

Emotional Well-Being

“Finding Your Child’s Happy”

This presentation was developed by CJ Rice a member of the Prevent Suicide Hawai‘i Taskforce



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Finding Your Child's Happy

- Emotional Well-Being
- Risk and Protective Factors
- Resiliency
- Signs of Anxiety
- Signs of Depression
 - Signs of Crisis
 - Resources
 - Self-Care



COURAGE

+

GRATITUDE

+

FORGIVENESS

+

COMPASSION

=

THE CHOOSE LOVE EQUATION

Cultural Considerations: Hawaiian Values

Nā Hopena A'o Statements-HĀ: BREATH



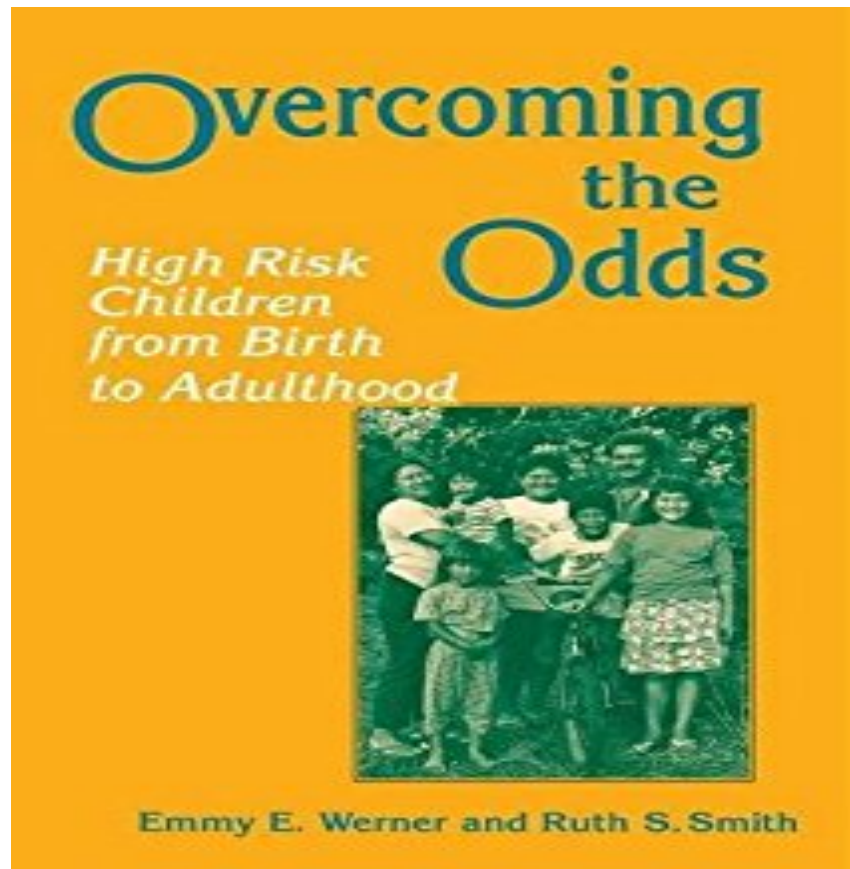
LOKAHI WHEEL



Risk Factors and Protective Factors

Environments
Supports
Behaviors

Kaua'i Longitudinal Study



What Protective Factors Were Found to Create Resiliency in the Kaua'i Study?

- ▶ **HAWAI'I Youth Mental Health First Aid instructors call it MAMA:**
 - ▶ **Meaningful Adult**
 - ▶ **Meaningful Activity**



Recognizing the Signs of Anxiety in Children and Youth

- **Seeking reassurance often**
- **Having trouble sleeping**
- **Showing physical symptoms like headaches or stomachaches**
- **Having tantrums or meltdowns**
- **Being reluctant to separate from parents**
- **Repeating bothersome thoughts (obsessions) or actions (compulsions)**
- **Being afraid of making mistakes or embarrassing oneself**

8 Ways to Manage Your Child's Anxiety About COVID-19

- Listen to your child and check in often
- Create a routine
- Look for signs of anxiety
- Teach coping skills
- Focus on doable tasks
- Encourage positive thinking
- Stay connected with friends/family
- Seek professional help if needed

Common Warning Signs for Depression or Suicide

Take immediate action

- *Threatening to, or talking about, killing oneself*
- *Looking for ways to kill oneself*
- *Talking/writing about death, dying, or suicide*

Cause for concern

- Difficulty at work/school
- Neglect of appearance/hygiene
- Withdrawing from activities, family/friends
- Sudden improvement in mood after being down/withdrawn
- Feeling uncontrollable anger, hopeless, trapped
- Giving away favorite possessions, repaying debts
- Increasing substance use
- Being unable to sleep, or sleeping all the time

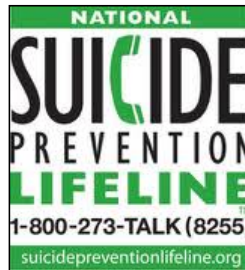
FACT:
Most people who die by suicide communicate their plans in advance.

Bottom Line:
Is this different for this person?

