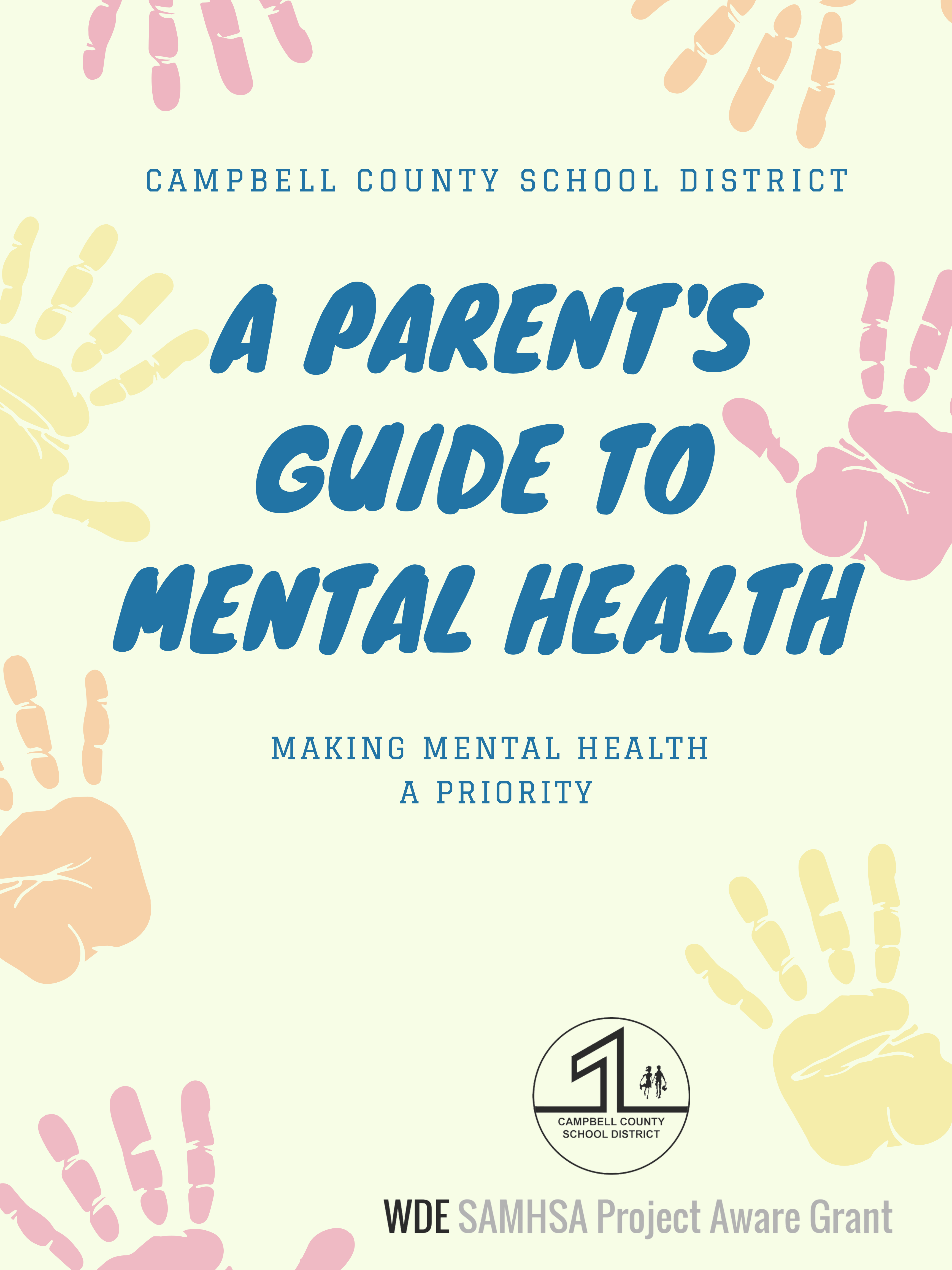




CAMPBELL COUNTY SCHOOL DISTRICT

A PARENT'S GUIDE TO MENTAL HEALTH

MAKING MENTAL HEALTH
A PRIORITY



WDE SAMHSA Project Aware Grant



TAKE A LOOK INSIDE

**THIS RESOURCE WILL PROVIDE
INFORMATION ABOUT MENTAL HEALTH IN
CAMPBELL COUNTY, RESOURCES
AVAILABLE TO OUR FAMILIES, WARNING
SIGNS AND CONVERSATION STARTERS
THAT WILL HELP GUIDE YOU AS YOU
BECOME BETTER EQUIPPED TO SUPPORT
YOUR OWN CHILD'S MENTAL HEALTH.**



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GETTING STARTED

To understand mental health, let's briefly review key terminology.



Mental health refers to positive social, emotional, and physiological well-being. Mental illnesses relate to a child's inability to effectively manage those aspects of well-being and, therefore, have difficulty progressing throughout the day.

