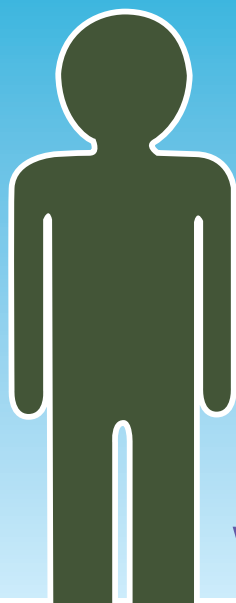


Families seeking Solutions



Federation of Families
PHOTONOVELAS

stories of families
with children and teens

DEALING WITH SUBSTANCE ABUSE AND MENTAL HEALTH PROBLEMS

struggling to regain their emotional
well-being and learning to manage their lives



This fotonovelas was produced with funding from Substance Abuse and Mental Health Services Administration under contract No. 1U79SM059055-01. The views, opinions, and content of this publication are those of the authors and do not necessarily reflect the views, opinions, or policies of **SAMHSA**

WHY READ THESE STORIES?

These photonovelas represent some of the situations that people are going through and don't identify as a "mental health" or "substance abuse" problem.

MENTAL HEALTH

Mental illnesses such as depression, alcohol or drug abuse, bipolar disorder and schizophrenia, are the leading cause of disability among children and teens in the world.

The combination of mental illness and substance abuse is common. More than half of the children diagnosed with substances abuse, also have a mental illness diagnosis or disorder. It's important to realize that mental illness, and abuse of drugs are disorders that the person can't control without professional help. Psychotherapy and medication, participation in self-help and support groups are very helpful. Still, it is common to have relapses.

Mental health problems are real, painful and sometimes severe. It is possible that a young person needs help if he or she has any of these signs:

- Often feels upset or worried.
- Suffers for a very long time after a loss or death.
- Think that someone or something controls their mind or their mind is out of control.
- Uses alcohol or drugs.
- Exercises or diets obsessively and / or overeats.
- Hurts other people or destroys others' property.
- Does reckless things that could hurt others or themselves.

Source: NAMI.org, 2005

IF YOU THINK A CHILD OR A TEEN IN YOUR FAMILY
OR SOMEONE YOU KNOW SUFFERS FROM A MENTAL DISORDER
PLEASE CONTACT US FOR SUPPORT:

www.fofmiami.org
305-377-5949

STOP THE STIGMA

WHEN YOU HAVE A PROBLEM, TALK ABOUT IT OR SEEK HELP



**Federation
of Families**

"Educating with LOVE"

Miami-Dade Chapter

seeking solutions



Laura

IS

ADDICTED

TO SEVERAL DRUGS.

SHE HAS RELAPSED MANY TIMES
AND PUT HER LIFE IN DANGER.
HER FAMILY TAKES ACTION.

Kevin



TRIED

DRUGS FOR THE FIRST TIME.

HIS MOTHER FIND OUT AND IS DOING
EVERYTHING SHE CAN TO PREVENT HIM FROM
BECOMING ADDICTED.

Learn to recognize the signs of drug use and drug addiction. It's important to get help when you need it. Children and youth recover better when the whole family is involved in the treatment and prevention. The key is to understand that drug addiction is a chronic condition that needs to be managed and treated for a better life.

**seeking
solutions** for Laura and Kevin

SUSAN CAN'T FIND THE MONEY SHE HAD IN HER PURSE YESTERDAY AND DECIDES TO GO TO HER DAUGHTER'S ROOM TO CHECK HER POCKETS. SHE FINDS A PLASTIC BAG IN LAURA'S JEANS. SHE CALLS HER HUSBAND CARLOS TO TELL HIM WHAT HAPPENED...



CARLOS, LAURA IS DOING DRUGS AGAIN.



SHE CAN'T EVEN GO A MONTH WITHOUT USING SOMETHING! GO TO THE SCHOOL AND GET HER BEFORE SHE GOES AWAY WITH HER "BUDDIES".



SHE TOOK THE \$ 20 I HAD FOR GROCERIES AND MY MOTHER TOLD ME THAT SHE GAVE HER \$ 100 LAST WEEK. I DON'T KNOW WHERE TO HIDE MONEY ANYMORE.



SHE WILL ALWAYS KNOW HOW TO FIND IT.

THAT AFTERNOON SUSAN GOES TO THE SCHOOL AND THE COUNSELOR TELLS HER THAT LAURA WAS NOT IN CLASS TODAY. SUSAN EXPLAINS WHAT HAPPENED AND THE COUNSELOR SHOWS HER BROCHURES THAT THE SCHOOL USES WITH STUDENTS TO PREVENT DRUG USE.

EVEN AFTER SEEING THIS THE KIDS STILL USE DRUGS?



LAURA IS IN A MORE ADVANCED STAGE AND FROM WHAT I CAN SEE SHE NEEDS TO GO TO A YOUTH REHABILITATION CENTER.



HOW CAN YOU JUST SAY THAT OUT OF THE BLUE?!



THIS IS NOT THE FIRST TIME WE'VE TALKED ABOUT THIS. AS PARENTS YOU ARE THE ONES WHO HAVE TO TAKE ACTION. THERE IS A CLINIC NEARBY.



