

**Navigating Teen Mental Health
Presentation Outline
September 27th, 2025**

How Mental Health Affects the Family

- Families report a significant number of issues when trying to care for a child or adolescent with mental health issues. These included:
 - Financial strain
 - Disruption of family relations (siblings, spouses, extended family)
 - Stigmatization
 - Disruption of household routines
 - Increased stress
 - Mental and physical exhaustion
 - Anxiety
 - Depression impacting day-to-day functions
 - Inability to plan for the future
 - Compromised socialization

Barriers to Receiving Care

- Accessibility: Transportation, limited Services, waiting Lists, time
- Affordability: Insurance vs self-pay
- Acceptability: Stigma, cultural & religious beliefs, lack of knowledge and/or education
 - Not my child → “My child is not like this.”
 - If you talk about a problem, they will start to think about it
 - Eg. if you talk about suicide, they will start to think about it
 - Fear of labels
 - Educational labels (i.e., ED, AU) → Cannot receive proper educational care and intervention until a “label” is given.
 - Label is not visible
 - Cycle of unacceptance → If you grew up in a home that did not talk about mental health, you may not ever talk about it;
 - Mental health issues that are left untreated are unconsciously communicated/modeled and passed down to younger generations.
- Reminder of the previous statistics → Most will not receive care during this very vital time in their lives.
 - Encouragement to turn fear into curiosity to explore options that are out there

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Continuum of Care

- Example of medical vs. mental health care
 - Medical care:
 - Headache: Home care, take an Aspirin & drink water - continues - look up information online - continues - talk the pharmacist about medicine options - continues - talk to primary care or go to urgent care or emergency room (they do tests and make recommendations and referrals)
 - Mental health:
 - Sessions vary with each provider. Some care is short-term, some is long-term.
 - Consultation with each type of care recommended.
 - Remember: If it's not the right fit, it is okay! It is important to find the right fit for you and your family.
 - Think of the following options as types of doctors. For example, you see a family doctor for minor illnesses but you see an oncologist for cancer treatment. Instead of picking a route based on *what* you want to treat, picking a route for mental health is more so picking *how* you want to treat.
- **Coaching & Education:** Topic focused, directive in nature, goal oriented, education & action, done alone or in conjunction with other services.
- **Lay Counselors/Pastoral Counseling:** Provide a holistic and spiritual perspective. Similar to coaching.
- **Counseling:** (Includes: school, personal, and family) More guidance and advice in relation to real world problems whole life focused. Done alone or in conjunction with other services.
- **Therapy:** Targeted approach at a mental health problem where you are trying to minimize and control the symptoms. Laser Focused.
- **Psychotherapy:** Targeted therapeutic approach to dealing with mental illness or disorders. On the continuum far right, severe psychological disorders
- **School Psychology:** Focuses on the mental health and educational needs of children and adolescents in school settings. School psychologists work to support students' academic performance, social-emotional development, and overall well-being through assessment, intervention, and consultation.

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Please share that there is a wonderful resources for parents on the website: Feelings & Emotions - Mental Health 101: Talking with Kids