As such, **behavioral health** is often interchangeable with mental health.

Wellness is a comprehensive approach to health, including physical, mental, spiritual, and social well-being. Focusing on wellness is a positive process in which an individual is consciously working toward achieving their wellness goals.

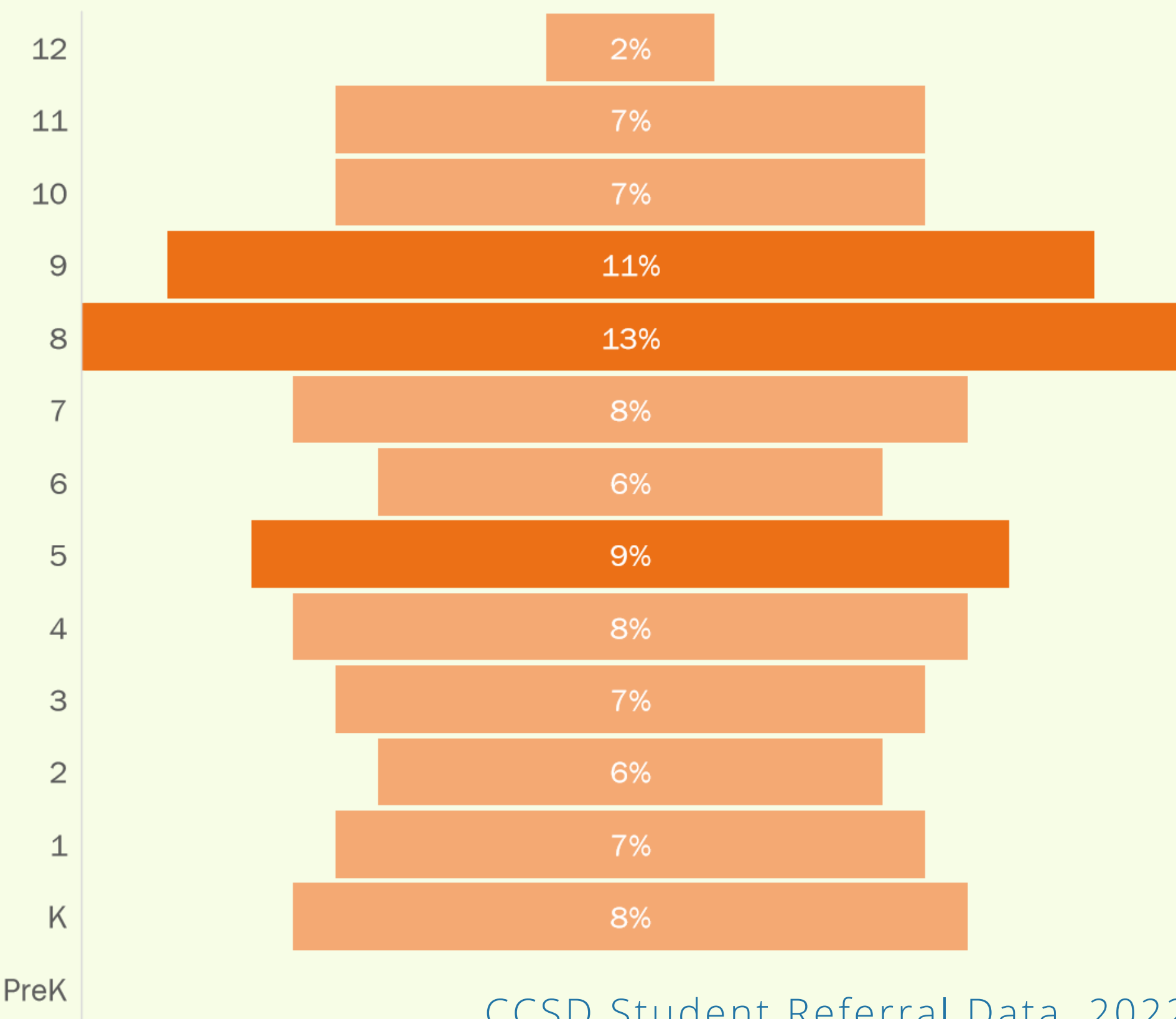
Why is it important to know these terms as parents??

These terms provide a basic understanding and awareness toward your child's mental health. In supporting your child, it is critical to acknowledge that mental health and wellness are complex and related. As a parent, it is key to foster environments in which your child can build skills and achieve their goals.



CCSD STUDENT MENTAL HEALTH STATS

Most referrals are for students in 5th, 8th and 9th grade.



CCSD Student Referral Data, 2022

A common misconception: mental health issues aren't an issue in younger children. Our student data tells a little different story. Of all our mental health referrals from school counselors, k-5th grade referrals make up 45%. Our schools are working hand in hand with our families and community mental health partners to make sure our students receive needed services.

