

Mental Health Awareness Parent Night



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If a child can do
advanced math,
speak 3 languages,
or receive top grades,
but can't manage
their emotions,
practice conflict resolution,
or handle stress,
none of that other stuff
is really going to matter.

Natosha Pena, LPC-S



- Prior experience

I have worked at Mental Health Rehabilitation agencies in Orleans, Jefferson and St. Tammany Parishes for 10 years. In which I worked with children, adolescents, adults and the family unit providing individual therapy and crisis services.

- Role at Destrehan High School

- Employed by Access Health of Louisiana, Community Healthcare-both physical and behavioral health.
- Provide individual or group sessions

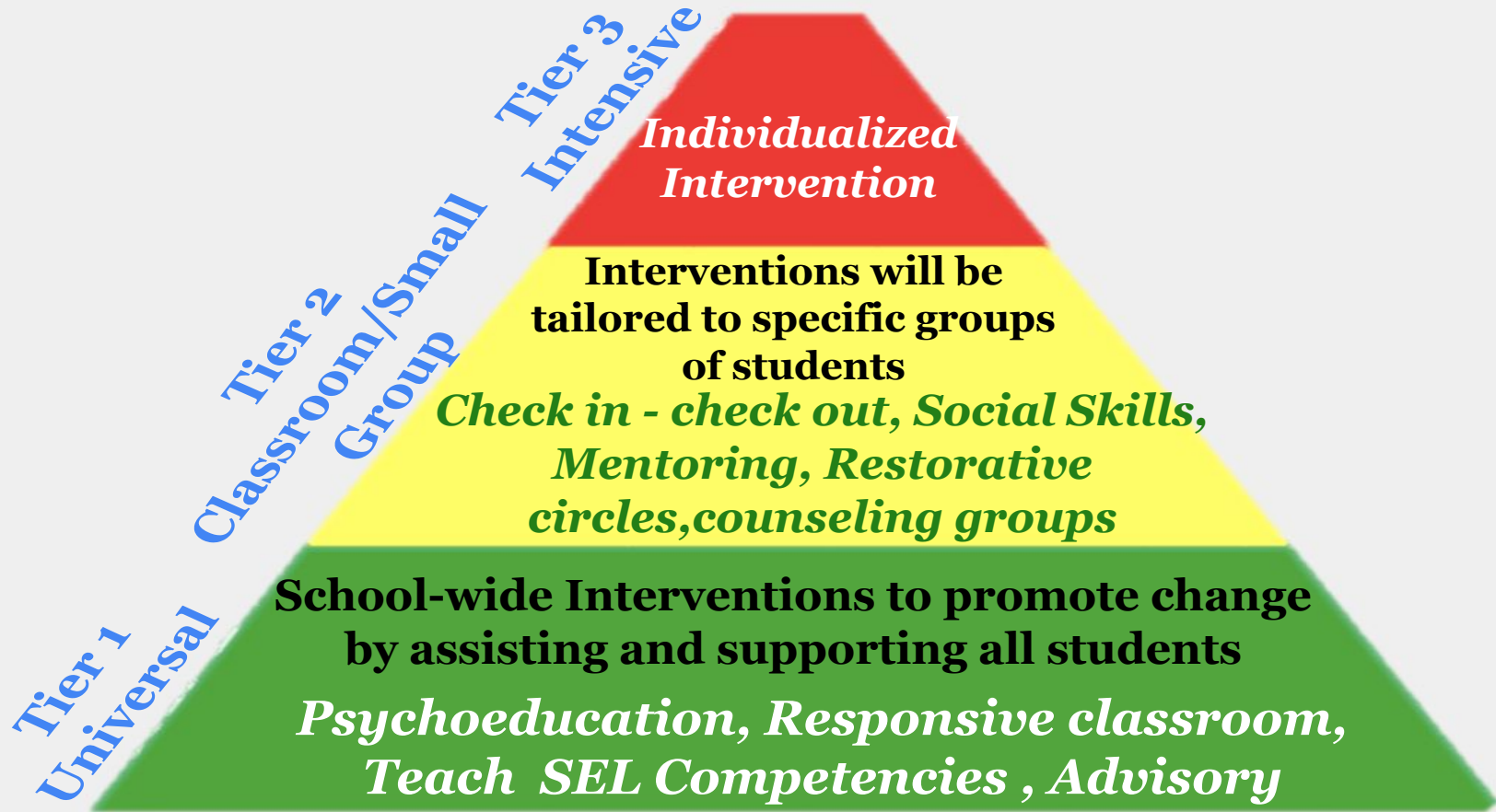
Sherry Ward, LPC-S, NCC, NCSC

- Creative Family Solutions- 1 year working with kids & families
- Previous experience- 13 years as school counselor-JBM



Role at Destrehan High School- School-based MHP

- Work collaboratively with the counseling department to ensure that student mental health is a top priority in our school
- Implement a Multi Tiered System of Supports (MTSS)
- Support the social emotional wellness of all students by creating school-wide initiatives to reduce mental health stigma and proactively promote wellness. While my main focus is on school-wide change, I also have facilitate counseling groups and have a caseload of students that I work with for 6-8 weeks



WHAT IS MENTAL HEALTH?



Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and behave. It also helps determine how we handle stress, relate to others, and make decisions.

***Half of all lifetime mental illness begin by age 14, and 75% by age 24. Early intervention is key.

Student Mental Health Statistics

- **22%** of students scored in the at risk for Anxiety & Depression
35% of students indicated that they had experienced a significant trauma (21-22 DHS Universal Trauma Screener)
- In 2020, emergency room visits for suspected **suicide attempts** by girls 12-17 **jumped 51%** compared to 2019
- **Suicide is the second-leading cause of death** among people age 15 to 24 in the U.S.



