

# MVWSD Parent University

December 4, 2019



## Stressors Mental Health

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# Stressors

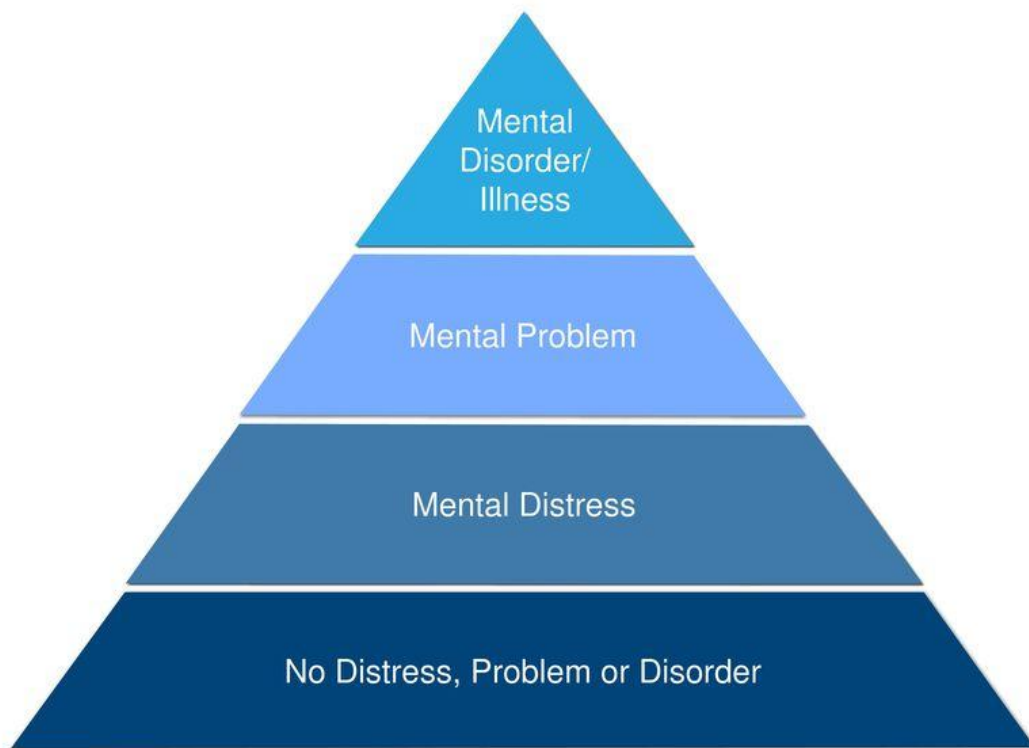
“Events or environments  
that an individual would consider:  
demanding,  
challenging, and or  
threaten the individual's safety”



# Stressors

Part of our lives  
Positive and Negative  
Magnitude \* Resources





Teen mental health. org

# Mental Disorders

- Behavioral or Mental Pattern
- Significant distress
- Impairment
  - To self or others
  - Academic, work, social

