

Let's Talk: Mental Health

November 8, 2023 | 5pm



HEALTH CARE
FOR ALL FAMILIES

A PROJECT OF
The Children's Partnership

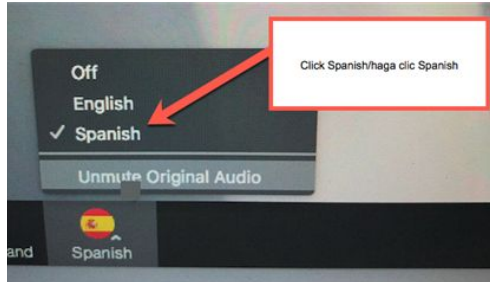
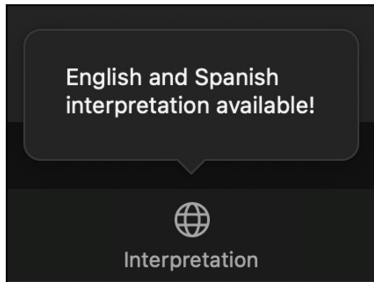
Welcome • Bienvenidos

Select Your Language / **Eliga su idioma**

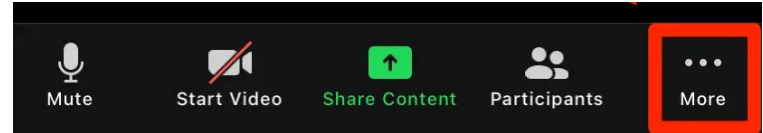


Oprima el botón marcado "Interpretation" (el globo) en la parte bajo de la pantalla. Seleccione "Spanish".

Computer / **Computadora**



Phone / **Por Telefono**



Announcements

- **Recording:** A recording of this webinar will be provided.
- **Q & A:** If you have a question, please drop it in the Zoom Q&A box. There will be a group Q&A portion at the end of the webinar.
- For closed captioning, click the "**Live Transcript**" button from the in-meeting Zoom toolbar and select one of the options from the menu.
- TCP is inclusive of all people and perspectives, except for hate. We do not tolerate malicious comments and will remove and report anyone who feels the need to disrupt the growth and peace of the space. Our objective is to hold a webinar where all people are safe and welcomed.

Land Acknowledgement

We acknowledge that The Children's Partnership's headquarters is on the traditional land of the Chumash and Tongva (Gabrieleno) People. Along with this acknowledgement may we strive to create a future that embraces justice, equity, and harmony, where the voices and experiences of all Native peoples are uplifted and celebrated. With gratitude and humility, we honor the Native peoples of this area in Southern California and express our commitment to building a more inclusive and equitable community for all.

Introductions

Please introduce yourself in the chat :)

Who we are:

- ★ Liza Davis, Director, Community Engagement and Advocacy, The Children's Partnership
- ★ Andre Chapman, Founder and CEO of Fostering Promise
- ★ Carlos Alvarez, President and Founder of The Los Angeles Institute of Restorative Practices
- ★ Fredy Moreno, School Psychologist
- ★ Ebony Durham, Community Engagement & Advocacy Associate, The Children's Partnership



Agenda

1. The Importance of Mental Health
2. Mental Health Services & Knowing the signs from Your Children's
3. How to Engage and Support Your Child
4. Resources
5. Questions
6. Reminders and Raffle!

