

Community of Solutions: Meeting 2
Teens, parents & community working together
July 18, 2013
Mantua Swim & Tennis Club

Meeting Summary

- Two guest speakers talked about the services they provide
- Five teens discussed scenarios for talking with parents and counselors

Guest Speakers

Kristen Brennan, Executive Director, **Fairfax Partnership for Youth**

Jamie MacDonald, Wellness and Health Promotion Manager, **Fairfax-Falls Church Community Services Board**

Fairfax Partnership for Youth www.FairfaxYouth.org

Mission: Lead the community to embrace positive, sustainable solutions to youth challenges

Services, initiatives and resources include:

- Youth Wellness Network
- Mentoring Partnerships
- Community Education & Awareness
- Bully-Free NVA: A Community of Respect
- A Handbook for Teens—Feeling Better from the Inside Out. “...mental/behavioral health and self care topics, ...resilience...self-awareness...and equip them with strategies for coping or seeking help.”
Access it here www.fairfaxyouth.org/1789.xml

Meeting discussion points:

- Two of the many things the Fairfax Partnership for Youth is working on:
 - addressing the stigma about mental health
 - training schools, churches, etc. about bullying
- Obstacles exist to obtaining mental health care/counseling and being able to pay and/or lack of insurance coverage
- Their Mentoring program (and others) can bolster teen assets

Fairfax Youth Survey includes teen assets that reduce risky behavior (see link to survey and assets below)

6 Key Assets--Risky teen behavior decreases when teens have at least 3 of these assets:

- High personal integrity
- Perform community service
- Teachers who recognize good work
- Community adults to talk to
- Participate in extracurricular activities
- Parents available for help

riskbehhttp://www.fairfaxcounty.gov/demogrph/pdf/2011_highlights_presentation.pdf

TIPS

Teens: Identify 3 adults you are comfortable talking with

Anyone: When listening to a teen, try not to judge

Community of Solutions: Meeting 2--Teens, parents &community working together (continued)

Fairfax-Falls Church Community Services Board (CSB) www.FairfaxCounty.gov/csb

"The Fairfax-Falls Church CSB is the public agency that plans, organizes and provides services for people in our community who have mental illness, substance use disorders, and/or intellectual disability. The CSB also provides early intervention services for infants and toddlers who have developmental delays."

Service Areas:

- Front door services include entry and screening, crisis stabilization, detoxification as well as services for people who are incarcerated or court-involved.
- Treatment services include outpatient and day treatment as well as intensive treatment in residential settings and in the community.
- Community living services include daytime supported employment, group homes, support coordination, education and outreach.

Meeting Discussion Points:

The CSB offers training in Mental Health First Aid. The 8-hour training educates people about the risk factors and warning signs, helps reduce stigma and provides an action plan to connect those in crisis with professional care. Two programs are available: One to help adults in crisis and another to help adolescents ages 12 to 18.

This program is open to anyone; register online at www.fairfaxcounty.gov/csb/events/mental-health-first-aid.htm

Teen Discussion (3 high school teens and 3 middle school teens)

Teens brainstormed to come up with the following scenarios.

Parents and counselors please give us your feedback about the consequences of the following:

1. Someone is in a forbidden, although healthy and helpful, relationship that helps the teen manage her/his depression. What would happen if a friend/or classmate of the teen brought this to the parent's attention? If they brought this to the counselor's attention? What will be the consequences? (They may be involved in something else that is forbidden by the parent, but that is helping the teen.)
2. Someone is doing drugs in small doses that don't appear to be harming the teen. The teen doesn't want anyone to be told about this although they also are dealing with a mental health issue. What would be the consequences if concerned teens bring the mental health issue to the parents or counselor? Would they be turned over to the police?
3. Someone calls you and says I'm thinking about committing suicide right now, how quickly could the parents or counselors react and what would they do?

Consequences teens fear

<ul style="list-style-type: none">• prison• losing a relationship• losing the trust and/or respect of a parent	<ul style="list-style-type: none">• being grounded• unclear and inadequate response from a parent
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Community of Solutions: Meeting 2--Teens, parents & community working together (continued)

Teen Discussion

Teens want to be recognized for good work (this is an asset as presented on page 1) specifically:

- A teen experiencing a mental health issue may continue to worsen in their mental state, although while they still possess/exhibit a particular strength/skill, they may not realize it. A teacher could continue to praise the student for this skill.
- Praise for uniqueness, something special they do or a way they act
- Retained goals and efforts toward goals; teachers should look at the goals and recognize that the teen continues to pursue goal
- A teen doesn't know that they are really good at something, but it would be helpful for the teacher to bring that up (your essays flow really well)

Are you are interested in attending an 8-hour

Mental Health First Aid class focused on helping adolescents? We would like to hold 1 class for teens and 1 class for adults.

Class fee is \$25, plus a small contribution to cover the costs of the Mantua Clubhouse. We will try to split the class into 2-4 hr sessions.

NOTE: The teens who are in Middle School Middle were concerned they weren't getting any of this information (presentations on behavioral health; how to recognize it, what to do when you find it, etc). They want this kind of education during Elementary and Middle School just so they have a basic knowledge about mental health and knowledge that some people go through hard times. Education will help kids build a basis and know that some of things exist.

Teens want to know: What is the difference between having a mental health issue and one that is severe enough that it requires hospitalization?