WEBVTT

1 "Amanda meyer" (443155712)
00:00:01.140 --> 00:00:08.640
Welcome, and thank you for calling into signals 2023 children and
family awareness series.

2 "Amanda meyer" (443155712)
00:00:08.640 --> 00:00:12.329
My name is Amanda Meyer and I'm a coaching and support case manager
saying that.

3 "Amanda meyer" (443155712)
00:00:12.329 --> 00:00:16.799
Do the format of this call you will not be able to ask questions
during the teleconference.

4 "Amanda meyer" (443155712)
00:00:16.799 --> 00:00:20.250
The conference will be open for Q a, at the completion of the
presentation.

5 "Amanda meyer" (443155712)
00:00:20.250 --> 00:00:25.560
A hand out for today, seminar is available online at Cigna dot com
forward slash children families.

6 "Amanda meyer" (443155712)
00:00:25.560 --> 00:00:33.360
Please note, this is not not all policies cover today's topic for more
specific information. If your policy covers topics discuss in today's
seminar.

7 "Amanda meyer" (443155712)
00:00:33.360 --> 00:00:36.360
Please contact contact the number on the back of your insurance card.

8 "Amanda meyer" (443155712)
00:00:36.360 --> 00:00:43.050
Today I have the pleasure of introducing Dana Anderson in it as a
license, professional, clinical counselor, and the state of Minnesota.

9 "Amanda meyer" (443155712)
00:00:43.050 --> 00:00:48.120
She works for signature behavioral health as a special case manager,
specializing in parent and family support.

10 "Amanda meyer" (443155712)
00:00:48.120 --> 00:00:51.690
Medical behavioral case, integration and behavioral life coaching.

11 "Amanda meyer" (443155712)
00:00:51.690 --> 00:00:59.070
I have some license for 5 years, and she received her bachelors of
arts degree, organizational psychology and development update,
compelling University.

12 "Amanda meyer" (443155712)
00:00:59.070 --> 00:01:07.440
And the master's of science degree in the mental health counseling,
also capella University and her master's in business administration
and management from University of Hartford, Connecticut.

13 "Amanda meyer" (443155712)
00:01:07.440 --> 00:01:10.980
I've worked in a variety of mental health settings, including memory
care.

14 "Amanda meyer" (443155712)
00:01:10.980 --> 00:01:17.070
Residential care group, management, intensive, outpatient services for
children and adolescents in home health care.

15 "Amanda meyer" (443155712)
00:01:17.070 --> 00:01:26.220
And as a member of the National Board of certified counselors,
American counseling association is a volunteer coordinator with the
American Red Cross working in the national disaster and crisis.

16 "Amanda meyer" (443155712)
00:01:26.220 --> 00:01:36.450
She'll be sharing information on a form of therapy, referred to as
acceptance commitment, therapy, dysfunction, skill, sets, benefits,
and educate on how families can make that therapy useful in the family
as a whole.

17 "Amanda meyer" (443155712)
00:01:36.450 --> 00:01:42.120
A short description, today's presentation in today's presentation,
we'll, we'll be looking at andrew's behavior.

18 "Amanda meyer" (443155712)
00:01:42.120 --> 00:01:45.930
Why do our children choose to harm themselves? Is it a coping
mechanism?

19 "Amanda meyer" (443155712)
00:01:45.930 --> 00:01:54.780
We will also talk about patterns of self interest behaviors, the
different forms of self interest behaviors and why does the person

tend to hide injuries from others and what we can do to help.

20 "Amanda meyer" (443155712)
00:01:54.780 --> 00:01:59.220
We'd like to thank you for being here today. You know, you're welcome
to start your presentation.

21 "Dana andersen" (1745170176)
00:02:00.805 --> 00:02:03.685
Alright, thank you so much Amanda. I appreciate that warm.

22 "Dana andersen" (1745170176)
00:02:03.685 --> 00:02:16.765
Welcome, and welcome everybody, thank you for coming into today's a
family and child awareness series where we're going to be talking
about a very forefront diagnosis with our youth in adolescence today.

23 "Dana andersen" (1745170176)
00:02:16.765 --> 00:02:27.385
And that is the self injury child. So, we're going to kind of talk
about a lot of different things and why do our use engage in self
injuries behaviors.

24 "Dana andersen" (1745170176)
00:02:27.660 --> 00:02:35.160
So, exactly kind of asking that question. We all have different things
that causes stress and worry.

25 "Dana andersen" (1745170176)
00:02:35.160 --> 00:02:45.360
And for some of us, we can manage these struggles by talking to
friends and families while others may find these difficulties
overwhelming.

26 "Dana andersen" (1745170176)
00:02:45.360 --> 00:02:52.170
When we don't express our emotions and talk about the things that make
us stress angry or.