BUT THAT CLINIC IS FOR ADDICTS!!



THIS STORY IS A REPRESENTATION AND THE PEOPLE APPEARING HERE ARE ACTORS.

SUSAN, YOUR DAUGHTER IS AN ADDICT. SHE HAS ALL THE SYMPTOMS.



SHE STEALS, BORROWS MONEY, HAS BAD GRADES, WHEN SHE COMES TO CLASS SHE SHOWS NO INTEREST, SHE FORGES YOUR SIGNATURE AND SHE HAS NO FRIENDS ...



YOU HAVE TO DO SOMETHING BEFORE IT'S TOO LATE.



I'LL TALK TO MY HUSBAND TODAY.



THAT AFTERNOON...



LAURA HAS NOT COME HOME YET AND WE HAVE TO GO TO YOUR SISTER'S.

I KEEP CALLING HER BUT HER PHONE IS TURNED OFF.



WELL I'M NOT WAITING ANY LONGER. LETS GO.



AT THE GATHERING, SUSAN TELLS HER SISTER AND THEIR FRIENDS ABOUT THE SITUATION WITH HER DAUGHTER.

WE DON'T
KNOW WHAT TO
DO WITH LAURA
ANYMORE.

THOSE CLINICS
ARE A WASTE OF TIME.
MY COUSIN WENT TO ONE
AND HE ENDED UP MOVING TO
ANOTHER CITY. HE DIDN'T
WANT THE FAMILY
MEDDLING IN HIS
PRIVATE LIFE.

LOOK AT ALL THE
CELEBRITIES THAT GO
TO REHAB AND THEY'RE
STILL ADDICTS. THERE'S
NOT HOPE FOR PEOPLE
LIKE THAT.

I THINK
LAURA SHOULD
GO TO A CLINIC. SHE
HAS NOTHING TO
LOSE.

BUT THEN
WHAT DO WE DO
WHEN SHE LEAVES
THE CLINIC?

THEY WILL
HELP YOU
FIGURE OUT
WHAT TO DO.

WE'VE
BEEN DEALING
WITH THIS FOR 3
YEARS AND IT GETS
WORSE EVERY
DAY.

THE GOOD
THING IS THAT YOU
FINALLY SAID
SOMETHING.

EVEN IF NOT
EVERYONE AGREES
THE IMPORTANT THING
IS TO HELP LAURA.

THANK YOU SIS,
WE THOUGHT NO
ONE WOULD
SUPPORT US.

THAT AFTERNOON THEY WAIT FOR
LAURA TO RETURN HOME...

FINALLY! WE
WERE WORRIED!

WE HAVE TO
TALK TO YOU.

I HAVE NOTHING
TO TALK ABOUT.
I DON'T GET INTO YOUR
BUSINESS SO DON'T GET
INTO MINE.

THE NEXT DAY DORIS
CALLS BLANCA

WHAT SHOULD WE
DO NOW?

HI
BLANCA.

HOW ARE
YOU?

NOT SO
GOOD.

LAST NIGHT
WHEN WE GOT HOME I
FOUND MY SON KEVIN
SMOKING SOME DRUGS ON
THE ROOF OF THE
HOUSE.

I NEVER THOUGHT
THIS COULD HAPPEN
TO MY CHILD.
HE'S ONLY NINE!

PROBLEMS DON'T
DISCRIMINATE LIKE
PEOPLE DO.

YES, I KNOW.
I FEEL SO ASHAMED FOR
TALKING TO YOUR SISTER
THAT WAY ABOUT HER
DAUGHTER. LOOK AT ME
NOW---



DON'T
WORRY
ABOUT
HER.

WHERE
SHOULD I START?
I FELT TOTALLY
LOST!!!

NOW WE HAVE
TO GET HELP FOR
KEVIN.



3 DAYS LATER WHEN THEY
WERE LEAVING THE HOUSE---

WHAT ARE
YOU DOING
SLEEPING OUT
HERE?!



SWEETIE,
COME INSIDE
I'LL FIX YOU
SOMETHING TO
EAT.

LAST
NIGHT I WAS WITH
MY FRIEND DAVID AND
WE HAD NO MONEY SO
HE BROKE INTO A
HOUSE.



WHEN I
SAW THE POLICE
AND THE AMBULANCE I
REALIZED THAT THEY
HAD KILLED HIM.



OH DEAR,
THAT COULD
HAVE BEEN
YOU!

THAT'S WHY WE WANTED
TO TALK TO YOU. WE'RE GOING
TO CHECK YOU INTO A DRUG
REHAB CLINIC.

LIKE IT
OR NOT.





YOU'RE OUR DAUGHTER AND IT'S KILLING US TO SEE YOU LIKE THIS.



I'LL CALL THE CLINIC TO SEE WHEN WE CAN GO.

AT THE JUVENILE REHABILITATION CLINIC...



HOW CAN I HELP YOU?

OUR DAUGHTER IS AN ADDICT AND NEEDS HELP RIGHT AWAY.