# Child & Adolescent Mental Disorders: How Common are they?

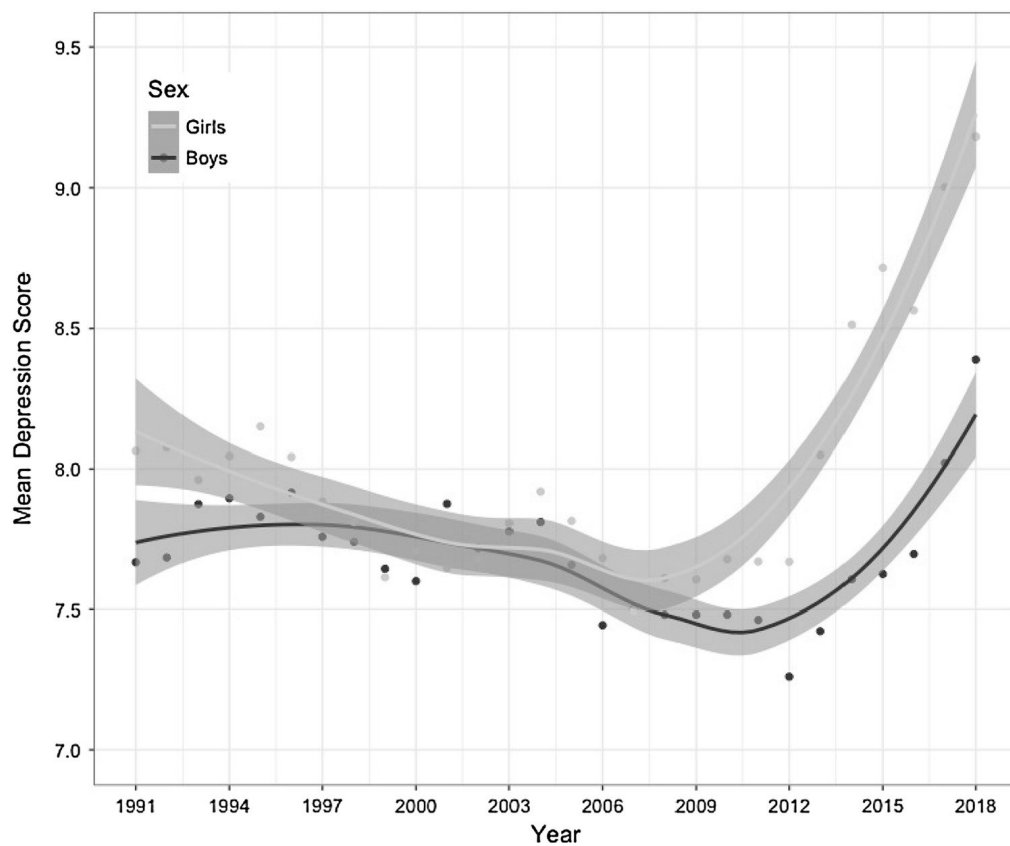


Disorder	6 Month Prevalence (%) Age = 9-17
Anxiety Disorder	13.0
Mood Disorder ★	6.2
Disruptive Behavioral Disorders	10.3
Substance Use Disorders	2.0