24/7 Crisis Resources

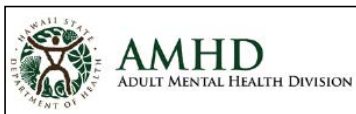
National Suicide Prevention Lifeline

- 24-hour hotline for anyone in emotional distress or a suicidal crisis
- 1-800-273-TALK (8255)



Crisis Line of Hawai'i

- Local team of professionals available 24 hours a day to help in times of mental health crisis
- O'ahu: 832-3100
- Neighbor Islands: 1-800-753-6879



Crisis Text Line

- 24/7 text support for those in crisis (also trains volunteers to support people in crisis)
- Text ALOHA to 741-741
- <http://www.crisistextline.org/>



The Trevor Project

- Resource for LGBTQ+ youth
- 1-866-4U-TREVOR (488-7386)
- Text to 1-202-304-1200
- Or chat online



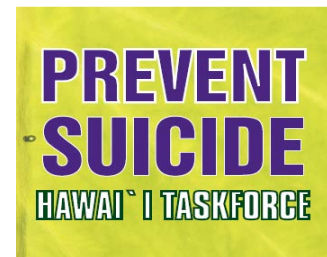
Review of Resources

- Your pediatrician can offer screening & referral
- Free Health Hotline and Telehealth for DOE Students (844) 436-3888
- Crisis Text Line Text "ALOHA" to 741-741 to receive 24/7 text support
- The Parent Line provides free parent information and advice. 526-1222
- Mental Health America-Hawaii
- National Alliance on Mental Illness

Local Partners

Prevent Suicide Hawai'i Taskforce (PSHTF)

- Statewide network of individuals and organizations
- Statewide taskforce – 3rd Thursday of even months, 2-4 p.m.
 - Co-Chair Jeanelle Sugimoto-Matsuda (jsugimot@hawaii.edu)
- County taskforces – Kaua'i, Maui, O'ahu, Hawai'i



Hawai'i Chapter of American Foundation for Suicide Prevention

- Leading national organization founded and directed by survivors of suicide
- www.afsp.org/hawaii
- Survivor groups, “Out of the Darkness” Community Walks, International Survivors of Suicide Loss Day



Other Trainings and Resources

SafeTALK (3-4 hours)

- Warning signs, asking the question, referral

Connect (3-4 hours)

- Broad public health approach, including risk/protective factors, intervention piece, safe messaging, protocol development

Youth suicide and bullying prevention (2-3 hours)

- Broad overview of both issues

Youth mental health first aid (1 day)

- Broad overview of mental health and suicide prevention

ASIST (2 days)

- Intervention with intensive role play, including risk assessment and safety planning

FOR MENTAL HEALTH EMERGENCIES (CRISIS)
If you or someone you know is suicidal, don't hesitate!

SUICIDE PREVENTION LIFELINE 1-800-273-TALK (8255) 1-800-273-TALK (8255)	For ANYONE in Crisis: National Suicide Prevention Lifeline (NSPL) National 24/7 crisis line (phone or chat) 1-800-273-TALK (8255) TTY: 1-800-799-4TTY (4859) http://www.suicidepreventionlifeline.org/	Veterans Crisis Line 1-800-273-8255 PRESS 9
For Youth & Young Adults: 1-800-273-TALK (8255)	For Veterans: 1-800-273-TALK (8255) Press "1" to reach the Veterans Crisis Line or Text to 838255	Also, confidential chat at http://www.veteranscrisisline.net/
CRISIS TEXT LINE Crisis Text Line A free, 24/7 support for those in crisis (the organization also trains volunteers to support people in crisis) • Text ALOHA to 741-741 • Chat at http://www.crisistextline.org/	Trevor Helpline National 24/7 hotline for LGBTQ youth • 1-866-4U-TREVOR (488-7386) • Text the word "Trevor" to 1-202-304-1200 • Chat at http://www.thetrevorproject.org/	Military One Source 24/7 counseling-coaching hotline, provided by the Department of Defense, at no cost to service members and their families • Statewide: 1-800-342-9647 • TTY/TDD: 866-607-6794 • http://www.militaryonesource.mil/ for confidential chat, and also to view international calling instructions.
AMHD Crisis Line of Hawai'i Hawai'i's 24/7 crisis line • O'ahu: 832-3100 • Neighbor Islands Toll Free: 1-800-753-6879	POISON HELP 1-800-222-1222 Hawai'i Poison Hotline Resource for management of poison exposure, assistance with identification of unknown medications, and severe overdoses.	

See our resource guide for much more!

- Crisis resources
- Local collaboratives and organizations
- Trainings (most are free)
- Major events
- Pertinent policies and plans
- National resources

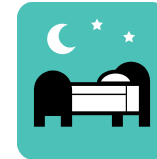
Reminders for Self-Care

- Ask for (and accept) help



- Talk to others

- Try to get adequate rest



- Drink plenty of water, watch your caffeine intake



- Exercise



- Use relaxation techniques



UNITY DAY

OCT 21, 2020

**WEAR AND SHARE
ORANGE
TO PREVENT BULLYING
AND PROMOTE**

**kindness
acceptance
inclusion**

**#UNITYDAY2020
PACER.ORG/BULLYING**

Sponsored by PACER's National Bullying Prevention Center since 2011



THANK YOU!

Questions about this presentation?

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Maukalo

The word "Maukalo" is written in a vibrant blue, cursive script. A single blue hibiscus flower with a dark center is positioned above the letter 'u'. A long, horizontal blue brushstroke underline is located below the word.