27 "Dana andersen" (1745170176)
00:02:52.170 --> 00:02:55.590
The pressure can build up and become unbearable.

28 "Dana andersen" (1745170176)
00:02:55.590 --> 00:02:59.850
This can lead a person to turning this in.

29 "Dana andersen" (1745170176)
00:02:59.850 --> 00:03:14.040
On themselves and using their bodies as a way to express the thoughts

and feelings they can't express aloud, particularly with children and adolescents, they often harm themselves when this all gets to be too much.

30 "Dana andersen" (1745170176)
00:03:14.040 --> 00:03:20.040
If you sell from, you might find that when you feel angry distress word or depressed.

31 "Dana andersen" (1745170176)
00:03:20.040 --> 00:03:24.060
You feel even anything greater hurt yourself.

32 "Dana andersen" (1745170176)
00:03:24.060 --> 00:03:31.470
So, someone's raising reasoning for self harm can vary widely amongst the person to person.

33 "Dana andersen" (1745170176)
00:03:31.470 --> 00:03:39.510
Some of the reasons that the young people resort as triggers or reasons that leads to self farm include.

34 "Dana andersen" (1745170176)
00:03:39.510 --> 00:03:44.490
Difficulties at home arguments or problems with.

35 "Dana andersen" (1745170176)
00:03:45.630 --> 00:03:49.020
Blood pressure bullying.

36 "Dana andersen" (1745170176)
00:03:49.020 --> 00:03:52.230
Depression anxiety.

37 "Dana andersen" (1745170176)
00:03:52.230 --> 00:04:05.310
Low self, esteem, transitions and changing. This can be very difficult for our teams and our children, especially such as when they're changing schools.

38 "Dana andersen" (1745170176)
00:04:05.310 --> 00:04:10.050
Also involvement with alcohol and drugs.

39 "Dana andersen" (1745170176)
00:04:10.050 --> 00:04:18.030
When a few of these issues come together, they can quickly feel overwhelming and become too much for 1 person to deal with.

40 "Dana andersen" (1745170176)
00:04:18.030 --> 00:04:21.600
As 1 young person said, quote.

41 "Dana andersen" (1745170176)
00:04:21.600 --> 00:04:25.859
Many people felt harm to get out of the, her anger and pain.

42 "Dana andersen" (1745170176)
00:04:25.859 --> 00:04:33.899
Caused by the pressures in their life, they may choose to hurt
themselves because they didn't know what else to do. And once a
pattern.

43 "Dana andersen" (1745170176)
00:04:33.899 --> 00:04:45.119
They feel they have no other option talking to someone you trust or a
health care. Professional can help you find other options for coping
with the emotional pain. You are feeling.

44 "Dana andersen" (1745170176)
00:04:46.199 --> 00:04:54.569
We'll go to the next slide so let's talk a little bit about non
suicidal self injury.

45 "Dana andersen" (1745170176)
00:04:55.014 --> 00:05:06.924
And this is typically the widest variety of usage of self injury is
not to say that there is suicidal intent,

46 "Dana andersen" (1745170176)
00:05:06.984 --> 00:05:14.154
or that there is completed suicide with self injury. It's generally
done as a non suicidal act.

47 "Dana andersen" (1745170176)
00:05:15.144 --> 00:05:22.074
And for the purpose of this presentation, we are going to be
discussing non suicidal self injury in itself.

48 "Dana andersen" (1745170176)
00:05:22.349 --> 00:05:31.889
So, non suicidal self injury often referred to, as self injury is the
act of deliberately harming one's own body.

49 "Dana andersen" (1745170176)
00:05:31.889 --> 00:05:35.939
By cutting burning scratching.

50 "Dana andersen" (1745170176)

00:05:35.939 --> 00:05:41.459
For punching and banging 1 so, for example, thing in a head against
the wall.

51 "Dana andersen" (1745170176)
00:05:41.459 --> 00:05:44.939
Is typically not meant as a suicide attempt.

52 "Dana andersen" (1745170176)
00:05:44.939 --> 00:05:51.299
Rather this type of self injury is a harmful way to cope with
emotional pain.

53 "Dana andersen" (1745170176)
00:05:51.299 --> 00:06:01.139
Intense anger and frustration and while self injury may be a momentary
sense of calm in a release of tension.

54 "Dana andersen" (1745170176)
00:06:01.139 --> 00:06:06.569
It's generally followed by guilt and shame and the return of more
painful emotions.

55 "Dana andersen" (1745170176)
00:06:06.569 --> 00:06:10.799
All the life threatening injuries are usually not intended.

