Children’s Mental Health Day

My name is Russell Scheffer, M.D., and I am a professor and Chair at the University of Kansas School of Medicine-Wichita, Department of Psychiatry and Behavioral Sciences. We are trying to raise awareness of the mental health issues affecting children in underserved populations. To help raise awareness, we are holding events on August 7 and 8, 2009. The event on August 7th will be a charity dinner costing $100 per person at Scotch and Sirloin. Then on August 8th we will hold a community event entitled, Children’s Mental Health Day from 9:00 a.m. to 1:00 p.m. at the Sedgwick County Park. We will have games, moonwalks, face painting, caricatures, food, prizes, and much more. I am asking on behalf of the Department of Psychiatry and Behavioral Sciences if you would be willing to help sponsor this event. Please contact Tara Schulz, events coordinator, at 316/293-2646.

I want to tell you about a patient I named Bobby for confidentiality purposes. He was brought to me by his seventh foster care mother. This mom was concerned about being able to keep Bobby in the home because he was such a handful. Bobby was assessed and diagnosed with ADHD and Post Traumatic Stress Disorder (PTSD). Bobby had a life of abuse and neglect.

He was born to a single mom who dabbled in drugs and alcohol throughout her life including during her pregnancy and his early childhood. Some of the mother’s transient boyfriends had abused him as well. Unfortunately the type of PTSD that affects Bobby is quite common. When chronic abuse, rather than isolated assaults occur, PTSD is usually much more difficult to treat.

At age 2 ½ Bobby was placed in his first foster home. Unfortunately for Bobby, most of the foster homes were not prepared for his special needs and in some he was even further abused.

I saw Bobby when he was 8. His trust level of people was very low. At first Bobby would not talk to me and only responded with “I don’t know” and “whatever.” After telling Bobby that I really did care and that I was there to help him, we slowly started to work on building a relationship. He started to tell me how no one cared about him and how the kids at school made fun of him because he was not smart enough to fit in. He was rarely read to as a child.

After a careful diagnostic assessment I started Bobby on a stimulant medication for ADHD. The benefits of the stimulant could be seen very quickly. He still was easily startled and scared and cried more than most children. Medication was provided in conjunction with a supportive psychotherapist. After he was started on medication for 2 months or so he was much improved. His foster parents noted that he became responsive to “normal” behavioral interventions (parenting).

Bobby is not alone. The majority of children in foster care have emotional and behavioral problems. Many have serious psychiatric diagnoses that affect their ability to relate to peers, and form emotional bonds with their guardians. Fortunately, Bobby is now getting care and attending school regularly. The biological and psychological symptoms can be treated if he is able to continue in psychiatric care on a regular basis.

Russell Scheffer, M.D.
Getting to know the Psychiatry Residents

Name: Kathrine Girrens, MD, PhD
Hometown: Wichita
Are you married: Yes, to Carter
Do you have children: Two adopted boys, Michael and Christian
When did you first get interested in medicine and why?: Around the age of 14, became very interested in psychology and psychiatry.
When did you become interested in psychiatry and why?: Around the age of 14, became very interested. At age 18, decided to study both psychology and psychiatry instead of choosing between them.
What is one interesting fact about your hometown?: Wichita has more fountains than any other city in the world except Rome.
What is your most favorite thing to do in Wichita?: I love jogging in the county parks.
What is your favorite place to shop?: Barnes and Noble.
Do you know what you want to do after graduating from the program and why?: I have interests in academic (general) psychiatry and private (general) psychiatry. - I still find the field to be inherently interesting… But I don’t know what the field will look like by the time I graduate.
What is one interesting fact or unusual trait about you?: I have four younger brothers and four younger sisters.

KUSM-Wichita seeks exceptional candidate for a full-time faculty position in the Department of Psychiatry and Behavioral Sciences. The University of Kansas School of Medicine-Wichita (KUSM-W) is seeking an exceptional candidate for a full-time faculty position in the Department of Psychiatry and Behavioral Sciences. The successful candidate must be board-certified or board-eligible in Psychiatry and the specialty, be licensed or have the ability to obtain a license to practice medicine in the state of Kansas, and have a current DEA certificate. A candidate must be able to obtain hospital privileges at Via Christi Regional Medical Center and be in good standing with the State Board of Healing Arts. This is a new position to enhance our education efforts in this area and to partner with Veteran Affairs for their needs. As a faculty member, the position would include teaching with medical students in clinical experiences, preparing and presenting formal lectures in topics for residency and medical student training as required by the department; and providing call and weekend rounds as per rotation schedule with other faculty in the department. The position will include work at the VA hospital. Faculty ranking will depend on experience and KUSM-W requirements. For the full job description and to apply, please go to http://jobs.kumc.edu. CVs will be accepted, but all candidates must apply online.

Children’s Mental Health Day!

Saturday, August 8, 2009
9 a.m. - 1 p.m.
Sedgwick County Park
6501 W. 21st North
Wichita, Kansas

Donation suggested:
$1 Children, 3-15
$3 Adults, 16 and up

- Games
- Moonwalks
- Food
- Face Painting
  And Much More!

All proceeds go to underwriting the event and helping improve Mental Health issues in children through the University of Kansas School of Medicine-Wichita; Psychiatry and Behavioral Sciences.

Children’s Mental Health Day!

Saturday, August 8, 2009
9 a.m. - 1 p.m.
Sedgwick County Park
6501 W. 21st North
Wichita, Kansas

Donation suggested:
$1 Children, 3-15
$3 Adults, 16 and up

- Games
- Moonwalks
- Food
- Face Painting
  And Much More!

All proceeds go to underwriting the event and helping improve Mental Health issues in children through the University of Kansas School of Medicine-Wichita; Psychiatry and Behavioral Sciences.

Wheel of Life signifies eight different aspects of one’s life: learning, fun, work, achievement, environment, friends & family, finance, and health. If just one of these aspects is off balance the whole wheel becomes off balance. The same applies to your mental health. If your mental health is not addressed, your whole life will be thrown off balance.

Help us raise awareness about mental health issues affecting children!

Children’s Mental Health Day!

Saturday, August 8, 2009
9 a.m. - 1 p.m.
Sedgwick County Park
6501 W. 21st North
Wichita, Kansas

Donation suggested:
$1 Children, 3-15
$3 Adults, 16 and up

- Games
- Moonwalks
- Food
- Face Painting
  And Much More!

All proceeds go to underwriting the event and helping improve Mental Health issues in children through the University of Kansas School of Medicine-Wichita; Psychiatry and Behavioral Sciences.

Wheel of Life signifies eight different aspects of one’s life: learning, fun, work, achievement, environment, friends & family, finance, and health. If just one of these aspects is off balance the whole wheel becomes off balance. The same applies to your mental health. If your mental health is not addressed, your whole life will be thrown off balance.

Help us raise awareness about mental health issues affecting children!

Children’s Mental Health Day!

Saturday, August 8, 2009
9 a.m. - 1 p.m.
Sedgwick County Park
6501 W. 21st North
Wichita, Kansas

Donation suggested:
$1 Children, 3-15
$3 Adults, 16 and up

- Games
- Moonwalks
- Food
- Face Painting
  And Much More!

All proceeds go to underwriting the event and helping improve Mental Health issues in children through the University of Kansas School of Medicine-Wichita; Psychiatry and Behavioral Sciences.