Any Disorder - 20.9%

WHO Health Report, 2001

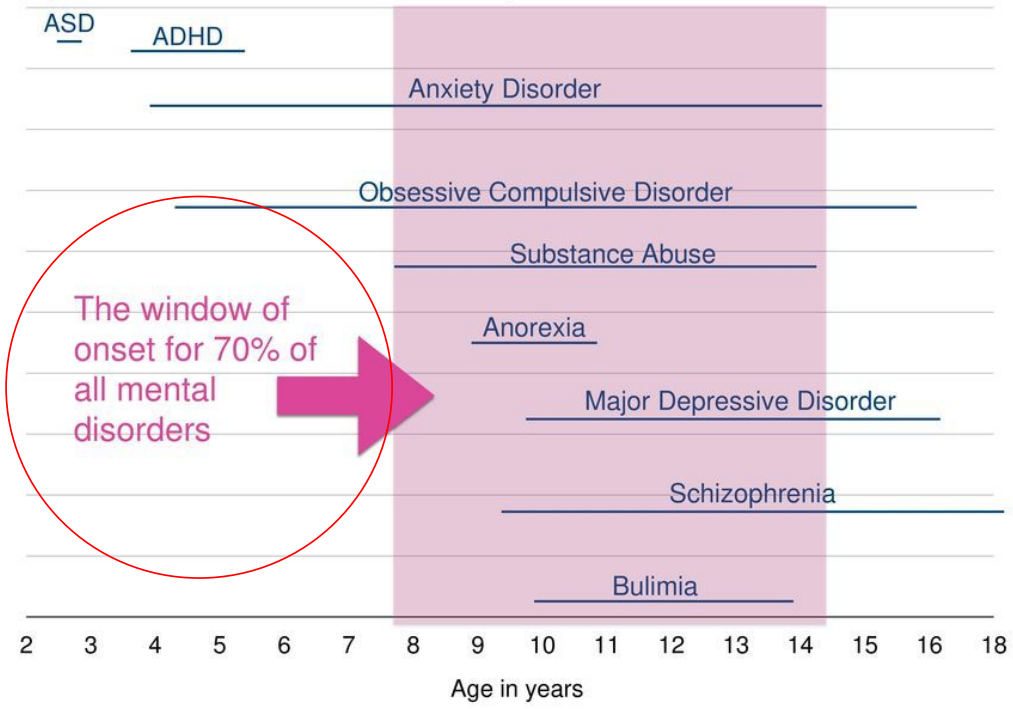
60%  
increased  
since 2011

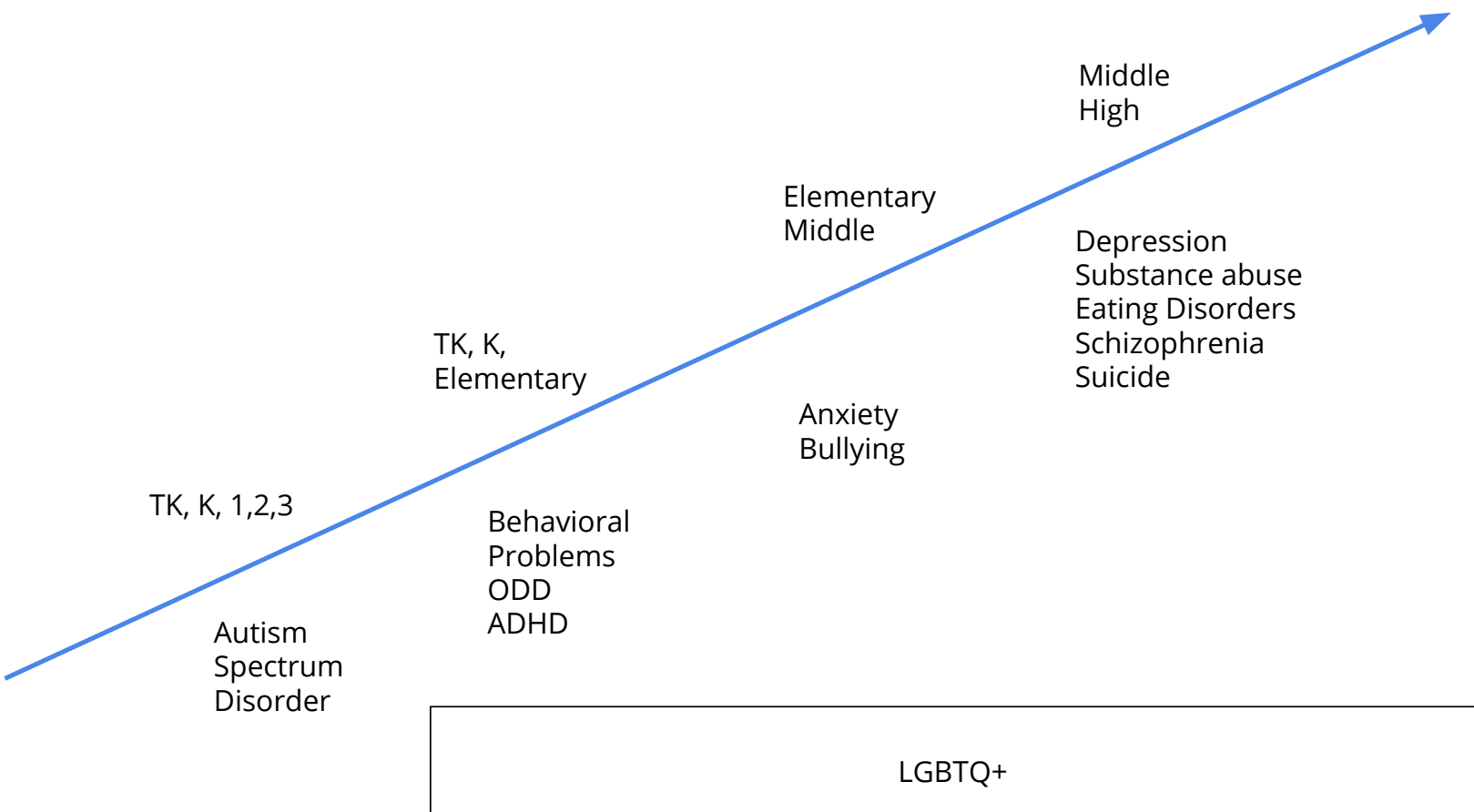


Keyes, K. M., Gary, D., O'Malley, P. M., Hamilton, A., & Schulenberg, J. (2019)

