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Bipolar breakthrough

Study shows rates similar for teens, adults

Counseling & Recovery 
SERVICES OF OKLAHOMA 

"The rate of bipolar symptoms among U.S. teens is nearly as high as the rate found among adults, according to NIMH-funded research published online ahead of print on May 7, 2012, in the Archives of General Psychiatry."

[National Institute of Mental Health \(NIMH\) Science Update, June 18, 2012](#)

This research confirms adolescent mood disorders should receive greater and immediate attention. Adolescent bipolar disorder can exhibit mania without depression. Bipolar disorder is associated with or may precede behavioral problems such as substance use disorders and attention deficit hyperactivity disorder, according to the researchers.

What to do if behavior reaches a crisis?

The significance of this study to health professionals, parents, educators, clergy and youth organizations is clear. Adolescents unable to control emotions and actions may have underlying illnesses that will only get more severe if untreated.

Call the [CALM Center](#) at 918.394.CALM anytime of day or night for immediate assessment when a behavioral, emotional or substance abuse crisis occurs. A board certified psychiatrist and licensed therapist work together to create a diagnosis, and a treatment team works with the child and family, providing education and support.

[Wraparound Tulsa](#) also helps youth and families create the right combination of services and support in the community to overcome crisis and find success. Wraparound is available by calling 918.492.2554 weekdays.



Sally's story is not unusual

Sally screamed, yelled, punched the wall, cried and disrupted the whole family for weeks until her parents finally brought her to the CALM Center.

After her bipolar diagnosis, Sally began medication to control the symptoms and worked with behavioral health aides to find alternative ways to act and react in situations.

Sally's family received education and support on how to help Sally. The family also received help creating a plan for continued care leaving the CALM Center.

Sally is now in college and doing well, thanks to the recovery that began at the CALM Center.

Is it bipolar or teen drama?

A National Institutes for Mental Health booklet, Bipolar Disorder in Children and Teens, is a great resource.

For example, the booklet details the symptoms of mania, a term often associated with bipolar disorder:

Mood changes: Unusual, overly silly, joyful mood; extremely short temper, irritable mood.

Behavior changes: Sleeping little but not tired; talking a lot, racing thoughts; trouble with concentration and attention; risky, pleasure seeking behavior.

[Access the book through this link.](#)

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