensure that Every Child Has a Childhood...**

Read about **Stephanie Dameshghi** as she shares her experiences being on **Astors Young Professionals Board.**



## Astor Seeks New Chief Executive Officer



Astor Services for Children & Families seeks a strong and compassionate leader who shares our values and outcome-based approach to providing children's behavioral health services, child welfare services, and early childhood development programs. The CEO is responsible for the overall leadership within the agency, and advancing the agency's mission and philosophy. [Full job description.](#)

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