AFTER CHECKING INTO THE CLINIC, THE THERAPIST LISTENS TO LAURA AND THEN MEETS WITH HER PARENTS TO EXPLAIN WHAT TO EXPECT THROUGHOUT THE PROCESS.



SWEETIE, WE LOVE YOU NO MATTER WHAT. BUT WE DON'T WANT YOU TO WASTE YOUR LIFE OR END UP DEAD.



WHEN YOU FINISH HERE WE'LL HELP AND SUPPORT YOU UNTIL YOU GET WELL.

DORIS GOES TO KEVIN'S SCHOOL TO ASK FOR GUIDANCE



THE TEACHER ADVISE HER THAT SHE NEEDS TO BE MORE INVOLVED TO HAVE MORE CONTROL WITH KEVIN'S LIFE



SHE FOUND OUT ABOUT PREVENTION PROGRAMS



HIS PARENTS ARE NOW MORE ALERT AND CHECK HIS BACKPACK AND HIDING PLACES EVERY DAY TO KEEP KEVIN FROM BECOMING ADDICTED

KEVIN BEGAN KARATE LESSONS WHERE HE RELEASES A LOT OF ENERGY AND MEETS NEW FRIENDS



NOW DORIS HAS MORE COMMUNICATION WITH KEVIN'S TEACHERS. SHE ASKED THEM TO MONITOR KEVIN WHEN HE LEAVES THE CLASSROOM. DORIS FEELS THAT SHE WAS ABLE TO ADDRESS THE PROBLEM ON TIME.



AFTER 1 MONTH IN REHAB LAURA
RETURNED HOME AND WENT
BACK TO SCHOOL.



SHE KEEPS GOING TO THE
THERAPIST AND TO THE
NARCOTICS ANONYMOUS
SUPPORT GROUPS



AT THE FEDERATION OF FAMILIES, SUSAN AND
CARLOS LEARN TO SUPPORT THEIR DAUGHTER
THROUGH THE EXPERIENCES OF OTHER PARENTS



AND IN **YOUTH M.O.V.E.**
LAURA DISCOVERS HER
TALENT TO EXPRESS
HERSELF THROUGH THE
ARTS



THE END

QUESTIONS & ANSWERS

DO YOU THINK I SHOULD HAVE TOLD MY FAMILY ABOUT MY DAUGHTER'S PROBLEM?

WHY DO YOU THINK IT TOOK ME SO LONG TO RECOGNIZE THAT MY DAUGHTER WAS AN ADDICT?

HOW CAN I WATCH OVER MY CHILD IN A RESPECTFUL WAY?



Do you know...

What is drug addiction? It's a chronic brain disease that people can't control. Relapses are common, and it may be necessary to adjust or return to the treatment, which is usually a combination of medicines to combat addiction and behavioral therapy.

How can I identify it? What are the symptoms?

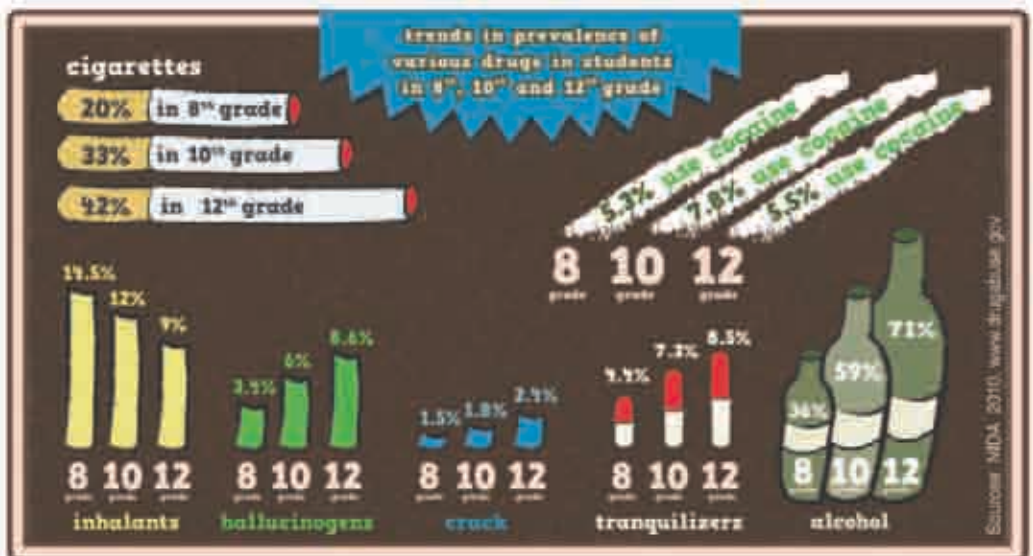
Physical: fatigue, sleep problems, continuous complaints about their health, glossy or red eyes, and a persistent cough.

Emotional: changes in personality, sudden mood swings, irritability, irresponsible behavior, low self-esteem, depression, withdrawal and lack of interest.

Family: arguing, disobeying rules, not communicating with the family.

School: lack of interest, negative attitude, drop in grades, many absences, and discipline problems.

Social: friends who use drugs and alcohol, trouble with the law, and changes in dress and appearance.



seeking solutions



Pablo

HAS
BIPOLAR
DISORDER.

