



**Supporting Your
Student's Emotional
Well-Being**
Campbell Stewart, LSSW, MSW

Welcome!

Agenda for tonight:

- *Mental health needs of our students
- *Signs of concern
- *How you can help
- *Building your emotional village





Join me in being a warrior against stigma...

#MyYoungerSelf



What we know...

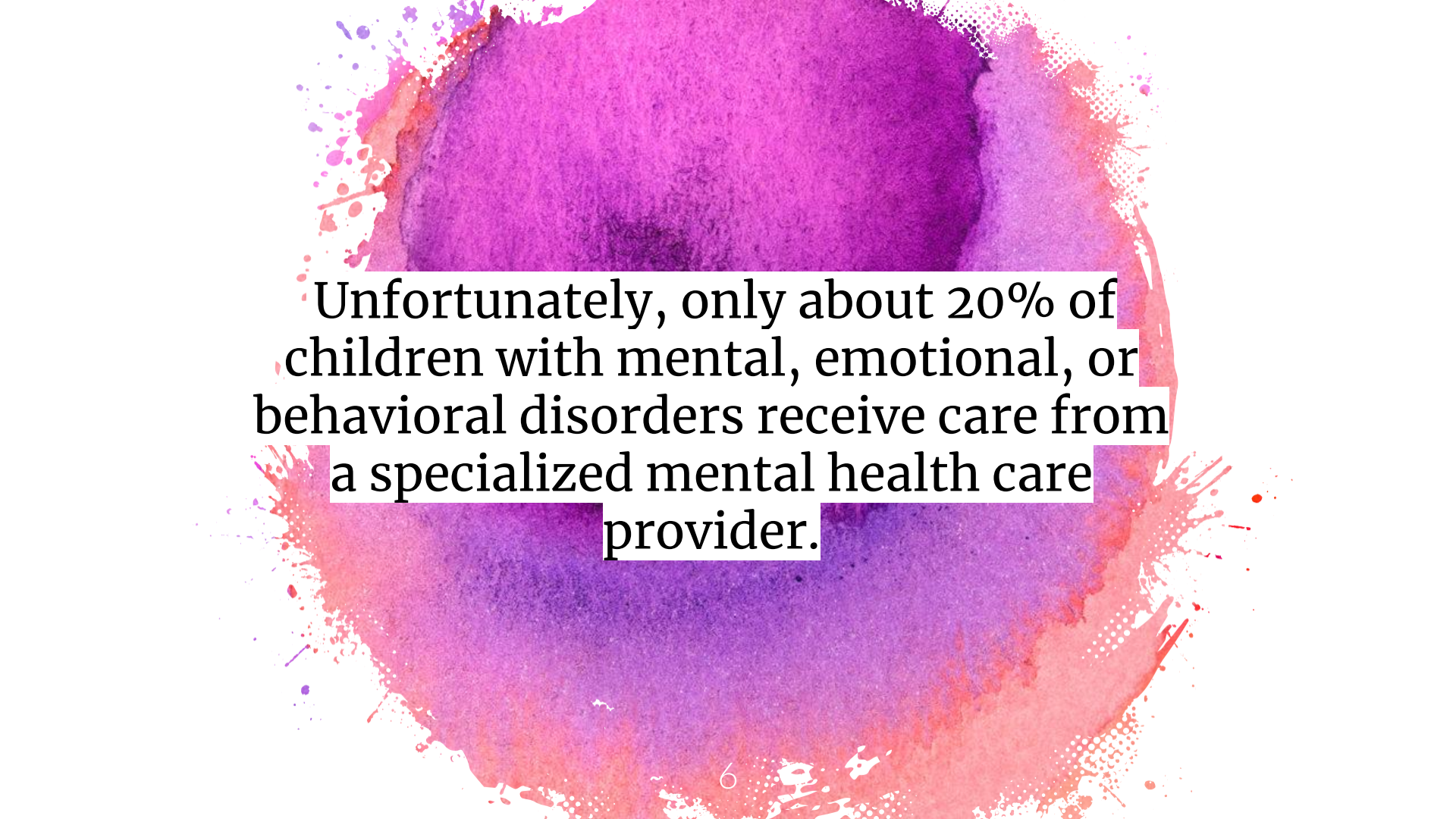
Nearly one in three adolescents will meet criteria for an anxiety disorder by the age of 18.

