



# Family Mental Health Matters!

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# The MA Will Be Able To...

- Describe the components of good mental health.
- List three reasons why mental health is important.
- Explain three mental health issues in children.
- Give three examples of symptoms of mental health issues in children.
- Discuss three ideas for a child's positive mental health.



# Disclaimer...

- This presentation is for educational purposes only.
- If you think you or your child has any mental health concerns, please talk to their:
  - Teacher
  - Healthcare Provider
  - Clinical Social Worker
  - Behavior Therapist
  - School Psychologist
  - At Risk Coordinator

A magnifying glass with a black handle and a silver rim is positioned over the word "Disclaimer". The lens of the magnifying glass is focused on the first letter, "D", which is significantly larger and bolder than the rest of the word. The word "Disclaimer" is written in a large, black, sans-serif font on a white background.

**D**isclaimer



## What Is Mental Health?

- Mental health includes our emotional, psychological, and social well-being.
- It affects how we think, feel, and act.
- It also helps determine how we handle stress, relate to others, and make healthy choices.
- Mental health is important at every stage of life, from childhood and adolescence through adulthood.

# Why Is Mental Health Important For Overall Health?

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- For example, depression increases the risk for many types of physical health problems, particularly long-lasting conditions like diabetes, heart disease and stroke.
- Similarly, the presence of chronic conditions can increase the risk for mental illness.



# What Causes Mental Illness?

- There is no single cause for mental illness.
- A number of factors can contribute to risk for mental illness, such as:
  - Early adverse life experiences, such as trauma or a history of abuse (for example, child abuse, sexual assault, witnessing violence, etc.)
  - Experiences related to other ongoing (chronic) medical conditions, such as cancer or diabetes.
  - Biological factors or chemical imbalances in the brain.
  - Use of alcohol or drugs.
  - Having feelings of loneliness or isolation.
  - Death of a family member or friend.

# Signs Of Parental Burnout...



- Exhaustion in parental role.
- Change in parenting style.
- Feeling fed up.
- Emotional distancing from children.
- Always feel like you are in a bad mood.
- You are quick to snap at people.
- You feel disconnected.

# Parent's Mental Health...

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- Children are most vulnerable to the effects of a parent's mental illness at specific stages of emotional development.
- The lack of energy that depressed parents often experience may also affect their ability to pay attention to their child's school routines.
- Without a parent's support, school-aged children may struggle to get to school or after-school activities on time.
  - Completing homework can become an overwhelming challenge.

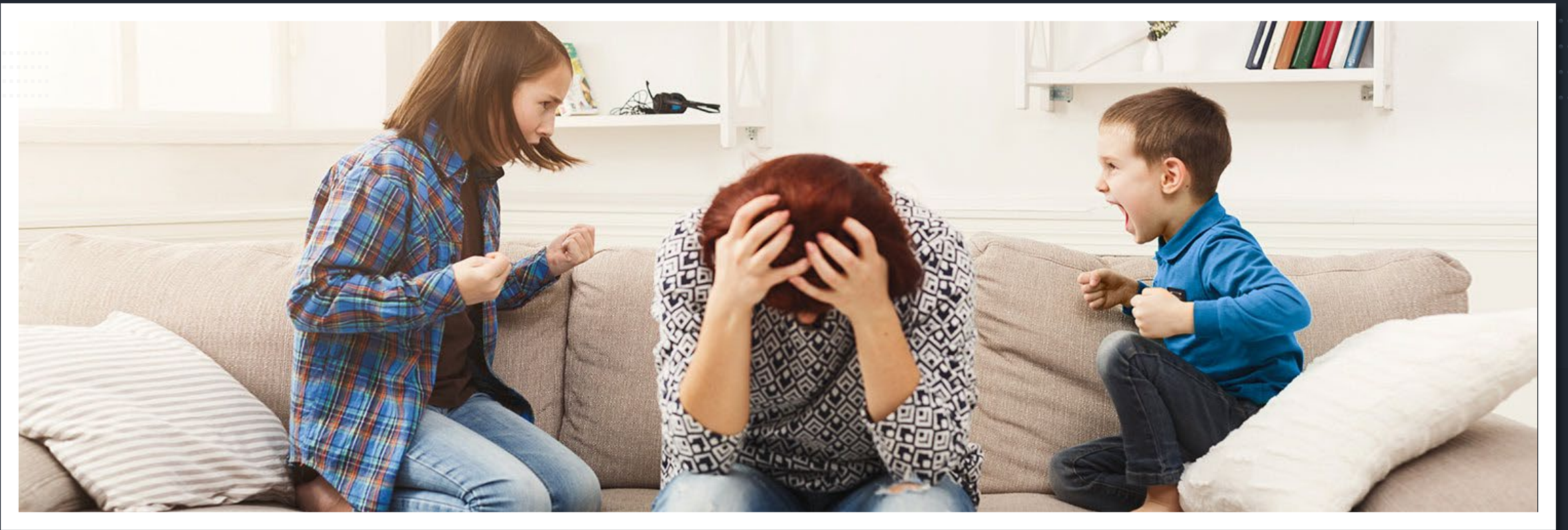




# Parent's Mental Health...



- A parent dealing with an anxiety disorder may be overprotective, depriving their child of the chance to learn problem-solving skills.
- Or a child who witnesses their parent's anxious behavior may in turn develop fears and worries.



