



**Erika's
Lighthouse**

Erika's Lighthouse Family Workshop: We All Have Mental Health

For Parents, Caregivers and Families





We All Have Mental Health

Part 1:

What is Mental Health

Part 2:

Understanding Feelings

Part 3:

Setting a Supportive Environment

Part 4:

Being a Trusted Adult





What is Mental Health



What is Mental Health?

- Mental health is about our feelings, thinking, emotions and moods.
- Mental health is important for a happy, healthy and productive life.
- Just like we brush our teeth everyday, we need to make sure our brains have the tools we need to be mentally healthy.
- Looking after our mental health is just as important as looking after our physical health.



Good Mental Health

- When we can fulfill a number of life functions and activities, including:
 - the ability to learn
 - the ability to feel, express and manage a range of positive and negative emotions
 - the ability to form and maintain good relationships with others
- Important at every stage of life, from childhood, adolescence through adulthood.
- Will help children to focus in school, overcome obstacles, get along with the people around them—and get well and stay well



What Gets in the Way of Mental Health?

STRESS

Academic

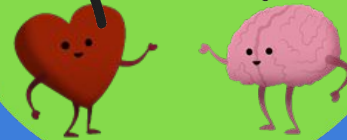


Family



Social

friends



Risk Factors

Some of life's challenges are out of our control and these challenges can be a risk to mental health.

