

A large teal triangle on the left side of the slide, with a white diagonal line separating it from the black background.

Parent Workshop

Mental Health Awareness Week

Presented by :
The THMS School Counselors

Workshop Goals

Goal One: Understand why mental wellness is important for middle school children

Goal Two: How to identify mental health warning signs and how to address them early on

Goal Three: How to support your child's mental health and wellness

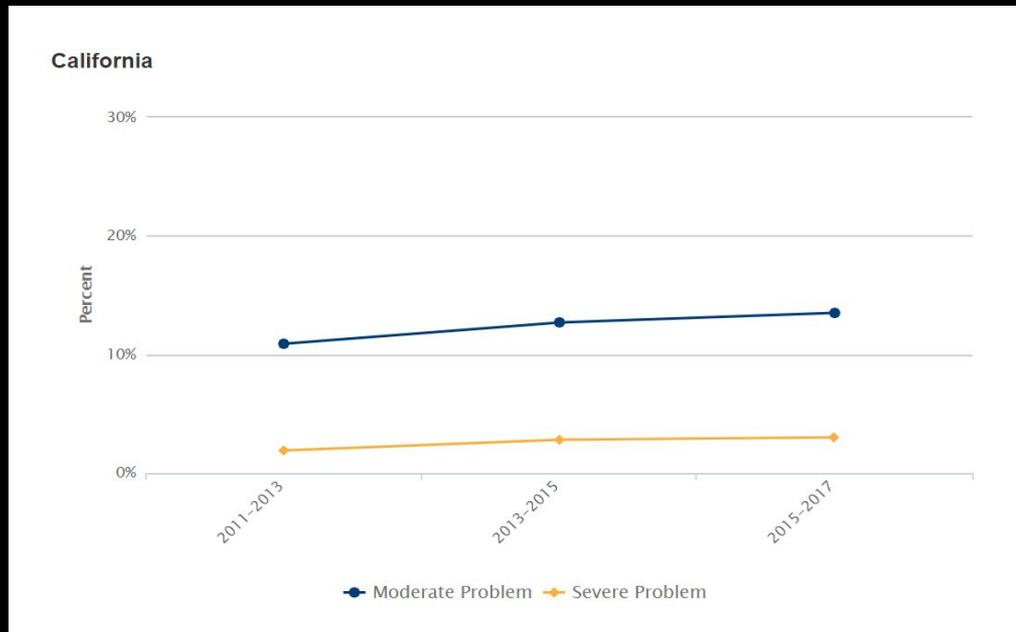
Student Depression or Mental Health Is a Problem at School (Staff Reported)

KidsData.org

California	Percent			
Type of School	Insignificant Problem	Mild Problem	Moderate Problem	Severe Problem
Elementary School	40.3%	43.2%	13.5%	3.0%
Middle School	20.7%	48.4%	24.6%	6.4%
High School	12.5%	42.4%	33.3%	11.8%
Non-Traditional	13.0%	29.4%	34.8%	22.8%

There were 41,087 hospital discharges for mental health issues among California youth ages 5-19 in 2018: 14,128 for children ages 5-14 and 26,959 for teens ages 15-19. Overall, the statewide rate of youth mental health hospitalization was 5.2 per 1,000 in 2018, up from 3.4 per 1,000 in 2007.

kidsdata.org



Lifetime Prevalence of Specific Mental Health Diagnoses for Adolescents and Adults

Mental Health Diagnosis	Lifetime Prevalence Among 18-year-olds (%) ³⁸	Lifetime Prevalence Among 75-year-olds* (%) ³⁷
Depression	18.6	16.6
Specific phobia	19.9	13.2
Social phobia	8.5	12.6
Panic disorder	2.4	6.0
Post-Traumatic Stress Disorder (PTSD)	4.7	8.7
Attention Deficit / Hyperactivity Disorder ADHD	8.1	8.1
Conduct Disorder	6.8	9.5
Oppositional Defiant Disorder	12.6	8.5
Any disorder	51.3	50.8

Why Mental Health & Wellness Matters

- 1 in 5 youth have a mental health condition, but sadly fewer than half receive any mental health services.
- The earlier a young person can access mental health care, the more effective it can be. Early treatment can help keep youth in school and on track to achieving their life goals.
- When children get the right care at the right time, we can prevent negative outcomes like school failure, hospitalization- and even suicide.
- In a study of adults who had been diagnosed with a mental illness at some point during their lives, half said that they had experienced symptoms by their mid-teens.
Anxiety and impulse-control problems were particularly likely to appear early in life, with more than half appearing before age 12.
- More than 90% of people who die by suicide have a diagnosable mental health disorder, like depression, which is treatable.
- Suicide is the 2nd leading cause of death among adolescents aged 11-18.