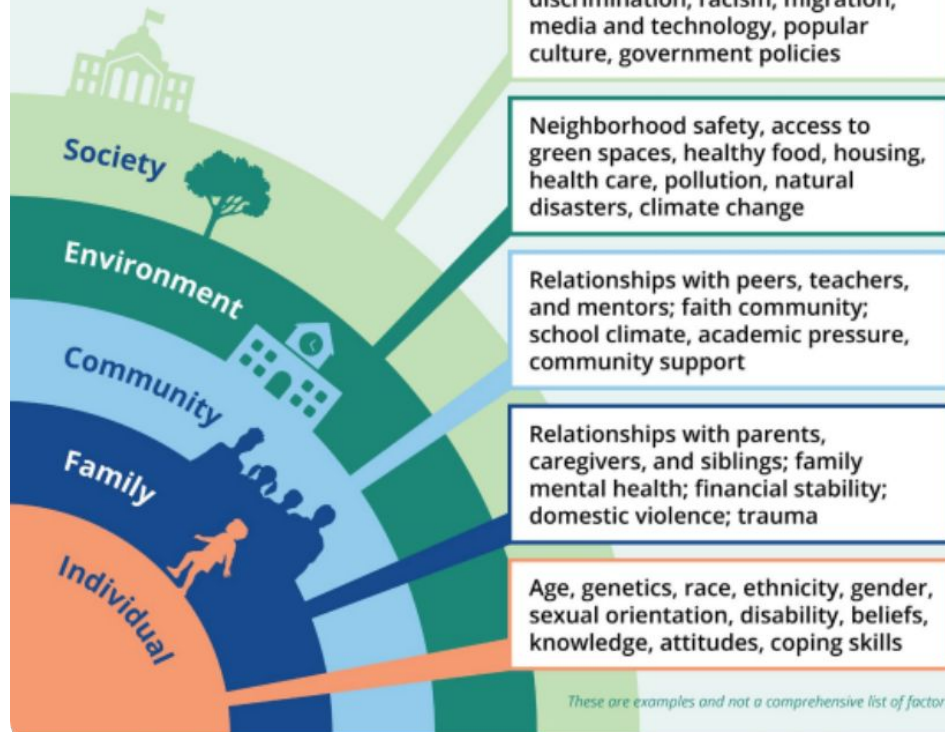
Why is Child Mental Health Important?

Andre Chapman, Fostering Promise

FACTORS THAT CAN SHAPE THE MENTAL HEALTH OF YOUNG PEOPLE



Source: Adapted from WHO's Determinants of Adolescent Health Development: An Ecological Model, 2014 and Bronfenbrenner & Ceci (1994)



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

Common Types of Mental Health Conditions

- Mood disorders (depression or bipolar disorder)
- Anxiety disorders (panic or social disorder)
- Personality disorders (antisocial personality)
- Psychotic disorders (delusional or schizophrenia)
- Trauma-related disorders (Post-traumatic stress disorder)

From Bad to Worse:

Aftershocks of the Pandemic & Murder of George Floyd - Social Unrest

Common Drivers of Mental Health Crisis:

- Racism - Black students make up 18% of children in preschool, they represent nearly half of preschool children suspended.
- Loss of loved one (Covid - Black 21.7% and Latino 24.9%)
- Fear & feeling unsafe - school shootings, violence, social media, bullying, body shamming, colorism, etc.
- School stress, test, grades, school discipline, suspensions and expulsions of Black and Brown students.
- Lack of support - cultural competence of school staff (teachers, mental health staff, resources, etc.)

A WORSENING EPIDEMIC

SOURCE: MENTAL
HEALTH AMERICA

15%

OF TEENS SUFFERED
A MAJOR DEPRESSIVE
EPISODE IN THE PAST YEAR.

60%

OF TEENS
WITH
DEPRESSION
DID NOT GET
TREATMENT
IN THE
PAST YEAR.



WHAT PARENTS SEE

SOURCE:
NPR/IPSON

73%

OF PARENTS SAY THEIR CHILDREN
COULD BENEFIT FROM MENTAL
HEALTH COUNSELING.

19%

SAY THEIR
CHILDREN HAVE
SYMPTOMS OF
ANXIETY.

12%

SAY THEIR
CHILDREN HAVE
SYMPTOMS OF
DEPRESSION.

Knowing the Signs From Your Children

Freddy Moreno, School Psychologist

Knowing the Signs

Challenges

- Young children often cannot articulate what is bothering them
- Symptoms may appear as typical development
- Children may be reluctant to talk about issues
- Children often cover-up/mask potential signs

Knowing the Signs

Risk Factors

- Trauma: Proximity, past exposure
- Parental substance abuse or mental illness
- Limited social support or isolation
- Family stress
- Loss or fear of the loss of a loved one
- Community characteristics

Knowing the Signs

General Symptoms

- Sleeping (difficulty falling or staying asleep) and eating disturbances
- Withdrawal
- Threats of harm to self or others
- Repeated nightmares and reporting strong fears of death and violence
- Increased agitation, irritability, aggressiveness
- Decreased academic functioning
- Maladaptive coping (drug or alcohol use, severe aggression)
- Increased physical complaints
- Increased risk-taking behaviors

Knowing the Signs

When to get help

- Symptoms intensify or are more frequent.
- Continue for a long period of time
- Interfere with academic and social functioning
- Disrupt the classroom
- Beyond the child's control
- Threat/safety concerns

Knowing the Signs

What can I do to help?

