

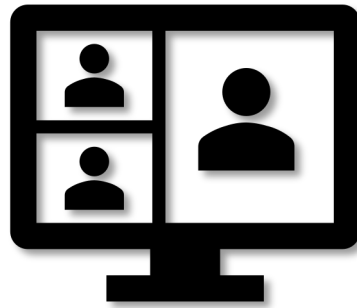


Addressing Mental Health Challenges in the Youth

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Mental Health and the Pandemic

- ▶ Family dynamics and social relationships
- ▶ Online school
- ▶ Health fears





How can I
support my child
through these
challenges?

- ▶ **F**eeling Calm
- ▶ **I**ncreasing Motivation
- ▶ **R**epairing Thoughts
- ▶ **S**olving Problems
- ▶ **T**rying the Opposite

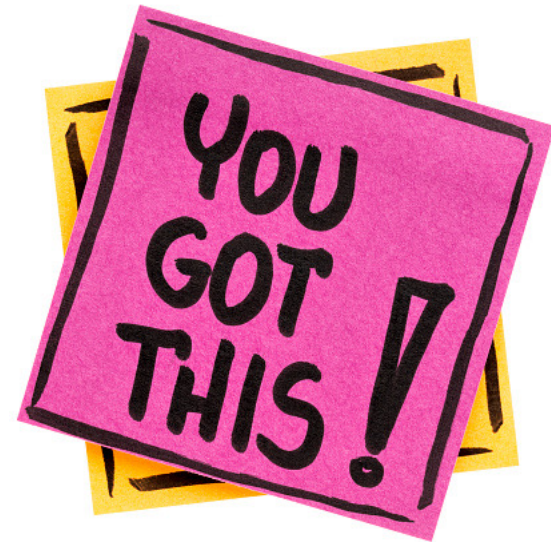
Feeling Calm

- ▶ Relaxation techniques
 - ▶ deep breathing
 - ▶ guided imagery
 - ▶ progressive muscle relaxation
- ▶ Anger management and emotion regulation



Increasing Motivation

- ▶ Planned child–parent activities
- ▶ Attention and praise for good behavior
- ▶ Active ignoring of not-so-good behavior
- ▶ Behavioral contingencies/tangible rewards
- ▶ Ex: “Catch your child doing good”



Repairing Thoughts

- ▶ Help young people become aware of their unhelpful, unrealistic thoughts
- ▶ Convert thoughts into more realistic, helpful, and positive cognitions
- ▶ Ex: “I failed the test, so I’m not smart.” vs. “I failed the test, so I will ask the teacher for some extra help on this unit”



Solving Problems

- ▶ Use a simple, logical sequence of problem-solving steps that young people can apply to a variety of recurring difficulties at school, at home, and with peers.
- ▶ Ex: POCS



Trying the Opposite

- ▶ Confront the central challenge of a particular problem by having the young person practice actions that are the positive opposites of the problem behaviors.
- ▶ Ex: “Instead of avoiding talking to people due to anxiety, I am going to say hello to one of my classmates today.” or “Instead of staying in my bed all day, I am going to try going for a walk.”

A Final Note

- ▶ Validation and Supportive Communication
- ▶ Safety and Structure



Questions?

Source:

Weisz, John R.; Bearman, Sarah Kate. Principle-Guided Psychotherapy for Children and Adolescents. Guilford Publications.