Of the referrals made by CCSD counselors, below are the top five concerns:

- Anxious/Fearful/Excessive Worry**
- Difficulty concentrating/distracts easily/inattentive**
- Family Dynamics/Divorce and Separation**
- Angry/Irritable/Argumentative/Defiant**
- Appears depressed or sad/hopeless**

THE GOOD NEWS?

83% of CCSD students report having an adult they can talk about their problems with. When they come to you for help, Listen, Support, and Encourage.



CHECKLIST FOR FOSTERING MENTAL HEALTH AT HOME



Identify ways to relax with your child
- movies, a walk, read together



Engage in family fun activities together.



Emphasize their strengths through
positive reinforcement.



Make goals with your child
- practice goal-setting, start with small/easier goals first



Help your child in maintaining routines



Pay attention to your child's use of
internet/social media



Model behavior
- demonstrate your own personal focus on mental
health by talking about it and doing things for yourself
(yoga, walking)



COMMON DIAGNOSES AND CONCERNS IN CHILDREN

ADHA, behavior problems, anxiety, and depression are the most commonly diagnosed mental health disorders in children.

Attention Deficit Hyperactivity Disorder (ADHD):

ADHD is characterized by a persistent pattern of inattention and/or hyperactivity or impulsivity that interferes with development, learning, or functioning. the symptoms of ADHD usually start prior to age 12. In school, ADHD may look like: distractibility, restlessness, forgetting to complete assignments, difficulty concentrating, disrupting the class.

Behavior Problems:

Behavior problems can present themselves as a pattern of disruptive behavior in children. These can be presented in various settings including: school, home, social situations. Common behavior problems diagnosed in childhood include: Oppositional Defiant Disorder (ODD) and Conduct Disorder. In school, ODD/Conduct Disorder may look like: negativity, noncompliance, temper outbursts, angry and irritable mood, hostility toward authority figures (teachers/school staff)

Anxiety:

Anxiety can be defined as excessive worry that is not focused on a single trigger (i.e. fear of social situations, or fear of a specific event/situation). In school, anxiety may look like: avoidant of certain situations, physical symptoms (stomach aches, shaking hands/legs, racing heart), feeling self-conscious in certain situations, trouble completing classwork, missing class or increased absences.

Depression:

Depression in children is characterized by persistent sadness and hopelessness. it presents in many ways, but children suffering from depression may experience changes in eating patterns, loss of interest in things they used to enjoy, changes in sleep patterns, changes in energy and inattention. In school, depression may look like: poor work completion, feeling sick, increased school absence, lack of participation, isolation and withdrawal, sleeping in class.



PARENTS CAN HELP!

Parents play an integral role in supporting your child if they experience mental health struggles.

START HERE:

- Inform yourself about your child's mental health disorder
- Connect with your student's school team to advocate for your child's well-being and to ensure there is appropriate support
- Explore self-care strategies for yourself - being a parent of a child with mental health needs can be challenging.
- Strive to understand your child's mental health struggles
- Remind your child that mental health struggles are common
- Remind your child that it is okay to feel sad, angry, or frustrated about their mental health struggles.
- Be empathic and understanding - show love and acceptance.

ENVIRONMENT MATTERS:

- Create a positive home environment
- Ensure that your student is in a positive, safe, school environment - feeling safe at school is critical to learning and positive mental health.

ENCOURAGE COMMUNICATION:

- Listen and respect your child's feelings about their mental health disorder
- Find an outside provider if your child does not feel comfortable talking to you (therapist, school counselor, etc)
- Ask questions and come without judgement
- Help your child set realistic goals for themselves
- Encourage your child to build strong relationships with friends and family
- Encourage resiliency through connectedness, helping others, and problem solving.



WARNING SIGNS

Warning Signs may indicate that your child is experiencing mental health difficulties.

Examples:

- recurring behavior at school
- frequent temper tantrums
- unusual worries/fears
- hyperactivity/constant movement beyond regular play
- difficulty participating in normal activities for child's age
- difficulties with concentration, attention, or organization
- withdrawal from people or activities he/she used to enjoy
- prolonged lack of energy
- difficulty going to sleep, staying asleep, or waking up
- sudden outbursts or explosive emotional reactions
- prolonged negative mood and attitude
- frequent refusal to go to school
- ongoing decline in school performance
- isolation, loneliness, and lack of friends
- risky or dangerous behavior
- feeling hopeless or worthless
- abuse of alcohol or drugs
- self-injury or physical harm to others
- **thoughts or talk of suicide: if your child is having thoughts of suicide or talking about suicide, seek immediate assistance from a doctor, school professional, or law enforcement and do not leave your child alone.**

Risk Factors are variables that make it more likely that a child may experience mental health problems. These risk factors can be internal characteristics, or experiences in a child's environment.

