



FAMILY ACADEMY

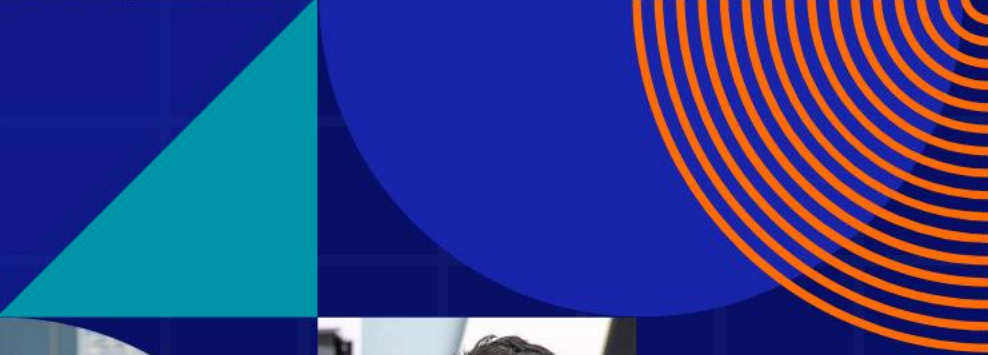
Health and Wellness

THURS, DECEMBER 7 | 6-7:30 PM



FEDERAL WAY
PUBLIC SCHOOLS





Mental Health Needs for Scholars with Disabilities

Jane Al-Tamimi, Assistant Director of Student Support Services

December 7, 2023



**FEDERAL WAY
PUBLIC SCHOOLS**



Jane Al-Tamimi
Assistant Director of Student
Support Services

Principal , Employment and
Transition Program

Welcome





two

WHOLE CHILD

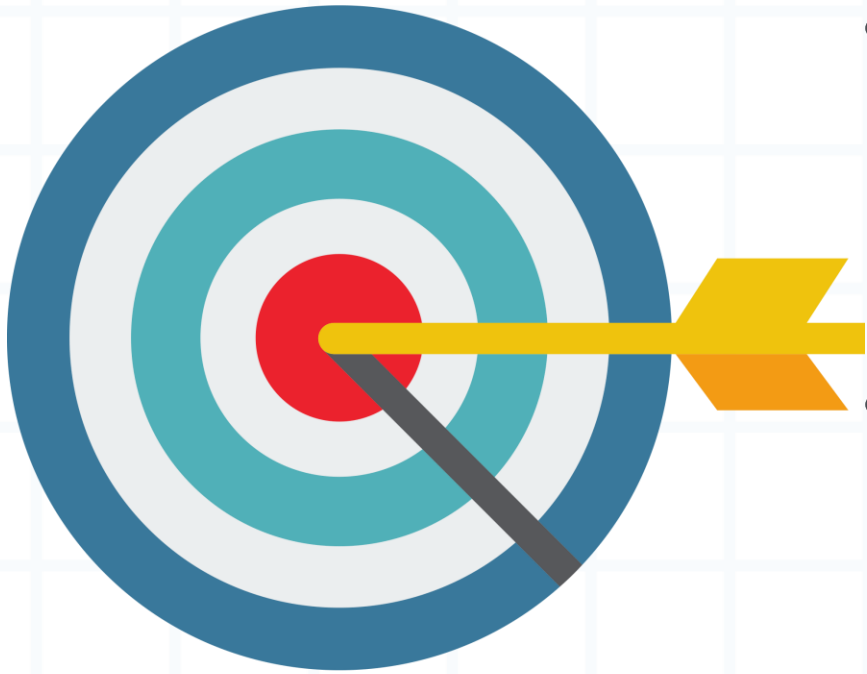
Thriving, Confident, Responsible Individuals



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Every student scholar will be empowered and prepared to develop personal responsibility in order to be positive, productive members of society.

Learning Targets



- **Identify common mental health challenges for individuals with disabilities**
- **Identify possible contributing factors**
- **Identify supports for scholars and families**

two



GOAL 2: WHOLE CHILD
Thriving, Confident, Responsible Individuals



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Common Myths



- **"Children with disabilities can't have mental health conditions"**
- **"Standard mental health treatments won't work for individuals with intellectual disabilities"**
- **"Mental health services aren't compatible with other services."**

Common Symptoms of Mental Health Concerns

- Sudden fear
- Worrying
- Trouble sleeping
- Irritability
- Anger issues
- Feelings of sadness and/or hopelessness
- Changes in social behaviors (not spending time with friends)
- Changes in appetite
- Thoughts of harming themselves
- Drug or alcohol use

Specific Learning Disabilities and Other Health Impairments

- Embarrassment or Shame
- Low self-esteem
- Poor tolerance of frustration
- Teasing or bullying by others
- Anxiety
- Anger
- Depression



Autism

- Anxiety
- Depression
- Attention Problems
- OCD
- Suicide ideation
- Substance Abuse



Intellectual Disability

- Stress
- Social Challenges
- Limited language abilities
- Nervous system symptoms
- Higher risk of experiencing trauma



If this is an emergency, **CALL 9-1-1**
immediately

or go to a local emergency department

- Book an appointment with your family doctor or nurse practitioner
- Utilize one of the school based health care centers
- Utilize Talk Space (link on FWPS website)
- Talk to your child's school counselor
- Contact a local mental health provider
- Talk to your child's school team



Caregivers



- Ask for help
- Talk to other parents
- Talk to your family doctor or nurse practitioner
- Join a support group for parents with children with disabilities

Questions?



Feedback Survey

Please help us improve by sharing your feedback about today's event through a 3-minute survey.



Scan QR code,
or visit: www.fwps.org/FamilyAcademySurvey

Encuesta posterior al evento: !Ayúdenos a mejorar!

Sau buổi sự kiện: Hãy giúp chúng tôi cải thiện!

Опрос мнения по окончании мероприятия:
Помогите нам учесть недочёты!

پست-نظرسنجی : رویداد به ما کمک می کند
بهبود یابیم!



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Each Scholar: A voice. A dream. A **BRIGHT** future.

Thank you

YOUR
mental health
IS A PRIORITY.

YOUR
happiness
IS AN ESSENTIAL.

YOUR
self care
IS A NECESSITY.