

FAIRFAX MENTAL HEALTH AND WELLNESS

FAIRFAX MENTAL HEALTH AND WELLNESS: YOUR GUIDE TO FINDING SUPPORT AND THRIVING

FEELING OVERWHELMED? STRUGGLING TO COPE? YOU'RE NOT ALONE. MANY PEOPLE IN FAIRFAX EXPERIENCE MENTAL HEALTH CHALLENGES, AND FINDING THE RIGHT SUPPORT CAN FEEL LIKE NAVIGATING A MAZE. THIS COMPREHENSIVE GUIDE TO FAIRFAX MENTAL HEALTH AND WELLNESS WILL EQUIP YOU WITH THE RESOURCES AND INFORMATION YOU NEED TO PRIORITIZE YOUR WELL-BEING AND BUILD A HEALTHIER, HAPPIER LIFE. WE'LL EXPLORE VARIOUS SERVICES, TREATMENT OPTIONS, AND SELF-CARE STRATEGIES AVAILABLE RIGHT HERE IN FAIRFAX, ENSURING YOU HAVE THE TOOLS TO TAKE CONTROL OF YOUR MENTAL HEALTH JOURNEY.

UNDERSTANDING MENTAL HEALTH IN FAIRFAX

FAIRFAX COUNTY, LIKE MANY AREAS, FACES THE CHALLENGES OF INCREASING STRESS, ANXIETY, AND DEPRESSION. THE DEMANDS OF MODERN LIFE, COUPLED WITH POTENTIAL SOCIAL ISOLATION, CAN SIGNIFICANTLY IMPACT MENTAL WELL-BEING. UNDERSTANDING THAT SEEKING HELP IS A SIGN OF STRENGTH, NOT WEAKNESS, IS CRUCIAL. THIS ISN'T ABOUT FIXING A "BROKEN" YOU; IT'S ABOUT OPTIMIZING YOUR WELL-BEING AND DEVELOPING COPING MECHANISMS FOR A MORE FULFILLING LIFE. THIS GUIDE AIMS TO DEMYSTIFY THE PROCESS OF FINDING MENTAL HEALTH SUPPORT IN FAIRFAX AND PROVIDE YOU WITH A CLEAR PATH FORWARD.

ACCESSING MENTAL HEALTHCARE IN FAIRFAX: A VARIETY OF OPTIONS

NAVIGATING THE FAIRFAX MENTAL HEALTH SYSTEM CAN SEEM DAUNTING, BUT UNDERSTANDING THE AVAILABLE RESOURCES SIMPLIFIES THE PROCESS. HERE ARE SOME KEY AVENUES FOR ACCESSING CARE:

1. **PRIMARY CARE PHYSICIANS:** YOUR FAMILY DOCTOR IS OFTEN THE FIRST POINT OF CONTACT. THEY CAN PROVIDE INITIAL ASSESSMENTS, PRESCRIBE MEDICATION IF NECESSARY, AND REFER YOU TO SPECIALISTS. MANY PCPS IN FAIRFAX OFFER INTEGRATED BEHAVIORAL HEALTH SERVICES, MEANING MENTAL HEALTH CARE IS PROVIDED WITHIN THEIR PRACTICE.
1. **PSYCHIATRISTS:** PSYCHIATRISTS ARE MEDICAL DOCTORS SPECIALIZING IN MENTAL HEALTH. THEY CAN DIAGNOSE AND TREAT MENTAL HEALTH CONDITIONS, OFTEN PRESCRIBING MEDICATION AS PART OF A COMPREHENSIVE TREATMENT PLAN. FINDING A PSYCHIATRIST IN FAIRFAX IS RELATIVELY STRAIGHTFORWARD THROUGH ONLINE DIRECTORIES OR REFERRALS.
1. **PSYCHOLOGISTS AND THERAPISTS:** THESE LICENSED PROFESSIONALS OFFER VARIOUS THERAPEUTIC APPROACHES, INCLUDING TALK THERAPY, COGNITIVE BEHAVIORAL THERAPY (CBT), AND OTHERS. THEY HELP INDIVIDUALS UNDERSTAND AND MANAGE THEIR MENTAL HEALTH CHALLENGES. MANY PRIVATE PRACTICES AND COMMUNITY CENTERS IN FAIRFAX EMPLOY PSYCHOLOGISTS AND THERAPISTS.
1. **COMMUNITY MENTAL HEALTH CENTERS:** FAIRFAX OFFERS SEVERAL COMMUNITY MENTAL HEALTH CENTERS PROVIDING AFFORDABLE OR SLIDING-SCALE SERVICES, OFTEN CATERING TO INDIVIDUALS WITH LIMITED FINANCIAL RESOURCES. THESE CENTERS TYPICALLY OFFER A RANGE OF SERVICES, INCLUDING COUNSELING, MEDICATION MANAGEMENT, AND CASE MANAGEMENT.

1. **ONLINE THERAPY PLATFORMS:** FOR THOSE SEEKING CONVENIENT AND ACCESSIBLE CARE, ONLINE THERAPY PLATFORMS PROVIDE A VALUABLE OPTION. THESE PLATFORMS CONNECT YOU WITH LICENSED THERAPISTS THROUGH VIDEO CONFERENCING, ALLOWING FOR FLEXIBILITY AND COMFORT. MANY THERAPISTS SPECIALIZING IN VARIOUS MENTAL HEALTH CONDITIONS ARE AVAILABLE THROUGH THESE PLATFORMS.

FINDING THE RIGHT FIT: CHOOSING A THERAPIST OR PSYCHIATRIST

CHOOSING THE RIGHT MENTAL HEALTH PROFESSIONAL IS CRUCIAL FOR SUCCESSFUL TREATMENT. CONSIDER THESE FACTORS WHEN MAKING YOUR DECISION:

SPECIALIZATION: DO THEY SPECIALIZE IN THE SPECIFIC CONDITION YOU'RE DEALING WITH (E.G., ANXIETY, DEPRESSION, PTSD)?