56 "Dana andersen" (1745170176)
00:06:10.799 --> 00:06:18.569
With self injury comes the possibility of more serious and even fatal
self, aggressive actions.

57 "Dana andersen" (1745170176)
00:06:18.569 --> 00:06:23.609
And so signs and symptoms of self injury may include.

58 "Dana andersen" (1745170176)
00:06:23.609 --> 00:06:27.119
You may notice scars often in patterns.

59 "Dana andersen" (1745170176)
00:06:27.119 --> 00:06:32.999
There may be fresh cut, scratches, bruises, bite marks or other rooms.

60 "Dana andersen" (1745170176)
00:06:32.999 --> 00:06:38.399
You might also notice success with Robin on an area to create a burn.

61 "Dana andersen" (1745170176)
00:06:39.599 --> 00:06:47.459

You may see that a child may want to keep sharp objects on hand, or you may find them in their room.

62 "Dana andersen" (1745170176)
00:06:47.459 --> 00:06:51.479
We're in long sleeves or long pants, even in hot weather.

63 "Dana andersen" (1745170176)
00:06:51.479 --> 00:06:55.469
And frequently reports of accidental injury.

64 "Dana andersen" (1745170176)
00:06:55.469 --> 00:06:59.039
And difficulties and interpersonal relationship.

65 "Dana andersen" (1745170176)
00:06:59.039 --> 00:07:06.689
Also noticing behavioral and emotional instability, impulsivity and unpredictability.

66 "Dana andersen" (1745170176)
00:07:06.689 --> 00:07:16.079
And statements of helpless, hopeless, or worth lists are often accommodated, or accompanied with self harm behaviors.

67 "Dana andersen" (1745170176)
00:07:16.079 --> 00:07:22.649
So these are just some types of things to look out for if you're a suspect of your child. So pardon me?

68 "Dana andersen" (1745170176)
00:07:24.239 --> 00:07:27.539
And let's look at some of the patterns of self injury.

69 "Dana andersen" (1745170176)
00:07:27.539 --> 00:07:34.019
So, we can kind of get a little bit of a better understanding of what this looks like.

70 "Dana andersen" (1745170176)
00:07:34.019 --> 00:07:37.799
As a pattern, because it does develop and become a pattern.

71 "Dana andersen" (1745170176)
00:07:37.799 --> 00:07:41.039
Most often times, uh, in itself.

72 "Dana andersen" (1745170176)
00:07:41.039 --> 00:07:44.279
So, self injury as a coping mechanism.

73 "Dana andersen" (1745170176)
00:07:44.279 --> 00:07:50.879
So people self injure as a way to cope with overwhelming feelings or
lack of feeling at all.

74 "Dana andersen" (1745170176)
00:07:50.879 --> 00:07:56.609
This is a condition called this association. So, for example.

75 "Dana andersen" (1745170176)
00:07:56.609 --> 00:08:06.029
Instead of actually dealing with the feeling or the emotion or the
situation you tend to basically ignore it.

76 "Dana andersen" (1745170176)
00:08:06.029 --> 00:08:14.099
And then with your cutting is a way to cope with it as the pain is
your release.

77 "Dana andersen" (1745170176)
00:08:14.099 --> 00:08:17.399
Uh, self injury is often cyclical.

78 "Dana andersen" (1745170176)
00:08:17.399 --> 00:08:25.259
So many people who use self injury as primary way of coping go in, and
out of periods, where they self injured.

79 "Dana andersen" (1745170176)
00:08:25.259 --> 00:08:29.459
Unless they find and use other more healthy ways of cooking.

80 "Dana andersen" (1745170176)
00:08:29.459 --> 00:08:34.619
They are likely to turn the self injury again to manage stress or
negative feelings.

81 "Dana andersen" (1745170176)
00:08:35.094 --> 00:08:47.064
So, it is cyclical and parents do notice that there are periods where
their child tends to be cured and will not be showing any signs of
self harm.

82 "Dana andersen" (1745170176)
00:08:47.064 --> 00:08:57.954
And then all of a sudden something will trigger or come up whether it
be something at school home. And then a child with 13 coping mechanism
again.

83 "Dana andersen" (1745170176)
00:08:58.229 --> 00:09:01.889
And so hiding self injury behavior.

84 "Dana andersen" (1745170176)
00:09:01.889 --> 00:09:07.019
Although it is relatively common, many people self injured in private.

85 "Dana andersen" (1745170176)
00:09:07.019 --> 00:09:10.559
Making it difficult for others to detect.

86 "Dana andersen" (1745170176)
00:09:10.559 --> 00:09:14.399
So, that being said there is.

87 "Dana andersen" (1745170176)
00:09:14.399 --> 00:09:25.349
Association with guilt and shame and they don't want to get caught
because if they are caught, they may have to bring up the emotional.