- Help children manage their feelings by teaching and modeling effective coping strategies
- Engage them in activities that stimulate the mind and body
- Expand their "feelings" vocabulary so they can more easily express themselves
- Promote family activities to bring them closer to the ones they love
- Maintain usual routines
- Respond calmly and compassionately, but without displaying shock or judgment
- Remind them repeatedly how much you care for them
- Encourage and support them

Knowing the Signs

Specific symptoms

- Attention Deficit Hyperactivity Disorder (ADHD)
 - Inattentive- short attention span, forgetful
 - Hyperactive- trouble being still, interrupting others, difficulty with impulse control

Knowing the Signs

Specific symptoms

- Nonsuicidal self-injury (NSSI)
 - Full Body Coverage, Inappropriate Dress for Season
 - Bandages, razor blades, multiple bracelets
 - Negative thinking patterns

Knowing the Signs

Specific symptoms

- Anxiety
 - Physical- somatic complaints: headaches, stomach aches, increased heart rate
 - Behavioral- escape/avoidance
 - Cognitive- negative, perfectionistic, worrying thoughts

Knowing the Signs

Specific symptoms

- Depression
 - Changes in sleep
 - Weight or appetite changes
 - Reduced energy
 - Problems with self-image
 - Feelings of worthlessness or guilt

How to Engage and Support Your Child?

Carlos Alvarez, The Los Angeles Institute of Restorative Practices

Managing Emotions for Effective Communication

Parents' emotional states and reactions play a pivotal role in the success of conversations about mental health with their children. When parents approach these discussions with composure and thoughtfulness, they:

- **Modeling Behavior:** Children learn how to manage their own emotions by observing their parents. This modeling process is crucial in the early years when children are especially impressionable.
- **Direct the Outcome:** Your reaction can either escalate or de-escalate a situation. By remaining composed, you're more likely to influence the conversation positively.
- **Build Confidence:** Staying emotionally balanced shows your child that you are capable of handling their issues, which in turn can make them feel more secure in confiding in you.

Engaging in Mental Health Conversations:

As parents, it's vital to recognize the significance of mental health in our children's lives. Mental well-being is as crucial as physical health and deserves equal attention and care. When we open up dialogues about mental health with our children, parents should:

- **Build Trust:** Demonstrating that you are willing to listen without judgment encourages our children to share their thoughts and feelings more openly.
- **Promote Understanding:** Discussing mental health removes the stigma and normalizes these conversations, educating both ourselves and our children.
- **Provide Support:** By recognizing the early signs of distress and talking about them, we can offer the appropriate support or seek help if needed.

Follow-Up



Action Plan:

- **Initial Contact:** Email or call your child's school to set up a meeting with the school counselor or support staff.
- **Collaborative Meeting:** Discuss your child's needs and the school's available resources.
- **Support Plan:** Work with school professionals to create a tailored support strategy.



Questions?





Resources

Ebony Durham

Resources for Families

The Trevor Project:

https://www.thetrevorproject.org/resources/guide/the-coming-out-handbook/?gad_source=1&gclid=Cj0KCQjwy4KqBhD0ARIsAEbCt6hslpcIKfKbfFsUVgNoIH9eeboiW6FApxzD5wl_QQ7lFznfo0oPIElAaIEqEALw_wcB

988 Suicide & Crisis Lifeline:

https://988lifeline.org/?utm_source=google&utm_medium=web&utm_campaign=onebox

Open path: <https://openpathcollective.org/>

Together for Wellness:

<https://www.juntosca.org/m/tfw-2/es/67>

Therapy for Black Girls: <https://therapyforblackgirls.com/>

Helping Children Cope with Frightening News:

<https://childmind.org/article/helping-children-cope-frightening-news/>

The Teachers Role When Tragedy Strikes:

<https://childmind.org/article/teachers-role-tragedy-strikes/>

How to Avoid Passing Anxiety Down to Your Kids:

<https://youtu.be/FA-tE7AI0eE>

Helping College Kids with Depression:

https://youtu.be/-Z_86xO5p0c

Managing Strong Emotional Reactions to Traumatic Events: Tips for Families and Teachers (National Association of School Psychologists)

How to Talk to Kids About School Shootings:

<https://childmind.org/article/anxiety-school-shooting/>

What Are the Symptoms of Depression in Teenagers?:

<https://childmind.org/article/what-are-the-symptoms-of-depression-in-teenagers/>



Reminders

Ebony Durham

Medi-Cal Renewals!