THERAPEUTIC APPROACH: DO THEIR THERAPEUTIC METHODS ALIGN WITH YOUR PREFERENCES AND NEEDS?

INSURANCE COVERAGE: VERIFY IF YOUR INSURANCE PROVIDER COVERS THEIR SERVICES.

PERSONALITY AND RAPPORT: A GOOD THERAPEUTIC RELATIONSHIP IS BUILT ON TRUST AND MUTUAL RESPECT. SCHEDULE A CONSULTATION TO ASSESS COMPATIBILITY.

LOCATION AND ACCESSIBILITY: CHOOSE A PROVIDER CONVENIENTLY LOCATED AND ACCESSIBLE TO YOU.

SELF-CARE STRATEGIES FOR FAIRFAX RESIDENTS

WHILE PROFESSIONAL HELP IS INVALUABLE, INCORPORATING SELF-CARE PRACTICES INTO YOUR DAILY ROUTINE SIGNIFICANTLY CONTRIBUTES TO OVERALL MENTAL WELLNESS. HERE ARE SOME EFFECTIVE STRATEGIES:

REGULAR EXERCISE: PHYSICAL ACTIVITY RELEASES ENDORPHINS, REDUCING STRESS AND IMPROVING MOOD. FAIRFAX OFFERS NUMEROUS PARKS, TRAILS, AND FITNESS FACILITIES.

MINDFULNESS AND MEDITATION: PRACTICES LIKE MINDFULNESS AND MEDITATION HELP MANAGE STRESS AND IMPROVE FOCUS. MANY APPS AND LOCAL STUDIOS OFFER GUIDED MEDITATION SESSIONS.

HEALTHY DIET: NOURISHING YOUR BODY WITH A BALANCED DIET PROVIDES THE ENERGY AND NUTRIENTS NECESSARY FOR OPTIMAL BRAIN FUNCTION.

SUFFICIENT SLEEP: AIM FOR 7-9 HOURS OF QUALITY SLEEP EACH NIGHT. ESTABLISH A CONSISTENT SLEEP SCHEDULE TO REGULATE YOUR BODY'S NATURAL SLEEP-WAKE CYCLE.

SOCIAL CONNECTION: CONNECTING WITH LOVED ONES AND BUILDING STRONG SOCIAL SUPPORT NETWORKS COMBATS FEELINGS OF LONELINESS AND ISOLATION. JOIN COMMUNITY GROUPS OR VOLUNTEER TO EXPAND YOUR SOCIAL CIRCLE.

BEYOND TRADITIONAL THERAPY: EXPLORING COMPLEMENTARY APPROACHES

BEYOND TRADITIONAL THERAPY, SEVERAL COMPLEMENTARY APPROACHES CAN SUPPORT YOUR MENTAL WELL-BEING:

YOGA AND TAI CHI: THESE MIND-BODY PRACTICES REDUCE STRESS AND IMPROVE FLEXIBILITY.

ACUPUNCTURE: SOME FIND ACUPUNCTURE HELPFUL FOR MANAGING ANXIETY AND DEPRESSION.

ART THERAPY: EXPRESSING EMOTIONS THROUGH ART CAN BE A POWERFUL THERAPEUTIC TOOL.

RESOURCES AND SUPPORT GROUPS IN FAIRFAX

FAIRFAX OFFERS NUMEROUS RESOURCES AND SUPPORT GROUPS FOR INDIVIDUALS STRUGGLING WITH MENTAL HEALTH CHALLENGES:

THE NATIONAL ALLIANCE ON MENTAL ILLNESS (NAMI) FAIRFAX: PROVIDES SUPPORT GROUPS, EDUCATION, AND ADVOCACY FOR INDIVIDUALS AND FAMILIES AFFECTED BY MENTAL ILLNESS.

MENTAL HEALTH AMERICA (MHA) OF NORTHERN VIRGINIA: OFFERS VARIOUS RESOURCES, INCLUDING SCREENINGS, SUPPORT GROUPS, AND REFERRALS.

CRISIS TEXT LINE: PROVIDES 24/7 CONFIDENTIAL SUPPORT VIA TEXT MESSAGE.

CONCLUSION

PRIORITIZING YOUR MENTAL HEALTH IS A JOURNEY, NOT A DESTINATION. BY UTILIZING THE RESOURCES AVAILABLE IN FAIRFAX, EMBRACING SELF-CARE PRACTICES, AND BUILDING A STRONG SUPPORT NETWORK, YOU CAN ACHIEVE A GREATER SENSE OF WELL-BEING AND THRIVE. REMEMBER, SEEKING HELP IS A SIGN OF STRENGTH, AND YOU ARE NOT ALONE IN THIS JOURNEY. TAKE THE FIRST STEP TOWARDS A HEALTHIER, HAPPIER YOU.

FAQs

1. HOW CAN I FIND AFFORDABLE MENTAL HEALTH SERVICES IN FAIRFAX? FAIRFAX COUNTY OFFERS SEVERAL COMMUNITY MENTAL HEALTH CENTERS PROVIDING SLIDING-SCALE FEES BASED ON INCOME. ADDITIONALLY, SOME NON-PROFIT ORGANIZATIONS OFFER FINANCIAL ASSISTANCE FOR MENTAL HEALTH SERVICES.
1. WHAT IF I'M EXPERIENCING A MENTAL HEALTH CRISIS? CONTACT YOUR LOCAL EMERGENCY SERVICES (911) OR VISIT THE NEAREST EMERGENCY ROOM IMMEDIATELY. YOU CAN ALSO UTILIZE THE CRISIS TEXT LINE (TEXT HOME TO 741741) FOR 24/7 CONFIDENTIAL SUPPORT.
1. WHAT TYPES OF THERAPY ARE COMMONLY OFFERED IN FAIRFAX? FAIRFAX THERAPISTS OFFER A WIDE RANGE OF THERAPIES, INCLUDING CBT, DIALECTICAL BEHAVIOR THERAPY (DBT), PSYCHODYNAMIC THERAPY, AND MANY OTHERS. THE BEST APPROACH WILL DEPEND ON YOUR INDIVIDUAL NEEDS AND PREFERENCES.
1. HOW DO I KNOW IF I NEED PROFESSIONAL HELP? IF YOU'RE EXPERIENCING PERSISTENT SYMPTOMS AFFECTING YOUR DAILY LIFE, SUCH AS PERSISTENT SADNESS, ANXIETY, DIFFICULTY CONCENTRATING, OR CHANGES IN SLEEP OR APPETITE, SEEKING PROFESSIONAL HELP IS RECOMMENDED. DON'T HESITATE TO REACH OUT - EARLY INTERVENTION IS KEY.
1. DOES MY INSURANCE COVER MENTAL HEALTH SERVICES IN FAIRFAX? MANY INSURANCE PLANS COVER MENTAL HEALTH SERVICES. CONTACT YOUR INSURANCE PROVIDER TO VERIFY COVERAGE AND FIND IN-NETWORK PROVIDERS IN FAIRFAX.

