

STUDENT EMOTIONAL AWARENESS AND



wellbeing

STATISTICS

- ▶ **11.3 percent of U.S. children ages 2-17 are reported by their parents to have been diagnosed with emotional, behavioral, or developmental conditions**
- ▶ **ADHD was the most prevalent diagnosis among children ages 3-17**
- ▶ **Boys were more likely than girls to have ADHD, behavioral or conduct problems, autism spectrum disorder, anxiety, and Tourette Syndrome**
- ▶ **Girls were more likely to be diagnosed with depression**
- ▶ **Suicide is the second leading cause of death among children ages 12-17**

(Centers for Disease Control and Prevention, 2013)

IMPORTANCE OF EARLY IDENTIFICATION

YOU KNOW YOUR CHILD BEST!

Early detection can help parents and caregivers identify children's and adolescent's emotional or behavioral challenges and assist in getting them the appropriate services and support before their problems worsen and longer term consequences develop.

TALK TO A PROFESSIONAL IF YOU HAVE CONCERNS ABOUT THE WAY YOUR CHILD BEHAVES AT HOME, IN SCHOOL, OR WITH FRIENDS.

TEAM APPROACH TO TREATMENT

Children/adolescents with emotional and/or mental health issues need advocates to ensure that the right type of treatment is received, and that it is of sufficient frequency and duration to meet their needs!

- ▶ Parents/Guardians
- ▶ Pediatrician
- ▶ Social Worker
- ▶ School Counselor
- ▶ Educators
- ▶ Speech And Language Therapist
- ▶ Occupational Therapist
- ▶ Physical Therapist
- ▶ Psychologist And/or Psychiatrist
- ▶ Therapist

COMMONLY ARISING CONDITIONS AT VARIOUS AGES

YOUNG CHILDREN BIRTH TO 5

- Autism
- Developmental Delays
- Hyperactivity
- Oppositionality
- Pervasive Developmental Disabilities
- Separation Anxiety
- Trauma



COMMONLY ARISING CONDITIONS AT VARIOUS AGES

SCHOOL AGE CHILDREN 6 TO 12



- ADHD
- Depression And Other Mood Disorders
- Oppositionality
- Separation Anxiety
- Suicide
- Trauma
- Use Of alcohol/drugs

COMMONLY ARISING CONDITIONS AT VARIOUS AGES

ADOLESCENTS 13 TO 22



- Anxiety
- Conduct Problems
- Depression And Other Mood Disorders
- Eating Disorders
- Psychosis
- Substance Abuse Disorders
- Suicide
- Trauma

SIGNS & SYMPTOMS OF AN EMOTIONAL OR MENTAL HEALTH ISSUE

- ▶ **MOOD SWINGS:** persistent irritability, anger, sadness, or social withdrawal. Feeling hopeless, hypersensitive to failure. Extreme highs & lows.
- ▶ **BEHAVIORAL CHANGES:** separation anxiety, preoccupation with death, obsessive behaviors, or ritualistic behaviors. Sensory sensitivities. Trouble staying focused.
- ▶ **CONSEQUENCES IN SCHOOL AND AMONG FRIENDS:** change in school performance, withdrawal from friends.
- ▶ **PHYSICAL SYMPTOMS:** Decreased energy, changes in eating and sleeping, frequent stomachaches, headaches, and backaches, and neglect of personal appearance and hygiene (such as showering less often and not keeping up on grooming).
- ▶ **SELF-MEDICATING:** If you find any indicators of drug or alcohol use, self-harm, an eating disorder, or other forms of escape.

ADHD – ATTENTION DEFICIT (HYPERACTIVITY) DISORDER

It is normal for children to have trouble focusing and behaving at one time or another. However, children with ADHD do not just grow out of these behaviors. The symptoms continue and can cause difficulty at school, at home, or with friends.

- Daydream – more than usual
- Forget or lose things
- Squirm or fidget
- Talk too much
- Make careless mistakes or take unnecessary risks
- Have trouble taking turns
- Have difficulty getting along with others



AUTISM SPECTRUM DISORDERS

People with ASD often have problems with social, emotional, and communication skills. They might repeat certain behaviors and might not want change in their daily activities. Many people with ASD also have different ways of learning, paying attention, or reacting to things.

- Trouble relating to others or not have an interest in other people at all
- Avoid eye contact and want to be alone
- Trouble understanding other people's feelings or their own feelings
- Prefer not to be held or cuddled, or might cuddle only when they want to
- Appear to be unaware when people talk to them
- Have trouble adapting when a routine changes
- Have unusual reactions to the way things smell, taste, look, feel, or sound

BEHAVIOR DISORDERS

All kids misbehave some times. And some may have temporary behavior problems due to stress. Behavior disorders are more serious. They involve a pattern of hostile, aggressive, or disruptive behaviors for more than 6 months. The behavior is also not appropriate for the child's age.

