

Shiloh High School



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How to Create a Supportive Family Environment



Objectives

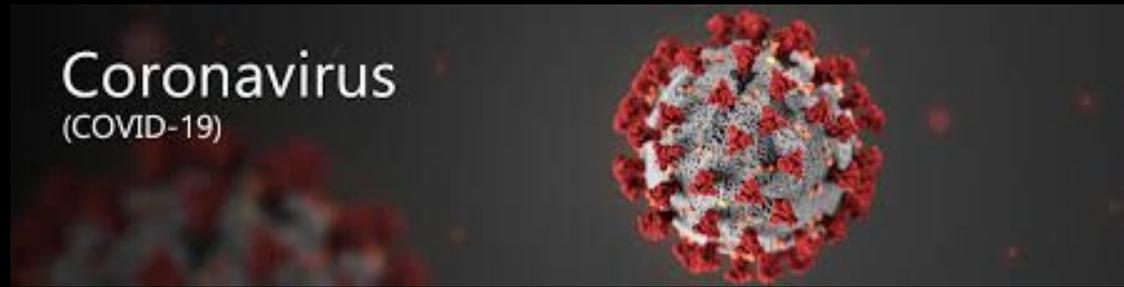
Impacts of Covid-19

Statistics on Mental Health

Building a Supportive Family System



Impacts of



45% of adults report feelings of worry and stress related to COVID-19 have negatively impacted their mental health.

More than one-third of Americans have displayed clinical signs of anxiety, depression or both since the pandemic began.

Feelings of anxiety are becoming more common as people are worried about themselves or their loved ones getting sick.

Grief & Loss



Grief

Normalcy

Changes in your lifestyle

Unemployment or loss of income

Impacts of the Covid-19 Pandemic

According to the Centers for Disease Control and Prevention, stress during a pandemic may cause:

1. Fear and worry about your own health, the health of your loved ones, your financial situation, your job, or loss of support services you rely on.
2. Changes in sleep or eating patterns.
3. Difficulty sleeping or concentrating.
4. Worsening of chronic health problems.
5. Worsening of mental health conditions.
6. Increased use of tobacco, and/or alcohol and other substances.

Behavioral Health Statistics on Adults

About 1 in 5 American adults will experience a mental illness at some point in their lives.

Poor mental health increases the risk for long-lasting (chronic) physical conditions like heart disease, stroke, and cancer.

Suicide is the 2nd leading cause of death among people ages 15-34 in the United States.

Half of all mental illness occurs before a person turns 14 years old, and three-quarters of mental illness begin before age 24.

Behavioral Health Statistics on Children

According to the CDC's data and statistics on children's mental health (2020),

- 7.1% of children aged 3-17 years (approximately 4.4 million) have diagnosed anxiety.
- 3.2% of children aged 3-17 years (approximately 1.9 million) have diagnosed depression.
- About 3 in 4 children aged 3-17 years with depression also have anxiety (73.8%) and almost 1 in 2 have behavior problems (47.2%).

Anxiety in Children



May present as fear or worry, but can also present as anger or irritability

Symptoms-trouble sleeping (insomnia), trouble concentrating, fatigue, headaches, or stomachaches

Panic Attacks

Panic attacks-uncommon in children, happens more in teenage years

Panic attack symptoms-should have 4 or more symptoms

- Palpitations or fast heart rate
- Sweating, shaking
- Shortness of breath, feeling choked
- Chest pain, nausea or stomach pain
- Dizziness
- Numbness or tingling
- Fear of losing control
- A feeling of unreality (derealization) or being detached from oneself (depersonalization)



Enhancing Self-Awareness

Enhance self-awareness through meditation

Meditation is about cultivating moment-to-moment non-judgmental awareness

Be compassionate towards self and others through acceptance

Benefits of Mindful Meditation



We play an active role in changing our brain

Creates structural and functional changes in the brain

Shown to improve symptoms of medical conditions, such as anxiety, chronic pain, depression, gastrointestinal disorders, heart disease, hot flashes, hypertension, mood disorders, sleep disorders, and stress disorders.

Resources for Meditation and Play

Everyday Blessings: The Inner work of Mindful Parenting by Jon Kabat-Zinn and Myla Kabat-Zinn

Play: How It Shapes the Brain, Opens the Imagination, and Invigorates the Soul by Stuart Brown

Mindfulness-Based Stress Reduction at UMass

Atlanta Mindfulness Institute

Numerous Podcasts and Apps; Yoga; Yomind.com, 1Giantmind

Create a Safe and Secure Home

Consistent, predictable, set clear expectations and boundaries

Secrecy vs. Privacy

Reflective Listening

Judgement vs. Description

Provide examples

A Non-judgmental Conversation-Empathy vs Sympathy



Build Relationships and Engage with One Another

Praise your children

Reinforce positively and natural consequences

Engage in Play

Provide examples

Reinforce Positively

Praise your kids

Reflectively listen

Initiate conversation



Praise you kids

When was the last time you praised your kids?

Ex: I love how you are such a good friend.

Ex: I love how you laugh.

Praise anything simple



Judgement vs Description

Judgement: My kids are so disrespectful. They always talk back to me.

Description: My kids hurt my feelings when I'm trying to connect with them

Judgement: My daughter is super shy. If it is distressing you. Why?

Description: It reminds me of how shy I was as a child.

Ask Open Ended Questions

What did I say or do to upset you?

How are you feeling?

What do you need right now?

I'm curious about...

Help me understand...

Resources

Shiloh High School Counseling
Department

Website:

<https://www.gcpsk12.org/Page/16370>



Resources

- National Suicide Prevention Line----(1-800-273-8255);
<https://suicidepreventionlifeline.org/>
- [National Domestic Violence Hotline](#)----(1-800-799-7233 or text LOVEIS to 22522)
- [National Sexual Assault Hotline](#) ----(1-800-656-4673 or [Online chat](#))

Mental Health Resources



Community behavioral health
Free mental health evaluations
678-209-2710



GCAL is the 24/7 hotline for accessing mental health services iGCAL is the 24/7 hotline for accessing mental health services in Georgia.

Southeast Cooperative Ministry

Southeast Cooperative Ministry

<https://www.segwinnetcoop.org/>

770-985-5229



Homes First

HomesFirst (Homeless Resource)

Intake Phone Number-770-847-6765



DFCS Home Alone Guidelines

Children in Parental Custody

- 1) Children (8) eight years or younger should not be left alone
- 2) Children between the ages of (9) nine years old and (12) twelve years, based on level of maturity, may be left alone for brief (less than two hours) period of time.
- 3) Children (13) thirteen years and older, who are at an adequate level of maturity, may be left alone and may perform the role of a babysitter, as authorized by the parent, for up to twelve hours.

Definition of Neglect



In Georgia, neglect is defined as:

- 1) The failure to provide proper parental care or control, subsistence, education as required by law or other care or control necessary for a child's physical, mental or emotional health or morals; or
- 2) The failure to provide a child with adequate supervision necessary for such child's wellbeing; or
- 3) The abandonment of a child by his or her parent, guardian, or legal custodian.

Privacy vs. Secrecy

Privacy is...

Healthy

Developmentally appropriate

Allows for more personal and psychological space

Develop healthy boundaries

Secrecy is...

Unhealthy

Extreme secrecy is unhealthy

“Other things may change us, but we
start and end with the family.”

- Anthony Brandt

This is the most important takeaway that everyone has to remember is it is all about healthy connections.

Thanks!

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