

Working Together to Support Student Mental Health



# Welcome! Meet Your Presenters





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# GALS

- Define youth mental health and its effect on learning.
- Strategies for partnering around student mental health.
- Ways to support well-being and strong communication around mental health.





### WHAT IS MENTAL HEALTH?

Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act, and helps determine how we handle stress, relate to others, and make choices. (SAMHSA)



# WHAT IS YOUTH MENTAL HEALTH?

Youth mental health is the "springboard of thinking and communication skills, learning, emotional growth, resilience and self-esteem."

 U.S. Surgeon General's Report on Youth Mental Health



### FIRST

### SECOND

Having feelings
that fit the moment,
feelings that are
appropriate to the
context.

Managing those feelings effectively.











## Recognizing Mental Health Concerns in Kids & Teens

Signs and Symptoms to Look Out for

Symptoms that happen across multiple conditions:

- Problems with concentration, memory, or ability to think clearly
- Changes in appetite
- Feeling sad, empty, hopeless, or worthless
- Loss of interest in things used to enjoy
- Excessive worry
- Irritability or restlessness
- Changes in sleep
- Angry outbursts
- Not wanting to be around people or take part in activities



#### Other things to look out for:

- Hearing or seeing things other people don't
- Extreme panic
- Onset of new behaviors or rituals that are repeated
- Mood swings or frequent shifts in energy
- Changes in how they dress if your child is wearing long pants and sleeves in hot weather, or hats all of a sudden, they could be hiding signs of self-injury like cutting or hair pulling

### Know the Signs



When Is Emergency Action Needed?

If you notice the following signs in your child, take immediate action as they may be thinking about suicide:

- Giving away possessions for no logical reason
- Risky or self-destructive actions
- Increased drug or alcohol use
- Obsession with death
- Withdrawing from life
- Indirect or direct threats of suicide
- Drastic personality change
- Lack of interest in future plans



## Brain Energy Allocation When Regulated

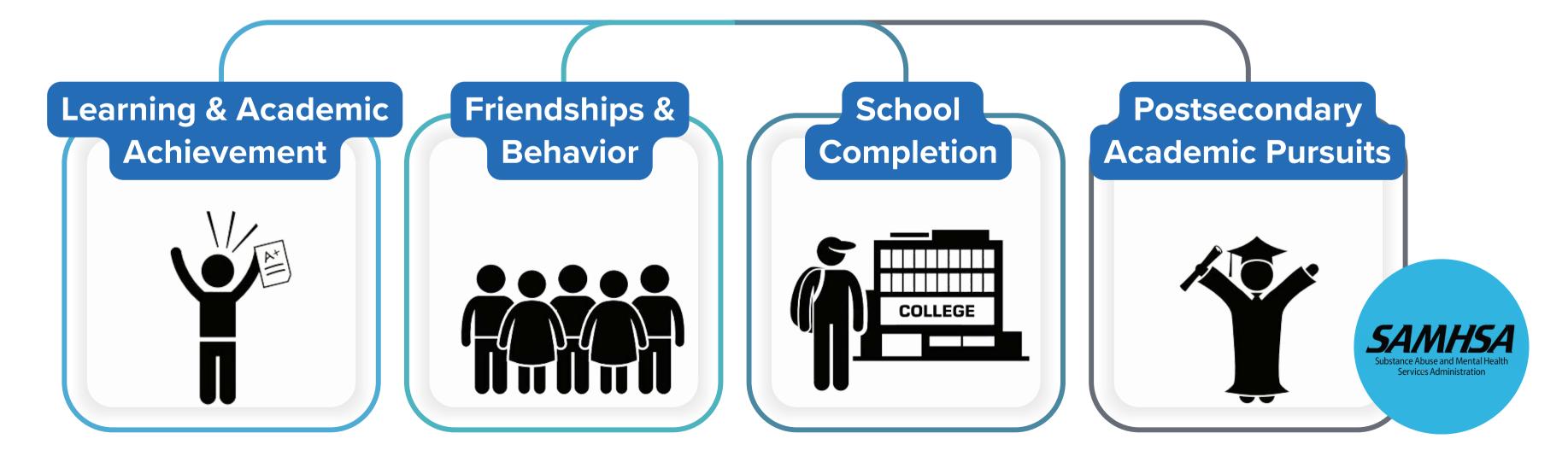
## Brain Energy Allocation When Experiencing Harm

Cognition Cognition Social/Emotional Social/Emotional Regulation Regulation Survival Survival



# How Can we Detect Mental Illness in Schools?

School-Related Effects of Mental Health Concerns on Young People









## Setting the Stage for EVERYONE to Come to the Table



- Active listening
- A culture of care and belonging
- Systems in place for families to communicate with you and with each other
- Expertise and lived experience at the table



### Reflective Practices

Pause to ask yourself:

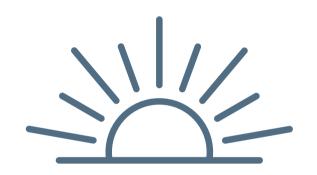
- How am I feeling in this moment?
- What's the best thing I can do right now?
- What might be going on for this student?
  - How might they be feeling?
  - What might they be experiencing?



