

Monmouth County
Office of Mental Health
October 13, 2017

RAISING HEALTHY CHILDREN

LET'S BEGIN THIS WAY

How does this...















© Can Stock Photo - csp2793969

Become this...



Unsure how to resolve hurt feelings



Unable to manage intense feelings



Unable to resolve conflict



Overwhelmed by relationships at home and at school.



Feeling isolated and disconnected

**IN THE ABSENCE OF UNDERSTANDING, HUMAN
BEINGS SUFFER...AND SOMETIMES DIE:**

IN THE ABSENCE OF UNDERSTANDING, HUMAN BEINGS SUFFER...AND SOMETIMES DIE:

- ✘ Ingesting lead

IN THE ABSENCE OF UNDERSTANDING, HUMAN BEINGS SUFFER...AND SOMETIMES DIE:

- ✘ Ingesting lead
- ✘ Tobacco use

IN THE ABSENCE OF UNDERSTANDING, HUMAN BEINGS SUFFER...AND SOMETIMES DIE:

- ✘ Ingesting lead
- ✘ Tobacco use
- ✘ Inhaling asbestos

IN THE ABSENCE OF UNDERSTANDING, HUMAN BEINGS SUFFER...AND SOMETIMES DIE:

- ✘ Ingesting lead
- ✘ Tobacco use
- ✘ Inhaling asbestos
- ✘ The use of drugs/alcohol to numb pain

IN THE ABSENCE OF UNDERSTANDING, HUMAN BEINGS SUFFER...AND SOMETIMES DIE:

- ✘ Ingesting lead
- ✘ Tobacco use
- ✘ Inhaling asbestos
- ✘ The use of drugs/alcohol to numb pain
- ✘ The effects of toxic stress and traumatic events on the wellbeing of ourselves and on our children

We are told..."What doesn't kill you makes you stronger."

RIGHT??

WRONG!!!!

Actually cutting edge research tells us that...

early, chronic, unpredictable stressors, losses and adversities that we face as children shape our biology in ways that predetermine our adolescent and adult emotional and physical health, and our behavior at home and at school.

LET'S LOOK DEEPER FOR UNDERSTANDING

Early stressors, losses and adversities

LET'S LOOK DEEPER FOR UNDERSTANDING

Early stressors, losses and adversities

Chronic stressors, losses and adversities

LET'S LOOK DEEPER FOR UNDERSTANDING

Early stressors, losses and adversities

Chronic stressors, losses and adversities

Unpredictable stressors, losses and adversities

LET'S LOOK DEEPER FOR UNDERSTANDING

Early stressors, losses and adversities

Chronic stressors, losses and adversities

Unpredictable stressors, losses and adversities

determine our emotional and physical health

HOW DOES THIS HAPPEN??

“Children who are more resilient after facing adversity often had an important, reliable adult to turn to in their youth; a grown-up who stepped in and helped them understand that what was happening wasn’t about them and wasn’t their fault.”

(Childhood Disrupted, Donna Jackson Nakazawa)

What has happened to so many of our children?

-
- drinking and drugging to numb the pain



-
- drinking and drugging to numb the pain
 - cutting or burning to relieve the hurt



-
- drinking and drugging to numb the pain
 - cutting or burning to relieve the hurt
 - failing in spite of immense potential



-
- drinking and drugging to numb the pain
 - cutting or burning to relieve the hurt
 - failing in spite of immense potential
 - isolating and avoiding



-
- drinking and drugging to numb the pain
 - cutting or burning to relieve the hurt
 - failing in spite of immense potential
 - isolating and avoiding
 - inflicting harm on others



-
- drinking and drugging to numb the pain
 - cutting or burning to relieve the hurt
 - failing in spite of immense potential
 - isolating and avoiding
 - inflicting harm on others
 - wanting and trying to end their life

-
- drinking and drugging to numb the pain
 - cutting or burning to relieve the hurt
 - failing in spite of immense potential
 - isolating and avoiding
 - inflicting harm on others
 - wanting and trying to end their life
 - dying

RESEARCH SUGGESTS...

that approximately 25% of American children will experience at least one traumatic event by the age 16.

A child's reaction to trauma can interfere considerably with learning and/or behavior at school.

...schools can serve as a critical system of support for children who have experienced trauma.

TRAUMATIC EVENTS

- ✘ Neglect
- ✘ Emotional, physical and sexual abuse
- ✘ Domestic Violence
- ✘ Addictions in the family
- ✘ Harsh and demeaning language toward others
- ✘ Exposure to suicide attempts and deaths
- ✘ Lack of appropriate supervision
- ✘ Being a bully and being bullied

The Adverse Childhood Experiences (ACE) Study suggest that certain experiences are major risk factors for the leading causes of illness and death as well as poor quality of life in the United States.

As we proceed through the ACE's questions, keep a private score on yourself. Each is worth one point. How many apply to you growing up?

ASK YOURSELF

While you were growing up, during your first 18 years of life:

1. Did a parent or other adult in the household **often or very often...**
 - swear at you, insult you, put you down or humiliate you? **Or...**
 - act in a way that made you afraid that you might be physically hurt?