IN THE BEGINNING HIS FAMILY
DIDN'T UNDERSTAND
WHAT WAS HAPPENING AND THEY
DIDN'T KNOW HOW TO HELP HIM.

Marcela



HAS ADHD

WITH PROFESSIONAL HELP
HER DAD IS TRYING
DIFFERENT WAYS FOR
HER TO BE STABLE.

Learn to recognize symptoms and understand that it's important to get help when you need it. Children and youth recover better when the whole family is involved in the treatment. As with other chronic health problems, the key is learning to manage mental health disorders for a better life.

**seeking
solutions** for Paul and Marcela

ROSE CALLED 911 WHEN HER SON PAUL HIT HER. SHE EXPLAINS THE PROBLEM TO THE CRISIS POLICE OFFICER.



MA'AM PLEASE STAY OUTSIDE. I HAVE TO KEEP BOTH OF YOU APART IN THIS SITUATION.



PAUL DOESN'T UNDERSTAND WHAT'S HAPPENING AND BECOMES VIOLENT. THE OFFICER FEELS THREATENED AND DEFENDS HIMSELF WITH A TASER GUN.



I'M TAKING YOUR SON TO A CRISIS CENTER.



I TOLD YOU THIS WOULD HAPPEN! YOU WON'T LET ME GIVE HIM A GOOD WHOOPING WHEN HE NEEDS IT! NOW HE DOESN'T RESPECT OUR AUTHORITY!



NO, PLEASE... HE GETS VERY AGITATED, BUT HE'S A GOOD BOY.



AT THE CRISIS SUPPORT CENTER...

WHY WON'T YOU LET ME SEE MY SON?!
I'M HIS MOTHER, HE NEEDS ME!!!

MA'AM YOU
CAN'T SEE YOUR
SON. HE IS
SICK.



I SUGGEST THAT
YOU GO TO A FEDERATION OF
FAMILIES MEETING. THERE YOU WILL
FIND HELP FROM OTHER
PARENTS.



THAT BOY WAS
ALWAYS A
PROBLEM.



ROSE CALLS FEDERATION OF
FAMILIES SEEKING ADVICE...

MY SON CAN
SOMETIMES BECOME
VIOLENT BUT AFTERWARDS
HE IS SO LOVING.



PAUL'S PROBLEMS GOT
WORSE WHEN I HAD TO GET A SECOND
JOB AND HE WAS ALONE MORE OFTEN. HE
IS ANGRY AT ME AND AT THE WHOLE
WORLD.



TOMORROW THERE
IS A MEETING AND THERE
YOU CAN MEET OTHER
FAMILIES WITH SIMILAR
PROBLEMS.

THIS STORY IS A REPRESENTATION AND THE PEOPLE APPEARING HERE ARE ACTORS.

THE NEXT DAY ROSE GOES TO THE
FEDERATION OF FAMILIES MEETING...

COME THIS
WAY.

I FOUND
DRUGS AGAIN ON MY
SON. I DON'T KNOW
WHAT TO DO
ANYMORE.

MY SON HAS
SKIPPING SCHOOL FOR
A WHOLE MONTH.
SOMETIMES HE LEAVES THE
HOUSE AND HE DOESN'T
COME BACK FOR
SEVERAL DAYS.

DOES
ANYONE KNOW WHAT'S
THE DEAL WITH "CUTTING"?
MY GRANDDAUGHTER IS DOING
THAT NOW. I DON'T KNOW IF
I SHOULD WORRY
ABOUT IT.

THESE PEOPLE SEEM
MUCH WORSE OFF THAN US.
PAUL'S PROBLEMS ARE NOT SO
BAD. I BETTER NOT SAY
ANYTHING. MY SON IS NOT
CRAZY LIKE THAT.

AT THE THERAPY SESSION...

AFTER THE MEETING ROSE IS
STILL VERY CONFUSED AND HAS
MANY QUESTIONS. SHE FEELS
ASHAMED AND IS NOT READY TO
TELL HER STORY.

5 DAYS LATER PAUL
IS RELEASED FROM THE
CRISIS CENTER.

THERE, THE THERAPIST
EXPLAINS THAT PAUL HAS A
MENTAL ILLNESS CALLED
BIPOLAR DISORDER.

ROSE WON'T ACCEPT IT.

I KNOW THAT
MY SON IS NOT
CRAZY.

NO, HE ISN'T. BUT THE
MOST IMPORTANT THING IS THAT
THE THREE OF YOU RECOGNIZE
THAT THERE IS A PROBLEM.

HERE'S THE
PRESCRIPTION
THAT PAUL HAS
TO TAKE.

IT'S
IMPORTANT THAT HE
COMES TO THE NEXT
SESSION AND THAT YOU ALL
FOLLOW THE GUIDELINES
I PROVIDED.

A CASE MANAGER
WILL CONTACT YOU TO
TELL YOU ABOUT THE
SERVICES THAT THE
FAMILY NEEDS.



WHAT
DOES SHE MEAN
BY SAYING THAT
I NEED SERVICES?
NOW I'M CRAZY
TOO?!