88 "Dana andersen" (1745170176)
00:09:25.349 --> 00:09:33.299
This regulation that's causing the trouble, and they may have to give
up their coping skills, which has been.

89 "Dana andersen" (1745170176)
00:09:33.299 --> 00:09:38.189
Not working for them, but the only way that they can handle.

90 "Dana andersen" (1745170176)
00:09:38.189 --> 00:09:52.469
What's happening in the moment and so cutting can often be viewed both
as a badge of honor and a shameful act making patterns much like
tattooing gives us a sense of an artistic flair for the destruction.

91 "Dana andersen" (1745170176)
00:09:52.469 --> 00:10:05.189
In my residence, in my residency, I work with adolescents that cut,
and most often times they would have revealed to me that they want to
cut to resemble something. So they create a patterns representative.

92 "Dana andersen" (1745170176)
00:10:05.189 --> 00:10:20.099
And in the beginning, apparently notice fresh cuts, et cetera.
However, as the behavior continues, the child will start to hide this
to the world, protect us unhealthy coping skills, which enables them
to continue to solve harm.

93 "Dana andersen" (1745170176)

00:10:22.859 --> 00:10:36.449
And the forms of self injury, we've kind of gone over this a little
bit more a little bit, but I just liked to kind of really ingrained
this because this is the things that parents are going to be wanting
to look.

94 "Dana andersen" (1745170176)
00:10:36.449 --> 00:10:41.129
Going to be wanting to look for able to really.

95 "Dana andersen" (1745170176)
00:10:41.129 --> 00:10:44.519
Nail down that this is actually happening with their, you.

96 "Dana andersen" (1745170176)
00:10:44.519 --> 00:10:47.549
So, cutting is really 1 of the.

97 "Dana andersen" (1745170176)
00:10:47.549 --> 00:10:51.719
Um, most common forms, the cuts, uh.

98 "Dana andersen" (1745170176)
00:10:51.719 --> 00:11:02.909
Can be severe scratches, or they can be made with a sharp object. They
can also be superficial. They don't have to be deep or.

99 "Dana andersen" (1745170176)
00:11:02.909 --> 00:11:09.719
Necessarily bleed a lot. It's just the action of cutting is what
makes.

100 "Dana andersen" (1745170176)
00:11:09.719 --> 00:11:14.099
The child feel that they are hoping with.

101 "Dana andersen" (1745170176)
00:11:14.099 --> 00:11:20.279
The crisis that they're going through, oftentimes There'll be
scratching. Uh.

102 "Dana andersen" (1745170176)
00:11:20.279 --> 00:11:31.889
It's not always noticeable, but sometimes parents will notice, like,
if somebody's getting out of the bath or the shower, there's a lot of
scratching in an area that's usually covered by clothing.

103 "Dana andersen" (1745170176)
00:11:31.889 --> 00:11:37.439
Uh, there's also burning and this can be done with live matches

cigarettes.

104 "Dana andersen" (1745170176)
00:11:37.439 --> 00:11:41.279
Oh, nice. And they can all.

105 "Call-in User_11 (+1651257****)" (2628777984)
00:14:37.469 --> 00:14:45.929
Hello, how are you back on.

106 "Call-in User_11 (+1651257****)" (2628777984)
00:14:45.929 --> 00:14:51.449
I know you're all set. Okay. I'm not seeing my, um.

107 "Call-in User_11 (+1651257****)" (2628777984)
00:14:52.469 --> 00:14:59.789
My presentation are you all seeing.

108 "Sandra pogorzelski" (2233942784)
00:15:02.489 --> 00:15:07.259
I could advance the slides for you, so we're on slide for now if you
want to just tell me next slide.

109 "Call-in User_11 (+1651257****)" (2628777984)
00:15:07.259 --> 00:15:13.589
Okay, perfect. Okay. Um, was able to finish reading a flight for.

110 "Call-in User_11 (+1651257****)" (2628777984)
00:15:14.939 --> 00:15:21.899
I think I was, I was just okay, so let's go to slide. Bye.

111 "Call-in User_11 (+1651257****)" (2628777984)
00:15:24.059 --> 00:15:31.439
And this was talking about knowing the rest. Okay. So, let's go over
some factors that might make our use more.

112 "Call-in User_11 (+1651257****)" (2628777984)
00:15:31.439 --> 00:15:39.269
At risk, and some of these include experiencing a mental health
disorder, such as anxiety or depression.

113 "Call-in User_11 (+1651257****)" (2628777984)
00:15:39.269 --> 00:15:46.019
Borderline personality disorder and also eating disorders are common.
Uh.

