

PINWHEELS FOR PREVENTION



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Cover Story: Pinwheels for Prevention

April is About Child Abuse Awareness and Keeping Kids Safe

From the Healthy Start Coalition of Hillsborough County eConnection Newsletter, Spring 2011, at <http://www.healthystart-coalition.org/Assets/Documents/HSC%20Newsletter%20for%20Website.pdf>:

April is nationally recognized as Child Abuse Prevention Awareness Month. There are many different causes of child abuse. Child abuse is not always intentional and several factors combined can lead a person to abuse a child. Consider these causes and find ways to help families in your community who may be struggling with these issues:

- Stress
- Lack of nurturing qualities
- Lack of child development knowledge
- Immaturity
- Difficulty controlling anger
- Personal history of abuse
- Isolation
- Physical and/or mental health problems
- Alcohol and/or drug abuse
- Personal problems (such as relationship/financial problems)

During April, look for pinwheels that symbolize prevention of child abuse; the **Children's Board** Keeping Kids Safe Partnership will be promoting pinwheels throughout the month. To report child abuse and neglect, call the Florida Abuse Hotline at 1-800-96-ABUSE.



Pinwheels are a symbol for child abuse prevention. (Photo from Healthy Start Coalition.)

Resources for Child Abuse Prevention

<http://www.ounce.org/childabusevideo.html> - videos and public service announcements from Ounce of Prevention Fund of Florida

<http://www.child-abuse-council.org/> - Child Abuse Council

<http://www.dcf.state.fl.us/programs/abuse/> - Abuse Hotline, Florida Department of Children and Families, 1-800-962-2873

<http://www.preventchildabuse.org/index.shtml> - Prevent Child Abuse America

<http://www.childwelfare.gov/preventing/preventionmonth/> - National Child Abuse Prevention Month

Gorski Columns Address Child Maltreatment/Abuse, Depression

This month's *On Call* column with the **Children's Board of Hillsborough County's** Dr. Peter Gorski is about child maltreatment and abuse, and the resulting economic and societal cost. Dr. Gorski is a child development expert at the **Children's Board**, a pediatrician, and a professor of pediatrics, public health and psychiatry at the University of South Florida. See http://www.childrensboard.org/on_call_dr_gorski.aspx.

Read his tips for parents at <http://www.childrensboard.org/documents/Press%20Releases/CBHC%20News%20Release%20-%20Tips%20to%20Prevent%20Child%20Maltreatment%20-%20April%202011.pdf>.

See also Dr. Gorski's column in the St. Petersburg Times about children and depression at <http://www.tampabay.com/news/health/adults-must-be-alert-and-know-how-to-spot-symptoms-of-depression-in/1159379>.

Achieve the Dream Stories



Celena with her new glasses.

Letter to Children's Board Recounts How Family Support & Resource Center Visit Helped Child's Eyesight

*Prelude by Dr. Chamain Moss-Torres of the **Children's Board**:*

"This fiscal year the **Children's Board** began a pilot with the Family Support & Resource Center Mobile Services and Prevent Blindness Florida to provide universal vision screening services to children and families throughout Hillsborough County. The FSRC Mobile Services Unit was sought out for this partnership because of its ability to increase accessibility to children and families who are not able to access services due to transportation barriers or other obstacles.

"The focus of the Prevent Blindness service is to promote healthy vision among children and achieved by providing standardized vision screenings by Prevent Blindness America certified vision screeners. If a child does not pass the vision screen, he or she is referred to an optometrist for a complete eye exam. Children who require eye glasses or treatment are then linked to the appropriate treatment provider. Children and families who qualify are also eligible for complete eye exams and eye glasses at no charge."

Following is the letter from a grateful grandparent:

"Dear **Children's Board**:

Several months ago, I went to Brandon Support and Family Resource Center to see if I could donate blood. I had two of my grandchildren with me. When I got there Ms. Ligia and Ms. Danielle told me I needed to take my grandchildren to the back classroom to have their eyes checked by the Prevent Blindness Florida group who were also there that day.

On a whim, sort of to please Ms. Ligia and Ms. Danielle, I went ahead and had the girls' eyes examined. Jenna who was six passed with flying colors. Celena who was five was a different story. I was shocked as was her mother, when I was told her that Celena could not see. We had absolutely no clue that she wasn't seeing good at all.

