

Winter 2018



*NAMI is the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness. NAMI advocates for access to services, treatment, supports and research and is steadfast in its commitment to raising awareness and building a*

*community of hope.*

**National Alliance on Mental Illness**

**NAMI – BEAVER COUNTY** is an educational, advocacy and support group for families, consumers, and professionals dealing with serious mental illnesses or brain disorders. We support each other by educating ourselves through research, attending conferences, and sharing this information with others. NAMI-BC members also offer support through our years of experience in dealing with these illnesses on a personal level.

**Meetings are held at**

**NAMI BEAVER COUNTY OFFICE- 1229 3<sup>RD</sup> ST., BEAVER, PA. 15009**

**7:00pm on the 3<sup>rd</sup> Thursday of each month**

**January 18, 2018 – Video on Dual Diagnosis**

**February 15, 2018 – Video on Veterans and Mental Illness**

**March 15, 2018 – Speaker on Using Essential Oils**

**April 19, 2018 – System of Care Website**

ANNOUNCEMENTS

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SUBSCRIBE TO NEWSLETTER BY EMAIL [rmattia@namibeavercounty.org](mailto:rmattia@namibeavercounty.org)

NEW WEBSITE: [www.namibeavercounty.org](http://www.namibeavercounty.org) – check for notices and articles

**SURVEYS FOR CONSUMER/FAMILY SATISFACTION (CFST) TEAM** regarding behavioral health services

Contact: CFST at 724-775-7650

**NAMI.ORG** – Check It Out!

**Contact Rick Mattia at (724)888-6877 or [rmattia@namibeavercounty.com](mailto:rmattia@namibeavercounty.com) for questions or concerns regarding any of the events listed above.**

LIKE US ON FACEBOOK!

#### **IN THE NEWS. . .**

Jody Kutchko, RN, DNP (student)

Robert Morris University

#### **The Effects of Electronic Media on Adolescent's Sleep**

Sleep is essential for daily functioning in addition to physical and mental health. Poor sleep habits and sleep quality are linked to learning problems, memory difficulties, and lower achievements in school. As children grow older, their sleep duration tends to decrease. During early youth, physiological changes related to puberty require an increased need for sleep. Decreasing sleep duration can have a negative impact on these physiological changes. A reduction in sleep duration tends to increase daytime sleepiness (Nutriment, 2013).

There are several factors that may reduce sleep duration and delay bedtimes. One potential factor is possibly the increased use of media technology, such as TV viewing, the use of cell phones and computers among school-aged children. The use of media technology may displace sleep, thereby decreasing its duration (Nutriment, 2013).

Due to the strong impact on sleep-related behavior, research study findings have suggested that excessive use of media technology is one of the most important extrinsic factors contributing to sleep deprivation in adolescents. In today's society, children and adolescents commonly use media technology on a daily basis. Their bedrooms typically are overloaded with media technology (Pieters, 2014).

Research studies have suggested that media technology use may increase mental and physiological activity, and can make it difficult to fall asleep. In addition, media technology may affect the sleep pattern by decreasing REM sleep, slow-wave sleep, and sleep efficiency. The bright light from the cell

phone, computer screen or television may suppress melatonin secretion, which may delay the onset of sleep (Nutriment, 2013)

Inadequate sleep significantly impacts daytime functioning which is critical for healthy adolescent development. There is significant evidence indicates that sleep deprivation leads to increased daytime sleepiness in adolescents. Lack of sleep may also impair academic performance. Additionally, sleep deprivation shows greater incidence and severity in behavioral difficulties in adolescents, when compared to those who were not sleep deprived. Lastly, impaired mood has been associated with inadequate sleep. Adolescents that do not get enough sleep report increased levels of depression than adolescents that get adequate sleep (Nutriment, 2013).

The negative impact of media technology use on adolescent's sleep can be explained by several assumptions. First, the time that adolescents spend with media technology directly replaces the time they would normally be sleeping. Next, exposure to the light from the monitor or display of some electronics before sleep may affect the sleep/wake cycle by suppressing melatonin secretion which causes the phase delay of sleep onset. Lastly, media technology use at night may cause increased activity levels of the central nervous system and leads to high physiological arousal, excitement and alertness, therefore interfering with the relaxation that is essential for sleep.

