



We All Have Mental Health

For Parents, Caregivers and Families



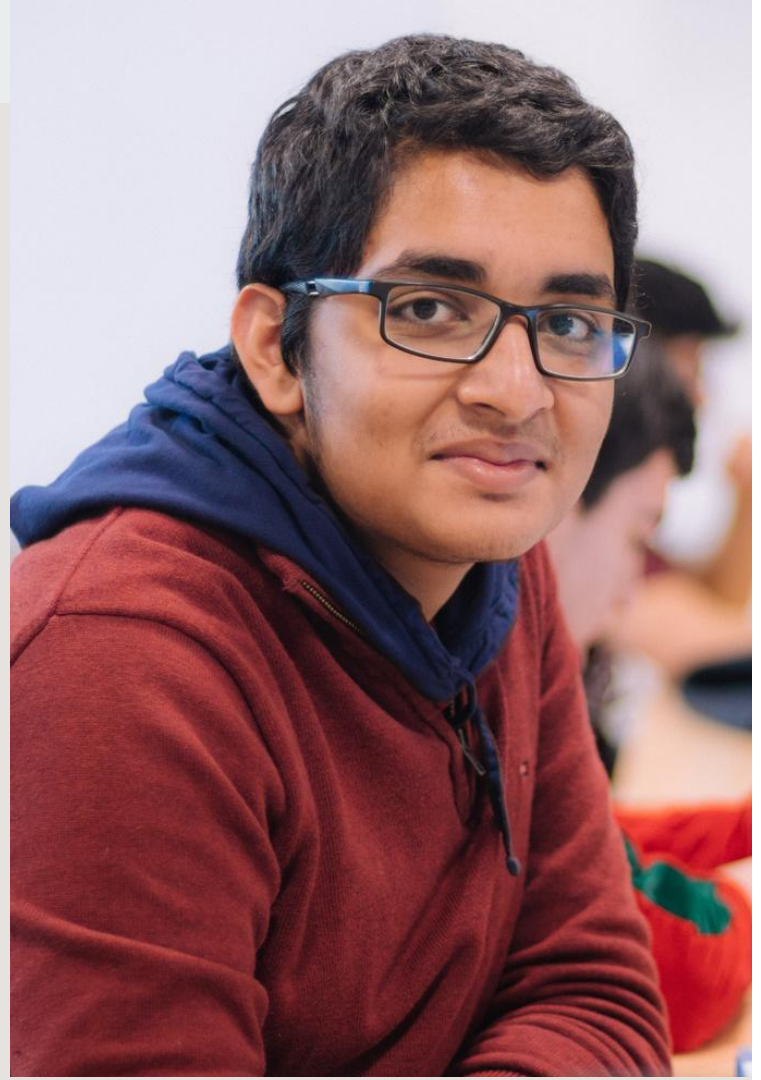
Part 1: About Mental Health



About Mental Health

What is Mental Health?

- Mental health is about our feelings, thinking, emotions and moods.
- Mental health is important for a happy, healthy and productive life.
- Just like we brush our teeth everyday, we need to make sure our brains have the tools we need to be mentally healthy.
- Looking after our mental health is just as important as looking after our physical health.



About Mental Health

Good Mental Health

- When we can fulfill a number of life functions and activities, including:
 - the ability to learn
 - the ability to feel, express and manage a range of positive and negative emotions
 - the ability to form and maintain good relationships with others
- Important at every stage of life, from childhood, adolescence through adulthood.
- Will help children to focus in school, overcome obstacles, get along with the people around them—and get well and stay well



What gets in the way of mental health?



Risk Factors

Some of life's challenges are out of our control and these challenges can be a risk to mental health.