-
2. Did a parent or other adult in the household often or very often...
push, grab, slap, or throw something at you?
Or...
ever hit you so hard that you had marks or were injured?



u74715286 fotosearch.com ©

3. Did an adult or person at least 5 years older than you ever...
touch or fondle you or have you touch their body in a sexual way? **Or...**
attempt or actually have oral, anal, or vaginal intercourse with you?

-
4. Did you **often or very often** feel that...
no one in your family loved you or thought you
were important or special? **Or...**
your family didn't look out for each other, feel
close to each other, or support each other?



-
5. Did you **often or very often** feel that...
you didn't have enough to eat, had to wear dirty clothes, and had no one to protect you? **Or...**
your parents were too drunk or high to take care of you or take you to the doctor if you needed it?

6. Were your parents ever separated or divorced?



7. Was your mother or stepmother, (grandmother):

Often or very often pushed, grabbed, slapped, or had something thrown at her? **Or...**

sometimes, often, or very often kicked, bitten, hit with a fist, or hit with something hard? **Or...**

ever repeatedly hit at for least a few minutes or threatened with a gun or knife?



8. Did you live with anyone who was a problem drinker or alcoholic or who used street drugs?



9. Was a household member depressed or mentally ill,
or did a household member attempt suicide?

10. Did a household member go to prison?

But that is not the whole story either.

It is not only about what happens to you, it is also about...

... living with supportive, compassionate and loving adults.

“With someone to lean on, and with love, the brain can recover from what might otherwise be damaging effects.”

(Center on the Developing Child; Jack Shonkoff)

What does your score mean?

Got an ACE score of 4 or more?

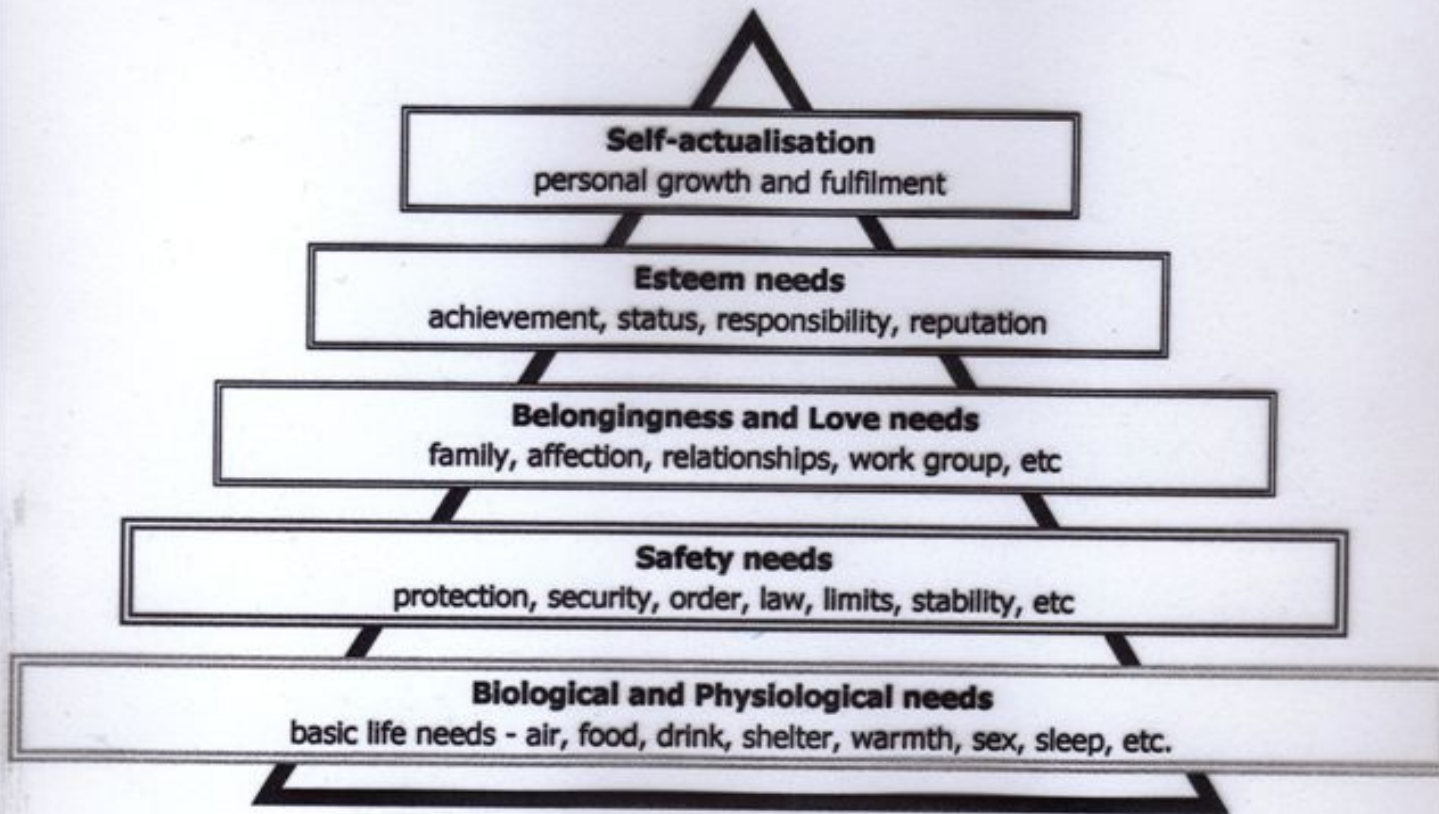
- People were twice as likely to be diagnosed with cancer than someone with a score of zero.
- People were 46 times more likely to be facing depression
- Risk of heart disease increased 200%
- **Risk of suicide increased 1200%**

