



*Achieving Success &
Balance in the Modern
Day*

Chinese Health Initiative
February 25, 2016



COUNTY OF SAN MATEO
HEALTH SYSTEM
BEHAVIORAL HEALTH
& RECOVERY SERVICES

“Did You Know”

Student created video from the teen perspective
created by
Taeoh Choe & Nick Wong



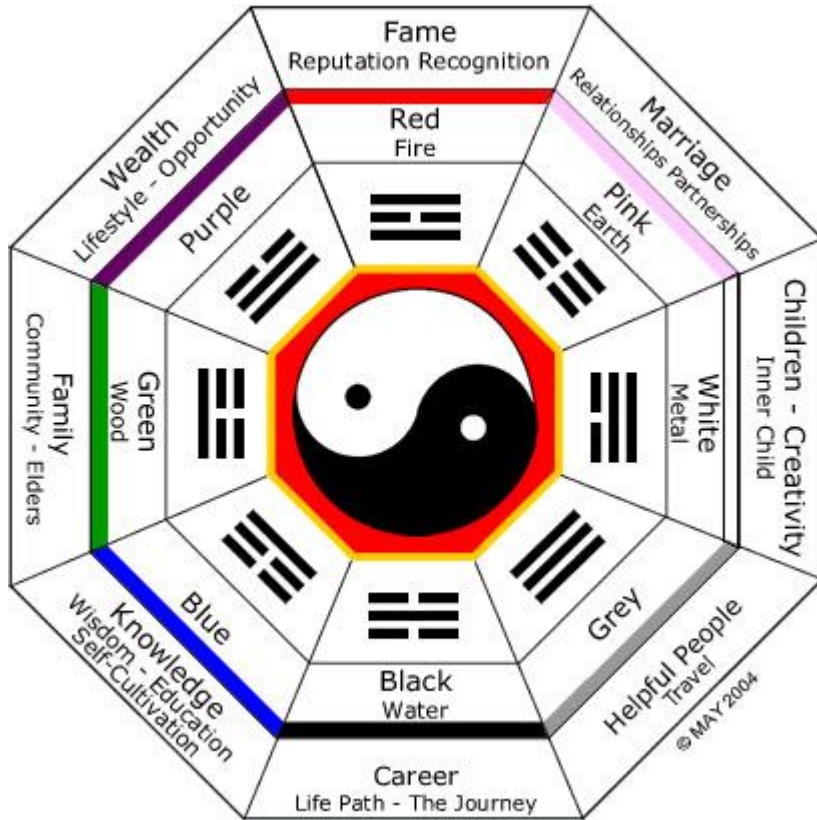


A photograph of two children, a girl and a boy, walking across a crosswalk. The girl is on the left, wearing a pink jacket, a pink scarf, and blue leggings with white polka dots. The boy is on the right, wearing a light grey jacket with blue accents and blue jeans. Both are smiling and wearing backpacks. The background shows a blurred outdoor setting with a building and a bicycle.

Adolescent Development

Steven Sust, MD

Ba Gua's Resemblance to Wellness Wheel



Teen Development

- Developing Self-identity
- Easily influenced by peer pressure
- Challenging authority
- Sexual maturity and confusion
- Emotional instability, impulsiveness
- Argumentative, expressive
- Self centered