### Listening Routines







#### **Morning Check-ins:**

How are you feeling today?

What's one thing you want me to know about you today?

## **Check-ins Baked into Existing Communications**

School-to-Home communications and touchpoints include: emails, newsletters, homework, conferences, etc.

\*Supporting EVERYONE in being an active listener!



### **Cultivating Community**



Ask: Who are ALL the supporters and helpers and how are THEY being supported?

- Gather in comfortable spaces
- Offer many ways to join in
- Create virtual spaces for connection
- Loop in community based organizations
- Connect around needs AND strengths





### RESOURCES





### FEELINGS THERMOMETER



#### How do you feel?

#### ANGRY, FURIOUS, EXPLOSIVE

► Yelling, Stomping, Meltdown



#### ANXIOUS, WORRIED, UNSETTLED

Pacing, Avoiding, Clingy



#### SAD, NEGATIVE, LONELY

Crying, Withdrawn, Slowed/Disengaged



#### HAPPY, CALM, CONTENT

Smiling, Laughing, Engaged

#### What can you do about it?

- Vigorous physical exercise
- Breathe deep breaths
- Take a warm shower or bath
- Meditate/pray
- Listen to favorite music
- Take a fast-paced walk
- Talk to a family member/friend
- Pay attention to each of your 5 senses
- Focus on what you can control
- Set a positive goal for the day
- Call a friend or relative
- Journal about your feelings
- · Help someone else
- Notice and enjoy your positive mood
- Engage in an enjoyable activity





JOIN US AT SUNNY DAY HIGH SCHOOL THURSDAY MARCH 7 @ 6:00 PM

### Social Media & Mental Health: How It's All Connected

This session will go over how social media is affecting our students' mental health, substance use trends, and safety.

COME LEARN MORE ABOUT HOW TO PROTECT YOUR STUDENT ONLINE.



onouns:	
▶▶▶ I need support in the next 5 minutes. ◀◀◀	
Here's what I need from you to help me:	
•	_
2.	
3.	(6

My primary support person:	
Relationship:	
Phone:	
Get help for you or a friend:	For information:
988 or 1.800.273.8255	<b>奥数深速</b>
"HOPELINE" to 741741	
"Speak Up, Speak Out"WI	

children.wi.gov

## Take Away

The link to download this resource, Understanding & **Bolstering Student Mental** Health, is in chat!

Plus, keep an eye on your email inbox.

https://bit.ly/43vaJI8

#### Understanding & **Bolstering Student** Mental Health

Insights • Resources

Strategies



As many as 25% of children and adolescents worldwide experience anxiety and depression.\* This stress can affect a student's cognitive abilities and behavior in the classroom.

moments so that they are able to learn. We've come

- experience stress and the effects of this response or
- · Explore strategies to promote student self-regulation Integrate self-regulation strategies as part of a cultur
- Encourage students and families to practice regulation



\*Global Prevalence of Depressive and Anxiety Symptoms in Children as

away from a sta - Belly Breathin

Helping Stud

regain a state of calm s one with individual stud routines within your cla own wellbeing, too).

(Regulate)

Try introducin

· Five Finger B

· Box Breathing

Pull. Drop" exercise is a great "tense and release" activity that can be done in a chair (and even without anyone really noticing). Learn how in this guick video.

Just noticing things around the room can help students from spiraling into a state of anxiety

Ritualizing mindfulness moments to start the day, following transitions, and before engagi focused thinking can be a great way to help kids regulate and relax into learning. In this vic you'll see how a "mindful minute" has become part of one teacher's classroom

You might also check out these 5 mindful movem

Creating a culture of care for students begins with creating a culture of care for all school staff This workbook helps educators reflect on their own wellbeing

And in this report from EdReseach For Recovery, school leaders will find summaries of research



all students. This is critical to helping everyone to feel safe, secure, and valued

fere are tips for partnering with families from the National Center of



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Formerly Ready4K

## QUESTIONS?

- What's useful to you immediately?
- What's one thing you can do differently tomorrow?
- What's one thing you want to learn more about?
- What's something that worries you about integrating this?



Interested in learning more about ParentPowered's evidence-based family engagement program for birth through grade 12?

LET'S TALK!

http://

bit.ly/parentpowered





FACT: Technology can be a big part of a teen's life. Just noticing how your teen uses technology and talking about it, helps build positive habits.

TIP: Pause and notice when your teen is engaging with a screen. Cue into how and when they're using technology. Can you tell how it makes them feel?

GROWTH: During a calm moment, check-in with your teen. Try asking, "What do you enjoy doing online? Does it ever feel overwhelming?