I am so grateful for the gentle persuasion of Ms. Ligia and Ms. Danielle to get the girls' eyes checked. Celena now wears glasses. The ladies from Prevent Blindness Florida were so kind and good. They gave me an application for help to get Celena glasses if her mother didn't have insurance. A couple of months later they did a phone follow up to see if we were able to get glasses for Celena. That day, I was not able to help save a life by donating blood, but we may have saved Celena's eyesight.

Submitted by Pat Jayme (FSRC participant since 2007).

Tutoring at Brandon Family Support & Resource Center Helps Young Male Succeed

Most parents look to their school for support for their children, but a Brandon woman picked up a helpful tip at the YMCA. That's where Kerri Thibodeaux learned about the Brandon Family Support & Resource Center (FSRC).

As soon as she walked in to the FSRC, she picked up on the cheerful, welcoming atmosphere. She was happy to learn that this Center (along with others throughout the county) offers after-school tutoring to children in kindergarten through fifth grade. She immediately enrolled her children Larry and KeiAna, and she couldn't be happier.

"Mr. Mitchell, my son's tutor, is always professional when providing constructive feedback. He obviously loves teaching and his ability to focus on my son's weakest areas has made an enormous impact on my son," Kerri said. Larry's grades



improved so much that he was chosen to throw out the ceremonial first pitch at Strawberry High School's opening baseball game. You can imagine how happy that made Larry. We're so very proud of our son and his improvement since joining the FSRC," Kerri said.

Like other participants, Kerri wanted to give back and joined the Family Community Advisory Council so she could help find ways to better improve her community. "I was surprised how FSRC members have the opportunity to visit city attractions," Kerri said. That same weekend, they visited the Florida Aquarium by using the FSRC membership pass. "We had a wonderful time," she said. "I'm so amazed with the FSRC programs and grateful the staff is always friendly and professional."

(The Family Support & Resource Centers are funded partners of the **Children's Board**.)

'March Madness' Provides Sports Opportunity for Special Kids

The Leonard Shearer 18th Annual March Madness Basketball Tournament on March 30 at the University of Tampa for youth was a major event for behaviorally-challenged students from various Hillsborough County schools. The tournament and an awards luncheon the following day, sponsored in part by Casper's Company McDonald's Restaurants and the Columbia Restaurant, were for children who otherwise don't get the chance to play sports because they attend specialized school programs, and the awards luncheon also was for students who participated in art and essay contests.

Participating schools included Tampa Bay Academy Charter School, Davis, Mendez, Carver, Dorothy Thomas, Simmons and Eisenhower. Tampa Police Chief and former University of Tampa basketball player Jane Castor spoke at the awards luncheon. The events were organized by Clara Reynolds, executive director of S4KF, the non-profit that provides family counseling and numerous social services to more than 1,000 families in Hillsborough County. S4KF is a funded partner of the **Children's Board**.



Special Olympics Athletes Get a Chance to Shine -

<http://www2.tbo.com/content/2011/mar/06/PMENEWSO3-athletes-get-a-chance-to-shine/>.

Carrollwood 12-Year-Old Defends His Regional Spelling Bee Title

For the second year in a row, Tommy Foster, a 12-year-old from Carrollwood, took the top prize at the regional spelling bee for dozens of elementary and middle schoolers from around Tampa Bay, which also includes a few gift cards, a dictionary, a \$100 savings bond, an online encyclopedia subscription and a trophy. The seventh-grader said he practices about 30 minutes a day on spelling. To prepare for the national competition in June in Washington, D.C., he said he'll probably do a little more. See <http://www.tampabay.com/news/education/k12/carrollwood-homeschooler-wins-regional-spelling-bee-again/1155494>.

Children's Board Links to Jobs, Events, Facebook, Twitter

Go to www.facebook.com/MyCBHC and see the latest **Children's Board Facebook** postings. Follow the **Children's Board** on **Twitter** at www.twitter.com/MyCBHC.

Jobs & Volunteer Opportunities - Go to http://www.childrensboard.org/jobs_volunteer_opportunities.aspx and click on the top link for updated postings in Hillsborough County.

Calendar - Go to <http://www.childrensboard.org/calendar.aspx> to access the upcoming community and provider calendar.

