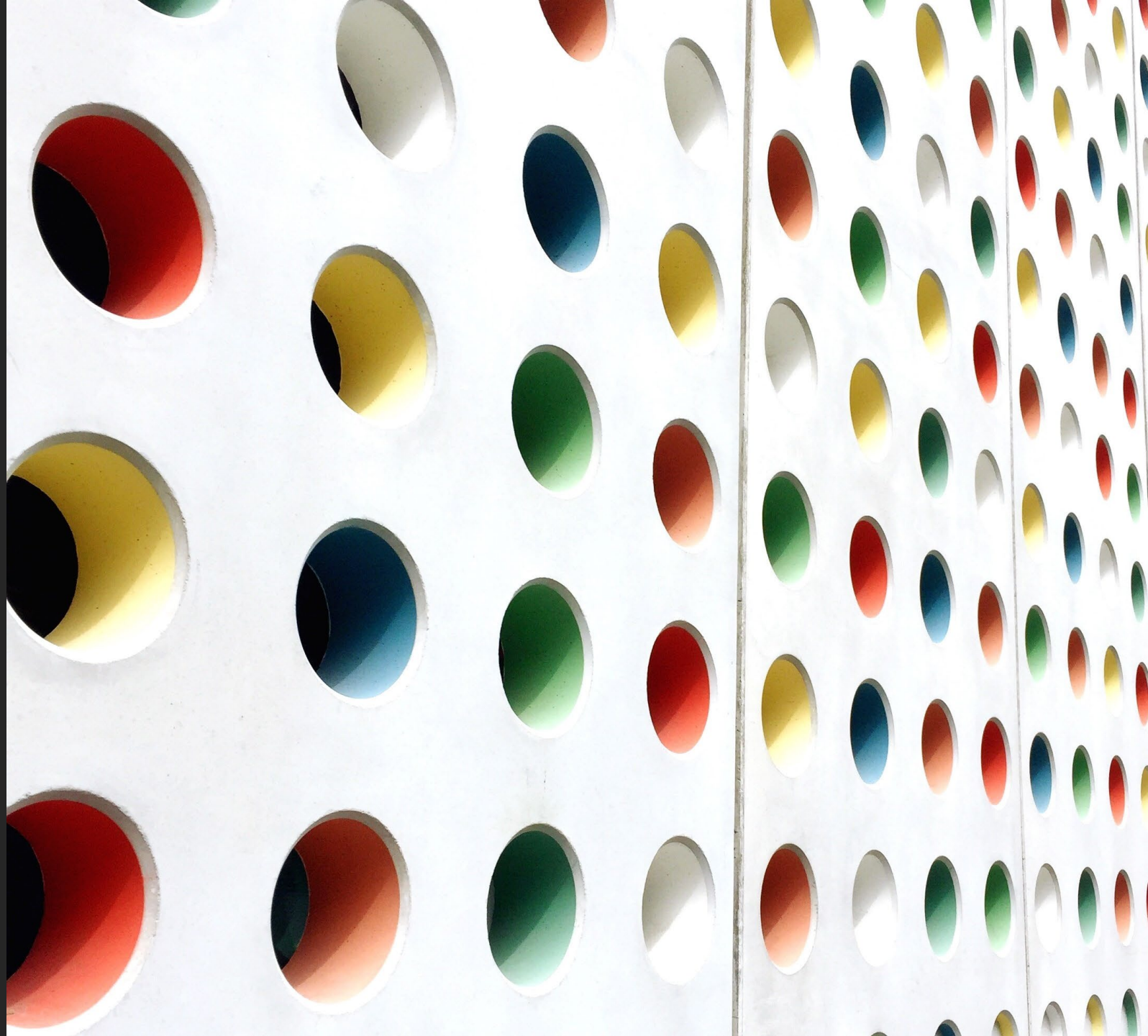


Recognizing Signs of Distress and Connecting Children to Support

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YOUTH & FAMILY SERVICES MANAGER

COMMUNICARE HEALTH CENTERS



01

Ability to recognize
signs of distress in
your child

02

Trauma-informed
considerations for
your family

03

Tips for supporting
your child and
connecting them
to resources

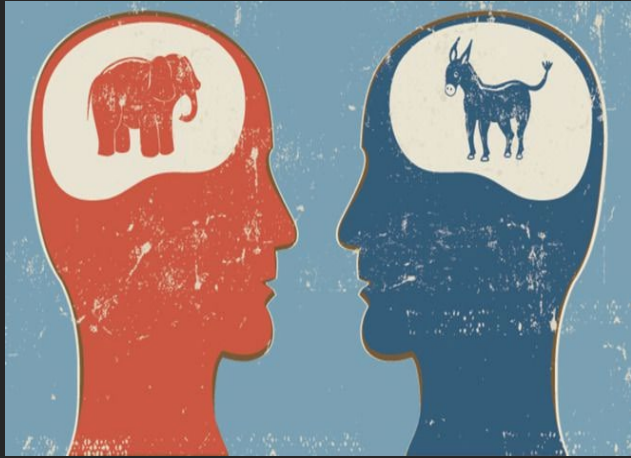
Topics

We've had
quite a
couple
of years...