What to Look For- Warning Signs

- Excessive worrying or fear
- Feeling excessively sad or low
- Confused thinking or problems concentrating and learning
- Extreme mood changes, including uncontrollable “highs” or feelings of euphoria
- Prolonged or strong feelings of irritability or anger
- Avoiding friends and social activities
- Changes in sleeping habits or feeling tired and low energy
- Changes in eating habits such as increased hunger or lack of appetite
- Thinking about suicide
- Increased internet/screening use (social media, video-games, videos)
- Difficulty perceiving reality(delusions or hallucinations, in which a person experiences and sense things that don't exist in objective reality
- Inability to perceive changes in one's own feelings, behavior or personality (“lack of insight” or anosognosia)
- Abuse of substance like alcohol or drugs
- Multiple physical ailments without obvious causes (such as headaches, stomach aches, vague and ongoing “aches and pains”)
- Inability to carry out daily activities or handle daily problems and stress
- An intense fear of weight gain or concerns with appearance

How to Support Your Child

Communication

- Give positive feedback and praise
- Validate and discuss feelings
- Clear and respectful communication

Behavior

- Model positive coping skills and self-care
 - Teach how to hold reasonable expectations for themselves
- Ensure a sense of belonging/connection
- Regularly show empathy
- Promote resilience
 - Teach how to solve problems and cope with challenges
- Teach children how to resolve conflict peacefully with peers
- Screen-free or screen-light family culture

Routines

- Enforce boundaries and structure
 - Especially with electronics
- Consistent bedtime schedule
- Consistent family mealtime schedule
- Regular physical exercise
- Teach how to master skills, both simple and complex
- Practice regular cultural traditions
- Positive approach to discipline
- Consistency in both expectations and consequences
- Practice healthy eating habits
 - Balanced diet with fruits vegetables
 - Water consumption
 - Limit processed foods

How to Get Support for Your Child



- **Reach out to your child's school counselor**
 - Is there an opportunity for your child to participate in school-based counseling?
 - Can they recommend community referrals for outside care?
- **Reach out to your child's teacher(s)**
 - Have they observed any of the same concerns you have?
 - Have they observed anything new or different?
- **Make an appointment with your pediatrician**
 - Share concerns, get physical exam, bloodwork, and additional referrals as needed

Further Resources



Articles

- <https://www.nami.org/Find-Support/Family-Members-and-Caregivers/Learning-to-Help-Your-Child-and-Your-Family>
- <https://childmind.org/article/what-to-do-and-not-do-when-children-are-anxious/>
- https://childmind.org/downloads/Childrens_Mental_Health_Report_2019_Parents.pdf

Books

[Untangled: Guiding Teenage Girls Through the Seven Transitions into Adulthood by Lisa Damour](#)

[The Teenage Brain: A Neuroscientist's Survival Guide to Raising Adolescents and Young Adults by Frances E Jensen](#)

[The Boy Crisis: Why Our Boys Are Struggling and What We Can Do About It by Warren Farrell and John Gray](#)

Videos

- <https://www.youtube.com/watch?v=OtXd19s9i8k>

Mobile Apps/Websites

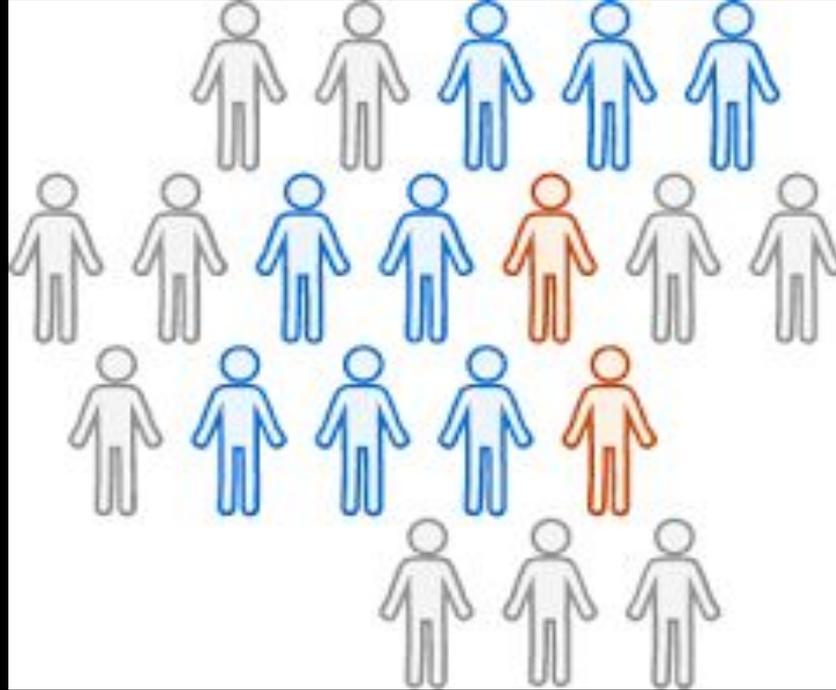
- <https://www.headspace.com/>
- <https://www.calm.com/>

Go  Zen!

