

Parents Who Need Parents (PWNP)

~An Adoptive, Foster and Kinship family support group~



The pain is real, scary and loud. It's almost impossible to see the sun behind the clouds. Don't lose hope; every day is a new day. We have each other and together, we'll find a way.

Parent Perspective



PWNP is a family focused support group and resource provider designed and committed to educate and support families, professionals and our community dealing with children with RAD or any other difficult diagnosis.

PWNP meets twice a month. Families share a meal and then the kiddos go do a craft/activity with our activity director while the adults have a chance to share their experiences, stories and resources. (There is also Kinder-care for the young ones_

Meetings are held at the Milliken Presbyterian church located at 201 S, Olive Ave, Milliken, CO from 5pm to 7pm.

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Upcoming Meeting Dates

*All meetings are from 5 to 7pm unless otherwise stated.
(Starting in May and through August are summer meetings - only one per month)

April 2020 -
TBD

May 2020 -
TBD

June 2020 -
TBD

Impulse Control Disorders

Impulse control disorders are a severe lack of self-regulation. This can take form as an inability to control immediate reactions or difficulties concentrating. Impulsiveness makes it difficult to consider consequences of actions, completing tasks quietly, or not interrupting conversation.

Symptoms of Impulse Control Disorders

- frequent bouts of uncontrollable anger
- irresistible urges to gamble, start fires, steal
- hair pulling or skin picking
- excessive immaturity

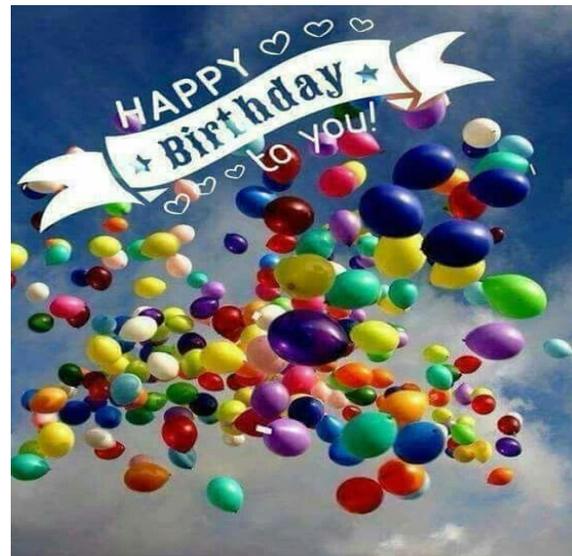
Causes

Impulsivity is caused by a myriad of factors. It seems as if it is caused primarily by unstable or drastically changed environment, such as a household experiencing the loss of a parent, but it can also be caused by traumatic brain injury. Some causes of impulsivity could be related to other mental health complications, such as ADHD or OCD or borderline personality.

Treatment

Sometimes, medication can alleviate impulsivity, such as certain anti-depressants. Therapy is also an extremely effective treatment for impulse control disorders. A therapist can help clients to develop healthy self-esteem, and get to any underlying cause of impulsivity. Clients discover consideration of consequences and learn to reroute impulsive behaviors such as impulse spending or eating to more healthy alternatives.

* *Open Path Psychotherapy Collective*



April 4- Leslie
 14- John
May 9- Rick
 30- Val
June 24- Jaylee
 29- Kami

Intermittent Explosive Disorder

The **DSM-5** lists the following **impulse control disorders**:

Intermittent Explosive **Disorder** (characterized by uncontrolled fits of extreme anger and violence)

Pyromania (characterized by irresistible urges to set fires) Kleptomania (characterized by irresistible urges to steal various items from stores and homes)

What Are Disruptive, Impulse-Control and Conduct Disorders?

Most kids will act up or become disruptive or defiant sometimes. Disruptive and conduct disorders, however, involve much more severe and longer-lasting behaviors than typical, short-lived episodes.

Disruptive, impulse-control and conduct disorders refer to a group of disorders that include oppositional defiant disorder, conduct disorder, intermittent explosive disorder, kleptomania and pyromania. These disorders can cause people to behave angrily or aggressively toward people or property. They may have difficulty controlling their emotions and behavior and may break rules or laws.

An estimated 6 percent of children are affected by oppositional defiant disorder or conduct disorder¹. Each year, an estimated 2.7 percent of children and adults in the U.S. are affected by intermittent explosive disorder. Kleptomania and pyromania are rare, affecting 1 percent or fewer of people in the U.S. ^{2,3}

The angry, aggressive or disruptive behaviors of people with conduct and disruptive disorders are more extreme than typical behaviors. The behaviors:

- are frequent
- are long lasting
- occur across different situations
- cause significant problems

One difference between conduct disorders and many other mental health conditions is that with conduct disorders, a person's distress is focused outward and directly affects other people. With most other mental health conditions, such as depression and anxiety, a person's distress is generally directed inward toward themselves.

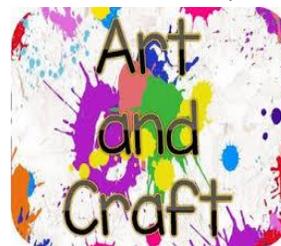
Conduct disorders tend to begin in childhood or adolescence and are more common in males than females. Several factors make it more likely a person will have a conduct disorder, including harsh parenting, physical or sexual abuse, or parents with a history of addiction or problems with law enforcement⁴.

**American Psychiatric Association*



Crafts the kiddos can look forward to:
Bird Feeders
Tissue Paper Flowers

**Please have your child/ren wear tennis shoes and old clothing in case we choose to create our crafts outside!*



PWNP (Mailing Address Only)
Attn: Kami Chase
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Milliken, CO 80543



Parents Who Need Parents Key Stakeholders

Kami Chase	President
Bill Greene	Vice-President
Rob Chase	Treasurer
John Benjamin	Member At Large
Debbie Greene	Member At Large
Samantha Wild	Child Care, Secretary & Craft Director

Website: ParentsWhoNeedParents.com

Email: PWNPRAD@gmail.com

Facebook: [ParentsWhoNeedParents](https://www.facebook.com/ParentsWhoNeedParents)

(970) 587-2588 to leave a message

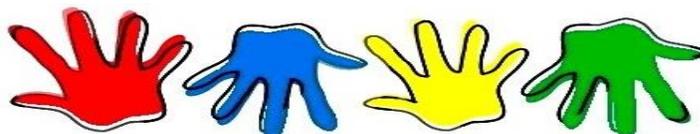
OR

(269) 317-3040 for a quick call back



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it takes a village to raise a child