

2022 MÂCHÉ Conference

Helping a Child with Mental Health Issues

Kris M. Cox, Friday, June 3, Session 3, 2:30-3:30 p.m.

Statistics

- 1 in 5 U.S. adults experience mental illness each year
- 1 in 20 U.S. adults experience serious mental illness each year
- 1 in 6 U.S. youth aged 6-17 experience a mental health disorder each year
- 50% of all life-time mental illness begins by age 14, and 75% by age 24
- The pandemic caused a significant increase in mental health issues in children and the elderly.
- 60.3% of youth with major depression don't receive medical treatment for MI.
- Developmental and intellectual disabilities as well as having been in the foster care system all increase the risk of developing mental health problems.

Warning Signs

- **In Young Children:**
 - Frequent tantrums or are often irritable
 - Often talk about fears or worries
 - Frequent headaches/stomachaches with no medical cause
 - In constant motion/can't sit still
 - Sleep too little or too much
 - Don't play well with others/don't make friends easily
 - Repeat actions or fear bad things will happen
 - Struggle academically
- **In Older Children/Adolescents**
 - Low interest in things they enjoyed
 - Have low energy
 - Sleep too much or too little
 - Alone a lot and avoid social activities
 - Diet or exercise excessively
 - Engage in self-harm behaviors
 - Smoke, drink, or use drugs
 - Engage in risky or destructive behavior alone or with friends
 - Periods of high energy and activity with sleeping less
 - Hallucinations of voices or other

How Should We Respond?

Ways to Support a Child or Loved One with Mental Health Issues

Good Mental Health Practices

Caregivers

Resources

- **For psychological testing in Twin Cities (not an exhaustive list)**
 - Clinical and Developmental Services - www.clinicalanddevelopmentalservices.com
 - Fraser Center - help with autism, mental health, and special needs - www.fraser.org
 - Psychology Consultation Specialists, Plymouth, MN - www.pcsmn.com
 - Developmental Diagnostics, St. Joseph, MN, Dr. Holly Clausen
 - University of MN Neuropsychology dept.
 - Dr. Jonathan Miller, neuropsychologist, pedneuropsych.com
- **Mental Health organizations, services, and helpful websites (not an exhaustive list)**
 - **nami.org** -National Alliance on Mental Illness – offers classes, support groups for caregivers, and much more, MN chapter - namimn.org
 - **www.mentalhealthfirstaid.org** – a course to help you understand mental illness
 - **mentalhealthmn.org** - Mental Health MN - has an assessment to determine treatment is needed
 - **nimh.nih.gov** – National Institute of Mental Health
 - **onechange.org** - One Change Group - offers counseling services at a discounted rate for those who can't afford it.

- **Mnpsychconsult.com** – PAL Psychiatric Assistance Line (for your doctor)
- **Onoursleeves.org** – hotlines in MN by county
- **Childcrisisresponsemn.org** -provides immediate help for youth in crisis
- **Thehopeline.com** associated with Focus on the Family, provides one-time phone advice

- **amenclinics.com** - Amen Clinic – in MN, offers brain healing techniques for MI
- **mnpersonalizedmedicine.com** - MN Personalized Medicine – Dr. Platnikoff, natural approach to help those with chronic illnesses
- **teamhealthcareclinic.com** - Team Health Care Champlin - natural treatment for brain imbalances

- **www.prairie-care.com** – Prairie Care inpatient treatment for children and adolescents
- **treehousehope.org** - Treehouse ministries - faith-based program for teens experiencing hopelessness
- **180degrees.org/hope-house.html** - Hope House – a safe place for teens ages 14-19 who are in crisis
- **boysteenchallenge.mntc.org** - Lakeside academy – for boys, a program of MN adult and teen challenge ministry.
- **theheartandmindconnection.org** - The Heart and Mind Connection – offers mental health first aid course along with peer support and resources
- **www.rccmhc.org** - Ramsey County Children's Mental Health Collaborative
- **changinggaits.org** - Equine-assisted therapy services
- **stableliving.us** – Equine-assisted psychotherapy, trauma treatment, EMDR, talk therapy, nutritional consultation
- **medicalmutts.org** – therapy dogs to help people cope with mental illness

- **www.calmkidcentral.com** - Calm Kids Central - resources and advice to talk and help your children with their feelings and struggles
- **Gozen.com** - helps parents and children deal with big emotions – lots of resources and teaching videos for both parents and children

- **nationaleatingdisorders.org/help-support/contact-helpline**
- **Melrose Center for Eating Disorders** (3 Twin Cities locations)

- **mnautism.org** – MN Autism Center - information, early intervention, and treatment options for autism
- **Elemy.com** – information on autism and resources related to autism

NOTE: I'm offering this seminar and these resources as a parent advocate. I am not a medical professional or a clinical expert. I am not providing any medical or legal advice and I do not intend this to replace clinical or medical counsel. This seminar should not take the place of professional counseling or medical help.

www.krismcox.com