Fairfax mental health and wellness: Cognitive Vulnerability to Emotional Disorders

Lauren B. Alloy, John H. Riskind, 2006-04-21 Emotional disorders such as anxiety, depression, and dysfunctional patterns of eating are clearly among the most devastating and prevalent confronting practitioners, and they have received much attention from researchers--in personality, social, cognitive, and developmental psychology, as well as in clinical psychology and psychiatry. A major recent focus has been cognitive vulnerability, which seems to set the stage for recurrences of symptoms and episodes. In the last five years there has been a rapid proliferation of studies. In this book, leading experts present the first broad synthesis of what we have now learned about the nature, of cognitive factors that seem to play a crucial role in creating and maintaining vulnerability across the spectrum of emotional disorders. An introductory chapter considers theory and research design and methodology and constructs a general conceptual framework for understanding and studying the relationships between developmental and cognitive variables and later risk, and the

difference between distal cognitive antecedents of disorders (e.g. depressive inferential styles, dysfunctional attitudes) and proximal ones (e.g. schema activation or inferences). Subsequent chapters are organized into three sections, on mood, anxiety, and eating disorders. Each section ends with an integrative overview chapter that offers both incisive commentary and insightful suggestions for further systematic research. A rich resource for all those professionally concerned with these problems, *Cognitive Vulnerability to Emotional Disorders* advances both clinical science and clinical practice.

fairfax mental health and wellness: *Mental Health Intervention and Treatment of First Responders and Emergency Workers* Bowers, Clint A., Beidel, Deborah C., Marks, Madeline R., 2019-08-30 The stress that comes with being a first responder has been known to lead to depression, anxiety, substance abuse, and suicide. However, few clinicians are informed about these health concerns and how to adequately treat them in this population. Therefore, there is an urgent need for practitioners to understand the latest information regarding treatments that will be useful to this specific population. *Mental Health Intervention and Treatment of First Responders and Emergency Workers* is an essential reference source that focuses on the latest research for diagnosing and treating mental health issues experienced by emergency personnel and seeks to generate awareness and inform clinicians about the unique circumstances encountered by these professionals. While highlighting topics including anxiety disorders and stress management, this book is ideally designed for clinicians, therapists, psychologists, psychiatrists, practitioners, medical professionals, EMTs, law enforcement, fire departments, military, academicians, researchers, policymakers, and students seeking current research on psychological therapy methods regarding first responders.

fairfax mental health and wellness: *Within Our Reach* Rosalynn Carter, Susan K. Golant, Kathryn E. Cade, 2010-04-27 In *Within Our Reach*, Rosalynn Carter and coauthors Susan K. Golant and Kathryn E. Cade render an insightful, unsparing assessment of the state of mental health. Mrs. Carter has been deeply invested in this issue since her husband, former President Jimmy Carter, campaigned for governor of Georgia, when she saw firsthand the horrific, dehumanizing treatment of people with mental illnesses. Using stories from her 35 years of advocacy to springboard into a discussion of the larger issues at hand, Carter crafts an intimate and powerful account of a subject previously shrouded in stigma and shadow, surveying the dimensions of an issue that has affected us all. She describes a system that continues to fail those in need, even though recent scientific breakthroughs with mental illness have potential to help most people lead more normal lives. *Within Our Reach* is a seminal, searing, and ultimately optimistic look at how far we've come since Jimmy Carter's days on the campaign trail and how far we have yet to go.

fairfax mental health and wellness: *Help Yourself Now* Jan Yager, 2021-03-09 How to Find Help for Any Situation Although we live in the age of information and everyone is bombarded with potential sources of help, sifting through those possibilities can be a chore. This is where *Help Yourself* comes in! With this useful reference, author Jan Yager provides an overview of the various situations that most people have to navigate, from calling customer service or reporting a crime to finding credible and reliable information about a business, health, or legal concern. Each chapter includes a brief discussion of an issue, potential scenarios, and listings of relevant national and international organizations. Yager also instructs readers on researching state agencies, so they can contact appropriate organizations closer to home. Important topics of discussion include: Health insurance Personal finances Housing assistance Employment services Family planning K-12 education College selection and funding Small business development Legal services Crime victim resources Substance abuse Emergency preparedness And more

fairfax mental health and wellness: *Wellness Issues for Higher Education* David S. Anderson, 2015-07-16 *Wellness Issues for Higher Education* is an essential resource that addresses a range of student wellness issues confronting professionals in college and university settings. Organized around five dimensions of Wellness—Emotional, Social, Intellectual, Physical, and Spiritual—this book comprehensively covers key topics that contribute to students' success in college. Each topical chapter includes proactive wellness advice, and is designed to prepare the

reader to better understand the facts, issues, and strategies appropriate for addressing the issue. Each Chapter Features: Background information, theory, and research Historical and emerging issues Common questions, controversies, challenging situations, and misconceptions Practical applications for the campus This practical guide prepares practitioners to understand and deal with the wellness and health promotion issues contributing to their students' overall success and well-being. Armed with this valuable resource, higher education and student affairs professionals can work to improve academic performance, retention, satisfaction, and quality of life. This thorough resource will guide those working at any level in residence life, student activities, orientation, health education, student leadership, advising, instruction, and other areas of student development.