Child Mind Institute, 2018

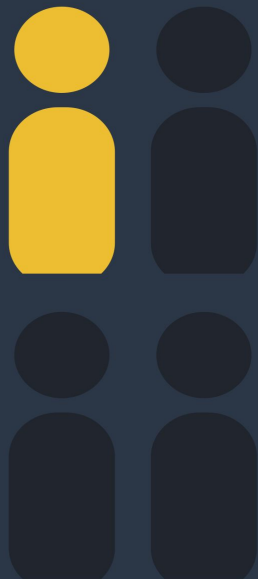
As of 2011-2012, more than 1 in 20, or 2.6 million, U.S. children aged 6-17 years had current anxiety or depression that had previously been diagnosed by a healthcare provider.

Journal of Developmental and Behavioral Pediatrics

In Oregon, suicide is 3rd leading cause of death, ages 10-14, 2nd leading cause for ages 15-34.



Unfortunately, only about 20% of children with mental, emotional, or behavioral disorders receive care from a specialized mental health care provider.



1 in 4

adults experiences
mental illness every year.

1 in 17

lives with a serious
mental illness.

Via the National Alliance
on Mental Illness



SOCIAL WORK LICENSE MAP
Social Work Licensure Made Simple

Signs of concern

Significant changes in following areas:

Sleep patterns

Hygiene

Sadness and anxiety that doesn't correct itself

Extremely risky or delinquent behavior

Sudden and significant changes in eating patterns

Isolation and withdrawing from family **and** friends

Concerning social media posts

How can you help???

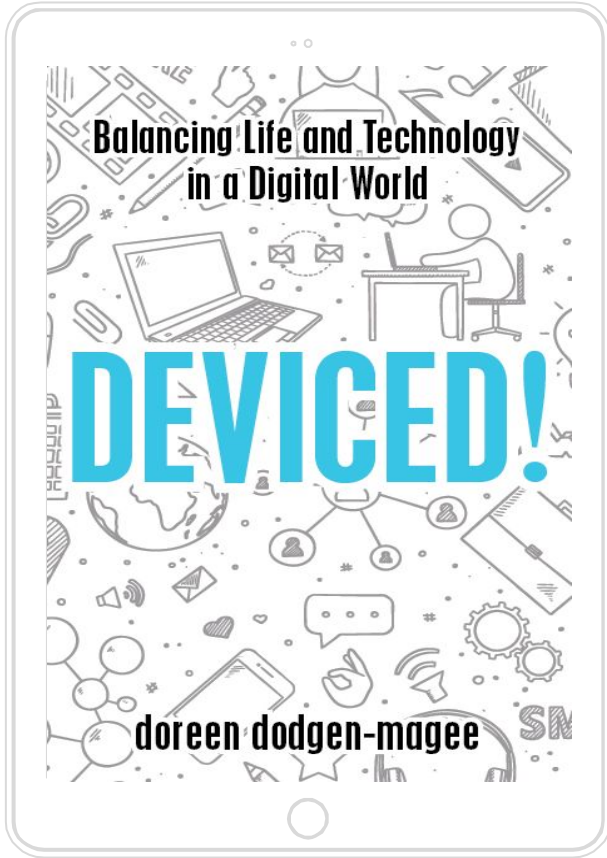
Encourage/model healthy habits

Healthy technology diet

Listen

Seek outside support

Help your student build an
emotional village



Great read and
local expert!

The background of the slide is a scenic landscape featuring a large mountain peak in the distance, a smaller mountain range in the middle ground, and a town with buildings at the base of the mountains. The sky is a mix of orange and blue, suggesting a sunset or sunrise. The entire scene is framed by a decorative border with a distressed, hand-painted appearance in shades of blue and white.

Building Your Child's Emotional Village

- *Increase protective factors
- *Know your child's community
- *Let's practice!

At School

Help your student identify one adult at school they feel connected to and that they trust.

Connect with your student's counselor if you have concerns.

Encourage participation in one school activity – sports, group, arts, cultural club, etc.

Beaverton School District School Social Workers

- *Every school in the district has a school social worker.
- *We are here to help if you feel your student/family needs outside support.
- *Talk to your school counselor if you are interested in meeting with your social worker.



Community Resources

Hawthorn WALK-IN CENTER



Mental Health & Addictions Care

24 Hour Washington County Crisis
Line

503-291-9111

5240 NE Elam Young Pkwy

Suite 100

Hillsboro, OR 97124

YouthLine

A SERVICE OF  lines4life

let's talk. 877.968.8491
teen2teen to 839863

**Teens are available to help
daily from 4-10pm Pacific
Time (adults available by
phone at all other times).**

A vibrant watercolor splash in shades of purple, magenta, and pink, centered on a white background. The splash has a soft, textured appearance with various tones and some darker spots. The text 'Stay Close' is written in a black, elegant serif font across the middle of the splash.

Stay Close