114 "Call-in User_11 (+1651257****)" (2628777984)
00:15:46.019 --> 00:15:55.799
Things that we see in children that cuts being a young person, who is
not under the care of their parents or young people who have left.

115 "Call-in User_11 (+1651257****)" (2628777984)
00:15:55.799 --> 00:15:59.609
A care home and being part of the.

116 "Call-in User_11 (+1651257****)" (2628777984)
00:15:59.609 --> 00:16:07.739
The community suicidality is often a huge trigger for a repeat or
suicide or self harm.

117 "Call-in User_11 (+1651257****)" (2628777984)
00:16:07.739 --> 00:16:14.789
And having been bereaved by suicide, it is important to remember that
all of these risk factors.

118 "Call-in User_11 (+1651257****)" (2628777984)
00:16:14.789 --> 00:16:21.509
Can make our use more likely to solve harm experiencing. Any of these
triggers does not ensure.

119 "Call-in User_11 (+1651257****)" (2628777984)
00:16:21.509 --> 00:16:24.959
Someone will sell similarly.

120 "Call-in User_11 (+1651257****)" (2628777984)
00:16:24.959 --> 00:16:30.209
Someone who self harm might not experience any of these particular
triggers.

121 "Call-in User_11 (+1651257****)" (2628777984)
00:16:30.209 --> 00:16:43.709
Yes, still perform the act of self harm so that being said anybody can
really be affected for various reasons. So it is really 1 of the
hardest things to identify, especially in our youth.

122 "Call-in User_11 (+1651257****)" (2628777984)
00:16:44.849 --> 00:16:53.789
And so, the risk factors for non suicidal self injury, fall into these
categories and remember, this is not an exhaustive list.

123 "Call-in User_11 (+1651257****)" (2628777984)
00:16:53.789 --> 00:16:58.109
Again, we had mentioned having a mental health disorder.

124 "Call-in User_11 (+1651257****)" (2628777984)
00:16:58.109 --> 00:17:02.249
Is definitely a risk, uh, having depression.

125 "Call-in User_11 (+1651257****)" (2628777984)
00:17:02.249 --> 00:17:05.969

Also, if there are substance use, involved.

126 "Call-in User_11 (+1651257****)" (2628777984)
00:17:05.969 --> 00:17:15.119
Environmental factors abuse, whether it be at school in the community,
or at home neglect.

127 "Call-in User_11 (+1651257****)" (2628777984)
00:17:15.119 --> 00:17:20.669
Uh, poor parent, child, relations, bullying and victimization.

128 "Call-in User_11 (+1651257****)" (2628777984)
00:17:20.669 --> 00:17:35.279
Peer pressure, others around who also solve engage in, who also engage
in self injury sometimes is actually done in pairs or groups kind of
as a path of self injury.

129 "Call-in User_11 (+1651257****)" (2628777984)
00:17:35.279 --> 00:17:45.269
There can be personal factors that can also be poor self image and low
self esteem. These children often suffer from loneliness.

130 "Call-in User_11 (+1651257****)" (2628777984)
00:17:45.269 --> 00:17:51.179
Difficulty expression expressing emotions, instability.

131 "Call-in User_11 (+1651257****)" (2628777984)
00:17:51.179 --> 00:18:00.209
Just in general children's, you'll look a lot of instability just in
their daily life, but when it's the constant in their.

132 "Call-in User_11 (+1651257****)" (2628777984)
00:18:00.209 --> 00:18:06.539
Uh, daily routine, this can really lead to a lot of overwhelming, uh,
pressures.

133 "Call-in User_11 (+1651257****)" (2628777984)
00:18:06.539 --> 00:18:10.259
And also, impulsivity and hostility.

134 "Call-in User_11 (+1651257****)" (2628777984)
00:18:11.519 --> 00:18:15.599
Okay, so let's move on for the next slide please.

135 "Call-in User_11 (+1651257****)" (2628777984)
00:18:17.849 --> 00:18:29.849
And here, we're going to look at here in environmental risk factors
that may lead to self dangerous behavior. And we do refer to it as a,
for acronym for short.

136 "Call-in User_11 (+1651257****)" (2628777984)
00:18:29.849 --> 00:18:34.919
So, non suicidal self injury has become an increasingly.

137 "Call-in User_11 (+1651257****)" (2628777984)
00:18:34.919 --> 00:18:38.549
Prevalent health risk behavior among adolescents.

138 "Call-in User_11 (+1651257****)" (2628777984)
00:18:38.549 --> 00:18:42.449
And represents a significant public health concern.

139 "Call-in User_11 (+1651257****)" (2628777984)
00:18:42.449 --> 00:18:46.139
And this has really kind of jumped since.

