

# 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?

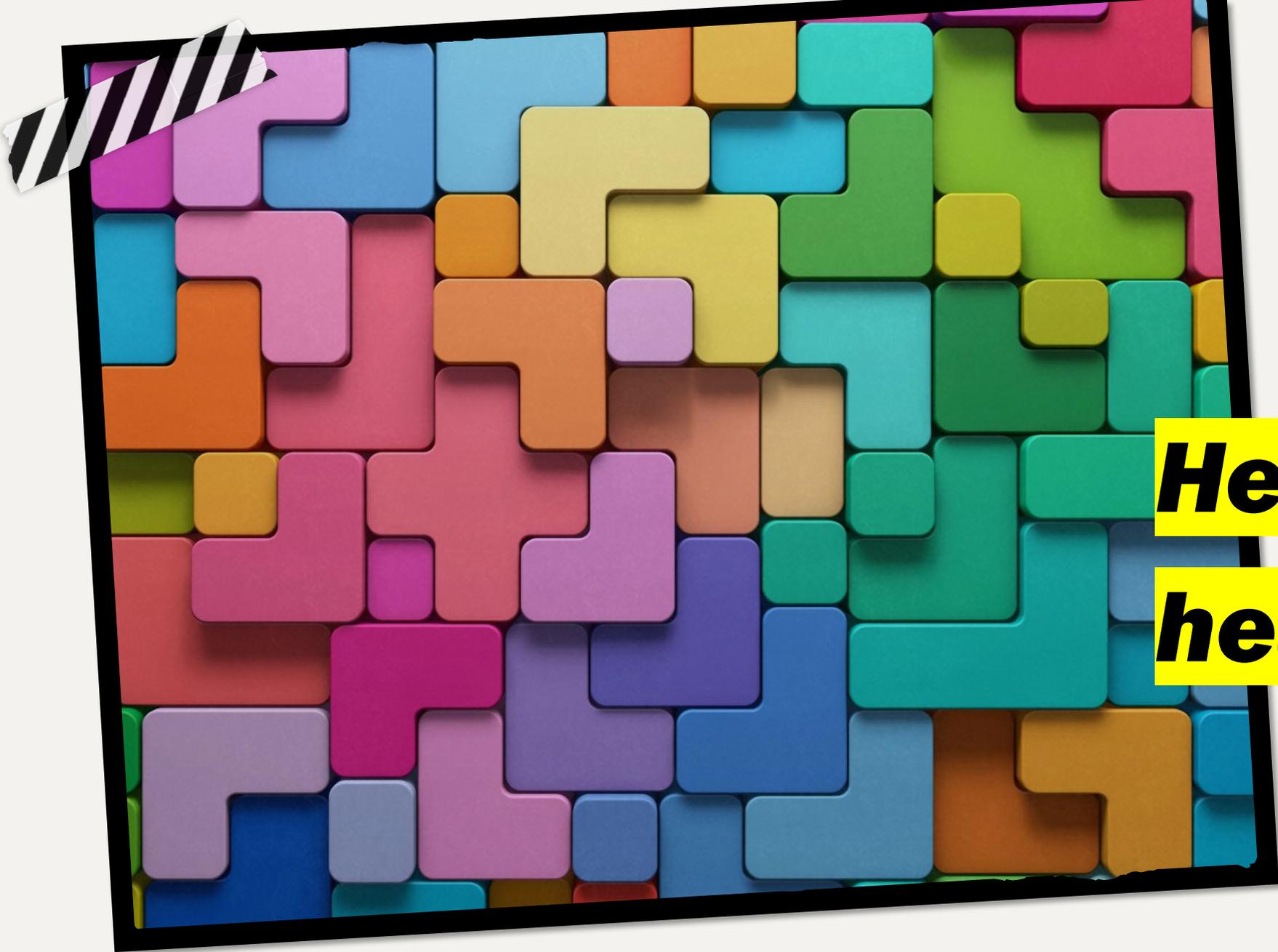


Thursday, December 11 | 6-7:30 pm



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??***

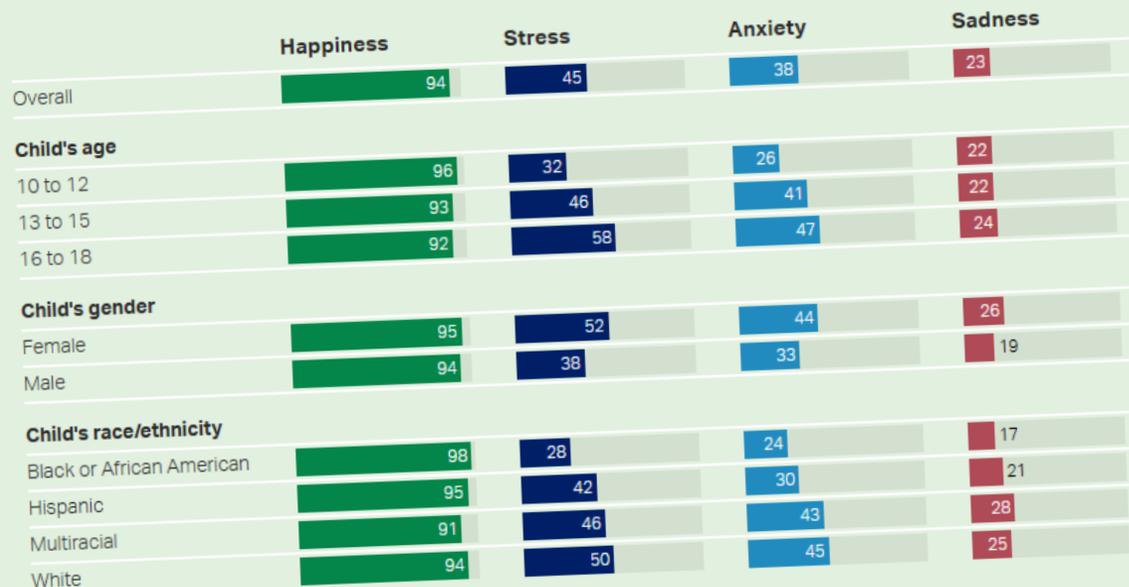
- Contrary to popular belief, teenagers have things they want to talk with their parents about...but things get in the way.



## 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

**Build**  
**2 LEAD**

 **CONSEJO**  
Counseling and Referral Service

  
**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

***Questions?***





## 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 : رویدادبه 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

