



SUPPORTING FAMILIES and CAREGIVERS WHEN TALKING TO CHILDREN ABOUT MENTAL HEALTH, VIOLENCE, and SCHOOL SAFETY



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STIGMA

What Is It? Why Is It A Problem?

Definition:

Stigma is when someone or yourself views a person in a negative way because they have a mental health condition.

Problem:

People with mental health conditions

- face rejection, bullying, and discrimination
- Leading cause of disability across the United States
- Even though it can be successfully treated, less than half the adults who need services and treatment get the help
- The average delay between the onset of symptoms and intervention is 8-10 years
- Suicide is the second leading cause of death of youth 15-24 and the tenth leading cause of death for all Americans

NAMI



The National Alliance on Mental Health Three Steps for Being Stigma Free

1. Educate yourself and others

Know or learn the facts about mental health so you can educate others and reject stigmatizing stereotypes

2. See the Person, Not the condition

One in 5 Americans live with a mental health condition has their own story

A friend, family member, caregiver, medical professional – getting to know the person and treating them with kindness and empathy, means more than just knowing what they are going through

3. Take Action

Push for better legislation and policies to improve lives

Lend support – it lets the person know its important to you

MENTAL HEALTH



What Is It?

Mental health includes our emotional, psychological well – being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make choices. Mental health is important at every stage of life, from childhood and adolescence throughout adulthood



Mental Health – Warning Signs

Expecting one or more of the following feelings or behaviors can be an early warning sign or problem

- Eating or sleeping too much or too little
- Pulling away from people and usual activities
- Having low or no energy
- Feeling numb or like nothing matters
- Having unexplained aches and pains

- Feeling helpless or hopeless
- Smoking, drinking, or using drugs more than usual
- Feeling unusually confused, forgetful, on edge, angry, upset, worried, or scared

- Yelling or fighting with family and friends
- Experiencing severe mood swings
- Thinking of harming yourself or others

MENTAL ILLNESS

What Is It?

Mental illness are health conditions involving changes in emotion, thinking, or behavior (or a combination of these).

Mental illnesses are associated with distress and/or problems functioning in social, work, or family activities.

It is a medical problem, just like heart disease or diabetes.



Mental Illness - Warning Signs

- **Significant changes in thinking, emotion and/or behavior**
- **Distress and/or problems functioning in social, work, or family activities**
- **Often do not talk about it**
- **Can affect anyone regardless of age, gender, geography, income, social status race/ethnicity, religion/spirituality, sexual orientation, background, or cultural identity**



What Is Children's Mental Health?

Mental disorders among children are described as serious changes in the way children typically learn, behave, or handle their emotions, which cause distress and problems getting through the day. Many children occasionally experience fears and worries or display disruptive behaviors. If symptoms are serious and persistent and interfere with school, home, or play activities, the child may be diagnosed with a mental disorder.



Mental Health - Children

Mental Health conditions can also begin to develop in young children...their most obvious symptoms are behavioral.

Symptoms in children include the following:

- Changes in school performance
- Excessive worry or anxiety, for instance – fighting to avoid bed or school
- Hyperactive behavior
- Frequent nightmares
- Frequent disobedience or aggression
- Frequent temper tantrums



NAMI

Other Common Mental Illness Warnings

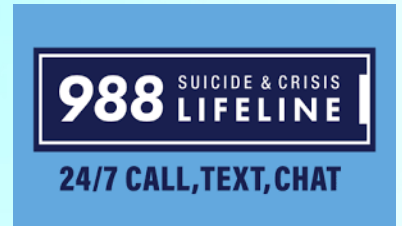
- Autism
- Risk of Suicide
- Self Harm
- Sleep disorders
- Substance use disorders



NAMI

Interventions

- ✓ Get a diagnosis from a mental health professional
- ✓ Therapy and medication
- ✓ Counseling
- ✓ NAMI (National Alliance on Mental Illness) helpline
- ✓ Dial 988 for Suicide Crisis Lifeline
- ✓ www.nationalacademies.org – Has tools for young children, youth, teens and their parents – videos, pdf stories parents can download to discuss with their children



violence

Violence – exertion of physical force so as to injure or abuse –Webster Dictionary

School Violence – refers to violence that takes place in a school setting

“School violence can be anything that involves a real or implied threat – it can be verbal, sexual, physical, and perpetrated with or without weapons...”

