

# North Shore Center LLC

## January 2019 Newsletter

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### Happy Holidays

We are excited to say that a lot of great things have been happening around the office the past couple of months. We welcomed Beth Paras to the North Shore family! Beth is a licensed counselor who has

had the opportunity to work with children, adolescents, adults and families. Her clinical expertise focuses on a plethora of areas such as, anxiety, depression, bipolar disorder, eating disorders, impulse control disorders, behavioral problems, posttraumatic stress disorder, substance abuse, relationship problems and daily stressors. To learn more about Beth and her approach to therapy, visit [www.northshorecenterllc.com](http://www.northshorecenterllc.com) and click on "About Our Providers".

We have also completed a new series of informational youtube videos. These videos are created to help inform viewers on different subjects (i.e. suicide, depression) and how to address such topics with loved ones, and/or those around us. The videos are uploaded to youtube, and also shared on our website in the "Informative Videos" link on the left-side of our website.

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# Suicide Awareness Video Series

One series of videos was created to be used as a tool for individuals who have encountered a situation where their loved one may be thinking about suicide. Within the first video we get an inside look at what Dr. Michael Mazius has to say about detecting suicide, initiating the conversation, and possible treatment options or programs for an individual who may be suicidal.

The second video of the series is focused on the population that can be seen as most vulnerable to suicidality, and why that may be. Dr. Michael Mazius cites research indicating that suicide is the third leading cause of death in the United States among adolescents and young adults, and the second leading cause of death in the United States among college students. These are staggering statistics that should not go unnoticed. Throughout this video we discuss the possible reasons why suicidality is most prevalent in adolescents and college students. We also have the opportunity to hear about Olivia Krueger's (Concordia University Student) perspective of suicidal ideation on a college campus.

Within the third video of the series we wanted to provide viewers with a role play conversation between a parent (Dr. Michael Mazius), and a child who is thinking about suicide (Concordia University Student). This video provides an inside look at how a parent can approach this type of situation with their child or adolescent.

The last video added to this series was intended to provide an different provider's interpretation of the role play video. Here we have the opportunity to hear from Dr. Julie Housiaux Caldwell. She offers some of her professional insights on the previous role play video, and different ways a parent can start and continue such a conversation. She also acknowledges important points that she noticed throughout the role play such as, keeping emotional reactions neutral, owning your own feelings (as a parent), and when to advocate for psychotherapy.

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Below are the links for each video. If you would like to access these videos via our website they can be found in in the “Informative Videos” link on the left-side.

<https://www.youtube.com/watch?v=9nNNOdx2g2U&feature=youtu.be>

[https://www.youtube.com/watch?v=tQQF6u12J\\_o&feature=youtu.be](https://www.youtube.com/watch?v=tQQF6u12J_o&feature=youtu.be)

<https://www.youtube.com/watch?v=Yp4AsqN8v6Y&feature=youtu.be>

<https://www.youtube.com/watch?v=tulKF3NTI30&feature=youtu.be>

We hope you find these informative videos of great use! If you have any questions or suggestions regarding future videos, contact us at [admin@northshorecenterllc.com](mailto:admin@northshorecenterllc.com) or (262) 241-5955. We would love to know what you would like to learn more about in a future video series!

Wishing you a happy and healthy  
New Year!

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