I'M NOT COMING
BACK HERE AGAIN!
MY SON DOESN'T TAKE DRUGS ...
AND NOW THESE PEOPLE WANT
ME TO GIVE HIM DRUGS?!



ONCE OUTSIDE THE CLINIC....

IN THIS COUNTRY THEY
ALWAYS WANT TO FIX THINGS
WITH PILLS AND DOCTORS!

AND THEY
ALSO TREATED
US LIKE WE'RE
STUPID.

CALM DOWN
DEAR, WE'LL THIS
SOLVE AT HOME.



THAT WEEKEND ROSE HAS HER FAMILY OVER AND TELLS THEM ABOUT THEIR PROBLEM

IN OUR COUNTRY PEOPLE DON'T TAKE ANYTHING FOR THAT.



MEDICATION WILL MAKE HIM WORSE AND STRANGERS DON'T NEED TO KNOW YOUR BUSINESS.

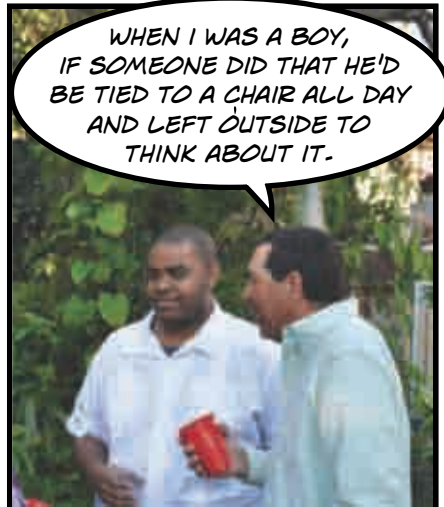


BACK HOME THAT'S CALLED BEING SPOILED ROTTEN

MAYBE SOMEONE HAS PUT A CURSE ON HIM?



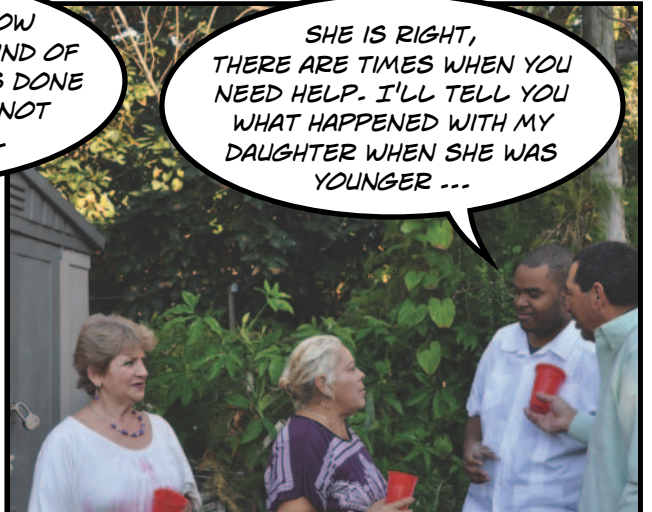
WHEN I WAS A BOY, IF SOMEONE DID THAT HE'D BE TIED TO A CHAIR ALL DAY AND LEFT OUTSIDE TO THINK ABOUT IT.



WAIT! NOW WE KNOW MORE ABOUT THESE KIND OF PROBLEMS. WHAT WAS DONE BACK IN THE DAY IS NOT ALWAYS BETTER.



SHE IS RIGHT, THERE ARE TIMES WHEN YOU NEED HELP. I'LL TELL YOU WHAT HAPPENED WITH MY DAUGHTER WHEN SHE WAS YOUNGER ...

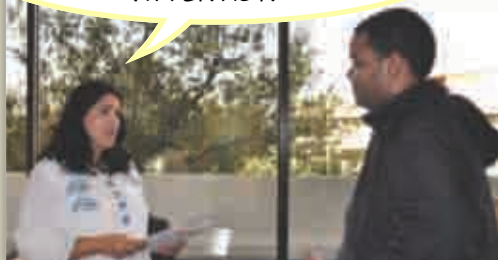


MY DAUGHTER, MARCELA, COULDN'T CONCENTRATE AT SCHOOL AND EVEN THOUGH IT TOOK HER HOURS TO DO HER HOMEWORK, SHE'D NEVER FINISH. SHE WOULD LEAVE THE TV ON WITHOUT WATCHING IT AND SHE WOULD MESS-UP THE HOUSE. SHE'S SMART BUT HAD PROBLEMS WITH OTHER CHILDREN. THE BABY SITTERS DID NOT WANT TO TAKE CARE OF HER. AND IF WE WERE GOING OUT, SHE WOULD RUN ALL OVER UNCONTROLLABLY... AND ALL THIS HAPPENED AT THE SAME TIME. IT'S LIKE HER MIND WAS NOT ORGANIZED.



WHEN I WENT TO HER SCHOOL, THE TEACHERS DIDN'T SPEAK ANY SPANISH. SO I DID NOT KNOW ABOUT HER BEHAVIOR AT SCHOOL... UNTIL ONE DAY A SUBSTITUTE TEACHER WHO SPOKE SPANISH TOLD ME...