# Onset of Mental Disorders

## Age of Onset of Major Mental Disorders





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## CONSENSUS STUDY REPORT



## Fostering Healthy Mental, Emotional, and Behavioral Development in Children and Youth



A NATIONAL  
AGENDA



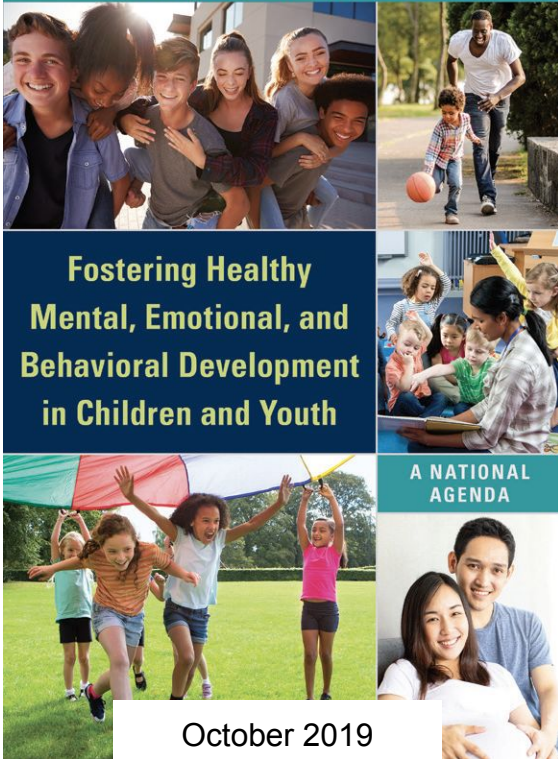
October 2019

1. Support the mental health of parents by enhancing parenting skills
2. Programs delivered in school settings



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CONSENSUS STUDY REPORT

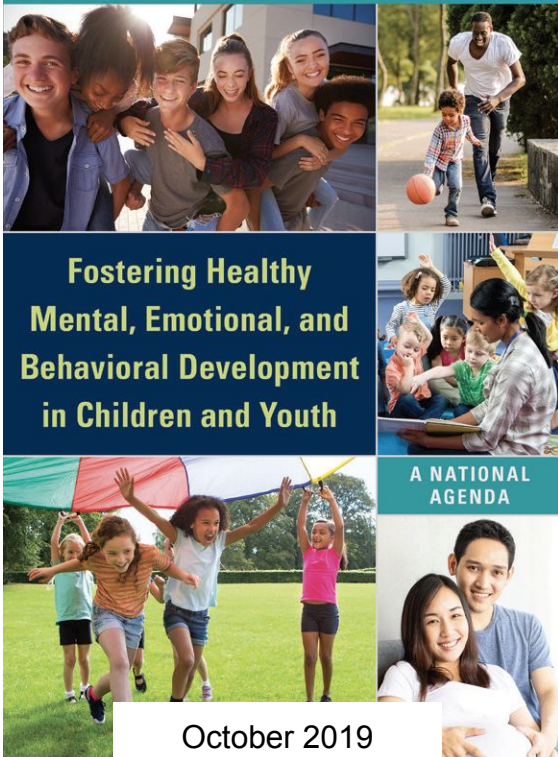


October 2019

3. Development and dissemination of effective mental, emotional, and behavioral (MEB) interventions for delivery to large populations
4. Population screening at large scales, including the implementation of effective in-person and digital interventions
  - a. Lack of mental health resources to refer?