140 "Call-in User_11 (+1651257****)" (2628777984)
00:18:46.139 --> 00:18:55.199
Uh, we've seen a lot more of this type of activity coming through in
our mental health arena.

141 "Call-in User_11 (+1651257****)" (2628777984)
00:18:55.199 --> 00:19:02.939
Although researchers have identified numerous risk factors that
proceed engagement and self farming behaviors.

142 "Call-in User_11 (+1651257****)" (2628777984)
00:19:02.939 --> 00:19:07.469
Few studies have examine the role of pure influence processes.

143 "Call-in User_11 (+1651257****)" (2628777984)
00:19:07.469 --> 00:19:15.299
So, the most recent research indicates that adolescence may be more
likely to engage in self dangerous behavior.

144 "Call-in User_11 (+1651257****)" (2628777984)
00:19:15.299 --> 00:19:19.529
When close friends or other peers are engaging in similar behaviors.

145 "Call-in User_11 (+1651257****)" (2628777984)
00:19:19.529 --> 00:19:24.239
So, again, we kind of have that pattern of, um.

146 "Call-in User_11 (+1651257****)" (2628777984)
00:19:24.239 --> 00:19:32.459
Peer pressure where somebody wants to follow along and and wants to be
part of the group so to speak.

147 "Call-in User_11 (+1651257****)" (2628777984)
00:19:33.659 --> 00:19:46.469

Much the same as smoking, drinking, experimenting with drugs, becoming sexually active and a host of other things that influence our used to go against better judgment to be part of the crowd.

148 "Call-in User_11 (+1651257****)" (2628777984)
00:19:46.469 --> 00:19:53.369
We also have to take into account the effects of the top 6 school climates.

149 "Call-in User_11 (+1651257****)" (2628777984)
00:19:53.369 --> 00:19:58.499
When you start to think about school, this is where your child spends a great deal of their time.

150 "Call-in User_11 (+1651257****)" (2628777984)
00:19:58.499 --> 00:20:03.329
In fact, students spend about a 6 of their waking hours at school.

151 "Call-in User_11 (+1651257****)" (2628777984)
00:20:03.329 --> 00:20:09.809
That adds up to over a 1000 hours inside the classroom, or walking the halls every day.

152 "Call-in User_11 (+1651257****)" (2628777984)
00:20:11.129 --> 00:20:17.459
The unfortunate truth is that many schools have a problem managing toxicity on school property.

153 "Call-in User_11 (+1651257****)" (2628777984)
00:20:17.459 --> 00:20:24.749
Young people often engage in behaviors that negatively affect the mental health of those around them, although they take.

154 "Call-in User_11 (+1651257****)" (2628777984)
00:20:24.749 --> 00:20:32.969
And for many shapes and forms these behaviors, suppose, typically can include bullying.

155 "Call-in User_11 (+1651257****)" (2628777984)
00:20:32.969 --> 00:20:38.069
So, traditional Boleyn and cyber, and can run rampant in many school systems.

156 "Call-in User_11 (+1651257****)" (2628777984)
00:20:38.069 --> 00:20:49.589
Whether bullies or teasing their victims in the hallway, or disparaging them online both types of behavior inject toxicity throughout the school climate.

157 "Call-in User_11 (+1651257****)" (2628777984)

00:20:49.589 --> 00:21:00.269
Physical violence, so bully and may include physical violence, but ordinarily arguments between students may also escalate into a fight.

158 "Call-in User_11 (+1651257****)" (2628777984)
00:21:00.269 --> 00:21:07.319
No school condones fighting, but some may brush off an incident to a blind eye to the problem.

159 "Call-in User_11 (+1651257****)" (2628777984)
00:21:07.319 --> 00:21:10.919
Students taking notice of this and made feel unsafe.

160 "Call-in User_11 (+1651257****)" (2628777984)
00:21:10.919 --> 00:21:18.929
Or not in control when on school property 1st, leading to social and school types of anxiety and.

161 "Call-in User_11 (+1651257****)" (2628777984)
00:21:18.929 --> 00:21:24.839
Also, sometimes school avoidance, sexually inappropriate activity.

162 "Call-in User_11 (+1651257****)" (2628777984)
00:21:24.839 --> 00:21:29.939
Although we, as parents want to bleed school is a safe place for our children.

163 "Call-in User_11 (+1651257****)" (2628777984)
00:21:29.939 --> 00:21:33.509
Sexual sexual harassment is more common than.

164 "Call-in User_11 (+1651257****)" (2628777984)
00:21:33.509 --> 00:21:37.619
School districts would like to care to admit.

165 "Call-in User_11 (+1651257****)" (2628777984)
00:21:37.619 --> 00:21:40.799
But is equally deserving of our attention.