Aimee Daramus

School violence may be committed by students, teachers, or other members of the school staff.....



www.verywellmind.com Santana Gupta

TYPES OF VIOLENCE



Physical Violence	Includes any kind of physical aggression, the use of weapons, as well as criminal acts like theft or arson
Psychological Violence	Includes <u>emotional</u> and <u>verbal abuse</u> . This may involve insulting, threatening, humiliating, lying, ridiculing,, etc.
Sexual Violence	Includes sexual harassment, sexual intimidation, unwanted touching, sexual coercion, and rape
Bullying <small>c B A 7/6/2023</small>	Can take physical, psychological, or sexual forms and is characterized by repeated and intentional aggression toward another person
Cyberbullying	Includes sexual or psychological abuse by people connected through school on social media or other online platforms. This may involve posting false information, hurtful comments, malicious rumors, or embarrassing photos or videos

CAUSES OF VIOLENCE

- Rejected by a peer or bullied
- Under a lot of academic pressure
- Enacting something seen at home, on TV, in the neighborhood, or video game
- Poor academic performance
- Prior history of violence
- Hyperactive or impulsive personality
- Access to weapons
- Delinquent peers
- Poverty or high crime rate in the community



Talking and Helping Children Cope With Violence

- ❖ Reassure children that they are safe. Younger children seek physical comfort such as hugs, hand holding from parents, caregivers, teachers
- ❖ Make time to talk – let their questions guide you as to how much information to provide
- ❖ Be patient and watch for clues as to when the child wants to talk. Younger children need concrete activities such as drawing, looking at picture books, or imaginative play. Older children prefer writing, playing music, doing a project, etc. YA and high school children will be more vocal by asking questions, sharing opinions, etc.
- ❖ Provide a little more time to relax – play a game, do a physical activity
- ❖ Maintain a normal routine – keeping a regular schedule can be reassuring and promote physical health – which includes sleep, regular meals, exercise, keeping up with assignments, and participating in extracurricular activities
- ❖ Sometime people do bad things that hurt others
- ❖ Stay away from guns and tell an adult if you know someone has a weapon/gun



National Association of School Psychologists

What Is School Safety?

There is no universally accepted definition of school safety.....

According to The National Center on Safe and Supportive Learning Environments defines school safety as

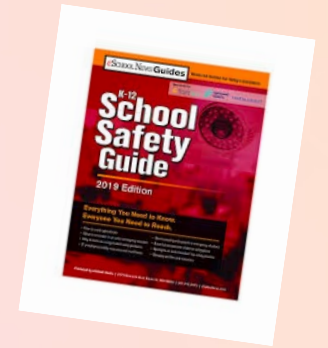
“Schools and school related activities where students are safe from violence, bullying, harassment, and substance use”

<https://statesupportivelearning.edu.gov/topic-research/safety>



SCHOOL SAFETY PREVENTION

1. Conduct a school safety needs assessment
2. Secure the school building using principles of crime prevention through environmental design
 - make needed changes in school architecture, supervision, and movement pattern
3. Implement methods for behavioral risk screening and threat assessment
4. Define the role of police and security technology
5. Develop a comprehensive school safety and crisis – response plan

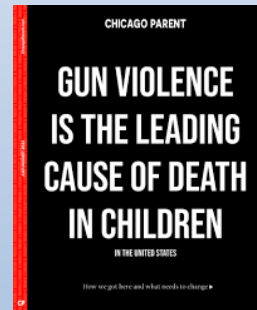
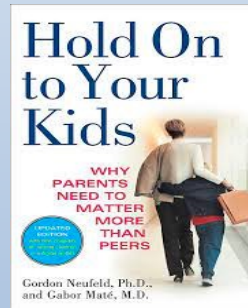
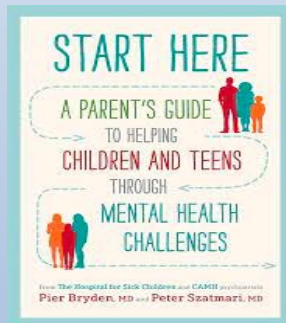
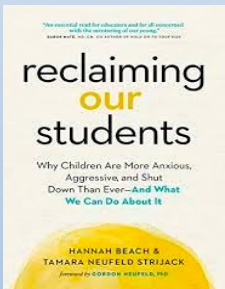
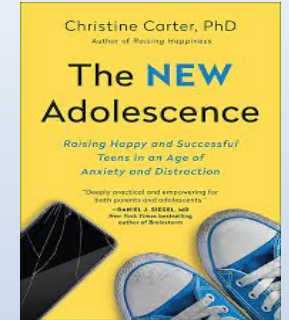
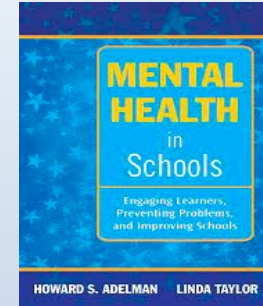
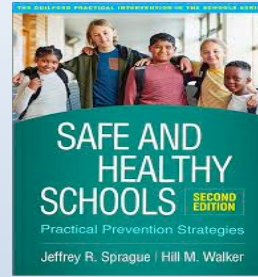
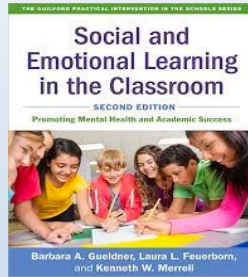
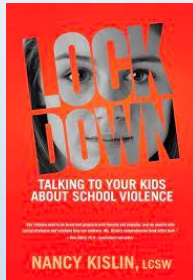
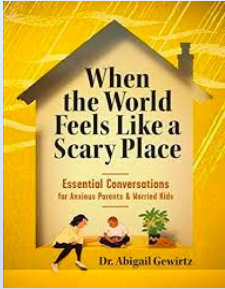