Local News

Metro Ministries' Inside the Box Catering is Catching On

Metropolitan Ministries in Tampa is now in the catering business. It's called Inside the Box. Workers are taking orders, making boxed lunches, and all the proceeds go right back to Metro. "When you order a boxed lunch, the profit from that one boxed lunch will feed a family of four that night," chef Cliff Barsi said. Inside the Box has only been operating a few months, but business is good, Barsi says. "The community has caught on and they are ordering and we are getting big orders. We are doing hundreds of boxed lunches at a time."

The lunches are for meetings like one recently held at the **Children's Board** in Ybor. "As a great community partner we want to support what they doing as they help support what we are doing for kids in the community," explained Mike Trepper, with Big Brothers Big Sisters. It's one organization serving and helping another. "We all have to work together. We're all in this together and working often times with the same kids and same families," added Trepper. (Inside the Box was the winner of the **Children's Board's** annual Innovative Business Plan Awards competition in 2010.)

See <http://www.myfoxtampabay.com/dpp/news/local/metro-ministries-now-catering-032111>.

Panacek Talks with WMNF about Children's Board, Child Mental Health Issues

Dr. Luanne Panacek, CEO of the **Children's Board**, recently attended the 24th Annual Children's Mental Health Research and Policy Conference in Tampa, and sat on a panel that responded to keynote speaker Geoffrey Canada, founder of the Harlem Children's Zone in New York. WMNF Radio's Dawn Morgan Elliott interviewed Panacek and asked her to explain the role of the **Children's Board** in the community. Read the comments or listen to the interview at http://www.wmnf.org/news_stories/ceo-of-childrens-board-on-mental-illness-early-childhood-education?utm_source=feedburner&utm_medium=feed&utm_campaign=Feed%3A+WmnmfNews+%28WMNF+News+and+Public+Affairs%29.

ECC Workshop Focuses on Research, Trends with Autism Spectrum Disorder

As part of the Early Childhood Council of Hillsborough County, Inc.'s (ECC) 2011 Training Institutes, a March 25 workshop at the **Children's Board** focused on current research and trends regarding autism spectrum disorder. ECC is a funded partner of the **Children's Board**. Presenters were Karen Berkman, Mary Reed and Shelton Gilyard of the University of South Florida Center for Autism and Related Disabilities (CARD), a state-funded resource.

Autism is a developmental disability that typically appears during the first three years of life. The result of a neurological disorder that affects functioning of the brain, autism and its associated behaviors occur in approximately 1 of every 150 individuals. Autism is four times more prevalent in boys than girls and knows no racial, ethnic or social boundaries. Family income, lifestyle and educational levels do not affect the chance of autism's occurrence. Autism interferes with the normal development of the brain in the areas of reasoning, social interaction and communication skills. Children and adults with autism typically have deficiencies in verbal and non-verbal communication, social interactions and leisure or play activities. The disorder makes it hard for them to communicate with others and relate to the outside world.

For more information about autism, go to the CARD website at <http://card-usf.fmhi.usf.edu/>.



Presenter Karen Berkman, Ph.D. of USF CARD.



Presenter Shelton Gilyard used audience participation.

Buccaneers Accepting Nominations for Mother's Day Makeovers

The Tampa Bay Buccaneers "Mother's Day Makeover" program is giving away a once-in-a-lifetime experience to five mothers in West Central Florida in honor of Mother's Day. The Buccaneers are in search of mothers who would benefit from a day of pampering, a new wardrobe and an evening out with their family. The team is requesting the help of local fans in nominating deserving mothers for the makeovers. Following a selection process, the five mothers will visit One Buccaneer Place, the team's state-of-the-art headquarters, where a limousine will take them on a shopping spree at a local retail store. After the spree, the mothers will be treated to lunch and a salon makeover. They will then return to the Buccaneers' facility for their makeover unveiling at a formal dinner with their family and friends, along with Buccaneers officials. To link to the list of eligibility requirements, consents and releases, go to <http://www.buccaneers.com/news/article-1/Mothers-Day-Makeover-Now-Taking-Nominations/2d9ade3f-ba8d-473b-82ce-4091413ca91f>.

Children's Board Will Have TA Applications, Funding Workshops in April -

<http://www.childrensboard.org>.