Myths about Suicide

MYTH

Talking to teens about suicide makes them likely to kill themselves

FACT

Talking about suicide with teens gives them an opportunity to express thoughts and feelings about something they may have been keeping secret. Research clearly demonstrates there are no iatrogenic effects of asking teens about suicide (Gould et al., 2005). In fact, discussion brings it into the open and allows an opportunity for intervention. Therefore, youth who come forward to caring adults following a presentation on suicide is most likely the result of providing that youth, who was already suicidal, the freedom to confide their pain to others. Only then, will the healing begin.

Mental Health Warning Signs in Youth

- Abuse of drugs and/or alcohol
- Changes Inability to cope with daily problems and activities
- Changes in sleeping and/or eating habits
- Excessive complaints of physical problems
- Defying authority, skipping school, stealing, or damaging property
- Isolation/withdrawal
- Long-lasting negative mood
- Preoccupation with death
- Frequent outbursts of anger



TIPS FOR IF THE PARENT INITIATES THE CONVERSATION

01

Take some time to prepare for the conversation

02

Find a good time to talk

03

Use “I” statements to explain how you feel and any concerns you may have. An example of this is: “I have been concerned that you have become anxious recently. I am here to help you.”

How to Talk to your Teen about Mental Health

TIPS FOR IF THE TEEN INITIATES THE CONVERSATION

Stay Calm

Stay calm and listen carefully to what your teen is saying to you.

Understand

Understand that initiating this conversation with you in the first place may be difficult for your teen.

Validate

Validate your teen's feelings.

Break

If your teen initiates the conversation with you and brings up a lot of emotions, take a break.

Tips for the conversation, no matter who initiates it



Practice good listening skills.

Make sure you are not minimizing your teen's experience or feelings.

Communicate your thoughts and feelings calmly and clearly.

If it seems like you or your teen starts to get upset with each other, it's okay to take a break.