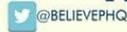
Head Space



Trails to Wellness



9 MENTAL HEALTH ACTIVITIES TO DO WITH YOUR CHILDREN



WORRY TIME

- Set aside a time each day for your child worry. Discuss with your child how long the worry time will be for. In this time your child can write down their worries, discuss them with you or problem solve to overcome them

THOUGHT CHALLENGING

- Help your child to write down any unhelpful thoughts they that experience. Try to challenge them with your child and come up with more realistic and helpful ones

BEING PRESENT

- Help your child to be present and live in the moment. Go for a walk and see how many different things you can both take in with all your senses

ACTIVITY PLANNING

- Create an activity diary with your child and help them to schedule in some pleasurable and achievement related activities

TALKING ABOUT FEELINGS

- Why not create a time each week where your child can speak to you about their thoughts and feelings

3 GOOD THINGS

- Before bed spend some time with your child to identify and write down three good things they achieved from the day

WELLBEING

- Support your child to look after their wellbeing. Cook healthy meals with them, exercise or play sport with them and make sure they are getting enough sleep

IMAGERY

- Work with your child to imagine themselves in an imaginary future where everything has turned out in a positive way

THOUGHT TESTING

- Try setting out some simple activities to help your child test out the validity of a thought.



Types of Self-Care

Physical



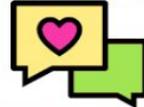
Sleep
Stretching
Walking
Exercise
Nutrition
Yoga

Emotional



Stress Management
Coping Skills
Compassion
Therapy
Journaling

Social



Boundaries
Support System
Positive
Social Media
Communication
Friends

Spiritual



Time Alone
Meditation
Prayer
Nature
Sacred Space

Personal



Hobbies
Creativity
Goals
Identity
Authenticity

Space



Safety
Healthy
Environment
Stability
Clean Space

Financial



Saving
Budgeting
Money
Management
Paying Bills
Boundaries

Work



Time Management
Work
Boundaries
Breaks



down dg

WHY YOGA?

Natural mental health benefits

Available reviews of a wide range of yoga practices suggest they can reduce the impact of exaggerated stress responses and may be helpful for both anxiety and depression. In this respect, yoga functions like other self-soothing techniques, such as meditation, relaxation, exercise, or even socializing with friends.

The scientific study of yoga demonstrates that **mental and physical health are not just closely allied, but are essentially equivalent.**

Published by
Harvard Medical School
-May, 2018

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down dog

Great fitness anywhere

- Yoga
- HIIT
- Barre
- 7 Minute Workout
- Prenatal Yoga

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Yoga

Select your time, level, focus, voice, and music, and Down Dog creates a unique, personalized yoga practice every time.

[START](#)

Download on the [App Store](#)

GET IT ON [Google Play](#)

Customizable - Time, Level and Type

The screenshot displays the Down Dog app interface on a web browser. The browser's address bar shows the URL downdogapp.com/web. The page features a dark sidebar on the left with the following navigation options: "Choose Your Practice", "Journeys", "History", "Favorites", and "Settings". At the bottom of the sidebar is a "[→] Logout" link. The main content area is titled "Choose Your Practice" and contains a list of customizable settings:

- PRACTICE**
 - Length: 10 Minutes
 - Type: Chair Yoga
 - Boost: None
 - Level: Beginner 1
 - Savasana: None
- SOUND**
 - Voice: Sammi
 - Instruction: [unlabeled]

A prominent blue "START PRACTICE" button is located at the bottom center of the screen. The background of the interface shows a blurred image of people practicing yoga in a studio.

Choosing Styles

Yoga - Google Slides | Down Dog | Great Yoga Anywher... | Down Dog | Great Yoga Anywher... | +

downdogapp.com/web

gjud.net bookmarks | FMS Web 504 Server | Aequitas Solutions | SELPA System II IEP... | BenefitFocus | Home | CJUSD Intranet | Drawing Technique... | CJUSD | My Meetings - Zoom | Yahoo | Aeries: Portals | Government In Am... | APUSGOPO - Powe...