fairfax mental health and wellness: *American Snake Pit* Dan Tomasulo, 2018-05 In 1987, Staten Island's Willowbrook State School closed its doors for good. *American Snake Pit* is the story of those patients who ended up in psychologist, Dan Tomasulo's care.

fairfax mental health and wellness: *Compassionate School Practices* Christine Mason, Dana Asby, Meghan Wenzel, Katherine T. Volk, Martha Staeheli, 2021-01-05 Already Ready For What Will Come - SEL For A Culture Of Care Is your school prepared to care for all of the students, staff, and families in your community? Sadly, your school might be the only point of care for many. Be already ready--Establish a compassionate cultural foundation for strong relationships and holistic skills to weather stress, trauma, and promote well-being for your entire school population. Help your school or district use available resources to create a compassionate culture of justice and care for all by leaning into this book's approach to leadership and social emotional learning. Discover a collaborative visioning process to elevate compassion through dialogue, policies, and protocol. Readers will find: Practical strategies for working with parents and communities Activities for the whole school An implementation framework for elementary, middle, and high school Deeper understanding of trauma, ACEs, and mental health concerns Support for teachers' mental health What not to do - practices that don't work, and why In-depth case studies and vignettes Read this and usher in transformational and compassionate change that may be the difference in whatever today, tomorrow, or the next day may bring.

fairfax mental health and wellness: *Catalog* Defense Systems Management College, 1997

fairfax mental health and wellness: *What Do You Say?* William Stixrud, PhD, Ned Johnson, 2022-08-16 A guide to effectively communicating with teenagers by the bestselling authors of *The Self-Driven Child* If you're a parent, you've had a moment--maybe many of them--when you've thought, How did that conversation go so badly? At some point after the sixth grade, the same kid who asked why non-stop at age four suddenly stops talking to you. And the conversations that you wish you could have--ones fueled by your desire to see your kid not just safe and healthy, but passionately engaged--suddenly feel nearly impossible to execute. The good news is that effective communication can be cultivated, learned, and taught. And as you get better at this, so will your kids. William Stixrud, Ph.D., and Ned Johnson have 60 years combined experience talking to kids one-on-one, and the most common question they get when out speaking to parents and educators is: What do you say? While many adults understand the importance and power of the philosophies behind the books that dominate the parenting bestseller list, parents are often left wondering how to put those concepts into action. In *What Do You Say?*, Johnson and Stixrud show how to engage in respectful and effective dialogue, beginning with defining and demonstrating the basic principles of listening and speaking. Then they show new ways to handle specific, thorny topics of the sort that usually end in parent/kid standoffs: delivering constructive feedback to kids; discussing boundaries around technology; explaining sleep and their brains; the anxiety of current events; and family problem-solving. *What Do You Say?* is a manual and map that will immediately transform parents' ability to navigate complex terrain and train their minds and hearts to communicate ever more successfully.

fairfax mental health and wellness: *Dancer Wellness* Mary Virginia Wilmerding, Donna Krasnow, IADMS, 2016-10-20 Dancers who want to get the most out of their experience in dance—whether in college, high school, a dance studio, or a dance company—can now take charge

of their wellness. *Dancer Wellness* will help them learn and apply important wellness concepts as presented through the in-depth research conducted by the International Association for Dance Medicine & Science (IADMS) and their experts from around the world. *Four Primary Areas Dancer Wellness* covers four primary topics: Foundations of dancer wellness, which explores the dancer's physical environment, the science behind training, and conditioning Mental components of dancer wellness, which investigates the psychological aspects that influence a dancer's training—imagery, somatic practices, and the ways that rest, fatigue, and burnout affect learning, technique, and injury risk and recovery Physical aspects of dancer wellness, which examines dancer nutrition and wellness, including the challenges in maintaining good nutrition, addressing body composition issues, bone health, injury prevention, and first aid Assessments for dancer wellness, which offers guidance in goal setting, screenings, assessing abilities, and designing a personal wellness plan Each chapter offers learning objectives at the beginning and review questions at the end to help readers recall what they have learned. Sidebars within each chapter focus on self-awareness, empowerment, goal setting, and diversity in dance. "Dancer Wellness meets the needs of dancers in any setting," says Virginia Wilmerding, one of the book's editors from IADMS. "Our authors are leaders in the field, and they thoroughly investigate their areas of specialization. Through that investigation we have provided theoretical concepts and practical information and applications that dancers can use to enhance their health and wellness as part of their dance practice." This text offers foundational information to create a comprehensive view of dancer wellness. "Wellness defines the state of being healthy in both mind and body through conscious and intentional choices and efforts," says coeditor Donna Krasnow. "Anyone interested in the health and wellness of dancers can benefit from this book, regardless of previous training or level of expertise. This book covers each aspect of dancer wellness, whether environmental, physical, or psychological." A web resource is included with all new print books and some ebooks. For ebook formats that don't provide access, the web resource is available separately.

fairfax mental health and wellness: Anxiety Disorders Sarah Hina, Paul Hina, 2010-07-23 According to ADAA, Anxiety disorders are the most common mental illness in the U.S. This guidebook provides essential information on Anxiety Disorders, but also serves as a historical survey, by providing information on the controversies surrounding its causes, and first-person narratives by people coping with Anxiety Disorders. Readers will learn from the words of patients, family members, or caregivers. The symptoms, causes, treatments, and potential cures are explained in detail. Alternative treatments are also covered. Student researchers and readers will find this book easily accessible through its careful and conscientious editing and a thorough introduction to each essay.

fairfax mental health and wellness: Children Who Remember Previous Lives Ian Stevenson, M.D., 2016-05-20 The concept of reincarnation has been around for thousands of years, and is a part of many religions, including Hinduism, Buddhism, Jainism, and Sikhism. In addition to these religious beliefs, many people believe it offers an explanation for the mysteries of life. There are children that claim to remember previous lives as adults or even animals. These claimed memories might affect the development of the child and be incorporated into the child's personality. This book presents an in-depth look at Dr. Stevenson's forty years studying children who claim to remember previous lives. It is an informative, professional read that dispels common misconceptions about reincarnation and offers an open-minded perspective. It provides an overview of the history of the belief in and evidence for reincarnation, with new material relating to birthmarks and birth defects, independent replication studies, and recent developments in genetic study. It also covers research on children, the methods used, the cases studied, and the analyses of the data. The idea of reincarnation is explored as an explanation for some unsolved problems in psychology and medicine.