What the past 3 years of a pandemic have brought us...

- Rapid and constant change
- Illness anxiety
- Social Isolation
- Role and responsibility transitions
- Re-introduction to Social gatherings/events
- Increase in Depression, Substance Use and Suicidality
- Disproportionate impact of COVID19 on communities and Persons of Color



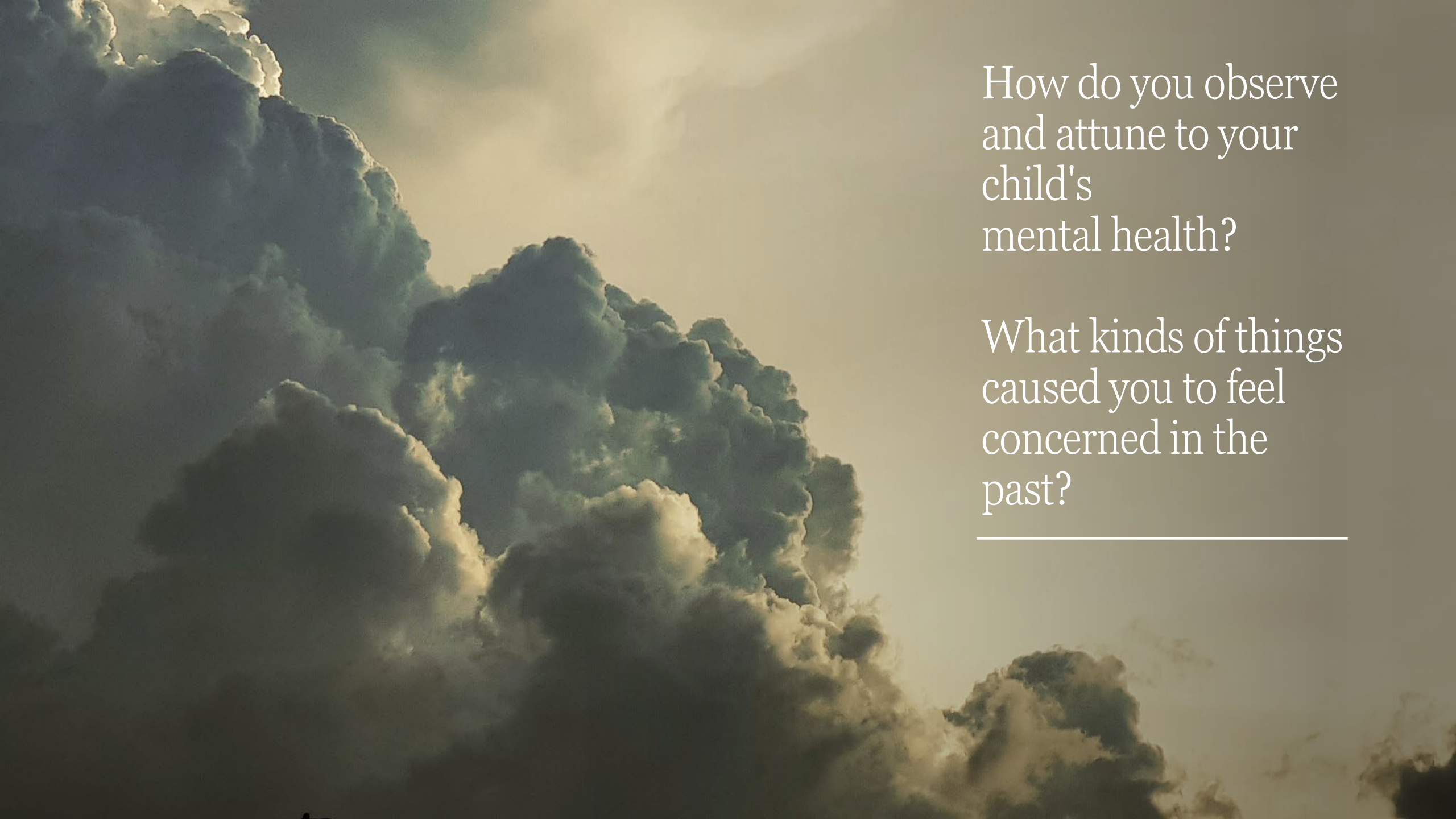


And also...