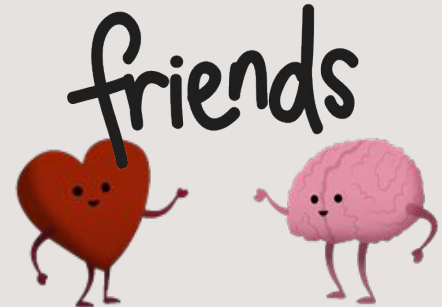
Academic



Familial



Social



About Mental Health

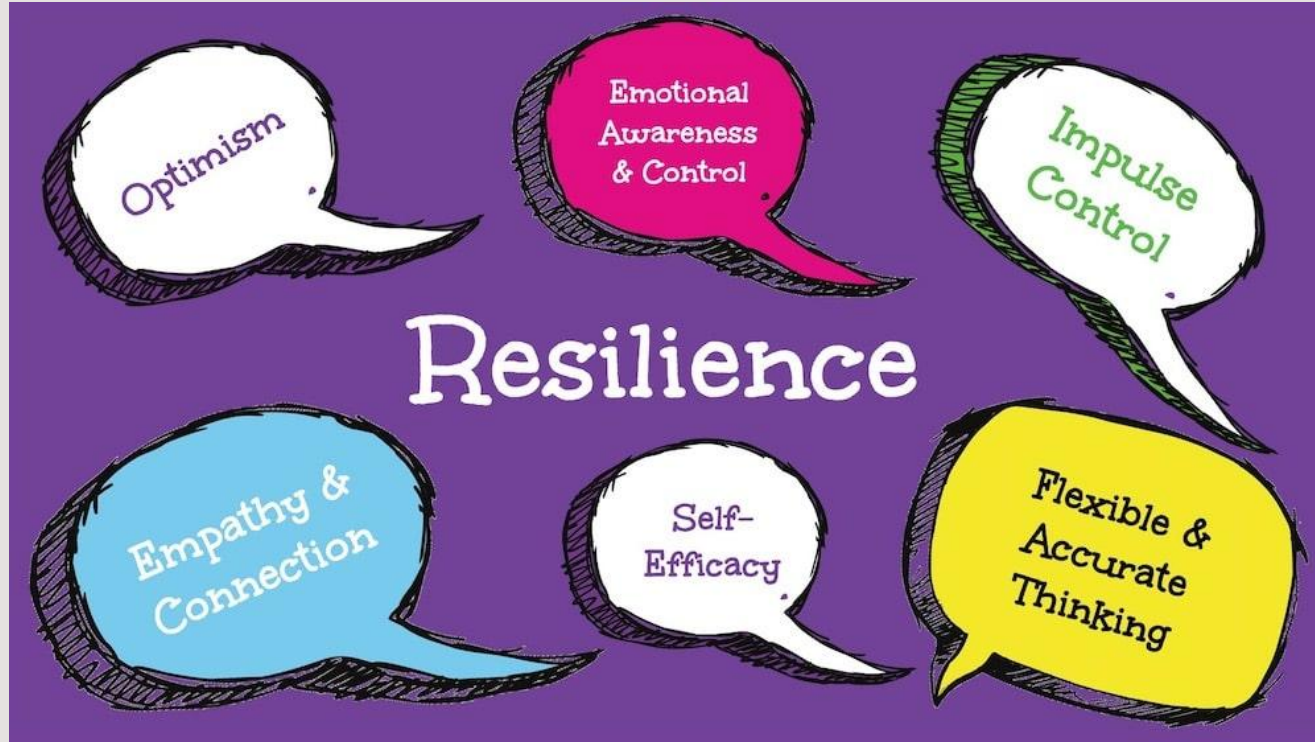
What does it mean to be resilient?

- Bouncing back from difficulties and challenges in life.
- Managing feelings and stressful events.
- A skill that we can teach and model to our children.



About Mental Health

Resiliency Skills





Part 2: What is my child learning?





What is my child learning?

Mental Health and Feelings



Everyday feelings come and go and are a normal reaction to what is happening in our lives. They are always changing and don't usually hang around for too long.

Overwhelming feelings hang around for a long time, change the way we feel and behave and may stop us from doing what we want to in life. You have heard people call them a mental health problem, mental illness or mental disorder.



What is my child learning?

Feelings

Everyday



Examples of everyday feelings might include:
happiness, joy,
disappointment.

Overwhelming



Examples of overwhelming feelings might include:
loss, grief, despair.



What is my child learning?

Children ages 6-12 often:

- Want to please friends.
- Want to be like their friends.
- More likely to agree to rules.
- Like to sing, dance, and act.
- Show more independence and may even visit a next-door neighbor by him/herself.
- Become aware of body changes (ages 9-12).
- Able to distinguish fantasy from reality.
- Deeply aware of and impacted by stigma.



What is my child learning?

An Exercise in Stigma

Read the statements. Keep track of what you would be comfortable sharing with a stranger or coworker if the statement was true.

- I enjoy being active.
- I like coffee.
- I like country music.
- Everyone deserves good mental health.
- When I was in middle or high school, I learned about depression.
- Imagine you were diagnosed with diabetes.
- My life has, in some way, been touched by depression (myself, a friend, a family member).
- Imagine you were diagnosed with depression.



What is my child learning?

Understanding Stigma

Stigma = a mark of shame associated with a particular circumstance, quality, or person.

80%

**OF PEOPLE WITH DEPRESSION
DO NOT SEEK TREATMENT
BECAUSE OF STIGMA**



"Stigma for me looked like, 'What goes on in this house, stays in this house.' and it looked like that for a lot of my friends, too."
Jasmine



"If I need help, I'll be disrespected or disgraced. I should just be happy."
Mac



What is my child learning?

Who is a Trusted Adult?

Often, it is someone who is a good listener, offers advice, shows empathy, or won't make you feel silly for coming to them - someone they feel a connection with.

The role of a trusted adult is to:

- Listen and validate how hard it is to confide in someone or to ask for help.
- And then, help the young person get the support they deserve.

Who may be a trusted adult?



Parent
Guardian
Grandparent
Family Member



School Counselor
Social Worker
Teacher
Coach



Religious Leader
Coach/Instructor
Mental Health
Professional



What is the process?

- **1. Universal Screening**

- All children in grades 5-8th take the [MySaebers screening tool](#) to help determine any students who may be at risk for social / emotional needs.
- The following [letter](#) provides more information.

- **2. MHA Presentation**

- The We All Have Mental Health presentation is provided to students in their classroom
 - Some students might receive the MHA presentation in a small group before the school-wide presentation.
- Students are given an option to ask to speak with an adult after the presentation for themselves or someone else they may be concerned about
 - Parents are notified if their child talked with an adult





Part 3:

What can I do to help my child?



What can I do to help my child?

Listen to them and Trust your Instincts

Children in School:

- Feel stress.
- Feel big feelings that they cannot always recognize or verbalize.
- May get bullied.
- Feel social pressures.



What can I do to help my child?

Keep an Eye Out

You can expect:

- Rapidly growing bodies
- Hormones & mood changes
- More peers / less family

Watch for:

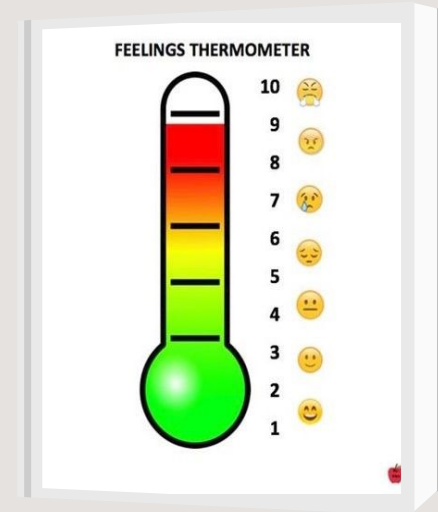
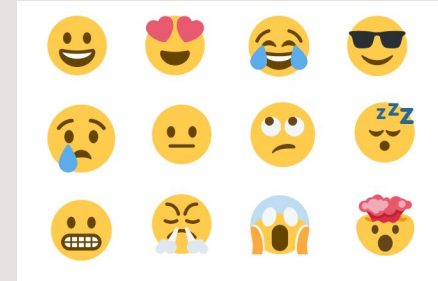
- Changes in behavior, thoughts and emotions that interfere or impact everyday living and functioning



What can I do to help my child?

Foster A Supportive Environment

- Promote good mental health strategies
 - Healthy meals & nutrition
 - Practice mindfulness
 - 8 hours of sleep a night
 - Encourage Exercise
- Use conversational opportunities
 - How do you feel today? emojis
 - Feelings Thermometer



What can I do to help my child?