Sheriff's Office Accepting \$1,500 Community Improvement Grant Applications

The Hillsborough County Sheriff's Office has made available funds which were seized from criminal activity to put back into building the community. It is currently accepting grant applications for up to \$1,500 to assist in this goal. Directors or officers from non-profit 501(c)(3) organizations are encouraged to apply for these funds which can be used for items to improve parks, community buildings, recreational areas, recreational equipment, and projects that encourage community involvement. Monies must be used for tangible items, not intangible items. It should be noted that applications which place an emphasis on community involvement will receive special consideration.

See <http://www.hcso.tampa.fl.us/Featured-Info/News/Community-Enrichment-Grants.aspx2>.

USF Offers Executive MBA Scholarship for Tampa Area Nonprofit Staffers -

<http://tiny.cc/3va39>.

Feed the Bay Event Teaches Generosity to the Hungry -

<http://www.tampabay.com/news/religion/in-feed-the-bay-on-sunday-800-christians-will-shop-to-replenish-food-banks/1160209>.

Kids with Cancer Could Soon Have a School of Their Own -

<http://www.tampabay.com/news/humaninterest/cancer-kids-could-soon-have-school-of-their-own/1159330>

Check Out This Week's Schedule of Programming on CBHC Radio

Be sure to check out the new schedule of programs that are uploaded each week on CBHC Radio, the Internet radio station of the **Children's Board**. Six-hour blocks of programming are repeated four times each day. To listen, go to http://www.childrensboard.org/cbhc_radio.aspx and click on "Launch Player" at the bottom of the page, after the listing of programs and air times.

Child Abuse Council Picks Top Chef, Raises More Than \$31,000

A nine-way tie could easily have been the outcome when nine chefs cooked for bragging rights at Top Chef Tampa Bay, an annual Child Abuse Council benefit. Each wowed 12 to 15 dinner guests who paid \$125 to dine and rate them on menu, taste, decor, wine, personality, presentation and philanthropy. But it was sort of a three-way tie between Wyndham Westshore's Kelly Marshall ... and herself. She not only won Top Chef, but also top decor and philanthropy when her auction donations brought in \$2,200. See <http://www.tampabay.com/news/humaninterest/amy-scherzers-diary/1159126>. The Tampa Tribune reported that the event raised a total of \$31,650 for Child Abuse Council programs.

REACHUP's Radio Ads Aim to Close the Gap in Healthy Births

Check out REACHUP's Tampa Bay Health Pros website as part of the Closing the Gap radio advertisement with Clear Channel to create awareness about the higher rate of unhealthy births and death among African-American and Hispanic newborns. The mission of REACHUP, Inc. is to advocate for and mobilize resources to help communities achieve equality in healthcare and positive health for families. REACHUP is a funded partner of the **Children's Board**.

See <http://www.tampabayhealthpros.com/common/reachup/>.

Anytown Youth Program Recruiting for Summer Leadership and Development

Anytown is a youth leadership and diversity awareness program, geared towards creating more inclusive and just schools and communities through experiential education and youth/adult partnerships. This unique program begins with a 5-day residential training at Eckerd College and includes a year of unforgettable leadership opportunities for high school students from Pinellas and Hillsborough Counties. The program was recognized by the U.S. Department of Education as a "Best Practice." All program fees, accommodations, meals, transportation and materials, (over \$1500 for the year) are provided by Community Tampa Bay with generous support from local foundations, businesses, schools and individuals. This is the only local program that addresses both youth leadership development and diversity awareness. Building a community takes partnerships and there are three ways to help make our community more inclusive:

- Identifying and recruiting emerging student leaders ages 14-18 to participate in our Anytown program beginning this summer. Each class is composed of 60 delegates and 20 volunteers selected to create a diverse community committed to inclusion.
- The program's average cost is \$1500, yet through donations and grants, we can reserve spots for youth you select through a special partnership agreement with your agency. We would welcome an invitation to visit your organization to make a presentation for audiences of 15 or more (either for youth from 9th to 12th grade, parents, or potential volunteers).

Anytown will launch two delegate classes this summer: June 12-16 and July 17-21. Deadline for applications is May 13. For application information, contact Shivani Alamo, salamo@communitytampabay.org or Jessica Estévez, jestevez@communitytampabay.org phone: 727-568-9333.