166 "Call-in User_11 (+1651257****)" (2628777984)
00:21:40.799 --> 00:21:46.709
Students may be making crude comments about their classmates are making unwanted advances.

167 "Call-in User_11 (+1651257****)" (2628777984)
00:21:46.709 --> 00:21:50.999
Which can make the receiving students feel uncomfortable or unsafe.

168 "Call-in User_11 (+1651257****)" (2628777984)
00:21:50.999 --> 00:21:54.959

Also, our young people often exchange sexual.

169 "Call-in User_11 (+1651257****)" (2628777984)
00:21:54.959 --> 00:22:01.049
Explicit content between 1 another, or sometimes includes images of
students themselves.

170 "Call-in User_11 (+1651257****)" (2628777984)
00:22:01.049 --> 00:22:04.859
Not only is this a significant legal concern.

171 "Call-in User_11 (+1651257****)" (2628777984)
00:22:04.859 --> 00:22:10.979
But it's also an incident that dramatically damages the mental health
that they need student involved.

172 "Call-in User_11 (+1651257****)" (2628777984)
00:22:10.979 --> 00:22:18.569
And pure influence and adolescence, non suicidal injury, a theoretical
review of mechanics.

173 "Call-in User_11 (+1651257****)" (2628777984)
00:22:18.569 --> 00:22:22.559
And moderators is often if needed.

174 "Call-in User_11 (+1651257****)" (2628777984)
00:22:22.559 --> 00:22:28.619
Any of the more concerning the effects of these toxic behaviors are
well documented.

175 "Call-in User_11 (+1651257****)" (2628777984)
00:22:28.619 --> 00:22:36.659
They were sent a students mental health and lead into self harm or
suicide, but also can reproduce the same types of behaviors.

176 "Call-in User_11 (+1651257****)" (2628777984)
00:22:36.659 --> 00:22:42.089
For instance, who are bullied are more likely to bully someone
themselves.

177 "Call-in User_11 (+1651257****)" (2628777984)
00:22:42.089 --> 00:22:45.899
That's creating this initial a vicious cycle.

178 "Call-in User_11 (+1651257****)" (2628777984)
00:22:45.899 --> 00:22:53.579
Prevalence and psychological correlates of occasion and repetitive,
deliberate, small farm.

179 "Call-in User_11 (+1651257****)" (2628777984)

00:22:53.579 --> 00:23:00.419
In adolescence, this article can be found in the reference listed
here.

180 "Call-in User_11 (+1651257****)" (2628777984)
00:23:00.419 --> 00:23:05.009
If you would like to read some more information on this particular
topic.

181 "Call-in User_11 (+1651257****)" (2628777984)
00:23:05.009 --> 00:23:08.969
And if you advance the slide 7, please.

182 "Call-in User_11 (+1651257****)" (2628777984)
00:23:12.149 --> 00:23:18.989
So, now let's talk about personal factors. What are some personal
factors that may increase someone's risk?

183 "Call-in User_11 (+1651257****)" (2628777984)
00:23:18.989 --> 00:23:24.359
Self harm will these include a previous history of self harm?

184 "Call-in User_11 (+1651257****)" (2628777984)
00:23:24.359 --> 00:23:27.869
Experience aggression or violence.

185 "Call-in User_11 (+1651257****)" (2628777984)
00:23:27.869 --> 00:23:35.849
And any kind of trauma really, especially as a child or adolescence
can bring on overwhelming. Um.

186 "Call-in User_11 (+1651257****)" (2628777984)
00:23:35.849 --> 00:23:43.229
Uh, stress and and, uh, usually these types of activities.

187 "Call-in User_11 (+1651257****)" (2628777984)
00:23:43.229 --> 00:23:47.549
Or things that have the witness children have a very hard time.

188 "Call-in User_11 (+1651257****)" (2628777984)
00:23:47.549 --> 00:24:00.569
Expressing, and they really internalize these situations again, our
mental health conditions again, the low self esteem, body image can be
a really big.

189 "Call-in User_11 (+1651257****)" (2628777984)
00:24:00.569 --> 00:24:04.169
In tyser for that.

190 "Call-in User_11 (+1651257****)" (2628777984)

00:24:04.169 --> 00:24:07.769
Liking the way they look being very.

191 "Call-in User_11 (+1651257****)" (2628777984)
00:24:07.769 --> 00:24:14.579
Aware of others noticing the way they look and this can become a type
of self hatred.

192 "Call-in User_11 (+1651257****)" (2628777984)
00:24:14.579 --> 00:24:19.319
Towards the person, uh, with this type of worry.

193 "Call-in User_11 (+1651257****)" (2628777984)
00:24:19.319 --> 00:24:27.539
And physical illness or disability this is very difficult because this
makes somebody stand out as different.