- INTRODUCTION TO REINCARNATION--Provides an introduction to the study of reincarnation, including a discussion of the belief in reincarnation.
- VARIATIONS IN DIFFERENT CULTURES--Looks at how reincarnation is viewed in different cultures around the world and how it has changed over time.
- EXPLANATORY VALUE OF THE IDEA OF REINCARNATION--The idea of

reincarnation has been around for thousands of years, and many people believe it offers an explanation for the mysteries of life. • TYPES OF EVIDENCE FOR REINCARNATION--There are many types of evidence for reincarnation, including anecdotal evidence, case studies, and research studies. • TYPICAL CASES OF CHILDREN--Looks at typical cases of children who remember previous lives, with a focus on their characteristics. • METHODS OF RESEARCH--Discusses the methods of research and the various ways in which previous-life memories can be investigated. • ANALYSIS AND INTERPRETATION OF CASES--Analyzes a number of cases from the author's 40-year career.

fairfax mental health and wellness: *Blue Mind* Wallace J. Nichols, 2014-07-22 A landmark book by marine biologist Wallace J. Nichols on the remarkable effects of water on our health and well-being. Why are we drawn to the ocean each summer? Why does being near water set our minds and bodies at ease? In *Blue Mind*, Wallace J. Nichols revolutionizes how we think about these questions, revealing the remarkable truth about the benefits of being in, on, under, or simply near water. Combining cutting-edge neuroscience with compelling personal stories from top athletes, leading scientists, military veterans, and gifted artists, he shows how proximity to water can improve performance, increase calm, diminish anxiety, and increase professional success. *Blue Mind* not only illustrates the crucial importance of our connection to water; it provides a paradigm shifting blueprint for a better life on this Blue Marble we call home.

fairfax mental health and wellness: *School Mental Health* Stan Kutcher, Yifeng Wei, Mark D. Weist, 2015-05-05 This book provides vivid examples of school mental health innovations from 18 countries, addressing mental health promotion, prevention and interventions. These initiatives and innovations enable readers from different regions and disciplines to apply strategies to help students achieve and maintain mental health, enhance their learning outcomes and access services, worldwide.

fairfax mental health and wellness: *Lovely* Jess Hong, 2017 This 'Olovely' book promotes the simple message that we are all different and that is lovely. A beautiful celebration of diversity!--Julie Downing, award-winning author-illustrator (Mozart Tonight). Full color.or.

fairfax mental health and wellness: *Positive Psychology for Overcoming Depression* Miriam Akhtar, 2013-01-01 Miriam Akhtar introduces a major breakthrough in the treatment of depression' - Dr Chris Johnston, GP and Action for Happiness campaigner Expert author Miriam Akhtar explains how following the principles of Positive Psychology - cultivating positive emotions - can help you overcome depression and live a happier, more fulfilled life. The book begins by explaining the principles of Positive Psychology, which include savouring positive events, expressing gratitude for everyday experiences we may take for granted, practising meditation, developing optimism and cultivating resilience in the face of difficulties. It then goes on to focus on how these principles can help people cope with one of the most widespread problems in society today - depression. Akhtar explains, in friendly and accessible language, how Positive Psychology can help to prevent depression arising or, if you are already experiencing the blues, how the easy and straightforward exercises can reduce your symptoms and allow the sun to shine on your life once more. Throughout the book she brings these concepts to life by providing real-life case studies that show you how you can work her ideas into your daily routine.

fairfax mental health and wellness: *Latina/o American Health and Mental Health* Leticia Arellano-Morales Ph.D., Erica T. Sosa, 2018-02-16 Essential reading for health and mental health administrators, community agencies, and policy makers as well as students and general interest readers, this book details the state of the physical and mental health of many Latina/o American groups. While Latina/o Americans originate from more than 25 countries, most health or mental health texts largely focus on Mexican Americans and often fail to address other Latina/o groups, such as South Americans, Central Americans, Puerto Ricans, and others. Moreover, most works address either health or mental health, but not both together. In contrast, *Latina/o American Health and Mental Health* addresses both the health and mental health of diverse Latina/o heritage groups. An interdisciplinary approach enables readers to identify both similar and divergent areas that affect

the health and mental health of Latina/o Americans. Strengths-based and social justice perspectives, rather than a deficit perspective, guide the work in its assessment of disparities among treatment for different groups. This text is ideal for graduate students, practitioners, researchers, and policy makers in public health, community health, family studies, psychology, counseling, social work, and Latina/o studies who are interested in understanding Latina/o health and mental health in the United States and providing culturally responsive services.

fairfax mental health and wellness: Cognitive-behavioral Therapy with Adults Stefan Hofmann, Mark Reinecke, 2010-10-28 Cognitive-behavioral therapy has developed hugely over the past 30 years and is the branch of psychotherapy which has most successfully transferred into the mainstream of treating mental health problems. In this volume, readers will be provided with an integrated, systematic approach for conceptualizing and treating disorders commonly encountered in clinical practice. A strong emphasis is placed on empirically supported approaches to assessment and intervention while offering readers hands-on recommendations for treating common mental disorders, grounded in evidence-based medicine. Practical chapters written by a variety of international experts include numerous case studies demonstrating the specific techniques and addressing common problems encountered and how to overcome them. Cognitive-behavioral Therapy with Adults is an essential guide for practising clinicians and students of cognitive-behavioral therapy as well as educated consumers and those interested in psychotherapy for common mental disorders.