Examples:

- health problems
- poor social skills
- violence or abuse in the home
- parent mental health problems
- loss of a family member
- parent divorce/separation
- low socioeconomic status

Protective Factors: when present in a child's life, make it less likely that a child will experience a mental health problem. These can help a child overcome, cope with, or "bounce back" from a difficult situation.

Examples:

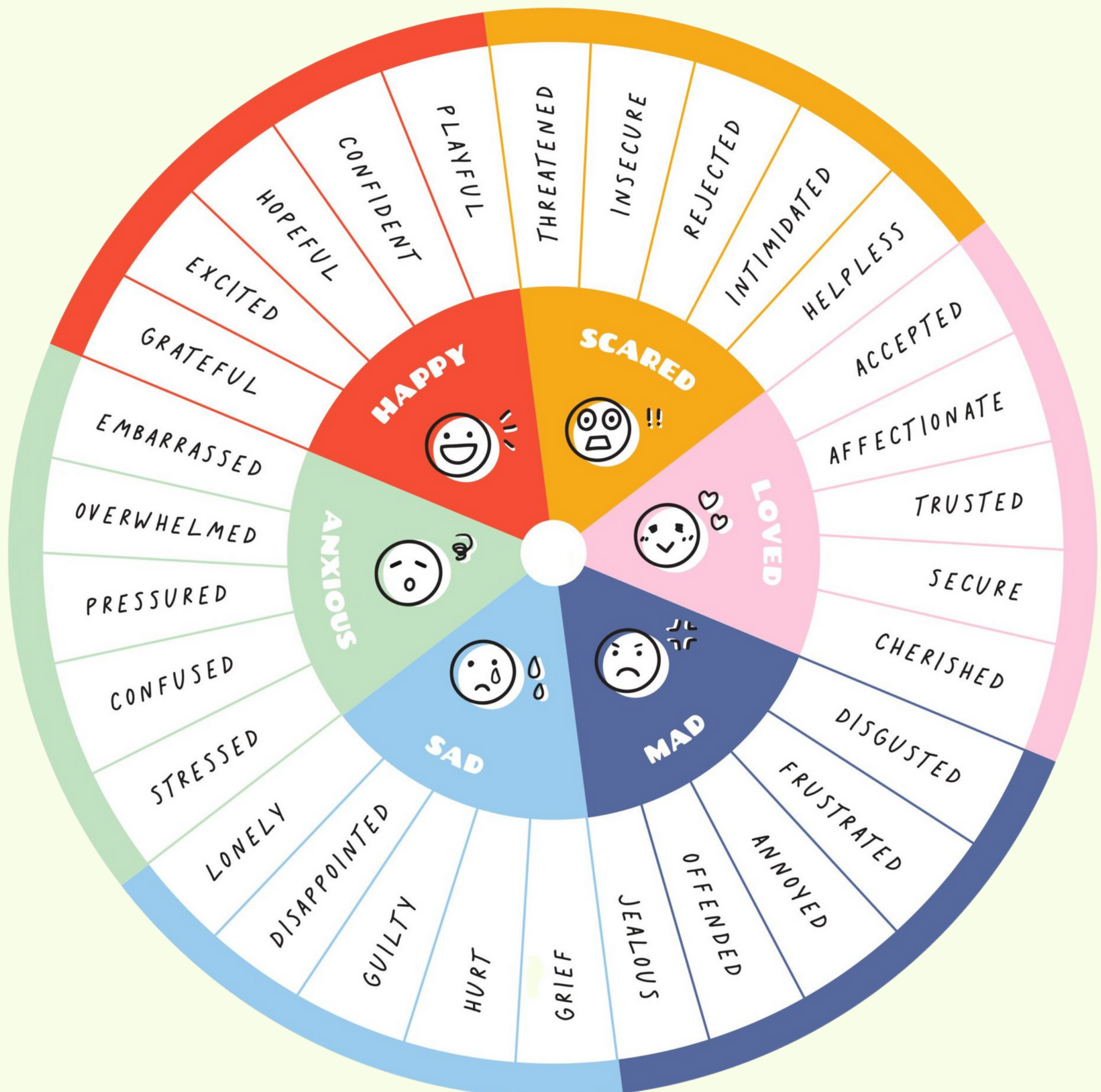
- high self-esteem
- good coping skills and problem solving
- structure in the home with clear expectations for behavior
- supportive relationships with family and community
- engagement in school and community



STARTING THE CONVERSATION

Print this page and incorporate this Feeling Wheel in conversation with your child.

- ~Ask your child about the things they enjoy
- ~Listen to their thoughts and feelings
- ~Have conversation in a quiet place
- ~Share something about your day first, be open about your thoughts and feelings





MINDFULNESS AND CALMING STRATEGIES

Mindfulness is the act of bringing your attention to the present moment.

Below is a helpful activity to do with your child if you notice changes in their mood, or after a stressful day.