YOU SHOULD GO TALK TO THE SCHOOL COUNSELOR. MARCELA ISN'T PAYING ATTENTION.



I MEAN, SHE CAN'T SIT STILL FOR A SECOND.



HER BEHAVIOR DOESN'T LET OTHER CHILDREN LEARN. SHE NEEDS HELP IN ORDER TO CONCENTRATE.



I'LL GO WITH YOU TODAY. IF YOU COME BY ANOTHER DAY AND I'M NOT HERE, YOU CAN REQUEST A TRANSLATOR.



AT THE COUNSELOR'S OFFICE



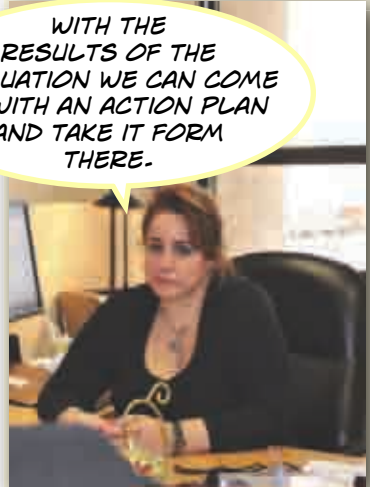
WE CAN TRY SEVERAL THINGS.
THE TEACHERS CAN TRY GIVING HER
MORE RESPONSIBILITIES SO SHE CAN
CONCENTRATE BETTER...

SHE ALSO NEEDS A
PSYCHOLOGICAL
EVALUATION...



AND WE ALSO
RECOMMEND A LOW
SUGAR DIET AND LOTS
OF EXERCISE.

WITH THE
RESULTS OF THE
EVALUATION WE CAN COME
UP WITH AN ACTION PLAN
AND TAKE IT FORM
THERE.



SHE IMPROVED
WITH THE LOW-SUGAR DIET,
BUT SHE DIDN'T LIKE TO EXERCISE.
AT SCHOOL THE TEACHERS MADE HER AN
ASSISTANT AND THAT MADE HER
FEEL MORE RESPONSIBLE.

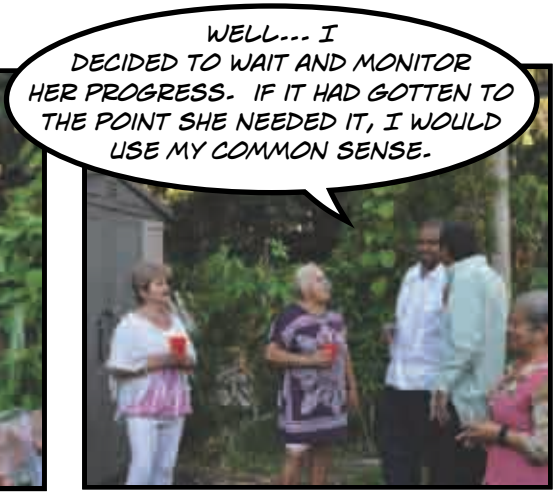


BUT SHE IMPROVED
THE MOST WITH HER
THERAPIST, WHO HELPED HER
MODIFY HER BEHAVIOR AND
UNDERSTAND HER
SITUATION.





DID YOU GIVE HER
ANY MEDICATION?



WELL.... I
DECIDED TO WAIT AND MONITOR
HER PROGRESS. IF IT HAD GOTTEN TO
THE POINT SHE NEEDED IT, I WOULD
USE MY COMMON SENSE.



LISTENING TO
YOUR STORY IS VERY
HELPFUL. AT THE MEETING I
DIDN'T FEEL COMFORTABLE
BECAUSE THEY WERE
STRANGERS.

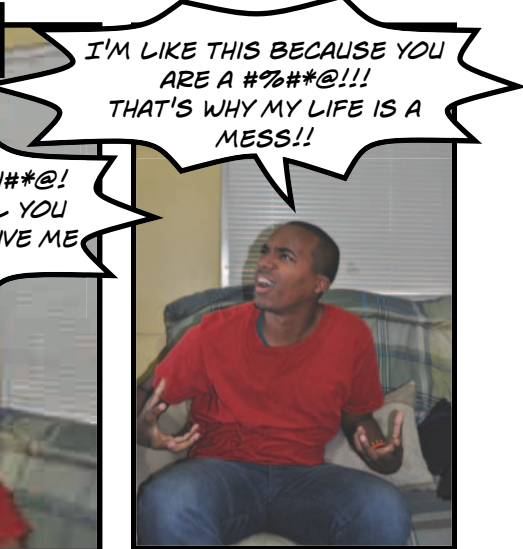


NOW I FEEL MORE
CONFIDENT TO DEAL WITH
OUR PROBLEM. BUT I'M GOING
TO NEED SUPPORT FROM ALL
OF YOU, TOO.