Common Stress Responses of Children or Teens

- + Inability to focus or concentrate
- + Failing or declining grades
- + Incomplete or poor quality work
- + Increased absences or refusal to go to school
- + Forgetfulness, memory loss
- + Inattentiveness
- + Daydreaming

-
- So what's the secret?
 - How do our children get to be the best they can be?
 - What is that we can do, to support them as they make their way...**to the top?**

Maslow's Hierarchy of Needs (original five-stage model)



© alan chapman 2001-4, based on Maslow's Hierarchy of Needs

Not to be sold or published. More free online training resources are at www.businessballs.com. Alan Chapman accepts no liability.

WHEN NEGATIVE STRESS PERSISTS:

- √ Irritability
- √ Inability to concentrate
- √ Anger
- √ Sadness/depression
- √ Isolation
- √ Hopelessness
- √ Use of drugs and alcohol
- √ Non-suicidal self-injury
- √ Suicidal thinking, attempts, sometimes death

HOW TO TELL WHEN ADDITIONAL HELP IS NEEDED

- Prolonged or chronic depression
- Suicidal thoughts or behaviors
- Ongoing physical symptoms
- Progressive isolation
- Resistant anger and hostility
- Use of drugs or alcohol
- Continued changes in eating or sleeping
- Risk-taking behaviors

ANTIDOTES TO STRESS

- ✘ Movement
- ✘ Connection/Conversation
- ✘ Hydration
- ✘ Music
- ✘ Sleep
- ✘ Soothing activities
- ✘ Play
- ✘ Reduction of caffeine, alcohol, drug use
- ✘ Spirituality/prayer/meditation/mindfulness

MAKE JUST ONE CHANGE

- Get a full nights sleep most nights;
- Exercise 4 days/week;
- Eat weekly home cooked meals with family;
- Schedule some quiet time (without your cell);
- Stay hydrated;
- Play, really have fun, with family and friends;
- Reduce caffeine, monitor alcohol
- Give back to your community

SAFETY FOR OUR CHILDREN MEANS

1. Creating a safe classroom/home physically and emotionally
2. Nurturing attachments
3. Avoiding shame and embarrassment
4. Avoiding negative judgment and harsh language
5. Being predictable
6. Affirming the value of the children
7. Never giving up
8. Always believing change is possible

WHAT ARE WE (PARENT/TEACHER) TO DO?

WHAT ELSE CAN YOU DO?

- Engage your children in regular conversations (not interrogations) about school, friends, and how things are going in their lives;
- Share your worries and concerns; let your children know you're thinking about their well being;
- Remind your children they are important and your love them. Tell them again.

WHEN YOU ARE CONCERNED...

- Tell your child, and your spouse/partner you are concerned...
- Call the school counselor for advice...
- Ask for the names of private counselors and agencies, and then make an appointment...
- Speak with your child's physician, express your worries and concerns...
- If your "gut feeling" keeps you concerned, don't ignore the feeling.

WHO IS YOUR SUPPORT TEAM?

We can't do this alone. Often it requires us to partner with others who we TRUST. Consider creating a support team to include:

- School Counselors

- School Child Study Team Members

- Local YMCA to help with health

- Pastors, priests, rabbi, imam

- Private Therapist



NOTHING CHANGES

IF

NOTHING CHANGES

Donna Jackson Nakazawa

CHILDHOOD DISRUPTED

How Your Biography
Becomes Your Biology,
and How You Can Heal



*"A truly important gift
of understanding—
illuminate the
surrounding roots of
childhood trauma and,
the good medicine, offer
the practical wisdom of
healing and prevention."
—JILL KENNEDY, MD, author
of *A Job with Heart**

Trauma Through A Child's Eyes



**Awakening
the Ordinary
Miracle
of Healing**

Infancy through Adolescence

PETER A. LEVINE

author of *Waking the Night Sleeping Beast*

MAGGIE KLINE



A NEW YORK TIMES BESTSELLER

THE BODY KEEPS THE SCORE

BRAIN, MIND, AND BODY
IN THE HEALING OF TRAUMA



BESSEL VAN DER KOLK, M.D.

"A masterpiece that combines the scientific mastery
of the sciences, the wisdom of the classics, and the healing
of the soul." —JACQUES BARON-RASCH



