

Parent Jam Session: Social & Emotional Health & Resources

Presenters:

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- The participant will learn about changes adolescents go through in high school.
- The participant will learn specific strategies they can use to support the social-emotional needs of their adolescent.
- The participant will learn about external supports in the community.
- The participant will learn about the role of and importance of attending school regularly.

What word(s) or phrase describes social-emotional health?

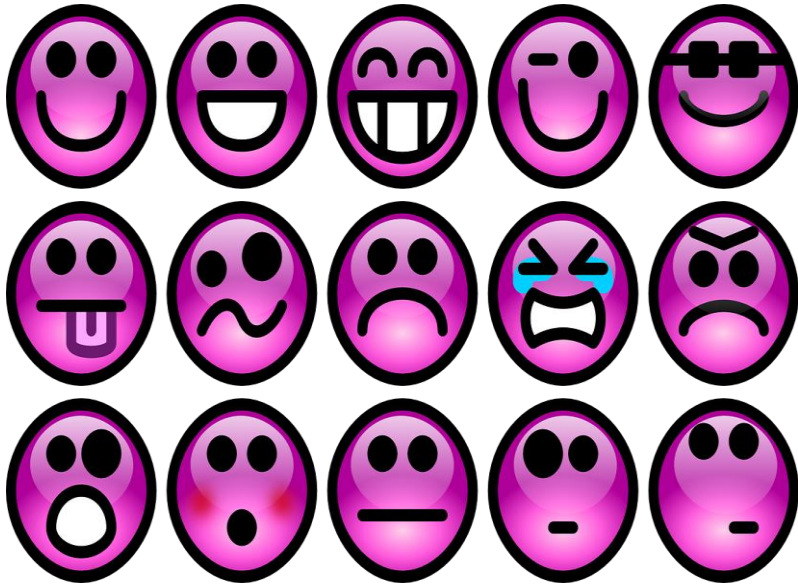
[PollEv.com/leahwade692](https://www.pollEv.com/leahwade692)

Social Changes



- ❑ Searching for identity
 - ❑ Seeking more independence
 - ❑ Seeking more responsibility, both at home and at school
 - ❑ Looking for new experiences
 - ❑ Thinking more about “right” and “wrong”
 - ❑ Communicating in different ways
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Emotional Changes



- ❑ Shows strong feelings and intense emotions
- ❑ Sensitive to your emotions
- ❑ Self-conscious
- ❑ Goes through a “invincible” stage of thinking and acting

Changes in Relationships



- ❑ Wants to spend less time with family and more time with friends
 - ❑ More arguments with you
 - ❑ Sees things differently from you
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Supporting Social and Emotional Development

- ❑ Be a role model for forming and maintaining positive relationships
- ❑ Get to know your child's friends, and make them welcome in your home.
- ❑ Listen to your child's feelings.
- ❑ Be explicit and open about your feelings.
- ❑ Talk with your child about relationships, sex and sexuality.
- ❑ Look for "teachable moments"



Supporting Social and Emotional Development

- ❑ Make your own emotional well-being a priority
- ❑ Practice healthy goal-setting
- ❑ Value every adolescent's unique identity
- ❑ Resolve conflicts with respect for others
- ❑ Manage your anger



Supporting Social and Emotional Development

- ❑ Strengthen communication skills
- ❑ Build emotional vocabulary
- ❑ Promote stress management skills
- ❑ Nurture self-regulation skills
- ❑ Limit exposure to risky situations
- ❑ Help teens think carefully about risky situations



References

- ❑ HealthyFamilies BC. (2014, November 30). Social and emotional changes in adolescence. Retrieved from <https://www.healthyfamiliesbc.ca/home/articles/social-and-emotional-changes-adolescence-teens>
- ❑ John Hopkins School of Public Health. (2019, October). The teen years explained: A guide to healthy adolescent development. Retrieved from https://www.jhsph.edu/research/centers-and-institutes/center-for-adolescent-health/_docs/TTYE-Guide.pdf
- ❑ U.S. Department of Health & Human Services. (2018, October 29). How parents and caring adults can support emotional development. Retrieved from <https://www.hhs.gov/ash/oah/adolescent-development/explained/emotional/support/index.html>

Mental Health Resources

- ❖ Advice
- ❖ Tips
- ❖ Assistance
- ❖ Help
- ❖ Support
- ❖ Guidance



Cardinal Innovations Healthcare

Cardinal Innovations Healthcare offers services to help children and adults suffering intellectual and developmental disabilities and mental health conditions.

- **Contact:** 800-939-5911



Thompson Child and Family Focus

[Thompson Child and Family Focus](#) is a residential treatment facility for children diagnosed with mental illness and provides an intensive clinical setting within the safe, child-friendly living environment on our Saint Peter's Lane Campus in Matthews, NC and is intended for boys, at admission, ages 5-15 and girls ages 5-13.

- **Contact:** 704-536-0375



Behavior Health Center - Atrium Health

[Behavior Health Center - Atrium Health](#) offers a comprehensive, integrated system of inpatient, outpatient, school-based, crisis and residential treatment programs for adults, teenagers and children, which makes us the most comprehensive behavioral healthcare provider in the region.