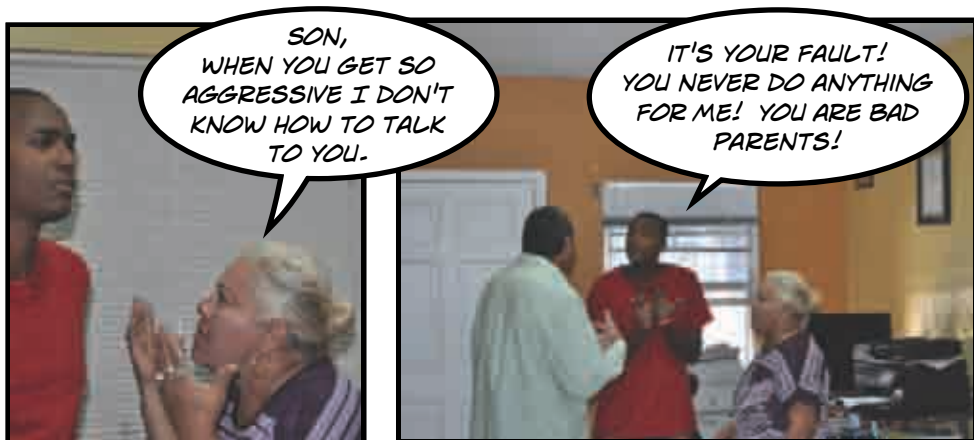
THAT AFTERNOON WHEN THEY TOLD
PAUL TO TAKE OUT THE TRASH ...



YOU TAKE IT OUT A** H**@!
LEAVE ME ALONE. ALL YOU
DO IS ANNOY ME AND GIVE ME
ORDERS.



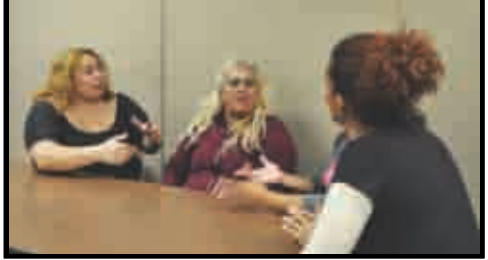
I'M LIKE THIS BECAUSE YOU
ARE A #%%##@!!!
THAT'S WHY MY LIFE IS A
MESS!!



THE NEXT DAY, THEY CALL THE CASE MANAGER TO ASK ABOUT PLACES WHERE THEY CAN GET PAUL'S MEDICATION AND TO SCHEDULE A SESSION WITH THE THERAPIST.



A FEW DAYS LATER IN FEDERATION OF FAMILIES ROSE FINALLY TELLS HER STORY. SHE RECEIVES SUPPORT AND GOOD ADVICE FROM THE GROUP.



IT'S IMPORTANT THAT YOU KNOW THIS IS NOT YOUR FAULT...



AND THAT YOU ALSO NEED SUPPORT.

MAKE SURE YOU ARE HOME WHEN THE CASE MANAGER GOES TO YOUR APPOINTMENT.



I THINK YOUR SON WOULD ENJOY THE ACTIVITIES OF YOUTH M.O.V.E. WHERE YOUNG PEOPLE GATHER.



JUST BECAUSE THEY TREATED YOU BADLY AT THE CRISIS CENTER, IT DOESN'T MEAN THAT EVERYBODY IS GOING TO BE LIKE THAT. GIVE THEM A SECOND CHANCE AND LISTEN TO YOUR CASE MANAGER.



IN THE BEGINNING, PAUL WAS RESISTANT TO DOING WHAT WAS RECOMMENDED. BUT HE AGREED TO TAKE HIS MEDICATION, TO GO TO THERAPY AND TO PARTICIPATE IN **YOUTH M.O.V.E.** TO HIS SURPRISE, SINGING IN THE **YOUTH M.O.V.E.** CHOIR WAS THE PART HE LIKED THE MOST.



FRIENDS AND FAMILY MEMBERS RECOGNIZED THAT THEY HAD CRITICIZED AND JUDGED THE SITUATION TOO HARSHLY



NOW PAUL'S PARENTS ATTEND **FEDERATION OF FAMILIES** MEETINGS TO HELP OTHER FAMILIES WITH SIMILAR SITUATIONS.



IN THERAPY...



IT'S GREAT THAT YOU UNDERSTAND THAT THIS IS AN ONGOING PROCESS.



WITH PROPER TREATMENT WE CAN GET THIS UNDER CONTROL.

THE END

QUESTIONS & ANSWERS

DO YOU THINK THAT I CAN BE CURED?

DO YOU THINK THAT ASKING FOR HELP COULD AFFECT MY IMMIGRATION SITUATION?

SHOULD I HAVE MEDICATED MY DAUGHTER OR DID I DO THE RIGHT THING BY WAITING TO SEE HOW SHE PROGRESSED?



Did you know...

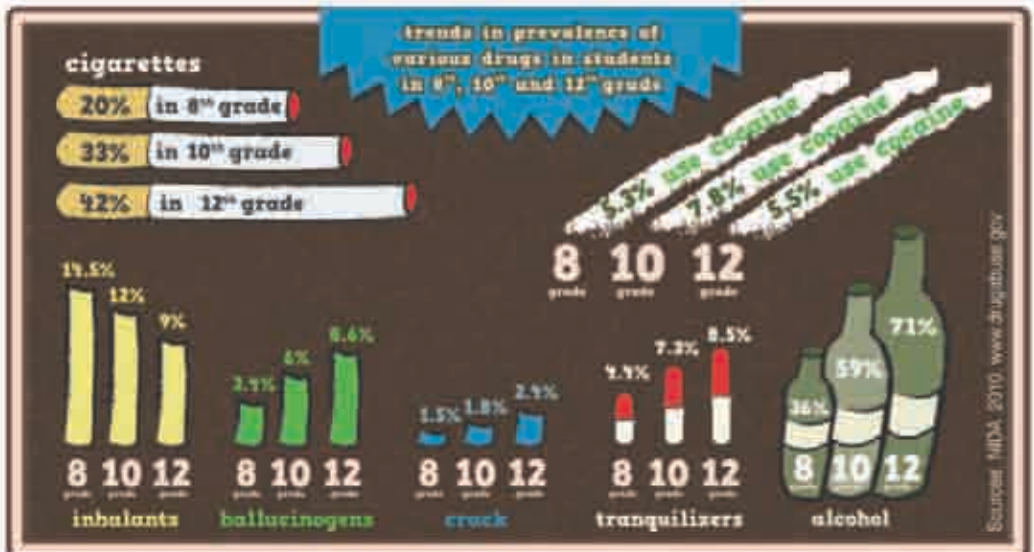
There is a lot of ignorance, prejudice and discrimination related to mental health problems. This is called **stigma** and it can prevent young people and their families from accepting their situation and getting help. These are the most common disorders among young people:

Bipolar Disorder is a mental illness characterized by recurrent episodes of depression and mania that cause extreme changes in mood, energy and behavior that don't allow a person to function in a healthy way.

Schizophrenia is a chronic and severe disease characterized by deficiencies in mental processes, perceptions and emotional responses. Sometimes people hear voices or see hallucinations.

Attention Deficit Hyperactivity Disorder (ADHD) is very common in childhood and can continue throughout adolescence and adulthood. Symptoms may include difficulty focusing, paying attention, controlling behavior and hyperactivity.

Major Depressive Disorder causes extremely low mood and/or constant sadness that persists for two weeks or more. These symptoms interfere with the daily functions of the person and also affects the people around them.



these photonovelas seeking solutions could be made thanks to these courageous and generous actors:

story “seeking solutions for Laura and Kevin”:

YVROSE JEROME LAURA MENENDEZ MARINA HERNANDEZ LIDIA NOEMI TORRES LUBBY ARGUELLO
MARCIA REYES NERY MOLINA PAOLA ANDRIOLI SOCORRO CASTILLO LORENE P. BAUDUY
KEVIN LEZCANO DIANA CRUZ ROCIO TUCEN

story “seeking solutions for Paul and Marcela”:

AMRRY GONZALEZ CATHERINE IRIAS ELIAS TUCEN JUANA MORA NELLY MEDINA MARINA HERNANDEZ
RAFAEL BORGES CHRISTIAN CARABONERA MIGUEL TUCEN LUBBY ARGUELLO GLORIA CUERO
ERIK A CHAVEZ PATRICIA CORTES PATRICIA DAVILA YANINA AMPIE
MARIA ELENA VILLAR ZILAINE MOSQUEDA CLAUDIA BUSTAMANTE SOCORRO CASTILLO
NERY MOLINA SUSSY MERILUS * CHOIR: CLARY VARONA JENNIFER GORDOVI RAFAEL TUCEN
ISABEL TUCEN JANET MASDEU ROCIO TUCEN

special thanks to:

Rocio Tucen and Marcia Reyes for
open their homes to take pictures,
YOUTH M.O.V.E. Choir for
allowing us to photograph them
during their rehearsals and
activities, and to the **DCF** staff who
participated in this production.

SCRIPT:

MARÍA ELENA VILLAR – MARTIN VAGO
AND THE MEMBERS OF:



**Federation
of Families**

“Educating with LOVE”
Miami-Dade Chapter

**PHOTOGRAPHY – PRODUCTION
AND DESIGN:**

MARTIN VAGO
WWW.VAGODESIGN.COM

This fotonovelas was produced with funding from Substance Abuse and Mental Health Services Administration under contract No. 1U79SM059055-01. The views, opinions, and content of this publication are those of the authors and do not necessarily reflect the views, opinions, or policies of **SAMHSA**

finding solutions

Phone numbers and websites where you can find help:

POLICE (EMERGENCIES ONLY) 911

**SPECIAL POLICE FOR MENTAL HEALTH CRISES
[CRISIS INTERVENTION TEAM] 305-548-5319**

**CHILDREN'S TRUST HELPLINE [SWITCHBOARD OF MIAMI] 211
WWW.SWITCHBOARDMIAMI.ORG**

**NARCOTICS ANONYMOUS - MIAMI DADE 305-265-9555
WWW.NAMIAM.ORG**

**NATIONAL ALLIANCE ON MENTAL ILLNES 1-800-950-6264
WWW.NAMI.ORG**

**MENTAL HEALTH AND CRISIS MANAGEMENT SERVICES
MIAMI DADE COUNTY PUBLIC SCHOOLS 305-995-7315
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