1. Update changes to Medi-Cal
 - Start account at BenefitsCal.com
2. Check mail for large envelope
3. Submit renewal forms
 - Submit by phone, online, mail, in person

Find help at ALLINforHealth.org




Enroll.
Get Care.
Renew.

Renew your
Medi-Cal
coverage!

Important Information for 2023 and 2024:

If you or a family member has Medi-Cal coverage, you will need to renew at a designated point between April 2023 and May 2024. Annual renewals are usually due in the same month you first enrolled in Medi-Cal. For example, if you first enrolled in June of 2022, you will need to renew in June of 2023.

- 1 Update your contact information.** Let your county Medi-Cal office know about any changes in your contact information (mailing address, phone number, email) so they can contact you with information about how to renew your coverage.
 - 2 Check your mail.** When it is time to renew coverage, Medi-Cal will mail you a letter to let you know if you need to complete a renewal form or if your renewal can be completed automatically.
 - 3 Complete your renewal form.** If you receive a renewal form, your coverage will not be renewed unless you complete it. Renewal forms will be sent in  a **YELLOW ENVELOPE**. Fill out the form and answer any county follow up questions right away by phone, online, mail or in person to help avoid a gap in your coverage.
-  Find your county office at dhcs.ca.gov/COL or call (800) 541-5555. To renew your Medi-Cal coverage and report changes, set up an account online at benefitscal.com



Scan this QR code to **FIND HELP IN YOUR COMMUNITY** and information to help keep your family covered.

OR GO TO:
allinforhealth.org



SAVE THE DATE!

Inviting All Families!

2nd Wednesday of Every Month
September–December 2023 | 5 p.m. pdt

Join The Children's Partnership for our 2023 Let's Talk Webinar Series where we will bring together expert partners from across California to provide families with important information on pressing issues like health access, mental health and important benefits available to children and their families.

Register now:
bit.ly/TCPLetsTalkSeries

Let's Talk Webinar Topics

September 13: Back to School

October 11: School Safety

November 8: School Mental Health

December 13: Immigrants
Students & Families



Spanish interpretation will be available.
Email edurham@childrenspartnership.org
with any questions.



SAVE THE DATE December 13th

Join us at our last Let's Talk Webinar on Immigrant Families & Students

Wednesday, December. 13th from 5–6:30 p.m.

Where our partners will discuss:

Public Charge: What is public charge, what qualifies and what doesn't qualify.

Medi-Cal Expansion: What Medi-cal expansion is as it relates to children and immigration status. The importance of adults being covered and what you need to do to get covered and resources.

Newcomer Rights: What are newcomers rights and what the families should know.

[REGISTER HERE](#)

All webinars will be presented in English, with live Spanish translation available.



Brazelton
Touchpoints Center™

The Children's
Partnership



Somos Latinx Families

A Family to Family Real Talk Conversation

October 2 - November 27, 2023
3:00 - 4:30 pm (ET)/
12 - 1:30 pm (PT)
Every other Monday

Somos Latinx Families: A Family to Family Real Talk Conversation

This free, 5-episode virtual conversation series offers a safe and welcoming space to hold conversations for and by Latinx families.

Explore what it means to be a parent as part of the Latinx community, raising Latinx children while navigating U.S. mainstream cultures, and connecting Latinx cultural identities to physical and mental well-being.

Join the next episode!

Latinx Parenting – Supporting Infant and Early Childhood Mental Health
Monday, November 27 at 3 PM ET / 12 PM PT.

[REGISTER HERE](#)



**Enter for a chance to
win \$50 !!**



**3 winners will be
randomly selected!**

**Please fill out this quick
[evaluation](#)**

We
appreciate
your
feedback!

**For more resources and
information visit our
website:**

ALLinForHealth.org



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