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THE GRONOWSKI CENTER  
A COMMUNITY CLINIC FOR PSYCHOLOGICAL SERVICES



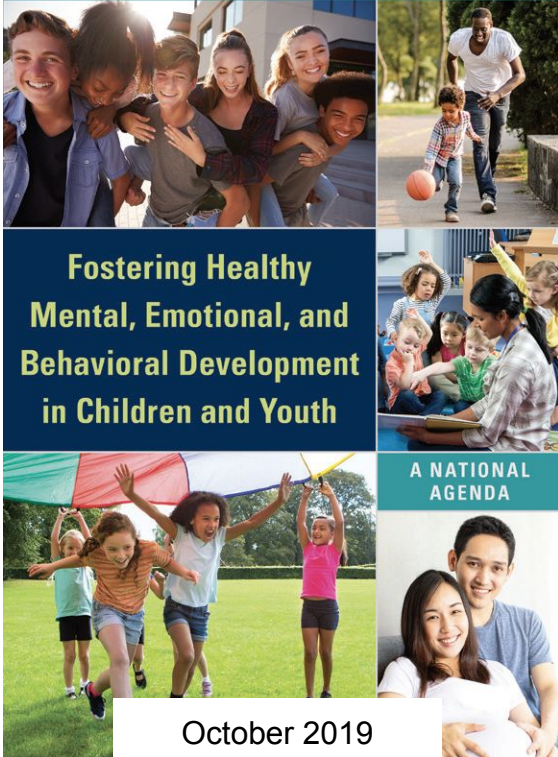
6. Support partnerships among schools & community-based organizations to advance the scale-up of effective promotion and prevention interventions

*Santa Clara County  
Office of Education*



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CONSENSUS STUDY REPORT



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7. Multiple methods of communication to publicize and share the intervention objectives with the community at large



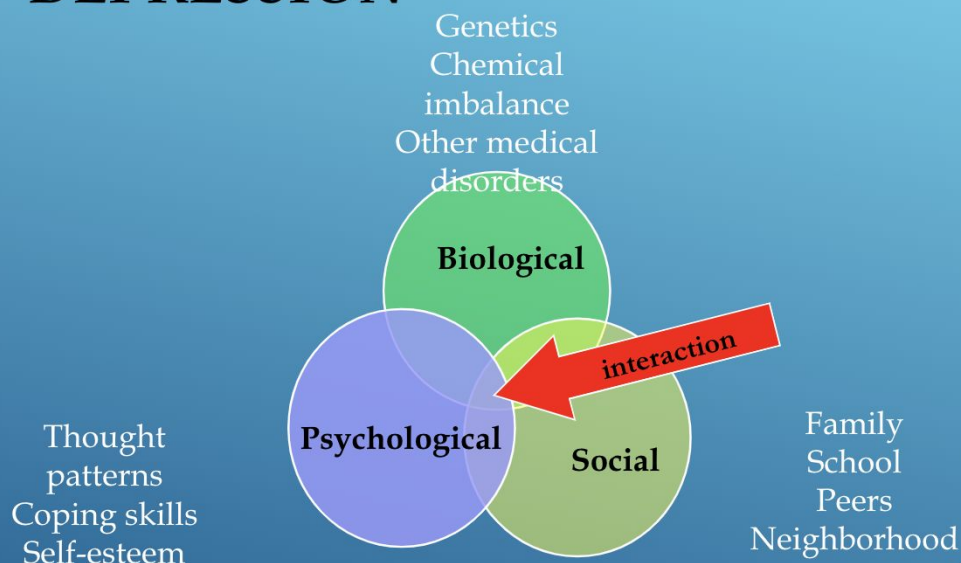
What is Typical Development  
and Behavior?  
Signs and Symptoms of  
Depression and Anxiety

Dr. Moira Kessler, MD  
Clinical Assistant Professor  
Stanford Child and  
Adolescent Psychiatry



Typical	Atypical
Increased sexual maturation, focus on body image, and self-consciousness	Sexual promiscuity, bingeing, purging, and restrictive eating; social withdrawal
Sexual Experimentation	Multiple partners, unsafe sexual practices, pregnancy
Increased Parent-Adolescent Conflict	Verbal or physical aggression, running away
Increased sensation-seeking and risk-taking	Substance abuse; selling drugs; heavily substance-using peer group
Stressful transitions to middle and high school	Multiple accidents; encounters with firearms; excessive risk-taking
Increased argumentativeness, idealism, and criticism	Rebellious questioning of social rules and conventions; causing trouble with family members, teachers, or others who attempt to exert control over the adolescent
Becoming overwhelmed by everyday decision making	Becoming paralyzed with indecision

