

2010

October is Disabilities and Mental Illness Awareness Month

Children diagnosed with autism spectrum disorder (ASD) is becoming common. In December 2009, the Center for Disease Control (CDC) released results of a recent study: prevalence of autism among children 0 - 8 years old is 1 in 110, an aggressive increase from during the past two years and 600 percent since the 1990s.

900 babies are born in Lewis County every year. According to current prevalence rates, at least seven children every year will be diagnosed with autism.

The University of Washington participated in a nation-wide study, also in 2009, that concluded “over half of all children who enter kindergarten are lagging in health, socio-emotional and / or cognitive development. Physical and mental health related issues account for 94 percent of children every year who are not school ready.”

Currently a group of Lewis County educators and pediatricians are working together to provide a community wide protocol to get a faster diagnosis and services for children with autism and other learning disabilities.

The American Academy of Pediatrics (AAP) new developmental screening recommendations state that: **ALL children from birth to age three** should have systematic screenings at age 6 months, 12 months, 24 months, 30 months and 36 months. Local resources are listed on the other side of this newsletter.

More children will be diagnosed with
Autism this year
than with **AIDS, diabetes and cancer combined.**

templegrandin.com

Lewis County Mental Health News:

- Suicide is the second leading cause of death for Washington State teens age 15 - 19.
- 32 percent of Lewis County High School Seniors (about 1280 kids) reported feeling depressed.
- National studies project a county with the population of Lewis County would have about 18,685 residents with mental disorders and 4,396 having severe mental illness.
- Stress and Depression are **not** the same thing. Talk to a mental health professional to learn the important and potentially life saving differences.

Source: Lewis County Public Health and Social Services

Medical Walk-in Open!
1800 Cooks Hill Road, Suite F
736-3042
Hours: Noon - 10:00 p.m.
7 days a week - closed holidays

Other Valley View Health Center Locations:

2690 NE Kresky, Chehalis
(360) 330-9595
Medical, Dental and Mental Health

Morton Dental
(360) 496-5101

Onalaska (360) 978-6600
Medical

Raymond (Pacific County)
(360) 942-3040
Medical and Dental

Toledo (360) 864-4400
Medical

Winlock (360) 785-9400
Medical

www.vvhc.org



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To Learn More:

Meet the Lewis County Mental Health Ombudsperson Theresa Mahar
Two sessions October 7, 10:00 am to noon and 6:00 to 8:00 pm
156 NW Chehalis Avenue, by Lewis County Public Health Department

Attend a National Alliance on Mental Illness (NAMI) meeting.
Call Judy at 360-785-9668 for more information

Attend a Mental Health Coalition meeting the first Thursday of each month 12:00 - 1:30
156 NW Chehalis Avenue, Chehalis.
Contact Carolyn Price at 740-1430 for more information.

Local Disabilities Intervention and Education Resources

For children under age three:

In-tot Developmental Center 748-4359 or 1-888-548-4359
Growing Together 748-2277 or Student Support 807-7245

For children age three and older:

Contact your local school district or
Lewis County Special Education Coop 748-3384

Additional Information: For disabilities information for children call Parent to Parent at 360-736-9558 ext. 107.
For information for adults call Reliable Enterprises 360-736-9558

The Valley View Health Center Early Learning and Literacy Corner also provides disability and community education resources. Call 360-330-9557 for more information.

Our main location in Chehalis offers Medical, Dental and Behavioral Health services



2690 NE Kresky Avenue, Chehalis, (360) 330-9595

We welcome Medicare, Medicaid, the uninsured, underinsured and low-income individuals and families.
Most insurances are accepted and a sliding fee scale program also available.

**Other Valley View centers in Morton (Dental only), Onalaska, Raymond, Toledo, Winlock and new Walk-In (medical only) now open
at 1800 Cooks Hill Road, Suite F, Centralia**

Bilingual Services available at all clinics

For location addresses and phone numbers and general health information, please visit www.vvhc.org