

Developing Emotional Wellness and Resilience, Especially During Challenging Times

Purpose for this event

Help parents to...

- Develop a clearer understanding of concerning moods and/or behaviors to be aware of, especially during challenging times.
- Understand resiliency and why it is beneficial, especially during challenging times.
- Gain knowledge about supports that parents can provide, the school can provide, and community agencies can provide, and how to access those supports.

What we will cover and hope you can take away

- **Common signs of depression, suicidal ideation, and grief responses.**
- **How to support your child at home**
- **Social Emotional Wellness and Resiliency**
- **How we can support at school**
- **Community resources**
- **Time for individual questions**

Prevalence...

- 31% of 9th-12th graders reported feeling “sad for two weeks or more” (Healthy Kids Colorado Survey 2017 Data)
- Colorado has the 9th highest death by suicide rate in the country for all ages.
- Death by suicide in Colorado: 20 deaths per 100,000 teens aged 15-19 years old

Common Warning Signs

Signs of Depression	Signs of Suicidal Ideation	Grief Responses in Teens
<ul style="list-style-type: none"> • Changes in behavior, eating, sleeping, appearance or grades. • Difficulty concentrating, remembering details or making decisions • Loss of interest in activities or hobbies • Persistent sad, anxious, or “empty” feelings • Persistent aches or pains that don’t go away with treatment • Feelings of worthlessness, guilt, helplessness, or shame • Angry or irritable • Withdrawal or isolation 	<ul style="list-style-type: none"> • Making direct or indirect suicide threats (social media and texts) • Notes or plans (social media or texts) • Reckless, self-destructive, or risk-taking behavior (including but not limited to drug or alcohol use) • Giving away possessions • Saying final goodbyes to people • Preoccupation with death, dying, or violence • Self-injury 	<ul style="list-style-type: none"> • Poor school performance • Signs of depression or anxiety • Anger, irritable, bitter/resentful • Sadness, despair, loneliness, isolation • Behavioral difficulties/“acting out” • Difficulty concentrating, disorganization or confusion • High risk behaviors or substance use • Emotional numbing or denial • Nightmares • Suicidal thoughts

How to support at home...

Ask: Talk to your kids and don't be afraid to ask the hard questions.

Take signs seriously: Don't assume they are joking, are looking for attention, or are just going through a phase.

Limit access and increase supervision: limiting access to weapons substantially decreases the likelihood that someone will harm themselves.

Listen without judgement and reassure them that things will get better

Get help: from a mental health provider and/or emergency services if there is imminent risk

Social Emotional Wellness and Resiliency Factors



Resiliency Factors

- Relationships and feeling connection (feeling wanted and loved)
 - Family support, peer support, community support
- Competence (feeling successful and accepting your own success)
- School work and productivity (accomplishment and routine)
- Spiritual Belief (connections to something bigger than ourselves)
- Taking care of your body and mind/physical health and activity
- Self-esteem and self-worth

Mental Health Resources and Supports

At School...

-In DPS, all 6th and 9th grade students receive the Signs of Suicide (SOS) prevention program. This fall, we will also be completing a suicide prevention program with 10th-12th grade students.

-Lauren and Jennifer can provide informal counseling, safety check-ins, guidance around coping skills, and connections to outside resources. Deep therapeutic work is best done outside of the school setting.

In the community...

- Start with your insurance provider or primary care doctor
- Mental Health Centers of Denver
- University of Colorado Denver - just \$5 a session for DPS students!
- See our handout on additional community resources and agencies

Emergency Resources

Colorado Crisis Line & Walk-In Centers: 1-844-493-8255 or text TALK to 38255

Safe2Tell: 1-877-542-7233 or download the app to report

National Suicide Prevention Line: 1-800-273-8255

Trevor Project (LGBTQ): 1-866-488-7386

Denver Police Department non-emergency number: 720-913-2000

DPD Emergency: 911 (for imminent risk)

Have additional questions or want to talk about an individual need?

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Questions?