## Did you know that Catholic Social Services has.

- Prenatal Support
   Ongoing support and education during pregnancy and throughout the first year of life.
- Preparing for Baby Workshops
   An array of educational workshops are available monthly to help those in need prepare for the new one coming into their life.
- Diaper Assistance
   Assistance with diapers is provided for families in need.
- Mary's Cupboard Mondays, Wednesdays and Fridays
   Emergency food assistance for families in need
   Please call for an appointment—215-949-1991
- Catholic Health Care Services Geriatric Assessments
   Certified Geriatric Care Managers will evaluate, plan, coordinate, advocate and support individual needs and preferences for seniors age 60+. 888-679-7669
- Financial Planning Support—Clarifi
   Budget and debt management counseling
   Credit counseling for maintaining or improving credit
   Home planning and homeownership support
   College planning and student loan debt counseling
   Please call Clarifi for an appointment—215-563-5665
- ♦ Behavioral Health Counseling—Catholic Clinical Consultants
  Family therapy, Couples Counseling, Individual Counseling
  Please call for an appointment— toll free 1-855-518-2223

**Connections to Community Resources** 

**Community Baby Showers** 

**Special Events** 

Contact us today for more information: Catholic Social Services Bucks County Family Center 100 Levittown Parkway Levittown, PA 19054 215-945-2550



#### Catholic Social Services - Centro Católico de Fátima

#### Clases Gratis!!

## Are you Pregnant? ¿Estas embarazada?



Do you have questions during this special time? ¿Tiene preguntas durante este tiempo especial?

Education Classes
Clases Educativas
durante el
Embarazo y Parto

Wednesday 10:00 -11:30 AM

Todos los miércoles 10:00 - 11:30 AM

Topics Of classes



Temas de las clases:

Pregnancy/Embarazo

Nutrition/Nutrición

Labor/Parto

Stress/Stress



For more information contact us at: Para más información llamenos al: 215-639-4254

2913 Street Rd, Bensalem, PA 19020

CATHOLIC SOCIAL SERVICES

FATIMA CATHOLIC OUTREACH CENTER

## Becoming a Mom

EVERYTHING YOU WANT TO KNOW ABOUT HAVING A HEALTHY AND HAPPY PREGNANCY

WEDNESDAYS

1 PM - 3 PM

PRIZES + RAFFLES + SNACKS

PLEASE REGISTER WITH MELANIE OR PAULA AT (215)945-2550

LOCATION: 2913 STREET ROAD BENSALEM, PA 19020



# Fashions at Fatima

Catholic Social Services brings mission to fashion.

Fashions at Fatima Boutique offers clothing for the whole family.

Designer brands for Men, Women and Children—

Stop in and sign up to be a preferred customer and

receive one free item!!!!!

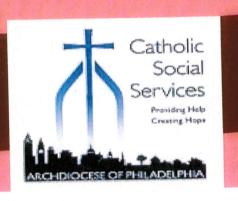
### ~~Thursdays~~

\$1.00

Time: 11:00 - 3:00



Fatima Catholic Outreach Center
291 Fatima Catholic Outreach Center
2913 Street Road
Bensalem, PA 19020
215-639-4254





2915 Street Road Bensalem, PA 19020

Tuesdays 3:00 PM - 6:00 PM Thursdays 1:00 PM - 4:00 PM

Families are welcome to come once every 30 days!





#### We offer:

Support and Counseling Services

Individual, Family, & Couples Therapy

#### Anger Management

\*We do not offer all of these services at every location for every age. Please call the toll free number listed on this flyer to find out if we have a therapist that can fulfill your specific needs.

We are also a Medicare approved provider and accept most managed care health insurances (BCBS, IBC, Aetna, Cigna, United Healthcare)

## We have 6 different service locations:

Southampton
Levittown
Norristown
Springfield
South Philadelphia
Northeast Philadelphia

Toll free 855-518-2223 Fax 215-334-1604 Email:

cccpracticecoordinator@ sivcenter.org

# Catholic Clinical Consultants



## Fighting Stigma in Schools: Testing the Effectiveness of NAMI's Ending the Silence Presentation

**NAMI Ending the Silence (ETS)** is a 50-minute presentation for middle and high school students that helps raise awareness and change perceptions around mental health conditions. The presentation includes:

- Warning signs
- Facts and statistics
- How to get help for themselves or a friend

The goal of NAMI ETS is to create a generation of students who are well-positioned to end the silence and stigma surrounding mental illness.

Do NAMI ETS presentations result in improvements in knowledge, attitudes, and help-seeking preparedness related to mental health conditions? The purpose of the present research was to address this question.

#### **METHODS**

- 10 schools from 5 different areas of the United States
- Completion of a 12-item research questionnaire measuring knowledge and attitudes related to mental health conditions and help-seeking attitudes.
- For each school
  - Three classes received the ETS presentation and three comparable classes did not
  - The three ETS classes completed a 12-item research questionnaire before the ETS presentation, immediately after and 4-6 weeks following the presentation
  - The three non-ETS (Control) classes completed the same questionnaire on the same schedule as ETS classes

#### **RESULTS**

- 932 students: 530 from ETS classes, 402 from Control classes
  - o 55% were female and 42% male
  - Less than half (47.5%) were White. 35%
     were Hispanic, 14% African-American, and
     7% Asian
- Knowledge and attitudes changed for ETS classes but not for Control classes
  - Scores increased significantly following the ETS presentation and remained elevated over pre-ETS scores at the 4-6 week followup
  - Scores for the Control group students remained the same across all three administrations
  - The pattern (change for ETS classes, no change for Control classes) was similar for each of the 12 individual items and for each of the 10 schools

#### CONCLUSIONS

- NAMI Ending the Silence is effective in changing high school students' knowledge and attitudes toward mental health conditions and toward help-seeking
- The effect is a robust one, occurring across different presenters, across different study schools, and across the diverse populations within those schools

For the full report, you may contact Jennifer Rothman at <a href="mailto:jrothman@nami.org">jrothman@nami.org</a> or 984-235-4610.

