

Managing Complex Parent Support Cases

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Training Overview

- Anxiety
- Depression
- Trauma
- Boundaries
- Self-Care

As Parent Support Staff

We are not here to diagnose, but if a parent mentions that he/she is struggling with depression, anxiety, or trauma, or you suspect as such, having some basic information can be helpful.

Anxiety

- Anxiety disorders are the most common mental illness in the U.S., affecting 40 million adults in the United States age 18 and older, or 18.1% of the population every year.
- Anxiety disorders affect 25.1% of children between 13 and 18 years old. Research shows that untreated children with anxiety disorders are at higher risk to perform poorly in school, miss out on important social experiences, and engage in substance abuse.

<https://adaa.org/about-adaa/press-room/facts-statistics#>

If you talk to a parent with anxiety

- Ask if they are getting support/have someone to talk to. Help them think about who is in their support system.
- Empathize
- Parasympathetic Breathing
- Give referrals for professional help

Cupcake Breathing

- Parasympathetic breathing for kids



Depression

- Major depression is one of the most common mental illnesses, affecting 6.7% (more than 16 million) of American adults each year.
- Depression causes people to lose pleasure from daily life, can complicate other medical conditions, and can even be serious enough to lead to suicide.
- Depression can occur to anyone, at any age, and to people of any race or ethnic group.
- While the majority of individuals with depression have a full remission of the disorder with effective treatment, only about a third (35.3%) of those suffering from severe depression seek treatment from a mental health professional.

<http://www.mentalhealthamerica.net/conditions/depression>

If you talk to a parent with depression

- Ask about their support network/who they can talk to
- Empathize
- Encourage them to seek professional help
- Provide Resources (Big Black Dog Video)
- Research shows exercise is one of the best things you can do for depression

Big Black Dog

Created by the World Health Organization

- <https://www.youtube.com/watch?v=XiCrniLQGYc>

Trauma

- Trauma emerges with overwhelm of the sympathetic nervous system. When active fight or flight responses fail to resolve the threat (i.e when active solutions fail) passive solutions are engaged.
- Trauma is subjective.
- People need support to overcome trauma.

Boundaries

- **Referrals.** Most mental health issues are complex and take time to resolve. It's ok to referral people to mental health supports.
- **Time.** As Parent Center professionals, your time is a precious commodity given then number of people that want to talk to you. Honor it.
- **Interrupting.** “Sorry to interrupt you, but you’ve said some really important things and I want to make sure I’m following you...”
- **Limits.** Knowing when to set them, and how.

Self-Care

- Nature (Forest Bathing)
- Mindfulness
- Exercise
- Fun
- Friends
- Getting support when you need it to process a complex call