- Continued polarization in our communities and country
- Racial, Cultural and Identity Group related traumas
- Role of media/social media on televised trauma, barrage of images



I THINK
MY BRAIN
HAS TOO MANY
TABS OPENED.



How do you observe
and attune to your
child's
mental health?

What kinds of things
caused you to feel
concerned in the
past?



Potential Signs Of Distress In Children

Types of Distress

Behavioral

Physical Appearance

Verbal

Behavioral

Decrease in communication and/or time spent together

Hyperactivity that is disruptive or difficulty focusing

Changes in appetite or sleep patterns

Increased trouble at school or home

Behavioral

Less time spent on activities they used to enjoy

Disproportionate reactions

Group and individual conflicts

Appearing under the influence

Physical Appearance

Noticeable Difference in Appearance

Hygiene

Seasonally inappropriate clothes

Rapid weight gain or loss

Verbal – Indirect

Speech and thoughts that are hard to follow

Rapid speech that is hard to interrupt or redirect

Talks of substance use

Talks of stopping medications

Talks of relationship/family stress and conflict



Verbal – Direct

Sharing increase stress in responsibilities at home or school because of COVID 19

Expressions of loss

Expressions of hopelessness

Expressions of wanting to harm self or others (can be subtle)



How can you
help?





Create a family environment that is
trauma-informed.

What is trauma-informed?

“A program, organization, or system that is trauma-informed realizes the widespread impact of trauma and understands potential paths for recovery; recognizes the signs and symptoms of trauma in clients, families, staff, and others involved with the system; and responds by fully integrating knowledge about trauma into policies, procedures, and practices, and seeks to actively resist re-traumatization.”

SAMHSA 2014

Trauma- Informed Considerations for Families



ASK OPEN-ENDED
QUESTIONS



PROVIDE CHOICES



LISTEN FIRST,
PROBLEM-SOLVE LATER



ENCOURAGE
CONNECTION WITH
FAMILY AND COMMUNITY

More Trauma- Informed Considerations...

Transparent	Be appropriately transparent
Acknowledge	Acknowledge challenges and successes
Check in	Check in with your children (ex: family meetings, getting input on activities and schedules, "How are we doing?")
Other	Seek help outside the family if needed (extended family, friends, community groups, or service providers)

A word cloud centered around the word **EMPATHY** in large teal letters. Other words in red include **HEAR**, **COMPASSIONATE**, **COMMUNICATION**, **COMPASSION**, **CONNECT**, **LISTENING**, **FEELINGS**, **PRESENCE**, **SPEAK**, **GIVING**, **HEART**, and **NEEDS**. Smaller words include **AUTHENTICITY**, **SOUL**, **RELATIONSHIP**, **EMOTION**, **UNDERSTAND**, **INTERPERSONAL**, **UNDERSTANDING**, **SELF-EMPATHY**, **COMMUNION**, **EMPATHIC**, **ALIVE**, **MUTUAL**, **AWARENESS**, **I HEAR YOU**, **MEETING**, **CONSCIOUSNESS**, **SAFETY**, **EMOTIONAL**, and **RESPONSIVE**.



<https://www.youtube.com/watch?v=1Evwgu369Jw>

What can you do?

Acknowledge

Suspend
Judgment

Share
Concern

Normalize
and
Destigmatize

Share
Resources

What should you avoid?

Advice

Minimization

Glib responses or assurances: "Try to get over it."

