Has your epileptic teen ever struggled with, or have you as his or her parent been concerned that your teen may suffer from:

- depression?
- anxiety?
- problems socializing with peers or low self-esteem?
- bullying by classmates because of the epilepsy?

Emotional and mental health is an important part of our overall wellness. Unfortunately, because of the fear and stigma our society harbors about mental illness, many of us are uncomfortable dealing with that part of our lives. So, we may overlook warning signs that we or our children are depressed or anxious, with sometimes-disastrous consequences.

Cleveland Clinic, the Epilepsy Association of Cleveland, the National Alliance on Mental Illness – Greater Cleveland (NAMI GC) and The Music Settlement invite you and your teen (ages 12 to 18) to participate in the Project COPE Collaboration, a four-part wellness seminar for parents and their teens with epilepsy.

The COPE curriculum will be offered three times a year from 2011 to 2013.

Please complete the following information to register, and return to:

Tatiana Falcone, MD
9500 Euclid Avenue/P57
Cleveland, OH 44195

For more information, contact Tatiana Falcone, MD, at 216.444.7459 or Evelyn Rivera, PhD at 216.875.0266.
MENTAL HEALTH FOR TEENS WITH EPILEPSY

Teens with epilepsy are at greater risk of suffering from depression, anxiety and even suicide attempts if these emotional/mental health problems go untreated. Depression is one of the most frequent psychiatric conditions associated with epilepsy. In fact, the prevalence of depression in epilepsy appears higher than in other chronic illnesses.

The COPE program consists of four sessions geared toward either the parents of children/teens who have epilepsy or the children/teens (ages 12 to 18) themselves. Participants will learn about the importance of emotional wellness/mental health and how to cope with everyday stressors they may face.

SEMINAR DEVELOPMENT TEAM

Dr. Erendira Lopez-Garcia, psychologist
Dr. Tyffani Monford-Dent, psychologist
Dr. Pamela Singleton-Farer, psychologist
Dr. Tatiana Falcone, psychiatrist
Dr. Evelyn Rivera, psychologist
Marsha Mitchell-Blanks, MSW
Ronna S. Kaplan, MA, MT-BC
Lisa M Gallagher, MA, MT-BC
Gerald McGee, LISW

PARENT TOPICS

• Recognizing the signs of behavioral/mental/emotional problems in children/teens with epilepsy
• Building healthy self-esteem and confidence in children with epilepsy
• Parenting an emotionally healthy epileptic child
• Overcoming stigma – how to seek mental health services for your family

TEEN TOPICS

• Living with epilepsy – the role of emotional wellness (body, mind, spirit)
• Who am I? Developing a healthy teen identity
• Social problem-solving skills
• Taking responsibility for my wellness

SPONSORED BY

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