Gates Foundation Spurs Donations for Hillsborough Public School Projects -

<http://www.tampabay.com/news/education/k12/gates-spurs-donations-for-local-teachers/1160243>

Glazer Children's Museum Has \$2 Target Tuesdays Once a Month -

http://glazermuseum.org/2011/04/05/?ec3_listing=events.

Neighborhood News

Church Remaking Former Ybor Boys & Girls Club as After School 'Dream Center'

The former Boys & Girls Club building at Cuscaden Park has been unoccupied for years. The park's historical pool, once lovingly and expensively restored, leaks and is unusable. A host of children's programs operated by Tampa's parks and recreation department ended last year for lack of money. And, indirectly, it was the biblical tale of the Samaritan that brought members of the Lutz-based Grace Family Church to the V.M. Ybor neighborhood, willing to invest time, money and labor to revive the building and the adjacent park. Church members said they hope by summer to complete gutting and restoring the building, and plan to re-open it as the Dream Center of Tampa Bay.

The project recently received a \$45,000 grant to help pay for repairing the building's façade. The money comes from a portion of property taxes collected within the East Tampa special tax district, which includes V.M. Ybor. About \$250,000, including surplus campaign funds allocated by state Rep. Will Weatherford, has been donated to defray additional costs.

A leaking roof took a toll on the two-story structure; volunteers found extensive mold and mildew. A new roof has been installed. Flooring is being ripped up and replaced. Walls are being repainted in earth-tone colors. There will be new wiring along with a modern fire alarm system, air conditioning and plumbing. The center's executive director, Thad Smith, will be the only full-time employee. He will be supported by three part-time employees including a volunteer coordinator, a receptionist and clerical worker, and an athletic director.

The programs will start off with after-school sessions focusing on tutoring and mentoring, and also providing sports activities and arts. "We're going into it slowly," Smith said. The center's staff will rely on area residents for guidance on what type of additional programs are needed. And the church will look for partners, such as Metropolitan Ministries, for support. See <http://www2.tbo.com/content/2011/jan/24/SPBIZO1-cellphones-open-web-to-kids/>.

Good Samaritan Mission Debuts Wellness Program for Preschoolers

The Good Samaritan Mission in Wimauma recently opened its new Wellness Preschool, where kids will receive an annual dental examination, as well as two wellness checkups per year..

See <http://southshore2.tbo.com/content/2011/mar/09/110918/SSNEWSO20-good-samaritan-mission-debuts-wellness-p/news/>.

Guitar Used by Lady Antebellum Will be Auctioned to Help RCMA Centers

A guitar that members of Lady Antebellum autographed and Dave Haywood used in the trio's encore at the Florida Strawberry Festival is going to be auctioned for charity. The guitar, with a body that looks like a strawberry, will be sold to benefit Redlands Christian Migrant Association, which helps farm workers and the rural poor.

Gary Wishnatzki, chief executive officer of Wish Farms and a member of the Redlands Christian Migrant Association board, said he hopes the guitar will bring in several thousand dollars on eBay, since it was played in concert and autographed by the trio, one of the hottest acts in country music. He didn't have an exact date when the auction would take place, but it will probably be next month. He said he'll post the information on his company's website, www.wishfarms.com. See <http://www2.tbo.com/content/2011/mar/21/PMENEWSO3-guitar-signed-played-by-lady-antebellum-/>.



Gary Wishnatzki, of Wish Farms, left, and festival President Mike Sparkman show the strawberry-shaped guitar. (Photo by Tampa Tribune)

Advocacy

The Children's Campaign 'Legislative Connection' Update -

http://www.floridacsc.org/advocacy/capitol_connection.php.

Latest Issue of 'Capitol Connection' Has State Legislative Updates -

http://www.floridacsc.org/advocacy/capitol_connection.php.

State News

Gov. Scott Signs First Bill: Sweeping Teacher Pay, Tenure, Evaluation Overhaul

Now the experiment begins. Florida launched into a historic, high-stakes venture March 22 to see if radical changes to the teaching profession can boost student success. In the spotlight: Senate Bill 736, a sweeping package signed by Gov. Rick Scott that dramatically alters how teachers are hired, fired, evaluated and paid.

More than two years in the making, the new law is one of the most far-reaching of its kind in the nation and one of the biggest shake-ups in the history of Florida public schools. Tenure is gone for new teachers, and contracts and pay will be tied to student test scores. The push for reform has been a gut-wrenching ride, marked by protests, clashes between lawmakers and unions and widespread anxiety among the state's 170,000 teachers.

