



The OLA Review

OLA Family Services
OLA Home for Boys and OLA Intervention Services for Youth and Families Volume 1, Issue 2

Special points of interest:

- Natural treatments for depression
- OLA Testimonials
- Suicide Prevention
- Early childhood development facts
- Intensive In Home Survey Results

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Natural treatments for depression...

Depression is a disturbance of mood that casts a long deep shadow over many facets of life. **Moods** are feeling states that color our psychological lives. Most of us experience changes in our mood or feel down or depressed when we are rejected by a date, flunk a test or when things don't turn out the way we want them to. People with a **depressive disorder** experience disturbances in mood that are unusually severe or prolonged and impair their ability to function in meeting their normal responsibilities. Approximately 16.5% of all people overall, experience **major depression** (severe type of depression) in

their lifetime. Approx. 4.3% experience **dysthymic** (a milder type of depression) in their lifetime. Depressive disorders are typically treated with psychotherapy, such



as, behavioral or cognitive, or with biomedical approaches, such as antidepressant medications. Sometimes a combination of therapy and drugs is used. Many are not aware of natural treatments

that can help with depression.

Natural treatments include:

- Saint John's Wort - a natural herb that is effective in managing depression
- Exercise - a mood booster
- Proper sleep - reduces irritability
- Massages - increases the body's production of pain killing endorphins
- Yoga - can help alleviate symptoms of depression
- Prayer/Meditation - calms the mind

Nevid, Jeffrey S.; Rathus, Spencer A.; Greene, Beverly (2008). Abnormal psychology in a changing world (7th ed.).

OLA Intervention Services for Youth and Families offers an array of services designed to meet the needs of the entire family:

- **Therapeutic Day Treatment**
- **Mental Health Support Services**
- **Intensive In Home**
- **Therapeutic Mentoring**

OLA Testimonials

Therapeutic Day Treatment

- 100% of clients were promoted.
- Class attendance increased by 50%
- Class participation increased by 75%
- School suspensions decreased by 33%
- 33% of clients earned end of year honor roll; 50% of clients saw an improvement in grades
- A client graduated from High School and a client passed his GED exam; both clients are in the process of enrolling in vocational school.

OLA Home for Boys

- Four clients graduated from the program and were successfully integrated into the community
- 80% of clients on phase III (next to final phase of the program) have vocations
- 46% of clients increased a phase during the last quarter; All other clients demonstrated positive progress towards their goals and objectives
- 100% therapeutic participation and involvement
- 66% of OLA Home for Boys clients involved in extracurricular activities (ROTC, Baseball, etc.)

Suicide Prevention

Suicidal thoughts are not that uncommon. During times of great stress, many people have considered suicide. Every 17 minutes in our country, another life is lost to suicide. Every day, 86 Americans take their own lives and over 1,500 attempt suicide. Suicide is now the eighth leading cause of death in America. For every two victims of homicide in the U.S., there are three deaths from suicide. Suicide takes the lives of more than 30,000 Americans every year. (Source: Center for Mental Health Services, 2001). If someone discloses that they are contemplating suicide, try these suicide prevention tips:

- Take the person’s comments seriously.
- Draw the person out - ask, questions like, What’s going on? Where do you hurt?
- Be empathetic - Show that you care. Avoid using statements like ‘you’re talking crazy’.
- Suggest solutions and alternatives other than suicide to help work out the problem (s).
- Ask the person how they plan to commit suicide. Secure what they plan to use (drugs/gun).
- Propose that the person accompany you to consult a professional right away.
- Call 911 or emergency services t the local community services board if necessary.

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Interesting facts about Early Childhood Development

- At-risk children who do not attend quality early childhood education programs are 70% more likely to be arrested for a violent crime by age 18.
- For every \$1 invested in early childhood development programs, there is a \$7—\$8 public return.
- For every child who participates in a high-quality preschool program, the public benefit is \$70,000 in avoided crime costs.
- Children who hear fewer words before age 3 have dramatically smaller vocabularies and are unlikely to ever catch up.
- In the Richmond region, 62% of children under six are cared for by someone other than a parent.
- There are multiple factors that place children at risk for poor developmental outcomes. These include:
 - growing up in poverty
 - poor quality early learning
 - parental risk & behaviors
 - chronic health problems
 - diagnosable disabilities, or
 - emotional & behavioral problems.

*Nobody can do everything, but everyone can do something ~
author unknown*

IIH and MHSS 2nd Quarter Survey Results

100% of responders found the services provided by OLA extremely helpful!

Quotes from parents/clients:

“My counselor has taught me how to be strong, she motivates me.”

“I have grown from being an inexperienced parent to an experienced parent. I was a mess, but now I’m better.”

“I am trying to accomplish a lot and with the help from OLA I get a lot done.”

“You all have been very good in helping with my child, he is enjoying the services.”

Clients rated their counselors on the following attributes:

