SOCIAL EMOTIONAL WELLNESS

CREATED BY: HEBISD CRISIS INTERVENTION & PREVENTION TEAM

SCHOOL REFUSAL

School refusal describes when a child refuses to go to school on a regular basis or struggles to stay in school. This is beyond an occasional complaint and may interfere with the child's academic performance, social life and even safety. Majority of the time this is a symptom of a deeper issue such as anxiety and depression that may begin to manifest as early as age 5 and progress to older ages if not addressed or during transition times (i.e. starting Jr. High or High School).

What can be done?
- Clear communication regarding expectations to attend school should be communicated. The process (i.e. empathy, validation & support) may take longer but the end goal and non-negotiable is attending school.
- Seek professional help to perform a functional analysis to assess why the child is refusing to attend.
- Work closely with school staff at your child's school to plan & execute support services (i.e. morning routines, escorts at drop off, accommodations, etc.)
- Provide empowering moments for child by giving them options to choose certain things throughout the process when possible.
- Create positive experiences connected to school in order to foster a felt safety for child. This is even more critical if child has negative experiences associated with school.

Our Team

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We are here for you, even more so during these trying times, which can further cause distress for kids who already have issues with anxiety, depression, and general worry over what is happening in our country at this time. We can provide support through crisis intervention, mental health referrals and on-campus check-ins for students and their families.

You can submit a referral to our team by clicking HERE

Learn more:
School Refusal in Children & Adolescents - aafp.org
SOCIAL EMOTIONAL WELLNESS IN THE DIGITAL AGE

MENTAL HEALTH CONTINUUM

The mental health continuum model/spectrum gives us a framework to assess our own mental health. This model allows for less stigma surrounding mental health as we can all find our place on the spectrum. This model allows for fluidity through the levels that can promote hope and resilience.

SOCIAL MEDIA & MENTAL HEALTH TIPS

- Set boundaries around use:
  - How much time are you allowing yourself for this one login?
  - Make certain places an off-limits to social media (dinner table, outside time, bedtime, etc.)
  - Content boundaries. Unfollow accounts that may cause stress or assign each app for certain things like food, family, news.
- Be clear & intentional about why you’re about to log in (i.e. to browse, check a date, research, etc.)
- Think before posting. Our digital blueprint can affect us more than we think or anticipate.
- Turn off notifications! These can become a distraction AND sway you to break your boundaries you’ve set.
- Be mindful of “mind traps” that lead you to negative self-talk and comparison. Look for accounts that help your mental health versus hurt your mental health.
- PRIORITIZE SLEEP. This is fundamental for all of our mental health. Screen time before bed has been proven to effect melatonin release that is responsible to help us sleep. Click HERE for more.

Click HERE for CISCO's security recommendations to Keeping Your Family Safe Online

ADDITIONAL RESOURCES

Jean Twenge
iGen: The Smartphone Generation

Anonymous Reporting

Mindfulness Phone Application Teens/Adults

Mindfulness Phone Application Elementary

Moodtrack Diary Application

Click each icon to be redirected to video, website and/or download page.