

**Mental health: integral to
the well-being of children and youth**
For its fifth season, the Douglas Mini-Psych School
will be exploring this theme

Montreal, Tuesday, September 14, 2010 - For the past five years, the Douglas Mental Health University Institute has been offering the Mini-Psych School, the only public education program of its kind in Quebec. This year, the program will be focussing on mental health in children and youth.

The Mini-Psych School provides a special opportunity to hear Douglas Institute psychiatrists, psychologists, clinicians, and researchers speak about recent developments on the causes, symptoms, and treatments of mental illness.

Head, shoulders, knees and... brain!

Medical check-ups are ways for parents and those who work with children to make sure youngsters are physically fit, ready for school, and that they will grow up healthy. But what can be done to assess their mental health? A good starting point is to:

- better understand their psychological development
- identify the behaviours or attitudes that could be cause for worry
- know when and how to intervene to enable a child to blossom!

Camillo Zacchia, PhD, Professional Chief of Psychology at the Douglas (and father of four!), will be the host of the 2010 sessions. He and the other Mini-Psych School's teaching professionals are available for interviews.

Mini-Psych School 2010 classes

- **Childhood physical abuse affects the brain. Is the damage permanent?**
- **Can children really suffer from depression?**
- **What goes on in the mind of anxious students?**
- **Hyperactive children: when should you take action and how?**

Information: <http://www.douglas.qc.ca/page/mini-psy-2010?locale=en>

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