

Healthy Minds, Healthy Families

Empowering Families for Scholar Success

How can I help my child...

Maintain physical activity?

Avoid vaping and other substances?

Deal with stress and anxiety?

Manage social media and screen time?

Make good food choices?

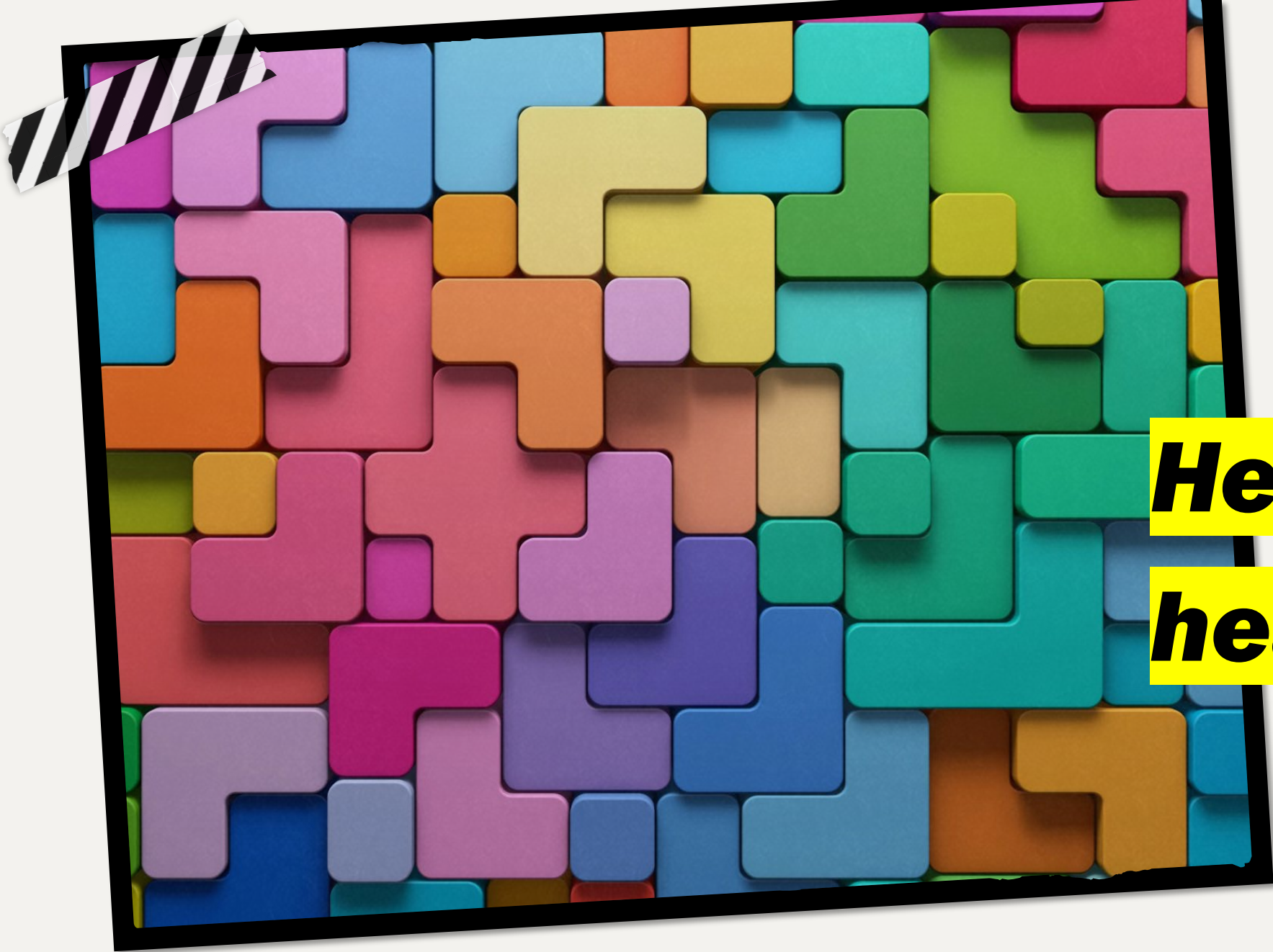


Thursday, December 12 | 6-7:30 pm



FEDERAL WAY
PUBLIC SCHOOLS






Heart to heart

Talking to your kids
about mental health w/
Dr. Jo Barron and Ms.
Saira Gomez





What we'll talk about today

- Introductions
- Talking to kids is hard!
- Personal experiences
- Things to try out/Game time!
- When to ask for help
- Navigating difficult conversations
- Referrals
- Questions



Meet us!