## ***BIOPSYCHOSOCIAL MODEL OF DEPRESSION***



# Symptoms of Depression



- Depressed or **irritable** mood most of the day, nearly every day
- Decreased interest or pleasure in all or almost all activities
- Significant weight loss or gain
- Sleeping too much, or sleeping too little
- Agitated, can't stay still, restless, or slowed
- Fatigue or loss of energy
- Worthlessness or excessive or inappropriate guilt
- Difficulty concentrating or thinking
- Recurrent thoughts of death

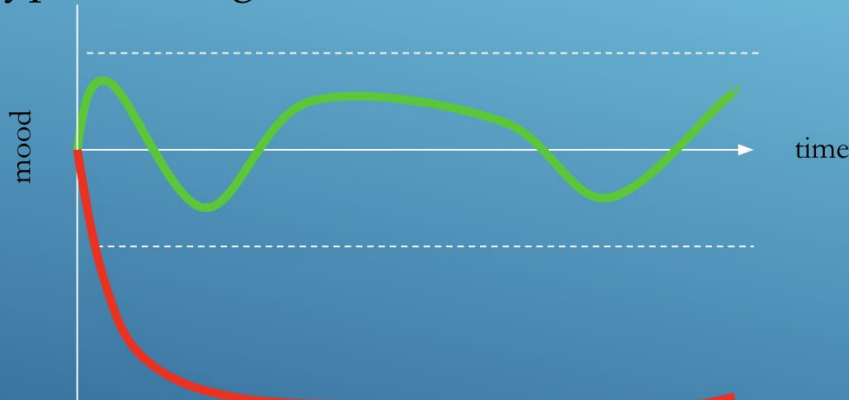
Clinical Depression



Symptoms are happening every day, last most of the day, and are too intense for the person to manage on his/her own

## HOW IS DEPRESSION DIFFERENT FROM STRESS?

Typical changes in mood = 



Clinical Depression =



Symptoms are too frequent, last too long, and are too intense for the person to manage

## SYMPTOMS OF ANXIETY AND OTHER CONCERNING OBSERVATIONS

### ◦ Symptoms of anxiety

- frequent worries and fears, racing heart, sweaty palms, nervousness, sleep difficulty, nightmares, panic attacks
- **Physical symptoms:** headaches, stomachaches, numbness, difficulty breathing, heart pounding, etc.

### ◦ Change in day to day functioning

- I.e. someone who is typically outgoing and participates in many activities becomes more silent and withdrawn

### ◦ Acting out behavior

- being rebellious, breaking rules, being defiant, threatening to run away, delinquent acts

### MILD

Able to function in many ways

All symptoms are not always present

Treatment can include: counseling, support from trusted adults, active coping skills

### MODERATE

Symptoms interfere with several areas (school, home)

Greater number of symptoms and more persistent on a daily basis

Treatment can include: individual counseling, group counseling, possibly medication

### SEVERE

Symptoms interfere with every area of life

Symptoms are frequent, intense, and may include suicidal thoughts

Treatment can include: individual counseling, group counseling, medication, day treatment, possible hospitalization

Continuum of Depression



Boston Children's Hospital



HARVARD MEDICAL SCHOOL  
TEACHING HOSPITAL



## Where to get help

- **For general mental health concerns**
  - Make an appointment with your pediatrician
  - Contact your school psychologist, school counselor, or other trusted adult at the school
- **In a crisis**
  - Call 911 (ask for a CIT officer)
  - Go to the nearest ER
  - Uplift family services: (408) 379-9085
  - 24/7 Line for Youth: (888) 247-7717
  - Crisistextline.org: Text "START" to 741-741
  - SCC Suicide & Crisis Hotline: (855) 278-4204

