Let’s Talk It Out: Caregiver & Student Stress
for Parents, Guardians, and Caregivers

November 10, 2020

Facilitated by

Nita Kumar, PhD, LMFT, LPCC, Contract Mental Health Provider
Stephanie Koehne, BA, RYT-200, Contract Community Consultant
Led by Community Leaders

Nita Kumar, PhD, LMFT, LPCC has 15+ years of experience as a school district administrator, a managed health care leader, and school-based mental health therapist. Dr. Kumar has extensive experience collaborating with various community organizations.

Stephanie Koehne, BA, RYT-200 (she/her/hers pronouns) works full-time as the Community & Experience activator at a local non-profit. She is a human-centered designer and believes in the power of community collaboration and co-creation. She is also a certified yoga and meditation teacher.

Brought to you by Allina Health Change to Chill
In partnership with Hennepin County Public Health
Agenda

• Introductions
• Coping With Change
• Speaking with Your Teen about Mental Health
• Self-Care
• Q & A (if applicable)
• Resources
Caregiver Experience

Managing Change

- Stress
- Anxiety
- Work Environments
- Supports

*When we are no longer able to change a situation, we are challenged to change ourselves.*

*Victor Frankl*
Managing Change

- Brain Development
- Life Stage
- Social Isolation
- Learning Environment
How our brain responds ...

https://www.health.harvard.edu/staying-healthy/understanding-the-stress-response
Stress

Variability

Helpful vs harmful

Physical Response
When should I be concerned?

Typical Teen Stress

Concerning Teen Stress
Factors Influencing Mental Wellbeing

Social

Environmental/Experiences

Individual

Managing response to stressors
Healthy lifestyle choices
Coping skills
Self care activities
Mastery- get good at something
Communities Disproportionately Impacted

Native or Indigenous

LatinX

Black or African-American

LGBTQI+
Common Factors in Diverse Communities

- Stigma and help seeking behavior
- Strength and resilience
- Access and Quality Healthcare
- Systemic Racism
- Support Systems
This is 2020

2019--

MOBILE NOT ALLOWED IN SCHOOL

2020--

COMING TO SCHOOL NOT ALLOWED. USE MOBILE

YEAR 2020

HAVE YOU TRIED TURNING IT OFF AND ON AGAIN?

change to chill
by Allina Health
Conversations about Mental Wellness

1. Acknowledge
2. Listen actively
3. Notice
4. Do
Self Care
self-care

/ˈselfˌker/

noun

1. the practice of taking **action** to preserve or improve one's own health.
Self Care

• Options
• Finding what works
• Make it happen
Let’s Practice!
Self Care

Options:
• Deep breaths
• Gratitude prompt
• Silence
Self Care

- Self care for your teens:
  - Talk about it
  - Model it
  - Make it part of your routine
Barriers
Questions?
Resources

- Change to Chill, NAMI MN, Make it Ok
- The Gratitude Diaries
- Cris is Text Line - Text HOME to 741741
- Happify, Calm, Meet Up
- The Five-Minute Journal
Change to Chill™

• Free online educational resource
• Designed and tested by teens – BUT all can benefit
• Focus: identify stress and build resiliency
• Prevention based
• Linked to National Health & Physical Education Standards
## Resources - Additional Virtual Sessions

### Sessions for Parents

- **Tuesday, November 10**
  - For **ALL** parents, caregivers and guardians of teens
- **Tuesday, November 17**
  - For **Latinx** parents/caregivers
- **Tuesday, December 1**
  - For **Native American** parents/caregivers
- **Tuesday, December 8**
  - For **Black/African American** parents/caregivers

### Sessions for Youth (age: 13 – 19 years)

- **Thursday, November 12**
  - For **ALL** teens
- **Thursday, November 19**
  - For **Latinx** teens
- **Thursday, December 3**
  - For **Native American** teens
- **Monday, December 7**
  - For **LGBTQIA+** teens
- **Thursday, December 10**
  - For **Black/African American** teens