Down Dog

- Choose Your Practice
- Journeys
- History
- Favorites
- Settings

[→] Logout

Choose a style of Yoga

ACTIVE | **PASSIVE**

- Gentle**
Vinyasa Flow. Longer warmup and cooldown, gentler on the knees.
- Restorative**
Relax, stretch. No standing poses.
- Yin**
Deep stretch, long holds. Melt into the poses.
- Chair Yoga**
- Yoga Nidra**
Meditation. Fall into a "yogic sleep"

SELECT

4 new notifications (Focus assist on)

Step-By-Step with Scrolling Guide

The image shows a web browser window displaying a video player. The browser's address bar shows the URL `downdogapp.com/play#AKSEO9SJBU1`. The video player interface includes a navigation bar at the top with a back arrow and the text "Exit Practice" on the left, and the text "We Move Lightly - Dustin O'Halloran" with a play button on the right. The main video area shows a person in a light blue tank top and white leggings performing a Child's Pose (Balasana) on a blue mat. Below the video is a scrolling guide consisting of a horizontal row of small thumbnail images representing various yoga poses. The poses are labeled from left to right: "Child's Pose", "Child's Pose wi...", "Child's Pose", "Baby Camel Hi...", "Baby Camel", "Child's Pose", "Table Top", "Cow", "Cat", "Cow", "Cat", "Cow", "Cat", "Cow", "Cat", "Cow", and "Cat". At the bottom of the video player, there is a control bar with a play/pause button, a refresh button, a progress indicator showing "0:16 / 10:00", and icons for closed captions, full screen, volume, and settings.

Basic Poses...

BEGINNER YOGA POSES

by GROUNDED PANDA



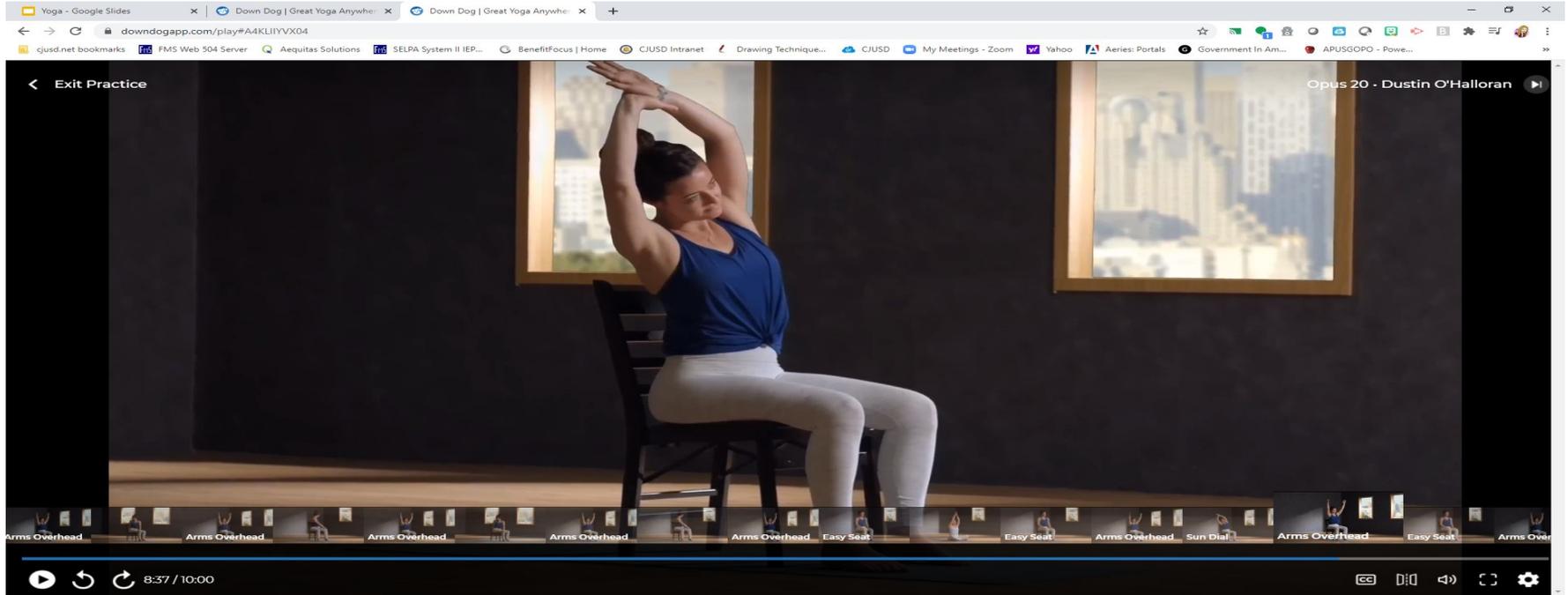
ULTIMATE BEGINNER FLOW

workout by GROUNDED PANDA

**HOLD EACH POSE 15 SECONDS & REPEAT X4. REST 1 MINUTE BETWEEN SETS.



Used a break during school or work...



Calm

- Can be used on your computer, smartwatch or phone
- Nature scenes, music, stories to help you fall asleep.
- Special collaborations with sports figures, movie stars, singers



References

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Questions or
Comments?