Family
Conflict

Social
Rejection

Learning
Disabilities

Health/
Mental
Illness

Major
Transitions
or Change

Trauma
or
Neglect

Tragedy
or Loss

Poverty

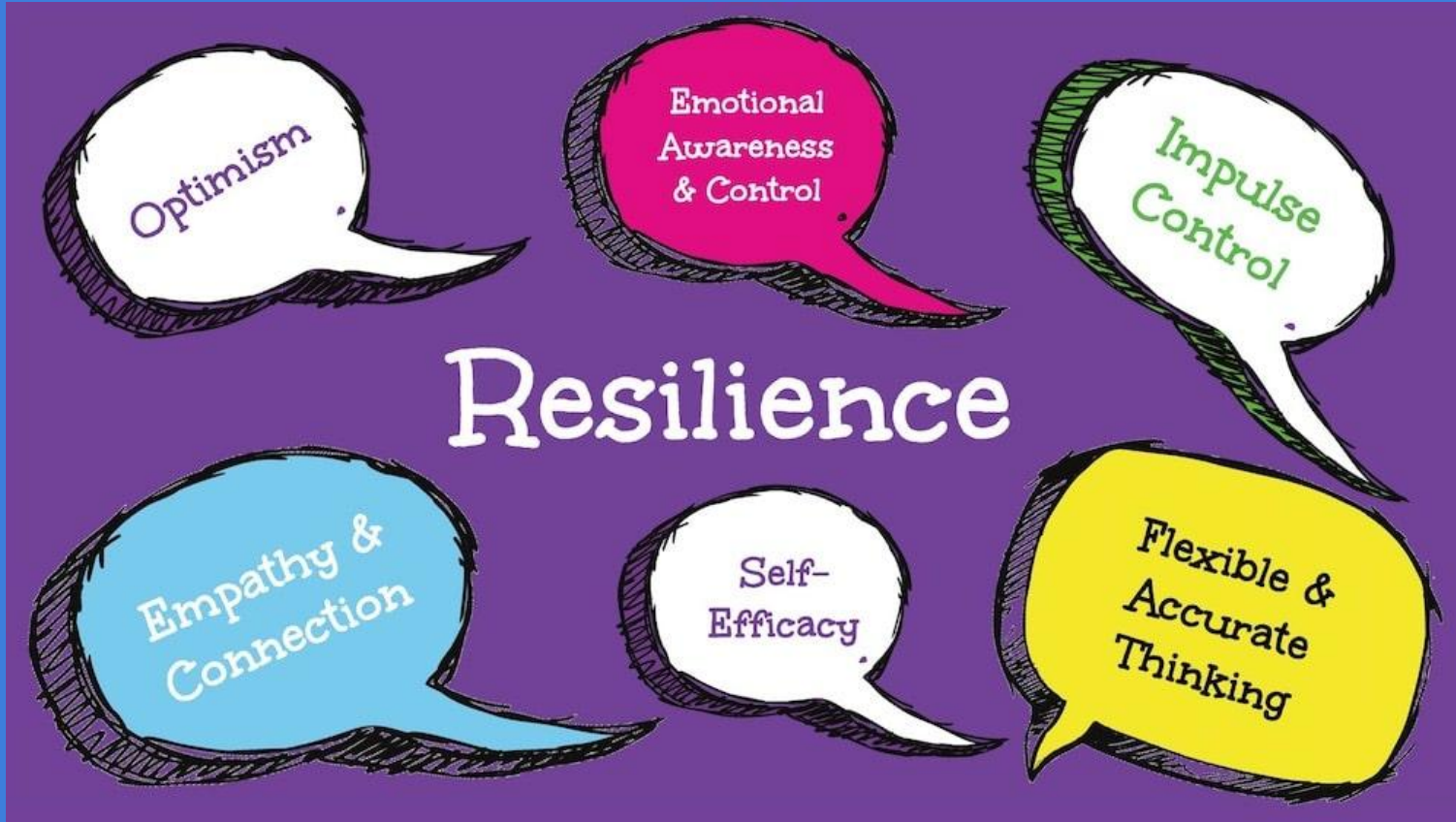


What Does it Mean to be Resilient?

- Bouncing back from difficulties and challenges in life.
- Managing feelings and stressful events.
- A skill that we can teach and model to our children.



Ways to Build Resiliency



Understanding Feelings







Mental Health and Feelings

Everyday feelings come and go and are a normal reaction to what is happening in our lives. They are always changing and don't usually hang around for too long.

Overwhelming feelings hang around for a long time, change the way we feel and behave and may stop us from doing what we want to in life. You have heard people call them a mental health problem, mental illness or mental disorder.



Everyday



Examples of everyday feelings might include:
happiness, joy, disappointment.

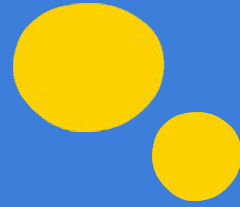
Overwhelming



Examples of overwhelming feelings might include:
loss, grief, despair.



Important Things to Know



- Childhood and adolescent mental health struggles are common.
- They can be serious.
- They can be hard to see.
- Mental health struggles can be treated.
- There is hope and you are not alone.



What is Stigma?

How Does it Impact Us?

Stigma = a mark of shame associated with a particular circumstance, quality, or person.

Kids ages 9-12
are deeply
aware and
impacted by
stigma



Setting a Supportive Environment



Foster a Supportive Environment



Promote good mental health strategies

- ★ Healthy meals & nutrition
- ★ 8 hours of sleep a night
- ★ Encourage Exercise
- ★ Do something you love

Practice Coping Strategies

- ★ Listen to music
- ★ Mindfulness
- ★ Journaling
- ★ Playing with a pet
- ★ Talking to friend



Being a Trusted Adult



What is a Trusted Adult?

Young people say it is someone who is a good listener, offers advice, shows empathy, or won't make you feel silly for coming to them - someone they feel a connection with. A trusted adult is reliable and dependable.

The role of a trusted adult is to:

- Listen and empathize.
- Be trustworthy.
- Be caring.
- If necessary, help the young person get to the appropriate person to provide the help or support they need.

Who may be a trusted adult?



Parent
Guardian
Grandparent
Family Member



School Counselor
Social Worker
Teacher
Coach



Religious Leader
Coach/Instructor
Mental Health
Professional



What to Say

I notice.

"Is everything okay? I've noticed you have been...."

I care.

"I'm concerned because I know this isn't normal for you."

How can I help?

"What can I do to help? Let's come up with a plan together."



Listen to Them and Trust your Instincts



QUICK TIPS

- Ask questions and listen
- Be prepared for the truth
- Validate your child's feelings
- Listen to your gut
- Take action and follow up
- Let your kid drive the ship



What Should I Do if I'm Concerned About My Child

- 🔑 **Talk with them.** Show extra love and support. Let them know you care and want to hear they're going through.
- 🔑 **Find a mental health professional.** It can be difficult, however, many places can provide referrals.
 - ★ Pediatricians or primary care providers
 - ★ Schools, particularly school counselors or school social workers
 - ★ Health insurance companies
- 🔑 **Schedule an appointment with a mental health professional.**



Talk to a Mental Health Professional

- I think there is a problem because _____.
- I heard my child say _____.
- I saw my child do _____.
- My child is feeling _____.
- This is not my child's usual behavior.
- I've seen this change in my child's behavior over the past _____(days/weeks).



Looking For More Resources?



Available
in Spanish



Access more resources by creating a free Resource Portal account.





Thank You!



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