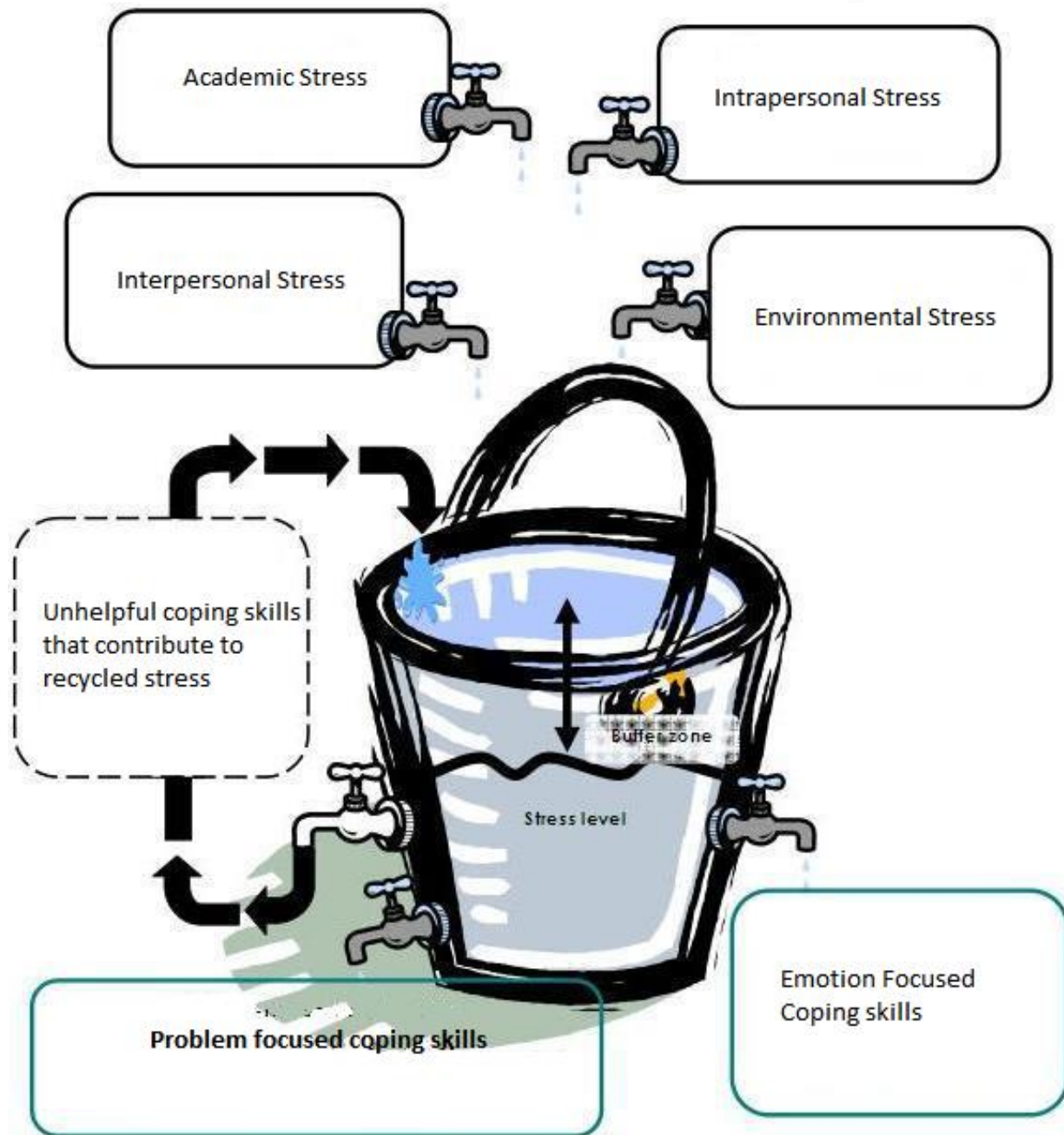


Common Social Stressors

- Social Media
- Perfectionism (Academics)
- Peer Comparisons
- Bullying
- Acculturation Differences



The Stress Bucket



Modified from picture found on [youthspace](https://www.youthspace.org.au)

How Stress Affects Teens

- **40%** of teens report feeling irritable or angry
- **36%** nervous or anxious
- **33%** say stress makes them feel overwhelmed, depressed or sad.
- Teen girls are more stressed than boys, just as women nationally are more stressed than men.

America survey, Washington, D.C.-based American Psychological Association.



Because of Stress...

- **40%** - neglected responsibilities at home
- **21%** - neglected work or school
- **32%** - experience headaches
- **26%** - changes in sleeping habits
- **59%** - time management to balance all activities is a somewhat or very significant stressor



Common signs of distress in teens

- Feeling overwhelmed
- Grades Dropping
- Saying they're stressed
- Withdrawal from others/interests
- Change in sleep/appetite, no energy
- Low self-esteem and emotionally sensitive
- Change in appearance and hygiene
- Sad, lonely, hopeless, depressed
- Excessive anxiety/panic
- Excessive irritability, anger





Parent-Child
Relationship and Communication
Wayne Xu

Toddler or Teenager

- Want to do everything on their own
- Temper tantrum
- Egocentrism
- Forming friendship
- Risk-taking behaviors
- Need support from parents