WEBSITES

- UCLA Center – <http://smhp.psych.ucla.edu> National Center for Mental Health in schools
School of Mental Health Project @ UCLA
- www.MentalHealth.gov
- Centers for Disease Control and Prevention
- <https://www.nationalacademies.org>
- www.pta.org –look fr Healthy Lifestyles – Family Discussion Guide and Parent Tips
- American Psychiatric Association www.psychiatry.org
- National Alliance on Mental Illness www.nami.org has a wealth of information, guides etc.
- www.teenshealth.org – resources for kids, teens, parents, educators, caregivers
- National Child Traumatic Stress Network – www.nctsn.org – Child Trauma Toolkit for Educators
Also includes tips and guidelines for parents
- 988lifeline.org – The new suicide and crisis lifeline A packet of information about the new lifeline
- www.childhelpline.org - a wealth of information about child abuse for parents, educators, and children resources
- Caregivers Action Network www.caregiveraction.org
- Family Caregiver Alliance – www.caregiver.org
- National Federation of Families for Children’s Mental Health – Activity workbook –
Children’s Mental Health Awareness Week www.ffcmh.org
- Children’s Mental Health Matters www.childrensmentalhealthmatters.org Activity Packet available
- American Academy of Pediatrics www.aappublications.org packet Of Mental Health Initiatives and
information for families and educators
- www.nasponline.org National Association of School Psychologists – article –
Talking to Children About Violence: Tips for Parents and Teachers
- The Parent Institute www.parent-institute.com has a packet called Mental Well-Being Coping with
Common Challenges

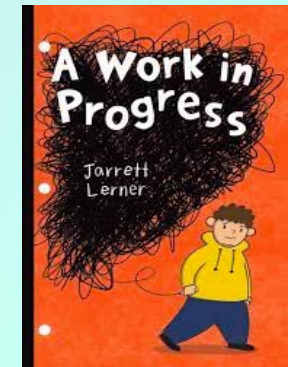
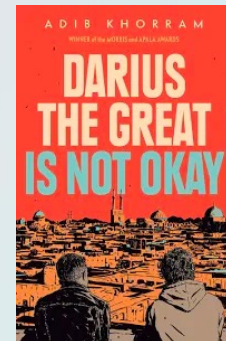
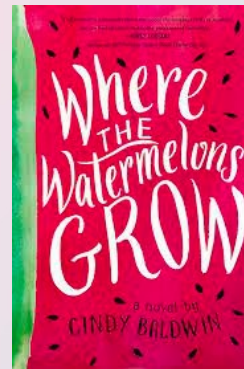
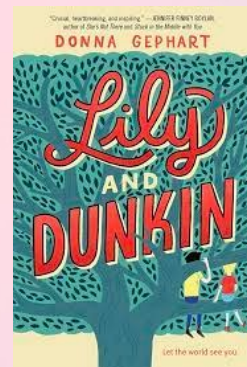
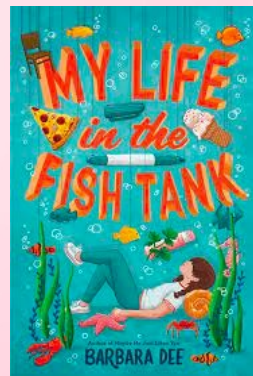
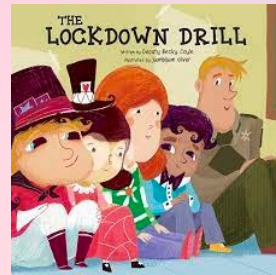
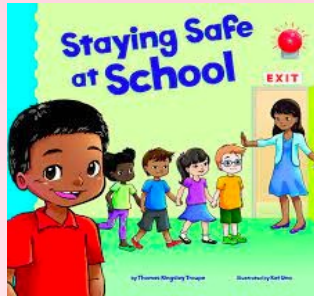


PROFESSIONAL BOOKS



This is a free magazine at your local library July August 2022

STUDENT BOOKS





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