

Monthly Spotlight February 2012

ANXIETY

The Center for Children and Youth provides comprehensive evaluations and treatment for children and adolescents ages 4-18, who are experiencing unusual or excessive anxiety.

Anxiety disorders are among the most common illnesses in America. About 13 percent of children between 9 and 17 years of age have an anxiety disorder.

According to Mental Health America, "All children experience some anxiety; this is normal and expected. For example, when left alone at a preschool for the first time, many children will show distress; a young child with his or her own room may develop a fear of the dark. Such anxiety becomes a problem when it interrupts a child's normal activities, like attending school and making friends or sleeping. Persistent and intense anxiety that disrupts daily routine is a mental health problem that requires help."

Signs of Anxiety Include:

- Fear of separating from parents or significant others
- Nighttime fears or unwillingness to sleep alone
- School refusal
- Intense anxiety attacks or panics
- Fear and/or avoidance of specific animals, objects or situations
- Anticipatory anxiety and/or avoidance of social situations
- Performance anxiety, including fear of talking in class
- Repetitive, compulsive, ritualized behaviors
- Excessive worrying and ruminating (sometimes accompanied by physical complaints)
- Anxiety in the aftermath of traumatic events

The Anxiety Program offers a full spectrum of psycho-therapeutic treatments, which include:

- Comprehensive Diagnostic Evaluation
- Individual, Family and Group Therapy
- Medication Evaluation and Management

The Anxiety Program is lead by a team of Certified Child and Adolescent Psychiatrists, Advanced Practice Nurses, Clinical Psychologists, and Clinical Social Workers. The West Bergen Center for Children and Youth has a tradition of offering high-quality interventions which include Cognitive Behavioral Therapy, Interpersonal Psychotherapy and Family Systems Therapy.