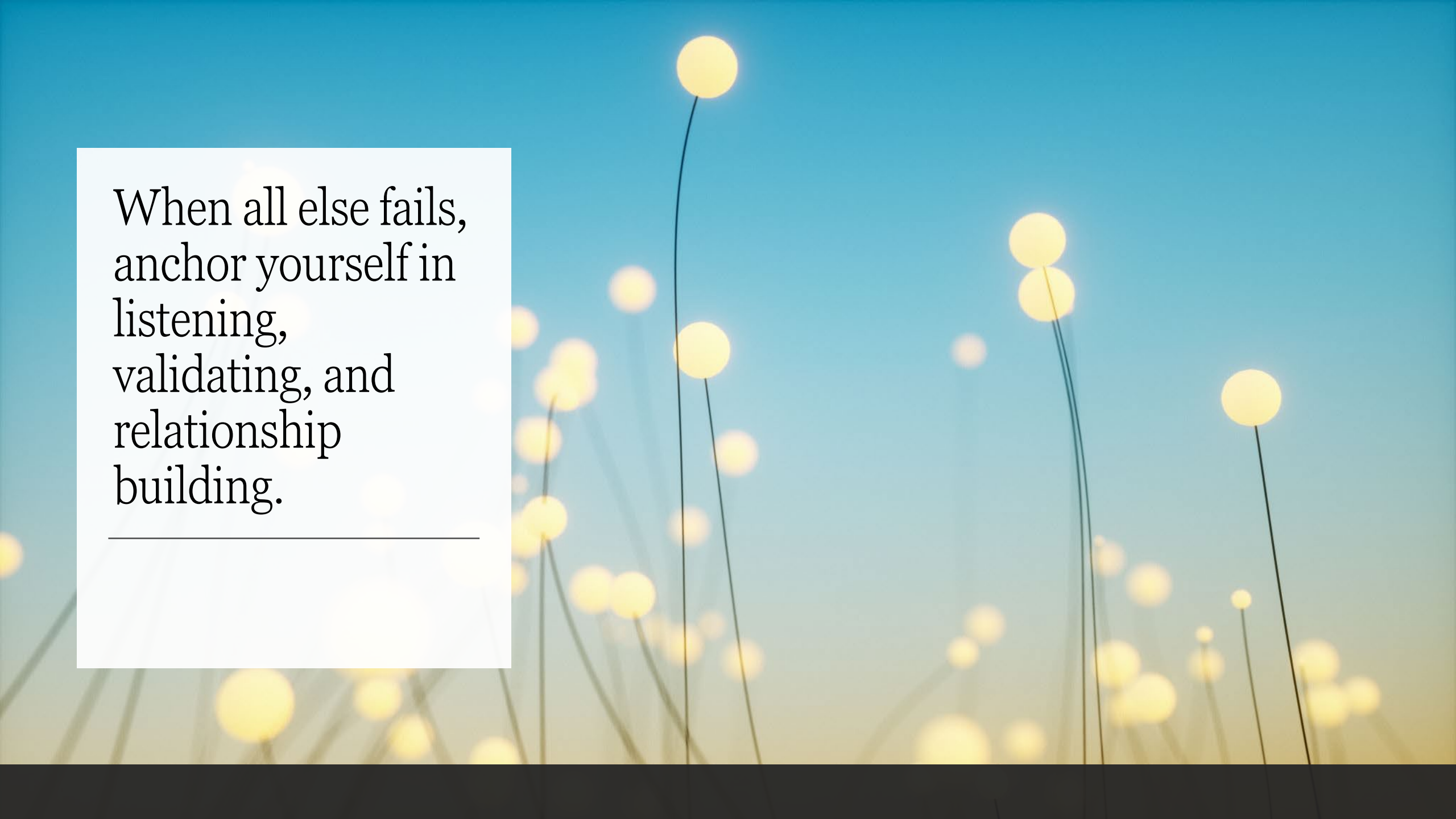
Interrupt with your own experience.

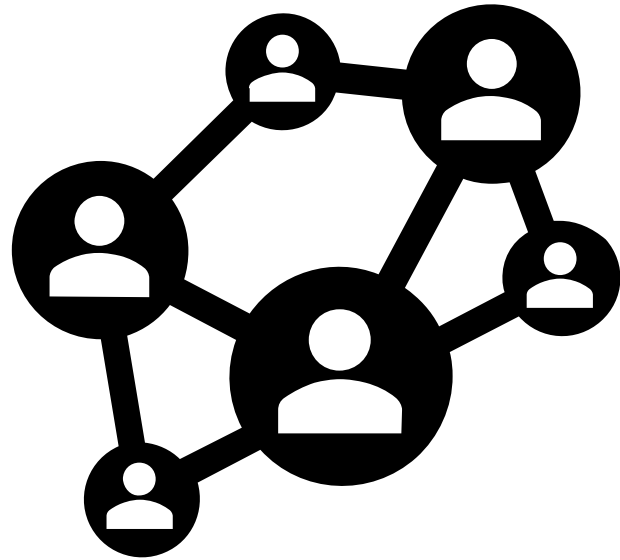
Multitasking

Promise confidentiality

Force someone to talk about trauma or share details

When all else fails,
anchor yourself in
listening,
validating, and
relationship
building.





CommuniCare Student Mental Health Services

- § Mental Health Care – Behavioral health clinicians available for DJUSD students with school counselor referral.
- § Case managers available to help with access to services, resources, and referrals.
- § Crisis support
- § Services can be provided at school, CommuniCare clinic, in home, or in the community.
- § Resources for Medi-Cal or assistance navigating private insurance.



REFERRALS

Davis Joint Unified School District

- *Speak to your child's school counselor to discuss support for your child.*
- *School counselors can make a referral to CommuniCare therapists and case managers.*