- Hello! My name is Jo Barron
 - I am the behavioral health consultant at the school-based health center
 - I have been at HealthPoint for 2 years
 - I have an 8-year-old daughter, a three-year-old son, and a 1-year-old daughter
 - I love to go to the library, read books, play music, and watch Disney films with my kids
- Hello my name is Saira Gomez
 - I am the school-based health center clinic coordinator.
 - I have been with Healthpoint for 6 years.
 - I have a 4 years old son.
 - I love to play baseball with my son, Bake cookies, watch movies and spend time with my family.



Parenting is difficult!

- Parenting in the modern age can be challenging!

Here are some stressors:

- + Day-to-day natural stress (paying bills; mundane routines)
- + Worrying about extracurriculars/ choosing the "right tasks"
- + Changing nature of education
- + Differences in strategies and values with your co-parent
- + Can you think of any others?





Teens want....to talk to their parents??

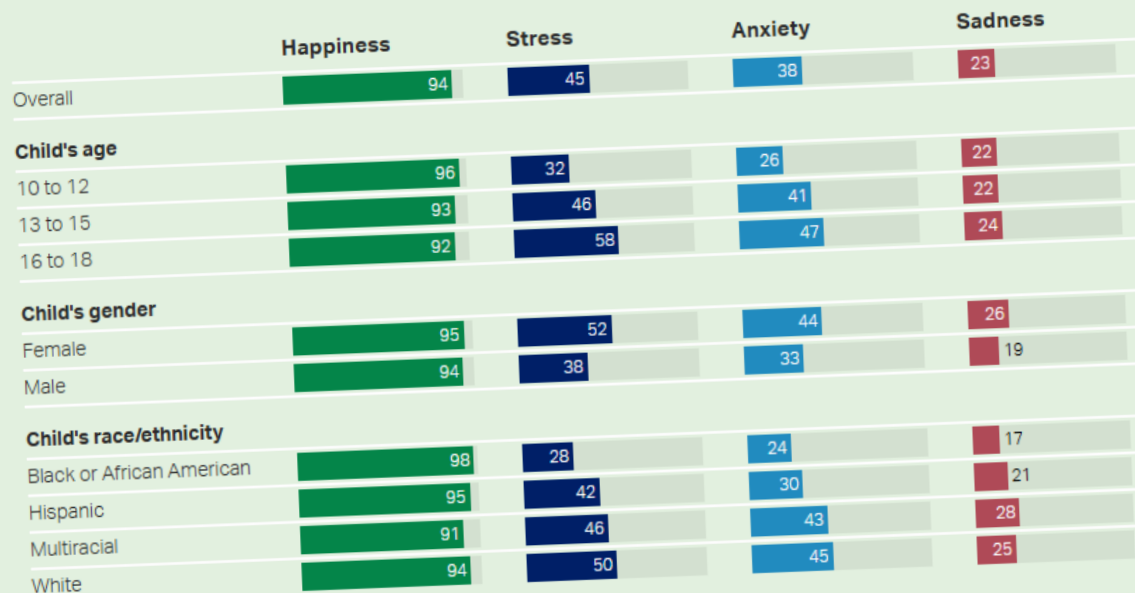
- Contrary to popular belief, teenagers have things they want to talk with their parents about...but things get in the way.



Many 10- to 18-Year-Olds Felt Both Positive and Negative Emotions a Lot of the Prior Day

Did you feel any of the following a lot of the day yesterday?