- **Contact:** 704-358-2700



Carolinas Creative Counseling

[Carolinas Creative Counseling](#) PA is a nationally accredited mental health agency serving Mecklenburg County, designed to provide quality clinical care for individuals and families in crisis. We focus on individuals requiring advanced, comprehensive care including; Intensive In-Home (IIH) Services, Outpatient Therapy, Substance Abuse Intensive Outpatient Program (SAIOP), and Diagnostic Assessments.

Contact: 704-332-3634



CriSys

CriSys assists persons with mental health, developmental disabilities, or substance abuse issues, we also can be utilized to help individuals and families or communities overwhelmed in a situational crisis; such as a victim of crime, hostage situation, witness to violence or fatal or multiple injury scenes, post homicide or suicide.

- **Contact:** 704-566-3410 (Select Option 1)



Family First Community Services

[Family First Community Services](#) offers an array of community behavioral health and substance abuse services to children, adolescents, and adults with emotional, behavioral, and or substance abuse challenges in North Carolina. We provide individual, group, and family therapy for individuals with Mental Health and/or Substance Abuse challenges.

- **Contact:** 704-364-3989



NAMI's

NAMI's mission is to protect the dignity of and improve the quality of life for individuals and their families living with the effects of severe and persistent mental health conditions through advocacy, education, and support.

Contacts: 704-566-3410



Presbyterian Psychological Services

[Presbyterian Psychological Services](#) is a full-service nonprofit mental health counseling center. We are inclusive, welcoming people of all ages, genders, races, ethnicities, faiths and sexual orientations. We accept most insurance and offer sliding-scale fees based on income. We provide pro bono therapy and education workshops for the YWCA's Women in Transition program and serve as a preferred referral resource for Charlotte Mecklenburg Police and Fire Department officers, family members, and communications personnel.

- **Contact:** 704-554-9900



ThriveWorks

ThriveWorks wants you to know that professional, experienced guidance is available, and you only need to contact us to get started this week, if not within 24 hours. They offer services to help treat those recovering from addiction, difficult in school or sleeping, inability to focus, thoughts of suicide, marital trouble, and more.

- **Contact:** 980-581-3061



Promise Resource Network

[Promise Resource Network](#) offers alternative, trauma-informed supports and resources that enhance resilience, recovery and wellness. PRN's Recovery Hub in Charlotte is free, open to the community and steered by the Eight Dimensions of Wellness. The agency is operated and staffed by people with lived recovery experience and embraces a community collaboration of peer workers.

- **Contact:** 704-390-7709



Charlotte Resilience Project

[Charlotte Resilience Project](#) is a community initiative focused on creating AWARENESS of the impact of adverse childhood experiences (ACEs), trauma and toxic stress, providing INFORMATION AND RESOURCES on trauma-informed care and resilience, and leading MOBILIZATION efforts to support successful outcomes for children and families.

- **Contact:** 704-259-1037



Attendance Matters

Showing up for school has a huge impact on a student's academic success starting in kindergarten and continuing through high school. Even as children grow older and more independent, families play a key role in making sure students get to school safely every day and understand why attendance is so important for success in school and on the job.



DID YOU KNOW?



Students should miss no more than 9 days of school each year to stay engaged, successful and on track to graduation.

- Absences can be a sign that a student is losing interest in school, struggling with school work, dealing with a bully or facing some other potentially serious difficulty.
- By 6th grade, absenteeism is one of three signs that a student may drop out of high school.
- By 9th grade, regular and high attendance is a better predictor of graduation rates than 8th grade test scores.
- Missing 10 percent, or about 18 days, of the school year can drastically affect a student's academic success.
- Students can be chronically absent even if they only miss a day or two every few weeks.
- Attendance is an important life skill that will help your child graduate from college and/or keep a job.

WHAT YOU CAN DO

Make school attendance a priority



- Talk about the importance of showing up to school everyday, make that the expectation.
- Help your child maintain daily routines, such as finishing homework and getting a good night's sleep.
- Try not to schedule dental and medical appointments during the school day.
- Don't let your child stay home unless truly sick. Complaints of headaches or stomach aches may be signs of anxiety.

WHAT YOU CAN DO

Help your teen stay engaged



- Find out if your child feels engaged by his classes and feels safe from bullies and other threats. Make sure he/she is not missing class because of behavioral issues and school discipline policies. If any of these are problems, work with your school.
- Stay on top of academic progress and seek help from teachers or tutors if necessary. Make sure teachers know how to contact you.
- Stay on top of your child's social contacts. Peer pressure can lead to skipping school, while students without many friends can feel isolated.
- Encourage meaningful afterschool activities, including sports and clubs.

WHAT YOU CAN DO



Communicate with the school

- Know the school's attendance policy – incentives and penalties
- Talk to teachers if you notice sudden changes in behavior. These could be tied to something going on at school.
- Check on your child's attendance to be sure absences are not piling up.
- Ask for help from school officials, afterschool programs, other parents or community agencies if you're having trouble getting your child to school.

References

Attendance Works

[Attendanceworks.org](https://www.attendanceworks.org)

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