- Lose their temper easily and repeatedly
- Defy & argue with adults
- Refuse to obey rules
- Blame others for their own mistakes or misbehavior
- Be easily annoyed and angered
- Be spiteful or vindictive
- Many affected children also lack social skills

**CONTACT A
PROFESSIONAL IF:**

- **Harming or threatening themselves, other people or pets**
- **Damaging or destroying property**
- **Lying or stealing**

MOOD & ANXIETY DISORDERS

Anxiety and mood disorders are among the most common mental health problems affecting children and teenagers. Although anxiety and mood disorders are highly treatable, many kids who are suffering do not get the help they need. Distress that affects a child's happiness deserves our best efforts to help.

- Social withdrawal & diminished ability to enjoy
- Decline in academic performance, concentration difficulties, and irritability
- Tearfulness, sadness, changes in appetite, and sleeping patterns
- Obsessive thoughts & compulsions
- Panic attacks
- Separation anxiety
- Thoughts of suicide

SUICIDE PREVENTION

Several factors can put a young person at risk for suicide. However, having these risk factors does not always mean that suicide will occur.

Risk factors:

- History of previous suicide attempts
- Family history of suicide
- History of depression or other mental illness
- Alcohol or drug abuse
- Stressful life event or loss
- Easy access to lethal methods
- Exposure to the suicidal behavior of others
- Incarceration

PARENT/CHILD RELATIONSHIP

The stronger the parent/child relationship the more likely your child will ask for the help he/she needs.

In a study from the Oxford Journal (2011) found that **parenting is recognized as one of the most important determinants of a child's future mental health.**



PARENTING TIPS

TALK TO YOUR TEEN!

- Actively listen, validate their feelings (reflective listening), keep the conversation respectful (don't use sarcasm), role model

SET BOUNDARIES AND EXPECTATIONS

- One of the best ways to show your kids you care is by keeping them safe
- Time limits on their phone and social media (kids need social breaks)

PARENTING TIPS

BE CREDIBLE

- ▶ Share honest and up to date information
- ▶ You might have to do some research

SHARE YOUR TIME

- ▶ By spending time with your teen each week you will build trust with each other. Find a consistent time and make it routine.

HELP YOURSELF

- ▶ By taking care of your own physical and mental health you have more energy to devote to your child as well as role model a positive lifestyle

PARENTING RESOURCES

1. POSITIVE PARENTING TIPS

(<http://www.cdc.gov/ncbddd/childdevelopment/positiveparenting/index.html>)

2. TWEEN AND TEEN HEALTH-MAYO CLINIC

(<http://www.mayoclinic.org/healthy-living/tween-and-teen-health/in-depth/parenting-tips-for-teens/art-20044693>)

3. PUBLIC SCHOOL PARENTS NETWORK

(<http://www.psparents.net/>)

4. ABOUT PARENTING

(http://parentingteens.about.com/od/highschool/ht/encourage_teen.htm)

ACADEMIC SUCCESS

Talk with your child's school counselor or social worker! We are a team. A student's best chance at achieving academic success begins with a healthy state of mind!

Research by the National Association of School Psychologists states that there is a strong tie between students' overall health and resilience and their academic achievement.

SCHOOL INTERVENTIONS

- ▶ **Parent Collaboration with School Personnel**

School counselors, school social workers, psychologists, teachers, nurses, administrators

- ▶ **Counseling**

Individual & Group Counseling (Cognitive Behavioral/Solution Focused)

Anxiety Group

- ▶ **Academic Help**

AIS, Peer tutoring, PASS Program, Liberty Partnership

- ▶ **Committee on Special Education**

- ▶ **504 Plan**

- ▶ **Child & Adolescent Treatment Services Therapist**

- ▶ **Outside Referrals**

RESOURCES

1. **Mental Health Treatment in Buffalo- BryLin Behavioral Health System**
716-249-6376 (<https://www.brylin.com>)
2. **Eastern Niagara Hospital**
Lockport site: (716) 514-5700 (<http://www.enhs.org>)
Newfane site: (716) 778-5111
3. **Crisis Services Hotline**
24/7 Crisis Support Call 775-784-8090 Text "ANSWER" to 839863
(<http://www.crisiscallcenter.org/crisisservices.html>)
4. **Mental Health Association in Niagara County, Inc**
36 Pine Street, Lockport , NY 14094
716-433-3780 (<http://www.mhanc.com/helpbook/counseling2.html>)
5. **North Tonawanda Central School District** (<http://www.ntschoools.org>)