fairfax mental health and wellness: Examining Mental Health United States. Congress. Senate. Committee on Health, Education, Labor, and Pensions, 2015

fairfax mental health and wellness: A critical appraisal of research in arts, health and wellbeing Stephen Clift, Gunter Kreutz, Stephen Pritchard, Michael Koon Boon Tan, Kai Lehtikainen, Andre De Quadros, Esther Coren, Kate Phillips, 2023-06-23

fairfax mental health and wellness: Integrated Treatment for Co-Occurring Disorders Sharon C. Ekleberry, 2011-04-27 Integrated Treatment for Co-Occurring Disorders addresses a complex client population, which presents service providers with significant professional challenges. Underlying personality disorders compromise treatment effectiveness for medical, other psychiatric, or trauma services, as well as the ability these individuals have in adhering to probation, parole, or court-ordered treatment requirements. A co-occurring substance use disorder amplifies the difficulties experienced by personality-disordered individuals, exacerbates the precarious nature of their relationships, and raises the skill level needed by service providers attempting to help them. There can be significant professional satisfaction in working effectively with the interplay of addiction and disorders of personality. The book brings focus to the specifics of assessment and treatment for this type of co-occurring disorder and suggests that greater adaptability, fewer self-sabotaging behaviors, and an abstinent lifestyle are all possible. Recovery from both disorders is the journey these individuals take toward greater maturation, reliable impulse control, and coping skills that are not dependent upon the evasion of the demands of living or use of substances to manage stress or uncomfortable affect. Recovery is possible, and service providers can assist these clients on their path to wellness.

fairfax mental health and wellness: Counseling Samuel T. Gladding, 2007 This updated fifth edition reflects the 2005 ACA code of ethics and encompasses all that counseling is today-addressing the history of counseling and the theory behind its practice; exploring the multicultural, ethical, legal environments in which counselors operate; and, examining the variety of skills today's counselors are expected to exhibit. Up-to-date references to contemporary theorists, trends, and challenges in the field ensures readers learn the current best practices and the most recently-adopted theories-prepares them to practice in today's settings, with the most recent tools and information. Incorporation of multicultural and gender issues throughout the material broadens the scope of the book. Six chapters are dedicated to specific populations with whom counselors work and professional arenas in which they practice. Includes American Counseling Association and NBCC Ethical Guidelines for the practice of internet counseling. Emphasis on the Diagnostic and

Statistical Manual (DSM-IV-TR) categories prepares future counselors for the “nitty-gritty” of diagnosis—addresses the stringent requirements of documentation demanded by third party payers. A key resource for counseling certification.

fairfax mental health and wellness: Trauma and Mental Health Social Work With Urban Populations Rhonda Wells-Wilbon, Anthony Estreet, 2021-12-30 Addressing the social problems associated with trauma and mental health amongst African Americans in urban environments, this book uses an African-centered lens to critique the most common practice models and interventions currently employed by social workers in the field. Divided into four parts and grounded in traditional African cultural values, it argues that basic key values in a new clinical model for mental health diagnosis are: A spiritual component Collective/group approach Focus on wholeness Oneness with Nature Emphasis on truth, justice, balance, harmony, reciprocity, righteousness, and order Being free from racism, sexism, classism, and other forms of oppression, this African-centered approach is crucial for working with people of African origin who experience daily trauma through adverse living conditions. This book will be key reading on any practice and direct service course at both BSW and MSW level and will be a useful supplement on clinical courses as well as those aimed at working with diverse populations and those living in urban environments.

fairfax mental health and wellness: Managing Managed Care Institute of Medicine, Committee on Quality Assurance and Accreditation Guidelines for Managed Behavioral Health Care, 1997-04-21 Managed care has produced dramatic changes in the treatment of mental health and substance abuse problems, known as behavioral health. Managing Managed Care offers an urgently needed assessment of managed care for behavioral health and a framework for purchasing, delivering, and ensuring the quality of behavioral health care. It presents the first objective analysis of the powerful multimillion-dollar accreditation industry and the key accrediting organizations. Managing Managed Care draws evidence-based conclusions about the effectiveness of behavioral health treatments and makes recommendations that address consumer protections, quality improvements, structure and financing, roles of public and private participants, inclusion of special populations, and ethical issues. The volume discusses trends in managed behavioral health care, highlighting the emerging role of the purchaser. The committee explores problems of overlap and fragmentation in the delivery of behavioral health care and discusses the issue of access, a special concern when private systems are restricted and public systems overburdened. Highly applicable to the larger health care system, this volume will be of particular interest to all stakeholders in behavioral health—federal and state policymakers, public and private purchasers, health care providers and administrators, consumers and consumer advocates, accrediting organizations, and health services researchers.

fairfax mental health and wellness: Financial Therapy Bradley T. Klontz, Sonya L. Britt, Kristy L. Archuleta, 2014-09-10 Money-related stress dates as far back as concepts of money itself. Formerly it may have waxed and waned in tune with the economy, but today more individuals are experiencing financial mental anguish and self-destructive behavior regardless of bull or bear markets, recessions or boom periods. From a fringe area of psychology, financial therapy has emerged to meet increasingly salient concerns. Financial Therapy is the first full-length guide to the field, bridging theory, practical methods, and a growing cross-disciplinary evidence base to create a framework for improving this crucial aspect of clients' lives. Its contributors identify money-based disorders such as compulsive buying, financial hoarding, and workaholism, and analyze typical early experiences and the resulting mental constructs (money scripts) that drive toxic relationships with money. Clearly relating financial stability to larger therapeutic goals, therapists from varied perspectives offer practical tools for assessment and intervention, advise on cultural and ethical considerations, and provide instructive case studies. A diverse palette of research-based and practice-based models meets monetary mental health issues with well-known treatment approaches, among them: Cognitive-behavioral and solution-focused therapies. Collaborative relationship models. Experiential approaches. Psychodynamic financial therapy. Feminist and humanistic approaches. Stages of change and motivational interviewing in financial therapy. A text that serves to introduce

and define the field as well as plan for its future, Financial Therapy is an important investment for professionals in psychotherapy and counseling, family therapy, financial planning, and social policy.

fairfax mental health and wellness: The Jane Austen Diet Bryan Kozlowski, Jane Austen, 2019-02-12 What can Jane Austen teach us about health? Prepare to have your bonnet blown... From the food secrets of *Pride and Prejudice* to the fitness strategies of *Sense and Sensibility*, there's a modern health code hidden in the world's most popular romances. Join Bryan Kozlowski as he unlocks this "health and happiness" manifesto straight from Jane Austen's pen, revealing why her prescriptions for achieving total body "bloom" still matter in the 21st century. Whether that's learning how to eat like Lizzie Bennet, exercise like Emma Woodhouse, or think like Elinor Dashwood, explore how Austen's timeless body beliefs are more relevant, refreshing, and scientifically sensible now than ever before. After all, it's still a truth universally acknowledged - Jane Austen's heroines don't get fat.

fairfax mental health and wellness: First Responder Mental Health Michael L. Bourke, Vincent B. Van Hasselt, Sam J. Buser, 2023-11-13 This edited volume provides mental health clinicians with knowledge to effectively work with current and former first responders. It provides strategies on how to best develop and adapt clinical assessment procedures and therapeutic interventions to better meet the unique needs found in these settings. Chapters synthesize existing literature to introduce the reader to profession-specific factors issues that exist in these contexts and describe the challenges that can present when working with police, firefighters, EMS, emergency communications operators, crime scene investigators, and corrections personnel. The book covers a range of topics that clinicians and trainees need to understand the relevant issues, develop effective treatment plans, and deliver appropriate psychological services in public safety settings. *First Responder Mental Health: A Clinician's Guide* will be essential reading for mental health professionals working with first responders, as well as those in training.

fairfax mental health and wellness: Schools That Heal Claire Latane, 2021-06-03 What would a school look like if it was designed with mental health in mind? Too many public schools look and feel like prisons, designed out of fear of vandalism and truancy. But we know that nurturing environments are better for learning. Access to nature, big classroom windows, and open campuses consistently reduce stress, anxiety, disorderly conduct, and crime, and improve academic performance. Backed by decades of research, *Schools That Heal* showcases clear and compelling ways--from furniture to classroom improvements to whole campus renovations--to make supportive learning environments for our children and teenagers. With invaluable advice for school administrators, public health experts, teachers, and parents *Schools That Heal* is a call to action and a practical resource to create nurturing and inspiring schools for all children.

fairfax mental health and wellness: Understanding Personality Disorders Christine Krolewicz, 2019-07-15 Personality disorders are so widely misunderstood that most people who live with them never receive help. This book explores the age-old question of What is 'normal'? to help young adults understand where the line is drawn between healthy and disordered personalities. Mental health experts' current understanding of personality disorders, including causes and treatments, is explained in this engaging text, supplemented with informative sidebars and full-color photographs. Readers will develop an understanding of what it is like to live with a personality disorder or be close to someone who does, gaining a sense of hope as they read.

fairfax mental health and wellness: Dimensions of Human Behavior Elizabeth D. Hutchison, Leanne Wood Charlesworth, 2024-01-11 *Dimensions of Human Behavior: The Changing Life Course* presents a current and comprehensive examination of human behavior across time using a multidimensional framework. The Seventh Edition offers fresh insights into concepts like gender and anti-racism, how intergenerational experiences influence development, and recent research and conceptual frameworks.

fairfax mental health and wellness: Black Women's Mental Health Stephanie Y. Evans, Kanika Bell, Nsenga K. Burton, 2017-06-01 Creates a new framework for approaching Black women's wellness, by merging theory and practice with both personal narratives and public policy.

This book offers a unique, interdisciplinary, and thoughtful look at the challenges and potency of Black women's struggle for inner peace and mental stability. It brings together contributors from psychology, sociology, law, and medicine, as well as the humanities, to discuss issues ranging from stress, sexual assault, healing, self-care, and contemplative practice to health-policy considerations and parenting. Merging theory and practice with personal narratives and public policy, the book develops a new framework for approaching Black women's wellness in order to provide tangible solutions. The collection reflects feminist praxis and defines womanist peace in terms that reject both "superwoman" stereotypes and "victim" caricatures. Also included for health professionals are concrete recommendations for understanding and treating Black women. "this book speaks not only to Black women but also educates a broader audience of policymakers and therapists about the complex and multilayered realities that we must navigate and the protests we must mount on our journey to find inner peace and optimal health." "from the Foreword by Linda Goler Blount

fairfax mental health and wellness: ADHD Coaching Frances F. Prevatt, Abigail Levrini, 2015 People with ADHD often struggle with time management, staying organized, maintaining relationships, and other life skills. Professional coaching can help them overcome these obstacles and regain confidence in their own problem-solving abilities. This book is an A-Z guide for mental health professionals who want to develop or expand their ADHD Coaching skills. Drawing on over a decade of research and clinical work with ADHD clients, Frances Prevatt and Abigail Levrini have established an empirically-based model for ADHD Coaching. Their approach uses elements of cognitive behavioral theory and psycho-education to target executive functioning deficits, and focuses on clients' key impairments. This book describes the underlying principles as well as the nuts and bolts of ADHD Coaching. Step-by-step details for gathering information, conducting the intake, establishing goals and objectives, and working through all stages of coaching are included, along with helpful forms and a detailed list of additional resources. The practicalities of setting up a practice, as well as professional issues are covered, and five richly detailed case studies illustrate how to help adults, college students, and adolescents who present with a variety of ADHD symptoms.