## Resources

### PARENT EDUCATION EVENTS

**Under Pressure-Confronting Stress and Anxiety in Girls** on December 10, 2019. Two sessions available: 9:30 am at Nueva School or 7:00 pm at Sacred Heart Schools. Lisa Damour will share critical steps that adults can take to shield daughters from the pressures to which our culture subjects girls. Presented by Common Ground Speaker Series

[www.commongroundspeakerseries.org](http://www.commongroundspeakerseries.org)

[www.commongroundspeakerseries.org/rich-karlgaard](http://www.commongroundspeakerseries.org/rich-karlgaard)

**Parent's Guide to Dialectical Behavioral Therapy** on February 25, 2020 at 6:30-8:00pm at CHC, 650 Clark Way in Palo Alto. DBT is a modified form of cognitive behavioral therapy that utilizes both acceptance and change strategies. This type of therapy is particularly effective in addressing symptoms of emotional dysregulation and related behaviors. Join us to understand more about DBT and DBT strategies that can help you with your teen. Presented by [Anna Parnes, PhD](#), psychologist at CHC.

[www.chconline.org/people/anna-parnes/](http://www.chconline.org/people/anna-parnes/)

**How to Raise A Boy - Nurturing the Lives of Our Sons** on March 4, 2020. Two sessions available: 9:30 am at Harker School or 7:00 pm at Trinity School. Over the past two decades there has been an explosion of new studies that have expanded our knowledge of how boys think and feel. In this talk psychologist Michael Reichert draws on his decades of research to challenge age-old conventions about how boys become men. Reichert will thoughtfully outline how a relational approach to parenting and mentoring boys can nurture their virtue and strengthen their resilience. Presented by Common Ground Speaker Series.

[www.commongroundspeakerseries.org](http://www.commongroundspeakerseries.org)

**Top 5 Strategies All Parents Need to Know to Foster Mental Health in Children** on March 17, 2020 at 6:30-8:00pm at CHC, 650 Clark Way in Palo Alto. It is estimated that 1 in 5 children experience mental health challenges. What can you as a parent do to support your child's mental health? Attend this session to hear about 5 simple strategies that you can incorporate into your family life to encourage mental wellness in your child.

# Resources

## EVIDENCE-BASED PSYCHOLOGICAL TREATMENTS

BLUE MENU OF EVIDENCE-BASED PSYCHOSOCIAL INTERVENTIONS FOR YOUTH

[www.practicewise.com/Community/BlueMenu](http://www.practicewise.com/Community/BlueMenu)

## RESOURCE BOOKS FOR PARENTS

Everyday Parenting: The ABCs of Child Rearing: Alan Kazdin. Free online course: [www.coursera.org/learn/everyday-parenting](http://www.coursera.org/learn/everyday-parenting)

[How to Raise An Adult: Break Free of the Overparenting Trap and Prepare Your Kid For Success](#) - by Julie Lythcott-Hains

[Taking Charge of ADHD, Third Edition: The Complete, Authoritative Guide for Parents](#) - by Russell A. Barkley

[Your Defiant Child, Second Edition: Eight Steps to Better Behavior](#) - by Russell A. Barkley and Christine M. Benton

[Helping Your Anxious Child: A Step-by-Step Guide for Parents](#) – by Ronald Rapee PhD

[Parenting a Child Who Has Intense Emotions: Dialectical Behavior Therapy Skills to Help Your Child Regulate Emotional Outbursts and Aggressive Behaviors](#) - by Pat Harvey ACSW LCSW-C and Jeanine Penzo LICSW

[Anxiety Relief for Kids: On-the-Spot Strategies to Help Your Child Overcome Worry, Panic, and Avoidance](#) - by Bridget Flynn Walker PhD and Michael A. Tompkins PhD ABPP

[50 Great Myths of Popular Psychology: Shattering Widespread Misconceptions about Human Behavior](#) - by Scott O. Lilienfeld Steven Jay Lynn, John Ruscio, Barry L. Beyerstein

## Panel Question:

When parents have a concern or feel that something is “going on,” what are the next steps parents can take? Who do parents go to if they are concerned about their child and may not know what it is?

How long does it take us to call the doctor?



