

Raising a child is not easy. If a child has a serious emotional disturbance (SED), every step toward adulthood can be an uphill climb. For any family or single parent, the climb can seem overwhelming. So it's not unusual for parents of children with SED to feel alone, helpless, and uncertain about which way to turn.

What is a serious emotional disturbance (SED)?

SED includes a range of behavioral and emotional disorders severe enough to limit or interfere with a child's ability to function in the family, school, or community.



BUILDING ON EACH OTHER'S STRENGTHS.

**Local council
contact information**

For more information:

Idaho CareLine
211 or 1-800-926-2588

Idaho Federation of Families
1-800-905-3436
www.idffcmh.org

Produced in cooperation with the Idaho Department of Health and Welfare.

Helping
Idaho families
care for children
with serious
emotional
disturbances.



Developing a system of care so parents need never feel alone.

In communities throughout Idaho, caring people are coming together to help children with a serious emotional disturbance (SED) and their families make life's journey a little easier. This "system of care" is made up of individuals representing public and

private organizations, such as mental health, education, business, juvenile justice, and parent-advocacy groups.

Providing the services families need.

The Idaho System of Care serves families through individual child-serving agencies like the Idaho Department of Health and Welfare and children's mental health councils.

Councils play a vital role by helping families involved with multiple agencies coordinate services and support, make decisions, and reduce the impact of mental health disorders.



Recognizing the need is the first step toward providing the right care.

A community system of care is a powerful tool for meeting the physical, emotional, social, and educational needs of a child with SED. However, like any tool, it's of little value if it goes unused.



More than 17,000 children in Idaho live with a serious emotional disturbance, yet less than half of them receive help through public services. This difference exists because parents sometimes fail to recognize their child has a problem. Or if they suspect a problem, they may be reluctant to reach out for fear they will be blamed for their child's condition.

SED includes a range of emotional and behavioral disorders. Like physical diseases, they are most successfully treated when identified early. Early detection and treatment are not only in the best interests of the child, but those of the parents. Knowing a child with SED is receiving appropriate care reduces the family's anxiety and stress, making life more enjoyable.



What is a system of care?

Services and support coordinated to help parents of a child with SED develop an effective care plan – with the assistance of individuals chosen by the family – that is tailored to the needs of the child and locally administered.

Local councils can use this area to individualize the brochure.

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