

# 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 11 | 6-7:30 pm



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# Empower & Elevate: Supporting Mental Health for Scholars with Disabilities

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December 11, 2025





**Jane Al-Tamimi**  
Assistant Director of Student  
Support Services

Principal , Employment and  
Transition Program

# Welcome





two

WHOLE CHILD

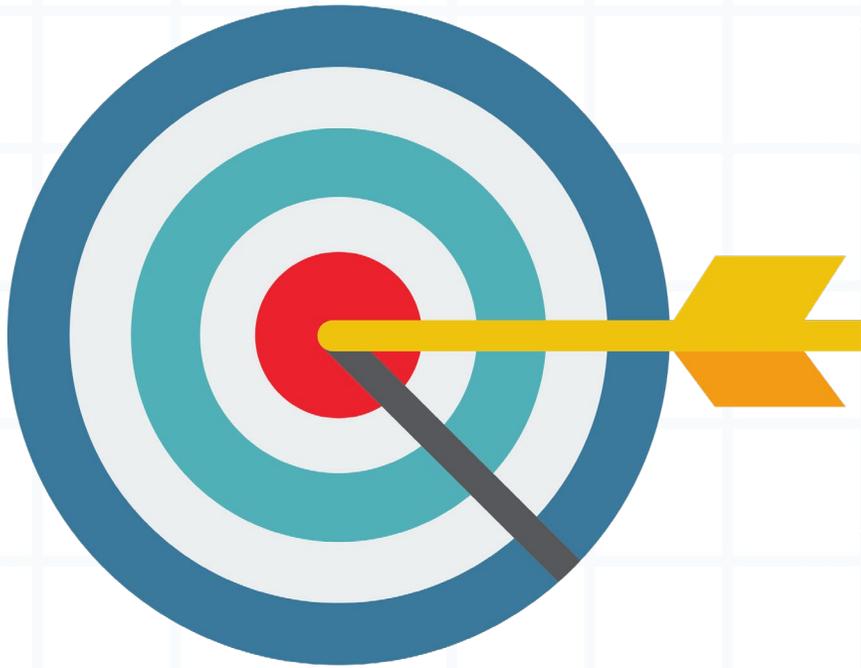
# Thriving, Confident, Responsible Individuals



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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



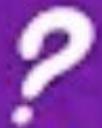
# Common Myths



- “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.”



# WHAT IS MENTAL HEALTH ?



# 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

**WHEN PARENTING A CHILD WITH SPECIAL NEEDS, THE NEED FOR SELF-CARE IS EVEN GREATER AND IS TWICE AS CHALLENGING AS FOR OTHER PARENTS TO GET.**

 SleepingAngel.com

# Questions?





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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.

## Next Steps:

### 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!*

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

Take the survey at [www.fwps.org/familyacademysurvey](http://www.fwps.org/familyacademysurvey)



### EP&O Renewal Levy:

- Learn more at [www.fwps.org/levy2026](http://www.fwps.org/levy2026)
- Register to vote, if needed
- Don't forget to vote on February 10, 2026