Today's Challenges

- Parenting today's teen is more difficult than in the past
- Adolescents are growing up in a changing world
- Increased stressors
- Increased responsibility



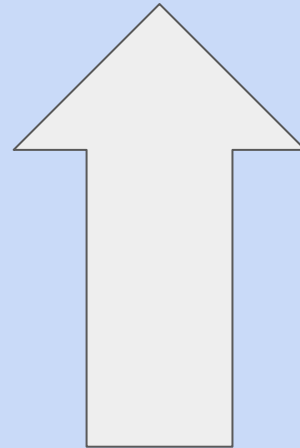
Screen time & Mental Health



Teenagers have more anxiety and depression when they spend more than 2 hours on screens each day (Twenge, 2016).



*Anxiety and depression go up
As screen use goes up*





Social Media



Loneliness and depression in teens have increased sharply as social media became popular in the last 10 years (Twenge, 2021).

Mental Health Effects

Social media has become a dangerous pastime for individuals suffering from depression, anxiety, suicidal tendencies, and other mental health issues.



Jury is still out.

Pros

- Creative outlets
- Information access
- Strength connections with family & friends
- Collaboration for academic projects
- Expressions of individuality

Cons

- False sense of connection
- Mental Health concerns
- Cyber Bullying
- Impacted social skills
- Reduced sense of accountability
- Exposure to traumatic events
- Sleep deprivation [FOMO]



What can you do to support your teen's mental health?

Model healthy choices.

Keep open communication(let them know that you want to know how they are and that you are there to support them) Model that it is ok to talk about feelings.

Talk openly about mental health to reduce shame and stigma

Spend time together one on one and as a family(walks, watching their favorite show, eat dinner together)

Show that you're interested in what's happening in their life by asking engaging questions:

-Who is your favorite and least favorite teachers?

-What is one thing that you are looking forward to?

We can't compare
ourselves to others.
Same is true for our
children.

Children can
experience the same
exact situation and
process it very
differently.



**How deep
is the mud?
Depends on
who you ask.**

**We all go through the
same stuff differently.**

COVID-19 Related

["Normal" feelings during COVID and how to cope](#)

[Creating Healthy Routines](#)

[Resources for Parents](#)

[Self-Care in COVID](#)

[Managing Anger and Frustration during COVID](#)

[Helping your Teen deal with disappointment](#)

[Signs of Mental Health Problems](#)

[Helping kids Grieve](#)

[Single Parenting in COVID](#)

[Signs your teen may need more support](#)

[Mental Health America Resources](#)

[Mentally Prepare for the school year](#)

[The longterm effect of COVID on Teens](#)



Suicide

- [What Parents should know](#)
- [How to Talk to your kids about suicide](#)
- [Battling Teen Suicide](#)
- [24-hour counseling hotlines](#)
- [Risk Factors & Warning Signs](#)
- [5 Steps to help](#)



Parent Resources for Teen Mental Health

Websites with a Variety of Topics about teens

[Very Well Family](#)
[Teen Mental Health](#)

[ChildMind](#)

[Healthy Place](#)

[HopeLine](#)

[Girls' Health](#)

[COVID-19 Resources](#)

[Free eBooks](#)

[Positive Mental Health Practices](#)

Miscellaneous Teen Issues

- [Teen Slang Dictionary](#)
- [Top 10 Social Issues](#)
- [Anxiety](#)
- [Stress](#)
- [Grief](#)
- [Time Management](#)
- [Depression](#)
- [Vaping](#)
- [Self-Regulation](#)
- [Teen Athlete Pressure](#)
- [Preventing dating violence](#)
- [Overscheduling](#)
- [LGBTQ Youth](#)
- [Troubled Teens](#)
- [Handling Disappointment](#)
- [Social Media & Mental Health](#)
- [Teen Emotions](#)
- [Teens Face more anxiety these days](#)

"Based on my lack of life experience, I will always follow your advice." Said no teenager to their parent, ever.



A green rectangular road sign with rounded corners, tilted upwards from left to right. The word "Questions" is written in large, white, sans-serif capital and lowercase letters across the sign. The sign is supported by two metal poles. The background is a bright blue sky with a few wispy white clouds and a bright sun in the upper right corner creating a lens flare effect.

Questions