What teachers can expect from SB 736:

As of July 1, all newly hired teachers will be given annual contracts for their entire careers. Currently, the vast majority of teachers receive tenure-like protections after three years of satisfactory evaluations. Also as of July 1, teacher layoff decisions must be made based on performance evaluations and not on seniority. Teachers' evaluation systems will rate them as highly effective, effective, needs improvement or unsatisfactory.

Districts must develop performance-based pay schedules for all new teachers, in which student results account for at least 50 percent of the performance. The rest could be determined by teacher observation and other factors but would have to meet stringent new standards. Current teachers may enter the new pay scale and contract terms, but are not required to.

Teachers working in hard-to-staff subject areas or schools will receive added pay.

See <http://www.tampabay.com/news/education/k12/gov-scott-signs-first-bill-sweeping-teacher-pay-tenure-evaluation-overhaul/1159307>.

Lawmakers Factor Pension Changes in to Education Cuts -

<http://www2.tbo.com/content/2011/mar/25/lawmakers-factoring-pension-changes-into-education/>

As Florida's Budget Shortfall Forecast Grows, Legislature Differs on Cuts

Early legislative budget proposals confirm one thing lawmakers have been warning about – cuts virtually across the board -- and portend showdowns between the two chambers over high-profile priorities. The big-ticket items proposed March 21 were education and health care, which make up nearly two-thirds of the overall budget. The Senate has proposed eliminating the \$1 billion Medically Needy program, which provides catastrophic care to the poor. Both chambers also propose to cut per-student K-12 spending – the House by 7.7 percent, the Senate by 6.5 percent. Appropriations committees in both chambers are moving budget proposals quickly in order to get the inter-chamber negotiations started. An agreement must be reached early in the week of May 2 in order for the Legislature to adjourn on time May 6.

<http://www.tampabay.com/news/health/florida-hospitals-see-rise-in-drug-addicted-newborns/1152023>.

Florida's Hispanic Population Soars, 2010 Census Reveals

In a surprising show of growth, Hispanics account for more than half the population increase in Florida and the United States over the last decade. The Census Bureau has released its first national-level data on racial and ethnic growth, and it showed Florida's Hispanics helping lead the way — increasing about 57 percent. Among Florida's nearly 19 million people, 4.2 million are Hispanic. In Hillsborough County, they grew by 70 percent. One in six Americans are Hispanic; among U.S. children, Hispanics are roughly one in four. Florida has 1.1 million Hispanic kids.

See <http://www.theledger.com/article/20110309/EDIT01/103095009/1036>.

Bills Aim at Setting Standards for Handling Head Injuries in Youth Sports

As soon as Sam Green's helmet slammed against the turf, Wayne Ward knew it was a concussion. It didn't matter that Green, a talented defensive back, was central to Plant City's game plan at Brandon High that September night. The Raider coach and former college player knew the teen, who was struggling to stand, needed medical attention. A week passed before a doctor cleared Green to play, though dizziness and a headache disappeared 24 hours after a trainer diagnosed the concussion. Rest, a growing body of scientific evidence says, is critical in preventing more serious and long-term brain damage.

Green's removal from the game and his delayed return is current protocol for Hillsborough County high school athletes suspected of suffering a concussion. That standard also could become state law if a bill in the Florida Legislature passes.

The bill has passed through subcommittees in both the House and Senate.

See <http://www2.tbo.com/content/2011/mar/21/state-legislators-take-aim-at-head-injury-standard/>.

National News

Kids Are Safest in Rear-Facing Seats Until Age 2 -

Children should ride in rear-facing car seats longer, until they are 2 years old instead of 1, according to updated advice from the American Academy of Pediatrics and the National Highway Traffic Safety Administration, which issued separate but consistent new recommendations.

See <http://www.baynews9.com/article/news/ap/march/221363/Kids-safest-in-rear-facing-car-seats-until-age-2>.

American Academy of Pediatrics: Facebook Depression Possible -

<http://www2.tbo.com/content/2011/mar/29/T2NEWS01-facebook-depression-possible/>.

Some New Dads Get Depressed -

<http://www2.tbo.com/content/2011/mar/14/T2NEWS03-some-new-dads-get-depressed/>.