1. Ask your child to tell you or write down the things that are making them sad, angry, anxious, etc.
2. Tell them to close their eyes and imagine those feelings and thoughts being placed inside balloons.
3. After a few seconds, tell them to imagine those balloons floating away and have them open their eyes.





SLEEP SCHEDULES AND ROUTINES

Sleep is closely connected to mental and emotional health. Sleep also has shown links to depression, anxiety, and other mental health conditions.

Much research is ongoing to better understand connections between mental health and sleep, but evidence supports to a bidirectional relationship. This means sleeping problems may be both a cause and consequence of mental health problems - mental health conditions can make it harder to sleep, while poor sleep habits can be a contributing factor to the initiation and worsening of mental health problems.

Brain activity fluctuates during sleep, and each stage plays a role in brain health. Sufficient sleep helps the brain's processing of emotional information. While we sleep, the brain works to evaluate and remember thoughts and memories, thus the lack of sleep is especially harmful to the storing of positive emotional content. This can influence mood and emotional reactivity, and is tied to mental health disorders and their severity.





SLEEP SCHEDULES AND ROUTINES

Improving Sleep Habits

Caffeine is a stimulant, and can keep your child alert and awake, well after bedtime.

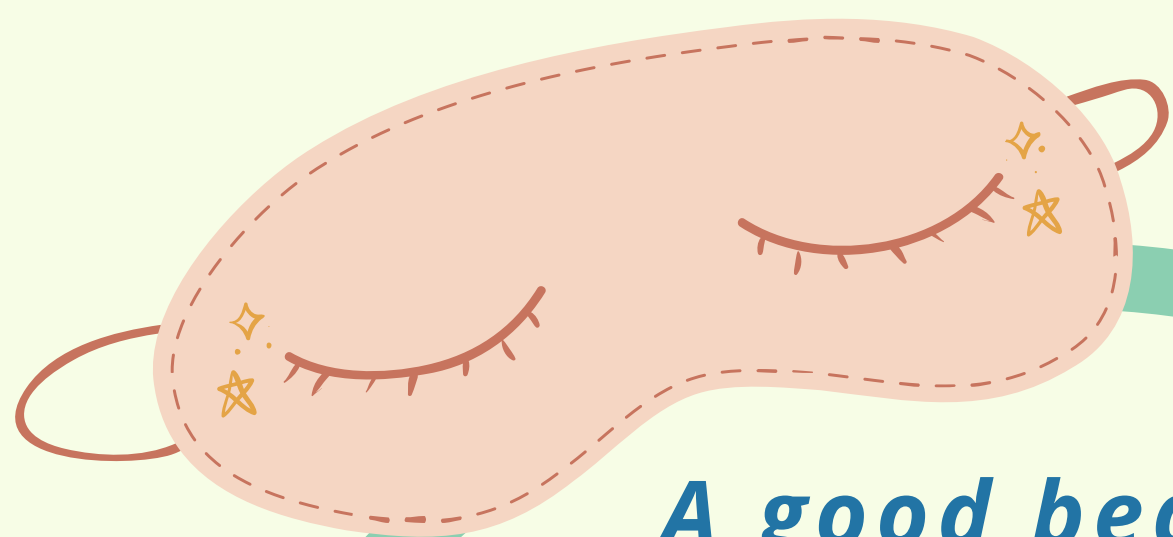
Bedroom Tips for Quality Sleep

- **Set a bedtime and maintain that throughout the week.**
- Keep the room dark
- Make sure the room is cool
- eliminate noises and keep room quiet
- Use the bed only for sleeping
- Avoid blue light and technology one hour before bed.

A good bedtime routine includes relaxing activities:

- Taking a warm bath/shower
- singing lullabies
- reading with a parent or individually
- journaling
- meditating
- cuddling with parent

Research shows that children exposed to blue light before bedtime experience poorer sleep quality.





SOCIAL/EMOTIONAL STRESS AND SCREEN TIME

Research shows social/emotional stress in our youth can be correlated to their amount of "Screen time". Data also shows that our kids are spending 8-14 hours a day in front of a screen, whether streaming shows or using social media.

MOST WIDELY USED APPS

Snapchat

Kik

Whatsapp

Instagram

YikYak

Live Me

Omegle

Chatroulette

In the past, our kids were most influenced by their family, school and then their peers. In recent years, and with the influence of social media, our kids are now mostly influenced by their peers, then school, and finally family.

WHAT CAN PARENTS DO??

Lead by Example:

- Have your own device put away at times (meals, driving, conversations)
- Set Routines/Be Consistent: check social media at set times, phones charged in non-bedroom area
 - ~ Tech Free Tuesday
 - ~ Chores and Reading first
 - ~ Screen Time limits

APPS TO KEEP ON YOUR RADAR



Yik Yak: messaging app to send messages to others anonymously - a breeding ground for cyberbullying.



House Party: app uses video technology as a way to communicate with others. however - anyone can pop into a live video and be able to comment in the chat section.



