

- Constantly tired or unable to stay focused
- Lack of good physical hygiene/physical appearance
- Random aggression or acting-out
- Poor social skills and lack of respect for others
- Acting-out sexually or inappropriate use of sexual comments
- Drug or alcohol abuse/Eating Disorders
- Increase in impulsive behaviors (driving recklessly, shopping/shoplifting, gambling)

Getting Help

Contact your physician or local mental healthcare provider for suggestions on how to cope and better understand family relationships. In Kansas City, there is a network of mental health facilities that can help with these problems. The Community Mental Health Centers listed provide treatment, referrals and support. For more information, visit our website at www.mentalhealthkc.org

Resources

Treatment and Information Community Mental Health Centers

MISSOURI

Comprehensive Mental Health Services, Inc.
10901 Winner Road
Independence, MO 64052
816-254-3652
www.thecmhs.com

ReDiscover

901 NE Independence
Lee's Summit, MO 64086
816-246-8000

TMC Behavioral Health

300 W. 19th Terrace
Kansas City, MO 64108
816-467-1400
www.trumed.org

Swope Health Services

3801 Blue Parkway
Kansas City, MO 64130
816-923-5800
www.swopeparkway.org

Tri County Mental Health Services

3100 NE 83rd Street
Kansas City, MO 64119
816-468-0400

KANSAS

Johnson County Mental Health Center
6000 Lamar, Suite 130
Mission, KS 66202
913-831-2550
<http://mentalhealth.jocogov.org>

Wyandot Centers

3615 Eaton Street
Kansas City, KS 66103
913-831-9500
www.kumc.edu/wmhc

Mental Health America of the Heartland

739 Minnesota Ave.
Kansas City, KS 66101
913-281-2221
HelpLine 913-281-1234

Family Relationship Problems



Family Relationship Problems

If it's true that every single person comes from a family, it's also true – more so today than ever – that the definition of “family” can differ. The American divorce rate stands at nearly 50%. Over 35 million Americans are part of a family that includes a single parent, step-parents or blended families. Stressors can include worries about money, healthcare and housing.

Did you know?

- Nearly a quarter of children from low-income families report at least one parent with mental health symptoms
- School engagement (being fully involved in school) decreased from 38% to 31% for 12-17 year olds
- Less than 15% of parents read to their children
- Behavioral and emotional problems increased among children from families with higher incomes
- Children under age 18 became slightly less likely to have parents involved in activities outside the home

**(Statistics were obtained from a study conducted between 1997 and 2002 by the Urban Institute and the National Survey of American Families.)*

Risk Factors for Family Relationship Problems

Many factors can contribute to family relationship problems. These factors can include:

- Unstable job market that causes economic strains
- Lack of quality time for family or outside activities
- Different values, beliefs, behaviors and traditions of family members
- Lack of family rules or boundaries
- Increased outside distractions (video games, computer use, sports, part-time jobs and peers)
- Lack of conflict resolution, communication and anger management skills

Signs and Symptoms of Family Relationship Problems

Although all family members can show signs and symptoms of distress, they are most visible in children and youth. Signs may include (but are not limited to) the following:

- Poor school performance (includes frequent absences and tardiness, poor grades, lack of interest)

Tips for Better Family Relationships

Experts say the key to a healthy family is for everyone to be aware of and understanding of the different needs of family members. Things for parents/guardians to keep in mind include the following:

- Be a positive parental role-model and provide guidance to your children
- Provide good nutrition, shelter and medical care along with a safe environment and encourage plenty of rest and exercise
- Become Involved in your child's activities so they know you care
- Praise children for their successes and encourage them to improve children should be praised for their successes and encouraged to improve
- Have a plan in place to deal with anger, frustration, and other conflicts
- Discipline includes teaching, guiding, setting limits and setting consequences for inappropriate behavior