



CCPS Mental Health Update

Cecil County Public Schools is committed to empowering our staff and families to meet the social and emotional needs of our students, with a focus on behavioral health and trauma-responsiveness, to assure that every student is ready to learn, achieve success, and experience positive relationships.

Did You Know:

Adapted from: "Anger" Psychology Today

Anger is a basic human emotion and helps maintain survival. Anger is part of the "fight, flight, or freeze" response in the nervous system.

"Fight" in the fight, flight, or freeze response doesn't mean a physical altercation. It can also include combating injustice by changing laws or enforcing new behavioral norms.

Strategy of the Month: *How to Control and React to Anger*

Adapted from: "Is My Child's Anger Normal?" Child Mind Institute

ANGER STYLES				
<p>Aggressive</p> <p>This anger style often feels the need to be in control of themselves, others, and the situation. They often manipulate others until the other person feels guilty or backs down.</p> <p>BEHAVIOR WILL LOOK LIKE Threats, abuse, humiliation</p>	<p>Passive</p> <p>A passive person tends to avoid conflict and confrontation. These people tend to not express their needs and feelings, and have trouble saying no without feeling guilty.</p> <p>BEHAVIOR WILL LOOK LIKE Involvement or problems, feeling fearful or uncomfortable</p>	<p>Passive Aggressive</p> <p>A passive aggressive person uses subtle aggression techniques to manipulate the situation/person. They are afraid to own and express the anger, so they use subtle tactics to convey anger, but want explicitly someone else.</p> <p>BEHAVIOR WILL LOOK LIKE Subtle treatment, withdrawal, loss of affection</p>	<p>Projective Aggressive</p> <p>A projective-aggressive person often appears passive, however, they are usually angry and are afraid to own and express the anger. Instead, they project that anger onto someone else.</p> <p>BEHAVIOR WILL LOOK LIKE Put others to blame for their anger for them</p>	<p>Assertive</p> <p>An assertive person states their needs in an open and direct way, and don't hurt anyone to reach their goal. At the same time, they try to consider other people's feelings and opinions too.</p> <p>BEHAVIOR WILL LOOK LIKE Stand up for their belief. Takes responsibility over life and choices.</p>

ANGER & CONFLICT

ANGER IS A PERFECTLY NORMAL EMOTION. HOWEVER, WHEN ANGER BECOMES OUT OF CONTROL, AGGRESSIVE, OR CONSTANT, IT MAY INTERFERE WITH YOUR PERSONAL RELATIONSHIPS AND OTHER ASPECTS OF YOUR LIFE.

IT'S IMPORTANT TO BE AWARE OF YOUR ANGER AND HOW IT MAY AFFECT YOU AND THOSE AROUND YOU.

Signs of Anger in Children

- If the child's tantrums and/or outbursts are occurring beyond developmental age (typically 7-8 years old)
- If the behavior is dangerous to the child or others
- If the behavior is causing series trouble in school
- If the behavior is interfering with social interactions and getting along with other kids
- If the behaviors are causing significant conflict at home and disrupting family life
- If the child feels he/she cannot control

Strategies for Responding to Anger

- **Self-Awareness**- monitor anger the same way you monitor all other emotions. Teach the specific emotions and have the child complete a body scan.
- **Support Groups**- participate in support groups that are designed towards anger management. They can occur in group or individual settings. This helps provide strategies to reframe unhealthy and inflammatory thoughts.
- **Find the Triggers**- begin to understand what is causing the child's outburst.
 - For example: transitions from home

his/her anger and he/she feels guilt for him/herself



Frequently Asked Questions About Anger:

When does anger become problematic?

When the severity or frequency interferes with relationships, work performance, legal standing, or mental health.

Is there an Anger Disorder?

There is no official "anger disorder". However there is something called "dysfunctional anger". This can be a symptom of manic episodes. It does not require a formal diagnosis to be disruptive.

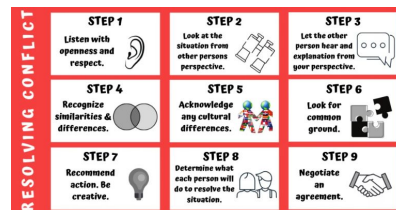
Is my child's anger normal?

Most children have tantrums or meltdowns. Children will lash out when becoming frustrated or defiant when asked to do something they don't want to. However, when children are repeatedly engaging in his behavior or cannot control their temper, it may be more than typical behavior.

[How to Understand the Anger in Children](#)
[Angry Kids: Dealing with Explosive Behavior](#)

to another location. Solutions can include: time warnings, laying out clothes and completing routines the night before, waking up earlier, break the task into smaller steps, visual pictures of the steps

- **Engage in consistent parenting-** the parent or caregivers response to the outburst will affect the child's behavior.
 - Positively reinforce the behavior you want to encourage in your child
 - Give consistent and appropriate consequences for the behaviors you want to discourage
 - Create a structured relationship-calm and consistent responses
 - Ignore minor misbehavior and praise all positive behavior
 - Wait to talk until the meltdown is over- do not try to reason with a child that is upset
- **Build a toolkit for calming down-** create a self-soothing toolkit. This includes things that help calm you down.
 - See the Coping Strategies Newsletter for some ideas of what to include in a self-soothing toolkit
- **Help practice problem-solving skills-** this strategy should only be completed when the child is not upset. Practice communicating feelings and develop solutions to conflicts before they escalate.



If you have a child in need of support and/or resources click on the following link.
[Student Support Request Form](#)

The Maryland Coalition for Families is available to provide the following supports

- Parents and caregivers of children with mental health needs
- Anyone who cares for a loved one struggling with substance use disorder
- Anyone who cares for a loved one struggling with problem gambling

Families and others can reach MCF by:

- Calling our statewide intake line at 410-703-8267
- Emailing info@mdcoalition.org