Yik Yak: messaging app to send messages to others anonymously - a breeding ground for cyberbullying.



Calculator%: Looks like a normal calculator, but instead acts as a secret vault used for hiding photos, apps, files, etc



Likee: This app is the kid version of Tinder, a dating app for adults.



Kik: This app is designed as a way for people to text each other, however, it allows anyone, anywhere to have the ability to text your child.



WhatsApp: This app has the ability to send text messages, phone calls, voicemails, and video chat through the use of an internet connection. 15



MONITORING SOCIAL MEDIA AND SCREEN TIME

Parental Control Apps

Can Include:

- content filtering
- site or app blocking
- screen-time limits
- location tracking
- geofencing
- call or text monitoring
- social network supervision
- contact blocking

*Find a System that fits
your family.*

Online Resources for app
reviews and other media:

1. **Common Sense**

Media: user is allowed
3 reviews from each
device,
[commonsensemedia.org](https://www.commonsensemedia.org)

2. **Protect Young Eyes:**

[protectyouneyes.com](https://www.protectyouneyes.com)

3. Use a regular old
"**Google**" search

The 7 BEST Parental Control Apps of 2022

Overall: Net Nanny

Older Kids: Canopy

Younger Kids: Qustodio

Overall Monitoring: Bark

Managing Screen Time: OurPact

Location Tracking: FamilyTime

Budget Friendly: Norton Family

[HTTPS://WWW.VERYWELLFAMILY.COM/BEST-PARENTAL-CONTROL-APPS-4779963](https://www.verywellfamily.com/best-parental-control-apps-4779963)



OUR SCHOOLS CAN HELP!

It's important for our schools and parents to form a collaborative team to help support our student's mental health.



School culture focused on positive mental health empowers students to have mental wellness, resilience, positive connection with students and adults, and positive social-emotional learning behaviors.

Schools are an ideal place to connect students with mental health services.

- Every community has a school
- Most children spend at least 6 hours per day at school
- Schools provide an environment for positive development and intervention.
- School-employed professionals know the student and family well (school counselors, nurses, teachers)
- Research suggests that students are more likely to seek counseling when services are available in schools.
- **Please contact your school counselor for more information regarding mental health service referrals and available grant funding**



Feelings of safety affect academic performance and problem -solving skills.



RESOURCES

**Suicide
Prevention Center:
1-800-273-8255**

**Crisis Center:
Behavioral Health
and Mental
Health Crisis Line
307-688-5555**

**Student Support
Services at CCSD:
307-687-4546**

**Child Abuse
Hotline/Child
Protective Services:
307-682-7277**

Kid Clinic
*School based health
center for children 2
weeks to 21 years
old, medical and
mental health
services provided.*
307-688-8700

**Crisis Text
Line:
Text WYO to
741-741**

**GARF:
Domestic violence,
sexual assault,
307-686-8070**

*CCSD partners with
mental health clinics
across our county.
Please reach out to
your school counselor
for more information
and grant funding
with Project AWARE.*

**YES House:
Youth Emergency Services
AND
Substance Use assessments
and counseling at the
307-686-0669**

**For a Comprehensive list of Resources, please visit Campbell County
Prevention Council: <https://www.campbellcountyresources.com/>**



APPENDIX

ADDITIONAL WORKSHEETS AND RESOURCES



CALMING APPS

Breathe, Think, Do with Sesame

Ages 4+

Adorable monster de-stresses kids with Sesame Street style.

Calm

Ages 7+

Appealing meditation and relaxation for all ages.

Three Good Things-A Happiness Journal

Ages 7+

End the day positively with this digital journal

HeadSpace: Meditation & Sleep

Ages 8+

Practical meditation for adults and kids.

Wuf Shanti Yoga Fun Machine

Ages 3+

Kid-friendly yoga, meditation lessons from big, happy dog.



EASY AND FUN RELAXATION STRATEGIES FOR YOUR FAMILY

Mindful Coloring

Take a few minutes out of your busy day to color with your children. Mindful coloring is where you focus your attention to the present moment, you let go of any thoughts about tomorrow or yesterday and just focus on the present.

Mindful Walks

Go for a walk with your family or by yourself and practice noticing your surroundings and how your body and mind feel while moving.

The Ultimate List of Free Yoga Pose Printables for Kids

If you or your children are feeling restless or overly energetic take a few minutes to do some stretches/yoga poses to help relax your brain and body.

Relaxation strategies/Yoga allows children to experience the energy of intense emotions and impulses in a healthy manner.

