

Let's Blog! On the Price of Privilege

The Westlake Parent Connection begins its contribution to the Parent to Parent Network's mental health awareness campaign with a book club on *The Price of Privilege: How parental pressure and material advantage are creating a generation of disconnected and unhappy kids*, by noted psychologist Madeline Levine.

We know many of you will read the book but will be unable to attend the discussion groups January 17–March 13, so we've asked Jill Ricker to develop and manage a Weblog on the book! Here's what she has to say about how you can still discuss what you read with your peers.

Whether you are a seasoned professional or a novice...you CAN blog. Blogging is just an online log of written ideas. In its simplest form blogging is a place to post your thoughts...questions, comments, opinions, suggestions, frustrations, ideas, etc.

Have you ever read a book and wished you had someone to talk to about the ideas the author presented? Or attended a book club discussion only to come up with a question you wish you had thought of earlier...or a comment on what someone had said? What if you had to miss the discussion on a particular meeting night?

The blog is a place to go to find out what happened. Whether you are attending the discussion group or just reading the book on your own, you are invited, in fact, encouraged to share your thoughts in the

blog.

The beauty of it is that you can log on at 7:00 a.m., 3:00 p.m. or 2:00 in the morning. It doesn't matter when your thoughts occur, you can share them at any time.

So, for those of you reading *The Price of Privilege*, I hope you will think critically about what the author has to say. Post your thoughts. Comment on what you read. Ask questions about things you don't understand. Compare notes with others on things that you feel are right-on or way-off-base. Your thoughts will help us all think more, question more, ponder more...learn more. You can sign your name or remain anonymous...

Let's get started: <http://priceofprivilege2.wordpress.com/>

A Word from WPC President ...

Dani Altieri Marinucci

Hey – you're preaching to the choir.

I wish I had a dollar for every time a parent has said those words to me. Even the speakers we bring in to talk about issues impacting the health, safety and well-being of children often start their presentations with, "I know I'm preaching to the choir, but..."

As much as I admire every parent that leaves their home to attend one of our programs I never think of you as the choir. I see you as a person stepping up to learn more about a topic that will make you a better parent ... and maybe even save a life.

In my world, rather than being the choir you are learning to be the messenger!

My son came home a few weeks ago in an agitated state – I knew this because he was standing two-inches from the bathroom door when I came out! He told me about a

friend who had been taken to the hospital because he had intentionally hurt himself. When my son's friend began drinking and getting high their friendship faded. Now my boy was worried and wondering maybe if he'd stayed closer he could have helped his friend.

I explained to him that when kids do things like this it is because they hurt inside. The alcohol and drug use is their way of trying to stop the hurting – even if it's just for a little while. Nothing he could do as a friend could have helped this boy, because the hurt inside him is greater than any bond of friendship.

Professionals are learning more about co-occurring disorders. This is where drug and alcohol use/abuse co-occurs with mental health issues, like depression and anxiety. The National Alliance on Mental Illness reports that 1 out of 5 children suffer

from some mental health illness; anxiety and depression leading the pack. An even scarier statistic is that it can take up to **EIGHT years** from symptom onset **before** a child is identified and gets treatment.

We believe parents can hold the key to early mental illness detection if they have the knowledge base to recognize warning signs to these problems.

Just like a doctor or lawyer or teacher requires continuing education, so do parents. One in five children is a big number. I hope you'll consider an evening away from home at one of our parenting programs, discussion groups or a visit to our website as time well spent.

And when you've done that – share your newfound knowledge with a parenting peer – **BE THE MESSENGER!** —Dani

DON'T MISS THESE OPPORTUNITIES!

Dr. Madeline Levine

Child psychologist, parenting expert & author
of

“The Price of Privilege”

April 1, 2008

7:00 p.m.

Westlake Performing Arts Center
27830 Hilliard Blvd., Westlake



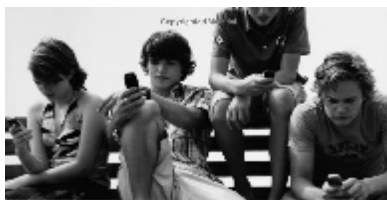
This event is FREE and open to the public.

Registration is not required, but is recommended.

Call Maca at 440-899-0053 or e-mail

parencon@westlakeparentconnection.com

It's not too late to Join our BOOK CLUB!



The Price of Privilege
How Parental Pressure and Material Advantage Are Creating a Generation of Disconnected and Unhappy Kids
Madeline Levine, Ph.D.

BORDERS

The Price of Privilege:
How parental pressure
and material advantage
are creating a generation
of disconnected and
unhappy kids
—By Madeline Levine

Book Club Meetings:

February 7

Read Part 2 for Feb 7 Meeting

February 21

Read Part 3 for Feb 21 Meeting

March 13

Read Part 4 for March 13 Meeting

7:00—8:00 PM

All Meetings at:

Borders Book, Promenade of Westlake

For more information Email us at bookclub@westlakeparentconnection.com
Or Call Diane 440 871-6537 www.westlakeparentconnection.com

Parent Programming

HAND-TO-HAND

This 9-week educational program is designed to foster learning, healing, and empowerment among parents and families of children with emotional/mental/neurobiological disorders. Some of the disorders covered are AD/HD, OCD, Depression, Bipolar, and Schizophrenia.

Contact the NAMI Greater Cleveland Office sign up 216-875-7776 or tmiller@nami.org.

FEBRUARY

7, 2008, 7pm Book Club Meeting

The Price of Privilege by Madeline Levine

Host: Westlake Parent Connection

Location: Borders Cafe, Promenade of Westlake

11, 2008, 7pm Lorain County Family Support Group

For: Parents & Caregivers of children diagnosed with a mental illness

Host: NAMI Lorain County

Location: Avon Fire Station, 36185 Detroit Rd, Avon

Questions: 440-282-3204

12, 2008, 6pm Red Flags, Recognizing & Coping with Depression in Families

Speaker: Penny Frese PhD, Dr. Frese will discuss the behavioral indicators associated with recognizing depression in children. She will also share her first-hand story about raising children with a mental illness diagnosis.

Host: Amherst Parent Connection

Location: Amherst Jr. High Cafetorium, 548 Milan Ave., Amherst

Questions: Kathleen Kern, Lorain County Board of Mental Health, 440-233-2020

13, 2008, 7pm Effectively Dealing with Anger with the Family

Speaker: Ken Trivison, LPCC, IMFT

Host: Avon Local Schools

Location: Avon High School, 2nd floor Lecture Hall, 37545 Detroit Rd

19, 2008, 7pm Lorain County Family Support Group

For Parents & Caregivers of children diagnosed with a mental illness

Host: NAMI Lorain County

Location: Gathering Hope House, 1173 North Ridge Rd E. Ste 102, Lorain

Questions: 440-233-7400

21, 2008, 7pm Book Club Meeting

The Price of Privilege by Madeline Levine

Host: Westlake Parent Connection

Location: Borders Cafe, Promenade of Westlake

21, 2008, 7pm Lorain County Family Support Group

For Parents & Caregivers of children diagnosed with a mental illness

Host: NAMI Lorain County

Location: Gathering Hope House, 1173 North Ridge Rd E. Ste 102, Lorain

Questions: 440-233-7400

27, 2008, 7pm Lorain County Family Support Group

For Parents & Caregivers of children diagnosed with a mental illness

Host: NAMI Lorain County

Location: Avon Fire Station, 36185 Detroit Rd, Avon

Questions: 440-282-3204

MARCH

5, 2008, 7pm: How to Change Your Child's Behavior

Speaker: Robert J. Reitman, M.Ed., LPCC

Host: Avon Local Schools

Location: Avon High School, 2nd floor Lecture Hall, 37545 Detroit Rd, Avon

10, 2008, 7pm Lorain County Family Support Group

For Parents & Caregivers of children diagnosed with a mental illness

Host: NAMI Lorain County

Location: Avon Fire Station, 36185 Detroit Rd, Avon, OH 44011

Questions: 440-282-3204

13, 2008, 7pm Book Club Meeting

The Price of Privilege by Madeline Levine

Host: Westlake Parent Connection

Location: Borders Cafe, Promenade of Westlake

18, 2008, 7pm Lorain County Family Support Group

For: Parents & Caregivers of children diagnosed with a mental illness

Host: NAMI Lorain County

Location: Gathering Hope House, 1173 North Ridge Rd E. Ste 102, Lorain

Questions: 440-233-7400

20, 2008, 7pm Lorain County Family Support Group

For Parents & Caregivers of children diagnosed with a mental illness

Host: NAMI Lorain County

Location: Gathering Hope House, 1173 North Ridge Rd E. Ste 102, Lorain

Questions: 440-233-7400

26, 2008, 7pm Lorain County Family Support Group

For: Parents & Caregivers of children diagnosed with a mental illness

Host: NAMI Lorain County

Location: Avon Fire Station, 36185 Detroit Rd, Avon

Questions: 440-282-3204

APRIL

1, 2008, 7pm Madeline Levine Here! Author of *The Price of Privilege*

Host: Westlake Parent Connection

Location: Westlake Performing Arts Center

Questions: parentcon@westlakeparentconnection.com [Flyer](#)

Thank You for Your Support

The P2PN Mental Health Awareness Campaign is brought to you through the generous support of many. As of January 24, 2008 we have received the following assistance:

Financial: We thank the sponsors below for financially assisting with programming promotion, execution and post-program education efforts; print media marketing; mailings; website updating and maintenance; speaker expenses; and printed program materials for parents.

- Cuyahoga County Community Mental Health Board
- Lakewood Hospital
- Law Offices of Timothy M. Sullivan
- Celebrate Westlake
- Community Challenge
- Recovery Resources
- Prince of Peace Lutheran Church

In-Kind: We thank our in-kind supporters, whose donations below allowed us to deliver quality programming to hundreds of parents from Amherst to Cleveland.

Westlake Porter Library: Book Club and Speaker promotion; stocking the Price of Privilege for loan.

Borders Books and Music Promenade of Westlake: hosting the Price of Privilege Book club, promoting Madeline Levine

event and inserting Mental Health Awareness Campaign bookmarks into general public book sales.

Cuyahoga County Public Libraries and Lorain County Public Libraries: Promoting book club and Levine event.

Westlake City Schools: providing the venue for Madeline Levine at the Westlake Performing Arts Center.

Lorain County Board of Mental Health Child and Adolescent Services: Conducting mental health programming throughout the campaign.

Lakewood Hospital Teen Health Center: hosting the campaign kick-off with Dr. Sylvia Rimm and conducting mental health programming throughout the campaign.

NAMI Greater Cleveland and Mental Health Advocacy Coalition: programming and presentation assistance.

Affiliate Participants: We thank our affiliates who included mental health programs in their parent programming this year: Amherst Parent Connection, Avon Lake Unites for Teens, Avon Local Schools, Bay Advocates, Community Challenge, Lakewood Hospital Teen Health Center, Rocky River Parent Support Network, Westlake Ministerial Forum, Westlake Parent Connection.

Please Support the Westlake Parent Connection

Through our supporters' generosity we provide Westside families with timely and relevant parenting programs and helpful tools such as the WPC website, an online resource guide, and our lending library. We are a one-stop shop for information regarding the prevention of risky behavior in our youth.

We hope you will take this opportunity to pledge your financial commitment to our children's health, safety and well-being. Your contribution is 100% tax-deductible. Track how your dollars are spent on our website at www.westlakeparentconnection.com and help us to continue to spread the word.

Name _____

Address _____

Phone _____ Email _____

I would like to receive meeting and program notification.

I would like to be contacted regarding the WPC Corporate Sponsorship Program

My contribution is eligible for corporate matching funds Form included Form will be sent separately

Contact your employer's HR dept for matching fund form.

Enclosed is my donation to support the Westlake Parent Connection:

\$5 \$10 \$25 \$50 \$100 \$other

Please make checks payable to: Westlake Parent Connection (WPC) and mail to: Tammy Smanik, WPC Treasurer, P. O. Box 451043, Westlake, OH 44145