

Tired, Wired, and Inspired

Responding to Your Child's Mental Health Needs

Burbank Unified
School District



Special Education
District Advisory
Committee (SEDAC)

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Introductions

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Land Acknowledgment

We acknowledge that the land we are on is native to the Tongva people. We respect and care about their community, culture, and traditions.

Content Warning

This presentation will discuss mental health, which may be sensitive to some individuals. Do whatever you need to take care of yourself. 😊
(camera off, muting for sensitive topics, etc.)

Agenda

**1. Child &
Adolescent
Mental Health**

**2. School-based
Resources**

**3. Community
Resources**

**4. Meet Meera
Q&A Session**

Child & Adolescent Mental Health

- Prior to the pandemic, **1 in 5 youth** were reported to have a mental illness.
- Rates of death by suicide have increased in children with an upward trajectory the past 20 years.
- During the COVID-19 pandemic, **1 in 3 adolescents** reported poor mental health.

Centers for Disease Control and Prevention. (2022, March 31). *Mental health, suicidality, and connectedness among high school students during the COVID-19 pandemic - adolescent behaviors and experiences survey, United States, January–June 2021.*



Chronic Stress & the Brain

Chronic stress can adversely affect:

- Emotional regulation
- Working memory
- Attention regulation
- Frustration tolerance
- Executive functioning

What does this look like?

- Difficulty making decision
- Struggling to use coping skills
- Challenges with planning
- Emotionally detached
- Fight or flight activated



Symptoms of Anxiety



Restlessness & Nervousness

Trembling, feeling shaky, edginess, tension



Rapid Heartbeat

Sweating and cold hands and feet, skin tingling



Derealization & Insomnia

Feelings of unreality, difficulty falling asleep



Digestive Issues

Diarrhea, constipation, frequent urination



Impaired Concentration

Impaired attention



Dizziness & Lightheadedness

Shortness of breath, smothering sensation

Symptoms of Depression



Sense of Worthlessness

Depressed mood, self esteem impacted



Physical Symptoms

Appetite and sleep disturbances, weight issues, younger children report somatic complaints



Depressed Mood

Loss of interest and pleasure in activities previously enjoyed



Irritable Mood

Younger children more likely to be irritable



Impaired Concentration

Impaired attention regulation & reasoning



Suicidal Ideation and/or Behavior

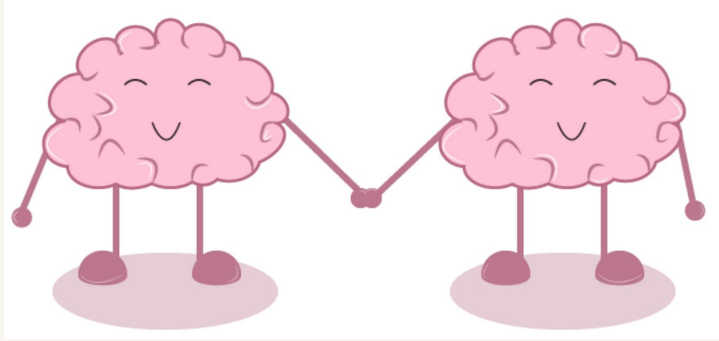
Thoughts about or attempting to harm self

How Can Parents Provide Support?

- Consider being a “gardner” instead of an “architect.”
- Nurturing support vs. attempting to “fix” or “solve” the problem for your child
- Responding vs. Reacting
 - Active listening
 - Be thoughtful - validate feelings!
 - Intervene with care
 - Take into consideration overall well-being



How Can Parents Provide Support?



- Be aware of your own biases and cultural stigma attached to mental health.
- Seek out resources for your child and yourself!

School-Based Resources

Proactive & Responsive Interventions

- Social Emotional Learning (SEL)
- Multi-tiered System of Supports (MTSS)
- Crisis Intervention
- 504 Accommodation Plans
- Individualized Education Plans





Social Emotional Learning

The process in which students gain the skills and competencies necessary to thrive socially, personally and academically.

Collaborative for Academic, Social, and Emotional Learning (CASEL) <https://casel.org>

40 Developmental Assets by the Search Institute

Growth Mindset

It's critical to reward ***not just effort*** but ***progress***.
Emphasize the ***process of learning***:


- Problem solving
- Seeking help from others
- Trying new strategies,
- Addressing setbacks to move forward effectively





Community Resources

Family Service Agency of Burbank

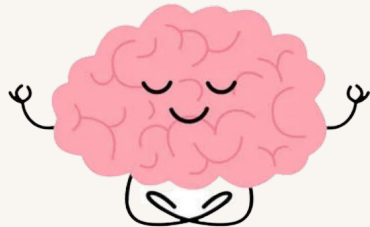
- **On Campus**
 - Individual Counseling (all BUSD campuses)
 - Special Ed School Based Counseling
 - Group Counseling (elementary)
 - CARE Centers (high schools)
 - **Agency Based**
 - Individual, Couples, Family Counseling
 - Parent Support and Education
- 



Meet Meera

- BUSD Alumni
- UCLA Alumni & Current Grad Student
- Mental Health Activist

I care about the mental health of students in BUSD. I want to do what I can to help!



Why I'm Here

- I want to answer your questions
- I want to share my experiences and provide any insight
- Feel free to ask me anything!



Thank you!

Tired → Stigma around mental illness

Wired → Mental health!

Inspired → Being equipped to respond to our children's mental health needs!

Q & A