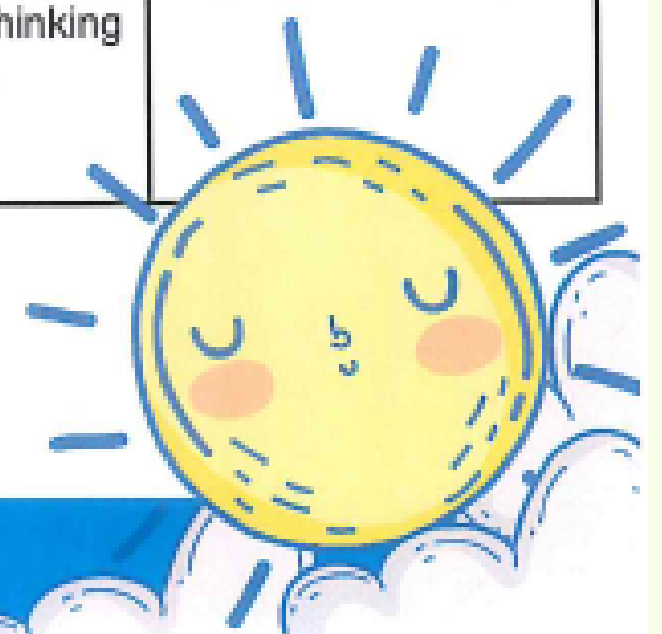
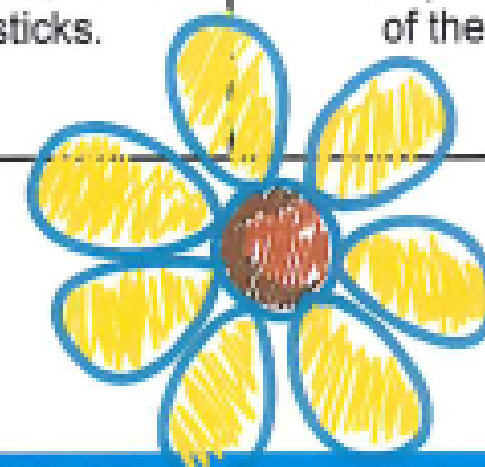
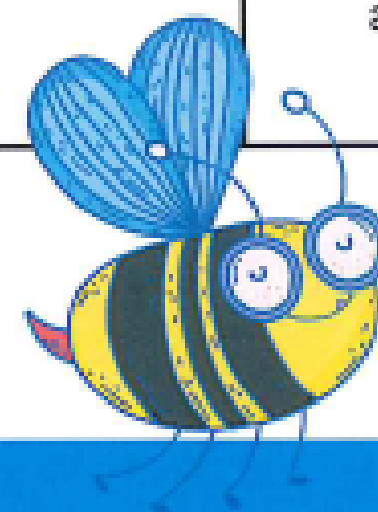


SUMMERTIME ACTIVITIES

28 Days of Activities

DAY 1 Create a journal with your child or use the last one to record each days activity. They can decorate the front page.	DAY 2 Try to build an object that moves if you push it and then test it outside. Ex. A car made of tissue box or a rolling toilet paper roll.	DAY 3 Bring paints outside and search for a beautiful flower or scene. Paint the flower or scene.	DAY 4 Go outside and find a tree, bush, or flower. Then, make up a story or words or pictures about something that lives there.	DAY 5 Make popsicles or your own DIY freezies. Freeze toys or object that won't be damaged in ice for Day 7.	DAY 6 Build a fort outdoors or indoors. Then, read or look at books with a flashlight in the fort.	DAY 7 Dig out the toys or items that you stuck in the ice from Day 5.
DAY 8 Have a picnic in your backyard, park, or on your living room floor.	DAY 9 Beach Day! Drive to the beach OR play with the sprinkler or paddling pool in the backyard.	DAY 10 Pretent to go camping and set up a tent in the backyard or in your house. Plan a fun camping snack.	DAY 11 Collect leaves. Then, go online and identify them at home in your journal. Little kids can just glue them in the journal.	DAY 12 Make a treasure chest out of recycling.	DAY 13 Make Animal Rocks. Paint rocks to look like animals or glue on small rock ears, stick tails and paint eyes and a nose!	DAY 14 Make a summer salad to eat. Kids cut the veggies themselves (w/ supervision). Butterknife for younger kids
DAY 15 Sidewalk Chalk Fun! Older kids can create a cartoon with the chalk outside.	DAY 16 Make a flower or a leaf crown.	DAY 17 Go for a bike ride! Make sure you have materials for a bird feeder on Day 24.	DAY 18 Collect leaves. Then, put a paper on top of one. Then, use a crayon to brush over the leaf making a leaf design on the paper.	DAY 19 Make wands out of sticks. Decorate them with strings wrapped around them	DAY 20 Play with water balloons. Create a waterballoon toss, have a waterfight, see how high you can throw it before it pops.	DAY 21 Paint inspirational messages and pictures on rocks. Then go on a walk and put them somewhere in the neighbourhood.
DAY 22 Make a boardgame like tic tac toe out of natural materials.	DAY 23 Body Painting. In a swimsuit, paint fun pictures on your legs with washable paint. Then wash off outside!	DAY 24 Make a Bird Feeder.	DAY 25 Wash the car!	DAY 26 Make nature designs and pictures with leaves, rocks, flowers, and sticks.	DAY 27 Send 5 letters to friends and family to tell them your thinking of them.	DAY 28 Make a Bug Hotel using natural materials.

Connect and share your activities and stories by tagging
@borntobeadventurous on Instagram
or messaging
@borntobeadventurous on Facebook.





SELF CARE CHALLENGE

5 Days of Self Care Challenge

Day 1	Day 2	Day 3	Day 4	Day 5
Write down five nice things about yourself and three positive things happening in your life right now.	Exercise for 30 minutes.	Take 30 minutes to yourself and relax without technology. Ideas include going for a walk, read a book, light a candle and meditate or pray.	Put on some music and dance around the house with your family. Smile while your doing it and enjoy laughing.	Get ready today as if you were going out to meet someone for coffee. Share a photo of your good looking self on the Born to be Adventurous Mamas Facebook group or on Instagram.

Connect and share your self care journey by joining the
@borntobeadventurousmamas Facebook group
and/or make sure to tag
@borntobeadventurous on Instagram.



ACTIVITY JAR ACTIVITIES

*Place activities in a jar to draw out
when kids are bored*

75 Activity Jar Ideas

Decorate your Bike	Paint Rocks	Make Pinecone Flowers	Create a Scavenger Hunt	Play with Play Dough
Do a Puzzle	Read a Book	Make Cards	Play with Chalk	Build a Fort
Make a Volcano	Play Tag	Bike Ride	Play a Board Game	Bake Cookies
Go for a Walk	Make Paper Airplanes	Draw our House	Take 5-10 Pictures and Write about Them	Play Eye Spy
Colour a Picture	Play in a SandBox	Make Something out of the Recycling	Have a Tea Party	Trace your Body with Chalk
Draw your Favourite Stuff	Find Flowers, Leaves, and Sticks and Paint with them	Climb a Tree	Go Skateboarding/ Scootering/Roller Skating	Listen to an Audiobook
Make a Mud Pie	Have a Picnic	Make up a Play	Build a Fort	Paint a Picture
Draw a Picture of Your Family	Play Hide-in-Seek	Make a Pretend Pizza out of Paper and make the Toppings	Make a Treasure Map	Make a Puzzle
Play with Bubbles	Make an Obstacle Course	Make a Hopscotch out of Chalk	Play with Water	Press Flowers
Set Up the Sprinklers	Collect Sticks, Flowers, Leaves, and do a Craft	Jump Rope	Hula Hoop	Wash the Car
Play Catch	Play Soccer	Build a Marble Run	Build Your Own	Paint Outside
Make Popsicles	Go for a Run	Set up a Nature Cutting Tray	Do a Photo Scavenger Hunt	Make a Nature Collage
Garden	Set Up a Tent	Pretend Play "Going on a Hike"	Go on a Bug Hunt	Make a Bird Feeder
Have a Snack Outside	Read Outside on a Blanket	Make a Treasure Map	Build with Blocks or Recycling	Make a Book Mark
Play Four Square	Paint and Stamp with Vegetables and Fruit	Build a Fairy House	Have a Penny Toss	Print off a Colour by Number



CONTRIBUTION IDEAS

Each child is different and has different abilities, these are merely suggestions.

CONTRIBUTION *ideas for kids*

* Each child is different and has different abilities so these ideas are just a starting point for choosing ideas that are suitable for your family.

2-3 year olds

- Pick up toys
- Dust
- Help put away groceries
- Put dirty clothes in the hamper
- Wipe up spills
- Clear and wipe the table
- Throw trash away
- Put clothes in the dryer

6-7 year olds

- All the previous tasks +
- Load and unload dishwasher
- Fold towels
- Mop floors
- Rake leaves
- Match the socks
- Make a salad
- Sweep



10-11 year olds

- All the previous tasks +
- Clean the kitchen
- Vacuum carpets
- Clean countertops
- Bake cookies (with supervision)
- Collect garbage
- Make all of their own snacks

4-5 year olds

- All the previous tasks +
- Make bed
- Sort laundry
- Set the table
- Feed the pet
- Water plants
- Prepare a small snack
- Use hand-held vacuum
- Take sheets off beds
- Sweep with a small broom
- Pull weeds



8-9 year olds

- All the previous tasks +
- Wash laundry
- Bring in mail
- Fold clothes
- Dust furniture
- Put groceries away
- Make easy meals
- Wash the family car with supervision
- Clean microwave
- Pack their lunch
- Organize toys

12+ year olds

- All the previous tasks +
- Wash the car
- Cook an easy dinner
- Clean windows
- Mow lawn
- Clean out fridge
- Clean mirrors
- Manage their laundry
- Clean the garage
- Clean tub or shower