% Yes



WFF-Gallup Voices of Gen Z Study, March 13-20, 2024

[Get the data](#) • [Download image](#)

GALLUP

Things can get complicated

- Emotions change frequently for youth
- *Giving advice* versus *actually listening*
- Teenagers can sometimes struggle to 'see' that adults were teenagers once, too



Saira's cousin sheds some light

- I was trying to come up with some ideas for activities to do for this event
- I reached out to my cousin and asked if he had any ideas or simply what are kids into these days.
- I explained our event to him, and what we were focusing on talking about: Mental health awareness
- He shared his story with me. (I do have his permission to share his story!)



Saira's cousin sheds some light, cont...

- "My mom is a fast-food manager, this job and like any other job is very demanding and overwhelming."
- "My mom is almost never home and does not communicate or check up on me at times, and I understand that it is not because she does not want to but because she has a huge responsibility and at times she comes home tired"





Saira's cousin sheds

some light, cont...

- "I understand that it is for a better future and to be able to have a roof over my head. But sometimes I wish she would sit down and play a board game with me or be interested in any activity that I am interested in."
- "I feel like it does not take much for teenagers to open up to parents. Simply by maybe asking to play a board game for 10-15 mins can make a difference."

Your turn to try it out!



There are board games at each of your tables



Your job is to be a *listening presence* **first, and a problem-solver second** :)



Remember SOLER

Sit squarely
Open posture
Lean in
Eye contact
Relaxx!



Game time!

- Active listening
- Summarize your child's statements
- Provide empathy
- **Ask** if your child wants a solution
- See if your child can come up with a solution on their own



When to bring in other professionals

Sometimes, parents start conversations, so that others can keep them going



Such tricky subjects, include:

Peer conflicts

Rule-breaking

Intense emotions

School refusal and attendance

Substance use

Harm of self

Harm of others

Abuse



Navigating ideation

- When your child brings up thoughts of "death" or "not being here" or ending of life
 - Maintain calm, composure
 - Tell them you are grateful for what they shared
 - Ask them if there is anything you need them to do in the moment
 - Tell them there are solutions/things can be handled
 - If they mention any lethal items, make them inaccessible

Resources

- The national hotline for help is 9-8-8
 - <https://988lifeline.org/>
- The King County Line is: Call 1-866-4-CRISIS ([1-866-427-4747](https://www.crisisconnections.org/))
 - <https://www.crisisconnections.org/>
- Psychiatric Urgent Care, Seattle Children's: [206-987-2164](https://www.seattlechildrens.org/clinics/psychiatry-and-behavioral-medicine/psychiatric-urgent-care/)
 - <https://www.seattlechildrens.org/clinics/psychiatry-and-behavioral-medicine/psychiatric-urgent-care/>



HealthPoint – Primary Care School-based Health Clinics

TAF@SAGHALIE



THOMAS JEFFERSON



Social Emotional & Behavioral Supports

VALLEY | CITIES
Behavioral Health Care
Valley Cities Behavioral
Health Care

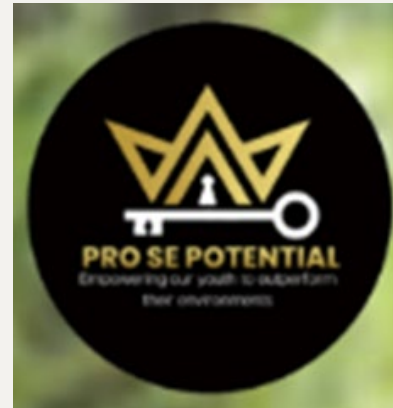
FWPS Partners with Community – Based organizations to ensure each scholar has access to equity- driven supports.



 common sense education®

 HealthPoint


Communities
In Schools®
Federal Way-Highline



Communities In Schools


PHENOMENAL SHE
MENTOR, EDUCATE & EMPOWER

Phenomenal She

**SECOND
STEP**

We also have embedded schoolwide Social Emotional Learning supports , to support our scholars with managing emotions so scholars can thrive both at school and at home


CONSEJO
Counseling and Referral Service

Feedback Survey

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

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 : رویدادہ ما کمک می کند
بہبود یابیم!



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

Questions?