The negative impact of excessive media technology use is a significant concern. It is important to emphasize the need to limit adolescent's exposure to media technology before it causes severe impairment in their sleep and health. It is extremely important that parents do not permit the presence of media technology in the adolescent's bedroom (Nutriment, 2013). Adolescents may benefit from education on sleep hygiene and how the use of media technology at night impacts their quality of sleep (Lemola, 2015).

#### References

Lemola, S., Perkinson-Gloor, N., Brand, S., Dewald-Kaufmann, J., & Grob, A. (2015). Adolescents' Electronic Media Use at Night Sleep Disturbance, and Depressive Symptoms in the Smartphone Age. *Journal Of Youth & Adolescence*, 44(2), 405-418. doi:10.1007/s10964-014-0176-x

Pieters, D., De Valck, E., Vandekerckhove, M., Pirrera, S., Wuyts, J., Exadaktylos, V., & Cluydts, R. (2014). Effects of Pre-Sleep Media Use on Sleep/Wake Patterns and Daytime Functioning Among Adolescents: The Moderation Role of Parental Control. *Behavioral Sleep Medicine*, 12(6), 427-443. doi:10.1080/15402002.2012.694381

Nutriment, T., Ray, C., & Roos, E. (2013) Do computer use, TV viewing, and the presence of the media in the bedroom predict school-aged children's sleep habits in a longitudinal study? *BMC Public Health*, 13684. doi:10.1186/1471-2458-13-684

## **HINTS FOR HEALTHY LIVING. . .**

### **10 Steps to Mental Self-Care**

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Read a good book.

Learn to draw something new.

Find a fun DIY activity on Pinterest and do it.

Buy a coloring book and color away.

Turn off your phone and decompress.

Ask for help when you need help.

Stay off social media. You'll feel a lot better.

Read some inspiring or motivational quotes.

Listen to calming music.

Write down your current thoughts and feelings.

**NAMI – THE NATION'S VOICE ON MENTAL ILLNESS**

**Carla Braund, Editor**

**Vicki Mann, Editor**

**NAMI BEAVER  
COUNTY**

**1229 3<sup>rd</sup> Street**

**Beaver, PA 15009**

**724-888-6877**

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Sometimes the smallest step in the right direction ends up being the biggest step of your life.

Tip toe if you must, but take the step.

Healthyplace.com



**MEMBERSHIP FORM 2018 please renew early in year**

*A Word from the Executive Director, Rick Mattia*

There are several benefits to becoming a member of NAMI. As a member of NAMI, you can help us to continue providing NAMI affiliated support with NAMI Connection, Family to Family, and Peer to Peer programs, as well as our other endeavors throughout the year. In addition, NAMI has also partnered with local agencies and community members to bring new programming to the Beaver County area with PRISM, in support of LGBTQ youth, a Borderline Personality Disorder support group, and NAR-ANON, which provides support in recovery from addiction. NAMI in Beaver County is always moving forward with innovative plans for how to help the community with these types of supportive and beneficial programs. Being a member allows for our continued efforts, as well as allowing members to provide personal feedback and ideas regarding the community needs of Beaver County. You will also receive our quarterly newsletter and some other NAMI goodies when you become a member. Thank you for your support!

In order to keep the membership process streamlined, we **prefer** renewals to be processed early in the year. It is also possible to renew your membership online at [www.nami.org](http://www.nami.org). Any questions or concerns please direct them to

Carla Braund, 724-888-6877 or [carlabraund@namibeavercounty.com](mailto:carlabraund@namibeavercounty.com) All NAMI – Beaver County memberships include subscriptions to all four newsletters.

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\_\_\_\_\_ Enclosed is my check for \$60.00 for a family 2018 memberships in NAMI – Beaver County, NAMI, NAMI – PA, and NAMI – SW PA

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\_\_\_\_\_ Enclosed is my check for \$40.00 for an individual membership\_\_\_\_\_

-

\_\_\_\_\_ I am on a limited fixed income. Dues are \$5.00 for full membership.

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\_\_\_\_\_ I wish to make a tax deductible donation of \$ \_\_\_\_\_ to NAMI – Beaver County.

NAME(S) \_\_\_\_\_

Please check one:  Family member  Consumer  Mental health professional

ADDRESS \_\_\_\_\_

TELEPHONE NO. \_\_\_\_\_ E-MAIL

ADDRESS \_\_\_\_\_

Make checks payable to: **NAMI – Beaver County**

**Send to: NAMI – Beaver County 1229 3<sup>rd</sup> Street -- Beaver, PA 15009**