Parent-Child Relationship

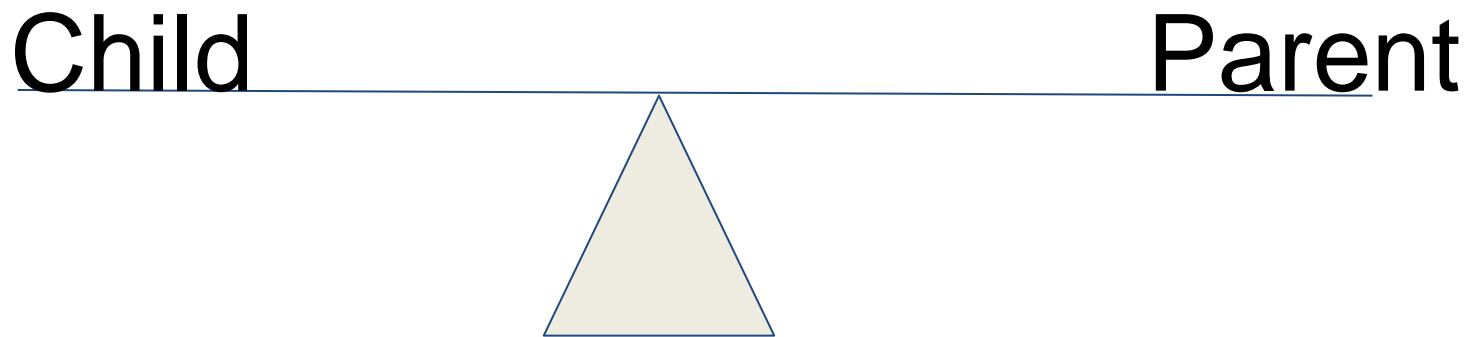
- Attachment Theory
 - Haven of safety in case of danger
 - Secure base to explore
- Purpose: Protection
- Function: Proximity



Parent-Child Relationship

- Attachment theory

- The balancing act of give and take



How to talk to your children?

Common Family Communication Modes

- Information Exchange
- Reasoning/Lecturing
- Emotionally Expressive
- Criticizing



What can get in the way of Effective Communication?

Common Barriers to Communications

- Making assumptions
- Generation gap / cultural gap
- Only discussing what one party considers important
- Prohibiting expression of emotions
- Comparing with others



Five Love Languages

- Words of Affirmation
- Quality Time
- Giving/Receiving Gifts
- Acts of Service
- Physical Touch

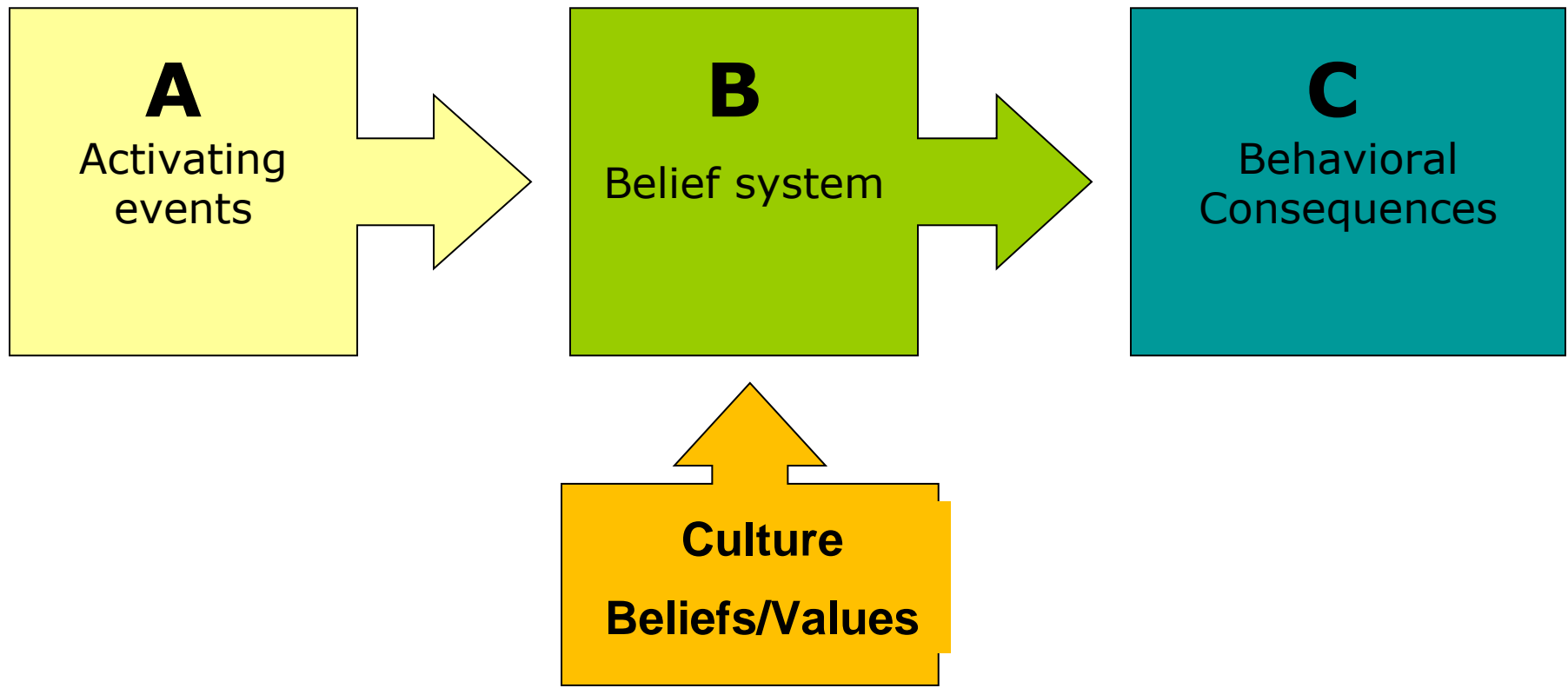


Dr. Gary Chapman



ABC Theory

Rational Emotive Behavioral Therapy, Albert Ellis, PhD



Understand Yourself

Example:

A

My Child does not agree with me

B

Defiant, disrespectful

C

Behaviors: scolding, shaming, comparing
Emotion: upset; angry; worried; failure



Self-regulation

- What disagreement with my child makes me lose my temper?
- Do my emotions affect my child or my personal life?
- What do I do to regulate my own emotions?



Understand your child

- Based on the child's personality
- Based on the child's interests
- What are the different values we hold?
- How to appreciate each other's differences?



How do understand your child?- Empathy

- Empathy v.s. Sympathy



Parent/Child Relationship - Parents in Transition

- Help adolescents develop a sense of self
- Grant autonomy as appropriate
- Indulge the idealism
- Transform to a Role of Consultant
- Invite mixed feelings



Sum

- **Toddlers or Teenagers**
- **Attachment Thoery**
- **Find mutual Enjoyment**
- **Empathy**
- **Role transformation**



A group of four young people, two women and two men, are smiling and looking up at the camera. They are positioned around a central green banner. The background is a clear blue sky. The woman on the top left is wearing an orange sweater. The woman on the top right is wearing a blue top and a patterned headband. The man on the bottom left is wearing glasses and a blue jacket. The man on the bottom right is wearing a blue jacket.

Knowing When to Ask for Help

Douglas Fong, LMFT

Common signs of distress in teens

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- Excessive anxiety/panic
- Excessive irritability, anger



Encourage Self-Help and Other Support Strategies

- Physical activities - Exercise/Yoga/Sports
- Music
- Meditation/Church
- Family Outings
- Other activities that interest your child
- Helping/connecting with others
- Getting enough sleep
- Eating right
- Talking with parents/caregivers



Encourage Appropriate Professional Help

High School:

- School Counselor
- Safety Advocate
- **Confidential**

Outside of School:

- Primary Care Physician
- Psychiatrist
- Counselor/Therapist
- Crisis Hotlines/Services
- Chinese Outreach Worker

College:

- Student Health Center



Mills School Safety Advocate - Sophia Lu

- Provides additional support to students on issues such as:
 - stress, anxiety
 - peer/romantic relationships
 - family issues
 - mental health issues
- 650-558-2576
- ssamhs@smuhsd.org



San Mateo County Chinese Outreach Worker - Phillip Chen

- Provide linkage services and help with
 - connecting to a provider
 - insurance questions
 - connecting you to resources
- 650-573-5037
- c_pchen@smcgov.org



Resources

- San Mateo County
 - Ask your insurance plan for a list of mental health providers
 - 24/7 Kids Hotline (parents, educators, youth) Call or Text to **650-567-KIDS (5437)** email: **567kids@star-vista.org**
 - Behavioral Health and Recovery Services ACCESS Call Center: **800-686-0101**
- Mental Health Services (www.smchealth/mh)
- Mental Health Emergency (www.smchealth.org/MH911)
- 24/7 Crisis-Suicide hotline: 650-579-0350
- Health Centers on college campuses



Additional Resources

- www.reachout.com
- Text
 - Crisis Text Line -Text START to 741-741,
(www.crisistextline.org)
- Call/Text/Email: www.teenlineonline.org
- 24/7 Chat: www.suicidepreventionlifeline.org



Encourage Self Help and Getting Help & Support

Emotional well-being is critically important to success and balance in life.

- Attention
- Focus & Concentration
- Motivation
- Learning and Performance
- Sooner is better



Acknowledgements

Mills HS

- Principal Belzer
- Vice Principals Pamela Duszynski, and Jose Gomez
- Counseling
 - Alex Stillman
 - Rachel Mack
 - Sophia Lu
- PTSO
 - Joy Henry
- To Write Love on Her Arms Club, Chinese Culture Club, Students United Against Stress Club

Our community partners

- Starvista
- Health-right 360
- Pyramid Alternatives
- Stanford University

Brief 3 Minute Break

To write down or think about any questions you would like to ask the panelists in our Q&A session.

- May submit questions anonymously



Survey feedback

Summary of survey comments from last year and our Pre-event survey this year

- Parent - Child communications
- Workshops for parents and teens on how to help someone with mental health complaints
- Internet and video game use
- Stress Management
- Fostering resilience

Followup Events

- Parent Child Interaction Workshop 04/20/16
- More to come

Q&A