Talk to Your Child

- I notice_____.
 - I care about you.
- It's not your fault.
 - We will work together to find you some help.
- You deserve to feel better.
 - Do you feel like you want to talk to someone else about your problem?
- I'm worried about you.



What can I do to help my child?

Get Them Help

Parents and family members are usually the first to notice if a child has problems with emotions or behavior. Your observations with those of teachers and other caregivers may lead you to seek help for your child. If you suspect a problem or have questions, contact a mental health professional.



What can I do to help my child?

Talk to a Mental Health Professional

- "I think there is a problem because _____."
- "I heard my child say _____."
- "I saw my child do _____."
- "My child is feeling _____."
- "This is not my child's usual behavior."
- "I've seen this change in my child's behavior over the past ___(days/weeks)."



What can I do to help my child?

Educate Yourself: Parent Handbook

SECTION ONE

A Practical Guide

- Basic information about depression
- Getting Help
- At Home
- School

SECTION TWO

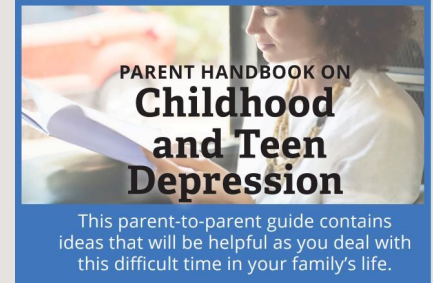
A Primer

- Information about therapies, medications and other treatments

SECTION THREE

Good Mental Health
& Happiness

- Strategies and happiness



What can I do to help my child?

Take Care of Yourself

You can't be available to your child if you don't take care of yourself.

Coping Strategies

- Doing something you love.
- Journaling
- Mindfulness

Self-Care

- Practice a healthy lifestyle
- Practice coping skills
- Access support

*"Just because they never listen,
doesn't mean they aren't watching."*





Remember

- Mental health is balance: the ability to manage stress, deal with our emotions and achieve one's potential.
- Small improvements in nutrition, sleep, exercise and coping skills can help us to better manage stress and achieve good mental health.
- Everyone deserves good mental health.



The Bridge Youth & Family Services:

Child and Family Counseling

(Spanish and English)

Palatine Township children 0-17 and their family members

- Individual counseling for children and adolescents
- Family therapy
- Parent counseling and education
- Group counseling services in office and in schools

Crisis Intervention and Counseling

For runaway, locked-out, homeless or at-risk youth 11-17 in the following townships: Palatine, Barrington, Elk Grove, Maine, Schaumburg and Hanover

- Crisis intervention at police stations and schools
- Short term counseling
- Referral/Placement at emergency shelters
- Suicide assessments
- Community education and networking

To learn more about the services of The Bridge
Click "Services" on our website at www.bridgeyouth.org
Contact us at (847)359-7490



Erika's Lighthouse

A Beacon of Hope for Adolescent Depression®

ErikasLighthouse.org

Thank you!



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Parent Questions:



1. What resources are available to help kids with ADHD and depression 1. The Bridge is a local community agency that works with many of our students and families in Palatine 2. If you are looking for more specifics then please send an email to swierczk@ccsd15.net or meyerm@ccsd15.net
 2. Who receives the results and what comes next when a child shows risk in one or more areas and parents are notified?
 - a. The results will be reviewed by the building's clinician team to determine who need early intervention (presentation provided in a small group setting). Parents will be notified.
 3. Can we be given copy of the screener questions that will be asked prior to screening being performed? Thank you.
 4. Since this is a universal screener we do not provide the actual questions to families prior to the assessment. We can tell you the different areas that the screener looks at such as social behavior, academic behavior and emotional behavior. Questions such as "I participate in class "Never, sometimes, often, almost always.
- 5) Can you please share the questions on the exit ticket for 6th grade.

Exit questions included in [this document](#)

1. I do not need to talk to someone at this time
2. I would like to talk to someone about myself
3. I would like to talk to someone about a friend

Then we ask how soon would they like to talk to someone: