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.

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

**Digestive Issues**
- Diarrhea, constipation, frequent urination

**Rapid Heartbeat**
- Sweating and cold hands and feet, skin tingling

**Impaired Concentration**
- Impaired attention

**Derealization & Insomnia**
- Feelings of unreality, difficulty falling asleep

**Dizziness & Lightheadedness**
- Shortness of breath, smothering sensation
Symptoms of Depression

- **Sense of Worthlessness**: Depressed mood, self-esteem impacted
- **Physical Symptoms**: Appetite disturbances, weight issues, younger children report somatic complaints
- **Irritable Mood**: Younger children more likely to be irritable
- **Depressed Mood**: Loss of interest and pleasure in activities previously enjoyed
- **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 “gardener” 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