# Parent's Mental Health...

- Having difficulty managing your emotions as a parent can feel like excessive:
  - Irritability
  - Anger
  - Despair
  - Frustration
  - Grief
  - Overwhelm
  - A sense of dread

# Parent's Mental Health...

- These emotions can lead to feelings of guilt and shame surrounding your ability to be an effective parent.
- Recognize that what you're feeling is valid and shared by many parents. Parenting is one of the world's most [stressful](#) and difficult jobs, regardless of your mental health.
- **Ask for HELP, it is OK!**



# Parent's Mental Health...

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- In addition to being a parent, you are also a person of your own.
- Your recovery plans and activities should always include time for yourself that is relaxing and beneficial.
- If you have a crisis action plan or a psychiatric advance directive, you should designate someone to help with your parenting duties.
- If your child is old enough, you should discuss your plan with your child and identify resources and options together for handling things when you are not well.





I believe in you.



I'm so proud of you.



Go at your own pace. Sing your own song.



You are enough

**Talk to yourself the way you would talk to a little child**



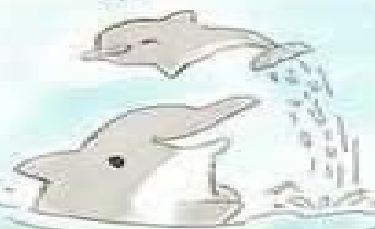
I love you no matter what.



I forgive you




You'll get through this I'm here for you



You are amazing just as you are



You are stronger than you think.

A group of young children are sitting on a colorful, patterned mat in a classroom. They are looking towards a teacher who is seen from behind, wearing a white sweater. The background features a bulletin board with colorful drawings and a large letter chart with 'A', 'B', and 'C'.

# What Is Mentally Healthy During Childhood?

- Mental disorders among children are described as serious changes in the way children typically learn, behave, or handle their emotions, which can cause distress and problems getting through the day.
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# What Are Common Childhood Mental Disorders...

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- Attention-deficit/hyperactivity:
  - May have trouble paying attention, or overly active.
  - May not have hyperactivity.
- Anxiety:
  - Fears and worries that interfere with school.
  - Separation Anxiety
- Behavior disorders:
  - How to handle their emotions.
- PTSD:
  - Any type of stressful event that effect how they think and feel.
  - Adults may not see or feel that it is scary, but the child does.

**Without treatment, these mental health conditions can prevent children from reaching their full potential.**



## What Are Some Symptoms Of Childhood Mental Disorders...

- Frequent tantrums or intensely irritable much of the time.
- Often talks about fears and worries.
- Complains about frequent stomach aches or headaches with no known causes.
- Sleeps too much or too little, has frequent nightmares or seem sleepy during the day.
- Has issues at school.
- Spends more time alone and avoids social interactions.
- Can not sit quietly unless playing a game.
- Bed wetting



# What You Can Do If You Think Your Child Has A Mental Health Issue...



- Ask your child's teacher about his or her behavior in schools.
- Ask your child's daycare provider about his or her behavior.
- Keep a log of when you see their behavior change.
- Make sure you talk to your child's health care provider about what you are seeing.
- You can also talk to a:
  - Teacher
  - Clinical Social Worker
  - Behavior Therapist
  - School Psychologist
  - At Risk Coordinator

# For A Child's Positive Mental Health...

- Unconditional love from the family:
  - Love, security and acceptance should be at the heart of family life.
- Self-confidence and high self-esteem:
  - Praise them.
  - Positive reinforcement.
  - Set realistic goals.
  - Be honest.
- The opportunity to play with other children:
  - Make time for play.
  - Play with your child.
  - Play with children who are different than them.





# For A Child's Positive Mental Health...

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- TV and Social Media:
  - Try not using TV & movies or social media as a “baby-sitter” on a regular basis.
  - Be selective in choosing TV shows & movies and social media sites.
- Making the child feel safe:
  - Its ok for children to feel afraid sometimes.
  - If the child fears will not go away and affects his or her behavior, find out what is frightening them.
  - The fear may be very real to the child.

# For A Child's Positive Mental Health...

- Appropriate guidance and discipline:
  - Children need to learn that certain behaviors are unacceptable and they are responsible for their consequences of their actions.
  - Children need to learn rules at home and school.
  - Offer guidance and discipline that is fair and consistent.
  - Be firm, but kind and realistic with your expectations.
  - Set a good example.
  - It is best to say, "That was a bad thing you did," rather than "You are a bad boy or girl."
  - It is important to talk to your child about what happened and why you are angry and **Apologize** if you were wrong.



# What Every Childs Need For A Good Mental Health...

- Unconditional love from family
- Self-confidence and high self-esteem
- Play
- The opportunity to play with other children
- Encouraging teachers and supportive caretakers
- Safe and secure surroundings
- Appropriate guidance and discipline
- Nutritious food
- Adequate shelter and sleep
- Exercise
- Immunizations
- Healthy living environment



# How to nurture a child's mental health



Actively listen before offering your advice



Be patient



Share your feelings and validate theirs



Tell the truth



Model healthy behavior



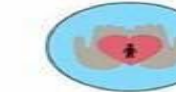
Surround them with healthy adults



Be consistent and follow through with what you promise



Teach them how to be safe



Believe them and in them



Use open ended questions



Have scheduled family time



Limit electronic time for everyone



Reach out and hug them



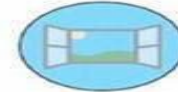
Practice relaxation exercises together



Model forgiveness



Respond calmly when their emotions are elevated



View their behavior as a window to their needs and feelings



Make play and exercise a requirement



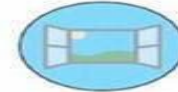
Recognize positive choices



Be present



Respond calmly when their emotions are elevated



View their behavior as a window to their needs and feelings



Make play and exercise a requirement



Set and respect boundaries





**Remember This...**

**Parenting is not easy.**

**It is **OK** to ask for  
help!**



**Questions...**



# References...

- American Academy of Pediatrics
- Centers For Disease Control
- Clinical Social Worker
- Hamilton County At Risk Coordinator
- Mental Health America
- National Association of School Psychologist
- PsychCentral
- School Psychologist

