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## About Us

Front Range Psychological Associates, LLC is a mental health practice dedicated to promoting and providing mental health care to children, adolescents, adults, seniors, families, and couples. We provide counseling services as well as psychological testing. We work with insurance carriers and also accept fee-for-service payment.

Dr. Bridget Engel and Dr. Stephanie Smith are both licensed clinical psychologists in Colorado, and have extensive experience working with clients in improving psychological health.

## Plans Accepted

We have recently added several health insurance companies to the list of plans we accept. We are currently providers for:

Cigna	MMA
First Health	Sloan's Lake
Humana	PHCS
Mines & Associates	TriCare/TriWest
	Aetna

We can also often bill as "out-of-network" providers for those plans which we do not accept. Please ask us if you have any questions about your health insurance benefits.

Also – did you know that you can use your Health Savings Account to pay for mental health services? Ask your administrator for more information!

## Keys to Marital Bliss

**Most couples enter marriage expecting to enjoy long, happy lives together. Unfortunately, statistics tell us that 40-50% of couples marrying in the U.S. today will divorce. There are many factors that go into a marriage's failure or success even before the commitment is made, including the success of one's parents' marriage, the age at which the couple is married, and the length of time the couple knew each other before they said "I do." Luckily, there are many things that can be done to improve the chances of a successful marriage long after all the cake has been eaten and the gifts unwrapped:**

Research on what makes a marriage work shows that people in a good marriage have completed these psychological "tasks":

## Contact Us

<http://www.frontrangepychology.com/>

**303-828-3080**

If you would like to be removed from our email list, please send a note to:

[drsmith@frontrangepychology.com](mailto:drsmith@frontrangepychology.com)

## Pass It On!

Please feel free to forward this newsletter to your co-workers, friends, or family members.

1. Separate emotionally from the family you grew up in; not to the point of estrangement, but enough so that your identity is separate from that of your parents and siblings.
2. Build togetherness based on a shared intimacy and identity, while at the same time set boundaries to protect each partner's autonomy.
3. Establish a rich and pleasurable sexual relationship and protect it from the intrusions of the workplace and family obligations.
4. For couples with children, embrace the daunting roles of parenthood and absorb the impact of a baby's entrance into the marriage. Learn to continue the work of protecting the privacy of you and your spouse as a couple.
5. Confront and master the inevitable crises of life
6. Maintain the strength of the marital bond in the face of adversity. The marriage should be a safe haven in which partners are able to express their differences, anger and conflict.
7. Use humor and laughter to keep things in perspective and to avoid boredom and isolation.
8. Nurture and comfort each other, satisfying each partner's needs for dependency and offering continuing encouragement and support.
9. Keep alive the early romantic, idealized images of falling in love, while facing the sober realities of the changes wrought by time.

Adapted from the American Psychological Association. For more information, check out [www.apahelpcenter.org](http://www.apahelpcenter.org)

## Cyber-Bullying

Have you heard of cyber-bullying? Cyber-bullying occurs when someone, typically a youngster, is unkind, mean, humiliating, or threatening to another individual while online, often through email, chat rooms, blogs, and instant messages. Gender does not affect a child's online risk profile—both girls and boys are subjected to cyber-bullying.

I-SAFE estimates that:

- \*35% of kids have been threatened online
- \*42% of kids have been bullied while online
- \*53% of kids admit to bullying others online
- \*58% of kids have not told their parents or an adult about being bullied online

With the increase of cyber-bullying and the sophistication of online predators, as well as a digital divide between the technological skills of parents and their children, guardians are often unaware of how to keep their children safe on the computer. Here is what you can do:

- 1) Develop and sign an internet use contract with your child, so they agree to never share credit card numbers, identifying information, or photographic content while online, or ever agree to have a face-to-face meeting with

- someone they've met online.
- 2) Encourage your children to tell you or another adult when they are uncomfortable with their online experiences or frightened by sexual language, cussing, threats, or requests to do things they don't want to do.
  - 3) Limit time online and on the computer, and make an effort to be a part of your child's online experience.
  - 4) Do not allow your child to chat online when they are angry or having a conflict. They are not allowed to open or respond to messages sent from a known cyber bully.
  - 5) Place home computers in public areas of the house, not a child's bedroom (65% of sexual predator victims have a computer available in their bedroom).
  - 6) Install filtering and blocking software to limit access to some sites, content, or key words.
  - 7) Use monitoring software, such as ComputerCOP, to inform you of your child's online activity.
  - 8) Block outgoing content to prevent kids from revealing personal information online.
  - 9) Use browsers designed for kids, such as AOL and Awesome Library. These are search engines that contain age-appropriate content for children
  - 10) Save bullying messages and report cyber bullying to your Internet Service Providers and to the school. If your child is ever threatened by a predator, or by another student, call the police immediately.

Check out these websites for helpful tips on keeping kids safe:

[www.zemericks.com](http://www.zemericks.com)

[www.modemlock.com](http://www.modemlock.com)

[www.optenetpc.com](http://www.optenetpc.com)

[www.computercop.com](http://www.computercop.com)

[www.isafe.org](http://www.isafe.org)

[www.cyberbully.org](http://www.cyberbully.org)

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## Feedback

**Please let us know what you think about our newsletter! And also feel free to email or call us with questions, or for more information about the information presented in this newsletter, or about the services provided by FRPA.**

**We are happy to answer your questions, and take pride in responding quickly and thoroughly to our clients' needs.**

