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Fong Ailon Canniff is one of the largest firms of psychologists specializing in both psycho-legal and industrial organizational areas.

We are mediators trained in conflict management. In addition, we offer a wide range of assessment and counseling services to individuals, couples, and families.

Suicide: Warning Signs

One expert says that 8 out of 10 people who kill themselves have given clear warnings that they were considering suicide. While these warning signs can be evident for almost anyone at some point in their life, it is important to be aware of them and take them seriously when you see them.

- Making a threat of suicide, e.g., "I wish I were dead," "I'm going to end it."
- Expressing hopelessness
- Expressing helplessness
- Expressing worthlessness
- Talking about death
- Having previous suicide attempts
- Seeming depressed, moody, or angry
- Having trouble at school or at work
- Abusing alcohol or drugs
- Taking risks
- Withdrawing from other people
- Behaving differently or oddly
- Sleep difficulties
- Loss of appetite
- Giving away prized possessions
- Suddenly seeming happy after exhibiting several of the behaviors listed above

What to Do if Someone Is Suicidal?

Take action immediately. Depending on the urgency of the situation, call your doctor, hospital, mental health center, suicide hotline, or police emergency number (911).

NEW ASSOCIATE

Please join FAC in welcoming our newest associate, April Byers.

April is a Chartered Psychologist who is trained in community rehabilitation, disability, and neuropsychological assessment. She has also taught at the College and University levels, and has developed and taught curricula related to community rehabilitation, brain injury, developmental disabilities, cognitive assessment and adult-onset disabling conditions.

We all feel that April will be a great asset to our firm and to all of you!

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FAC'S NEW WEBSITE

Yes, our new website has finally been completed! We have been working towards producing a website which will be informative and helpful to all our clients.

This site includes information such as downloadable versions of all our service brochures, biography's of every associate, a listing of all our newsletters, and much more. Please take a look!

www.worldpsych.ca

ALBERTA MENTOR FOUNDATION FOR YOUTH (AMFY)

"My mentor has given me new hope for the future and I want others to feel the same."
AMFY Protégé

According to recent statistics, one in four Alberta students leaves high school before earning their high school diploma. The Alberta Mentor Foundation for Youth is doing something about this alarming statistic and has a proven track record. AMFY is a not-for-profit organization dedicated to helping junior and senior high school students achieve their full potential through supportive in-school mentoring relationships. AMFY is the Canadian leader in the field of in-school mentoring operating at the junior and senior high school levels. Since being established in 1995, AMFY has grown from supporting 14 mentor/protégé matches in 3 Calgary Board of Education schools to supporting over 210 relationships in 49 schools in Calgary, Cochrane, and Airdrie during the 2003-2004 school year.

AMFY recruits, screens, and trains adult volunteers to mentor youth in need of a caring role-model. An important part of the volunteer selection process is the completion of the MMPI-2, a psychological assessment administered to potential mentors with the support of Dr. Larry Fong, founding AMFY board member, Judy Bachmann and other FAC staff. Dr. Fong and Judy Bachmann also actively contribute to the AMFY program as consultants regarding the entire screening process. Dr. Fong understands the value of mentoring, "Mentors are hope givers, hope lenders, and hope sharers. Mentors to young children, nurture hope for those who need it the most. AMFY mentors are the best of the best... increasing hope to some children who feel hopeless."

To become a mentor or for more information, call AMFY at 270-3637 or visit www.amfy.org.



POSSIBLE SYMPTOMS OF A BRAIN INJURY

Some individuals who experience a personal injury as a result of an accident, such as an automobile collision, may suffer from the effects of a concussion or a mild brain injury. The following lists some of the symptoms that might be indicative of a concussion or a mild brain injury:

Cognitive Problems

- Impaired attention or concentration (mind wanders, easily distracted, cannot keep focus)
- Short-term memory loss, (forgetfulness, or trouble learning new things)
- Difficulty finding the right word when talking
- Making more mistakes than usual, or not catching these mistakes
- Slower speed of thinking
- Trouble alternating attention or “juggling” several things at once
- Disorganized or confused thinking

Physical Symptoms

- Dizziness
- Easy fatigability
- Nausea
- Slurred speech
- Change in the senses of smell or taste
- Blurred or double vision
- Ringing in the ears
- Headaches
- Weakness
- More sensitive to bright light and/or loud noises
- Impaired balance and fine motor coordination
- Sleep disturbance

Emotional Symptoms

- Irritability
- Anxiety and depressed mood
- Reduced frustration tolerance
- Overreaction to events
- Decreased insight into self and others
- Impulsive or inappropriate social behaviour
- Low motivation

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