When you see your child in physical pain



When you see your child in emotional pain



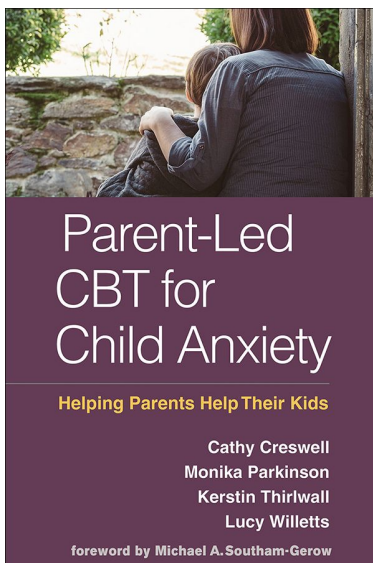
# Resources in the area

Community Health Awareness Council (CHAC)

Gronowski Clinic Palo Alto University


## Panel Question

What can parents do if they have an anxious child?



### Child Anxiety Tales

*Computer-based parent training*



**4 Months  
Subscription**

for  
**\$99**

Child Anxiety Tales is an online parent-training program for parents seeking to learn how to help their children better manage stress and anxiety.

[Learn More](#)[Buy Now](#)

**Panel Question:**

What kind of wellness-related topics should parents talk about at home with their kids? What types of wellness strategies can parents use at home?

**Positive Psychology**

- Gratitude
- Positive experiences of the day

**Modelling:**

- Self praise
- Time out
- Mastery copying

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- Gratitude
- Positive experiences of the day

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## Panel Question

What are your thoughts for parents on managing their own expectations and anxiety? When does it become a problem?

- Parents expectations influence their kids
- Positive and negative perfectionism
- Values
- Risk of all eggs in the same bucket

## Panel Question

What are effective treatments for children and adolescents with anxiety/depression?

Always Request evidence based interventions

- **EVIDENCE-BASED PSYCHOLOGICAL TREATMENTS**
  - BLUE MENU OF EVIDENCE-BASED PSYCHOSOCIAL INTERVENTIONS FOR YOUTH  
[www.practicewise.com/Community/BlueMenu](http://www.practicewise.com/Community/BlueMenu)
- Anxiety
  - CBT
  - Attention Training
- Depression
  - CBT
  - IPT
- Behavioral Problems
  - Parent Training

## Panel Question

What are some resources available for parents?

## Parenting Skills

**coursera**

Explore ▾

What do you want to learn?



Browse > Health > Psychology

Offered By

**Yale**

### Everyday Parenting: The ABCs of Child Rearing

★★★★★ 4.9 739 ratings • 252 reviews

Instructor



**Alan E. Kazdin, PhD, ABPP**

Sterling Professor of Psychology and Child Psychiatry  
Department of Psychology

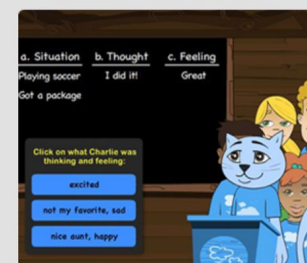
## Anxiety

Website: [Camp Cope-A-Lot](https://www.CampCopeALot.com)  
e-parent-training program, [Child Anxiety Tales](https://www.ChildAnxietyTales.com).

Information about both programs and  
Subscription details are now available at:  
[www.CopingCatParents.com](https://www.CopingCatParents.com).

### Camp Cope-A-Lot

Online CBT Program for Kids



**4 Months  
Subscription**


for  
**\$99**


Camp Cope-A-Lot is a 12-session online CBT program for use  
with children suffering from anxiety.


Learn More

Buy Now

# Depression and Anxiety



Email/username 






Password: 

Log in


» Forgotten password


## *Welcome to moodgym*

moodgym is like an interactive self-help book which helps you to learn and practise skills which can help to prevent and manage symptoms of depression and anxiety.

-  Over 1 million users worldwide
-  Anonymous, confidential
-  Secure handling of your data
-  Access anytime, at your own pace
-  Scientifically evaluated

 [New users register here](#)

 [Frequently Asked Questions](#)

 See [Emergency help](#) if you are in crisis or need immediate help.