fairfax mental health and wellness: DSM-5® Casebook and Treatment Guide for Child Mental Health Cathryn A. Galanter, M.D., Peter S. Jensen, M.D., 2016-06-21 DSM-5® Casebook and Treatment Guide for Child Mental Health updates the previous companion to DSM-IV-TR with new cases and advances from DSM-5 and evidence-based assessment and treatment in child and adolescent mental health. The book presents 29 cases written by experts in the field to provide readers with realistic examples of the types of patients that clinicians encounter in practice. Each case is accompanied by two commentaries from leading clinicians (including child and adolescent psychiatrists, psychologists, social workers, developmental behavioral pediatricians and nurses), who provide their perspective on diagnostic formulation and treatment recommendations, focusing either on psychotherapy or psychopharmacology. Experts draw from a combination of evidence-based assessment and interventions, biopsychosocial approaches, a systems perspective, and commonsense thinking. Thus each chapter provides an opportunity to see how field leaders would approach the diagnosis and treatment of a child or adolescent. The collaboration among the case authors and commentators yields an approach that is flexible and expansive enough to be of help to clinicians of varied disciplines working in child and adolescent mental health. Down-to-earth and engaging, DSM-5® Casebook and Treatment Guide for Child Mental Health is a rich repository of clinical wisdom that seasoned practitioners, clinicians early in training, and child and adolescent psychiatrists studying for their board exams will find extremely useful.

fairfax mental health and wellness: Staying Well With Guided Imagery Belleruth Naparstek, 2008-12-14 Using the techniques of imagery, total body wellness can be achieved without prescriptive medicine. With this comprehensive, user-friendly primer, readers will learn just what guided sensory imagery is and how to create powerful images in the mind that direct the body to heal--both emotionally and physically.

fairfax mental health and wellness: Teens Talk About Suicide, Death, and Grieving Jennifer

Landau, 2017-12-15 Losing a loved one is devastating at any age, but it can be especially trying for those going through the changes that adolescence brings. These engrossing stories offer first-person narratives of young adults coping with the death of someone close to them. As these teens work through their grief, they find strength within themselves while they struggle to move on from these tragedies. One teen finds solace in writing, while another deals with his loss by focusing on how precious life can be. Told in unflinching prose, this book offers comfort to teens going through this wrenching process.

fairfax mental health and wellness: Spirituality, Values and Mental Health Peter Gilbert, Vicky Nicholls, Mary Ellen Coyte, 2007-11-15 Spirituality, religious belief and inclusive faith communities are important for mental well being but mental health practitioners have few guidelines for acknowledging these issues when working with service users. Spirituality, Values and Mental Health gathers together personal and professional contributions from mental health professionals, carers and mental health service users and survivors. It addresses the stigma that can surround both mental health and spirituality and explores the place of the spiritual in mental health care, teasing out its implications for research, education, training and good practice. This book is a welcome source of ideas and common-sense that is essential reading for mental health practitioners, carers and service users, chaplains, faith leaders, faith communities, as well as students and professionals working in the field of spirituality and mental health.

fairfax mental health and wellness: A Culture of Caring Dr. Prentice Chandler Chandler, 2020-02-20 As awareness grows about the alarming increase in youth suicide rates, school leaders need information on suicide prevention and postvention. Tragically, the search often begins only after the school community has suffered the loss of a student. Schools must start to be proactive and educate themselves about risk factors and prevention strategies. Designed as a handbook for busy educators, A Culture of Caring: A Suicide Prevention Guide for Schools (K—12) includes information about prevention, intervention, and postvention along with commentary from experts in the field. Each chapter stands alone and does not have to be read in sequence. Resources and descriptions of programs relevant to each chapter are organized by topic. School leaders, counselors, and teachers can use the information to create their own plans or just glance through it to get ideas. With this book, any school community that takes suicide prevention seriously will have access the knowledge, tools and resources to save lives.

fairfax mental health and wellness: Raise Your Child's Social IQ Cathi Cohen, 2000 Parents, this book offers direct, sense-making, step-by-step exercises that parents can do with their children to increase their social skills and awareness. Based on the highly successful social skills training groups that have been directed by Cathi Cohen for many years, Raise Your Child's Social I.Q. provides parents with the structure to work on skills at home--how to join a group, how to choose friends, how to notice what people around you are feeling, how to handle angry feelings and much, much more.

fairfax mental health and wellness: A Lethal Inheritance Victoria Costello, 2012-01-10 Every family has secrets; only some secrets are lethal. In Victoria Costello's family mental illness had been given many names over at least four generations until this inherited conspiracy of silence finally endangered the youngest members of the family, her children. In this riveting story—part memoir, detective story, and scientific investigation—the author recounts how the mental unraveling of her seventeen-year-old son Alex compelled her to look back into family history for clues to his condition. Eventually she tied Alex's descent into hallucinations and months of shoeless wandering on the streets of Los Angeles to his great grandfather's suicide on a New York City railroad track in 1913. But this insight brought no quick relief. Within two years of Alex's diagnosis of paranoid schizophrenia, both she and her youngest son succumbed to two different mental disorders: major depression and anxiety disorder. Costello depicts her struggle to get the best possible mental health care for her sons and herself, treatment that ultimately brings each of them to full recovery. In the process, she discovers new science that explains how clusters of mental illness traverse family generations. Artfully weaving the scientific into the personal, Costello takes a journey to the far

reaches of neuroscience and reports back on the startling findings it is yielding about the complex interplay between genes and environment that drives mental illness, and what it now tells us about how parents can trump a lethal inheritance. She shares the results of long-term U.K. and European family studies identifying the earliest signs of mental illnesses that can be passed on from grandparents to parents and grandchildren. She tracks ongoing clinical trials to reverse the courses of these diseases through early intervention with the latest evidence-based treatments and offers brain-healthy choices individuals and families can make to prevent mental illness—freeing future generations to live healthier, happier lives.

fairfax mental health and wellness: Joint Force Quarterly , 2009

ADDITIONAL RESOURCES

FAIRFAX MENTAL HEALTH AND WELLNESS

[Fairfax Mental Health And Wellness](#)

Fairfax Mental Health And Wellness

Related Articles

- [freud dream analysis](#)
- [flower structure and reproduction answer key](#)
- [fluency and skills practice lesson 28 answer key](#)

[Back to Home](#)