194 "Call-in User_11 (+1651257****)" (2628777984)
00:24:27.539 --> 00:24:37.169
This is not something that is part of the regular cloud crowd and it's
easily noticed and it is more likely to be.

195 "Call-in User_11 (+1651257****)" (2628777984)
00:24:37.169 --> 00:24:43.799
Included in an act of bullying or or auditing the person is different.

196 "Call-in User_11 (+1651257****)" (2628777984)
00:24:44.819 --> 00:24:49.679
And with our impulsivity, sometimes acting without thinking.

197 "Call-in User_11 (+1651257****)" (2628777984)
00:24:49.679 --> 00:24:58.229
A lot of times, this is very true of our adolescence that they, they
don't really think out.

198 "Call-in User_11 (+1651257****)" (2628777984)
00:24:58.229 --> 00:25:07.079
The action, the oftentimes take the action and then have to deal with
the consequences after the fact.

199 "Call-in User_11 (+1651257****)" (2628777984)
00:25:07.079 --> 00:25:10.229
And also part of coping skills.

200 "Call-in User_11 (+1651257****)" (2628777984)
00:25:10.229 --> 00:25:19.499
This is something that needs to be built in practice in a lot of
times. This doesn't haven't been coping skills. Haven't even been
introduced.

201 "Call-in User_11 (+1651257****)" (2628777984)
00:25:19.499 --> 00:25:26.339
Uh, you know, especially in the mental health arena to these children
that are doing the cutting and self interest.

202 "Call-in User_11 (+1651257****)" (2628777984)
00:25:27.629 --> 00:25:34.619
And also we can move the slide 8 and I think this is a very important
thing to think about.

203 "Call-in User_11 (+1651257****)" (2628777984)
00:25:34.619 --> 00:25:40.859
There are some myths surrounding self harm 1 of the biggest myth.

204 "Call-in User_11 (+1651257****)" (2628777984)
00:25:40.859 --> 00:25:46.949
The self harm is attention seeking so 1 of the most common
stereotypes.

205 "Call-in User_11 (+1651257****)" (2628777984)
00:25:46.949 --> 00:25:50.339
Is that self harm is about attention seeking.

206 "Call-in User_11 (+1651257****)" (2628777984)
00:25:50.339 --> 00:25:58.559
Well, this is not the case many people who self harm don't talk to
anyone about what they're going to.

207 "Call-in User_11 (+1651257****)" (2628777984)
00:25:58.559 --> 00:26:03.629
For a long time, and it can be very hard for them to find even.

208 "Call-in User_11 (+1651257****)" (2628777984)
00:26:03.629 --> 00:26:09.029
Enough Kurds to ask for help ever or even at all.

209 "Call-in User_11 (+1651257****)" (2628777984)
00:26:09.029 --> 00:26:13.259
Another method is self harm is a God thing.

210 "Call-in User_11 (+1651257****)" (2628777984)
00:26:13.259 --> 00:26:19.739
So, small farm has been stereotype to be seen as part of our youth
subculture.

211 "Call-in User_11 (+1651257****)" (2628777984)
00:26:19.739 --> 00:26:28.349
1 of which is gas or email while some research suggests the link there
is no conclusive evidence of this.

212 "Call-in User_11 (+1651257****)" (2628777984)
00:26:28.349 --> 00:26:34.889
With little, or no evidence supporting the belief that self harm is
part of any particular young person.

213 "Call-in User_11 (+1651257****)" (2628777984)
00:26:34.889 --> 00:26:40.019
Sub culture and this is for.

214 "Call-in User_11 (+1651257****)" (2628777984)
00:26:40.019 --> 00:26:44.639
This is the only for girls so, farming is only done by girls.

215 "Call-in User_11 (+1651257****)" (2628777984)
00:26:44.639 --> 00:26:49.499
It is often a thing that girls are more likely than boys to solve.

216 "Call-in User_11 (+1651257****)" (2628777984)
00:26:49.499 --> 00:26:53.039
However, it isn't clear if this is true.

217 "Call-in User_11 (+1651257****)" (2628777984)
00:26:53.039 --> 00:26:59.369
Boys and girls may engage in different self harming behaviors, or have
different reasons for hurting themselves.

218 "Call-in User_11 (+1651257****)" (2628777984)
00:26:59.369 --> 00:27:02.669
But this does not make it any less.

219 "Call-in User_11 (+1651257****)" (2628777984)
00:27:02.669 --> 00:27:09.749
Regardless of if it's a boy or girl who was partaking in the self
dangerous behavior.

220 "Call-in User_11 (+1651257****)" (2628777984)
00:27:09.749 --> 00:27:14.759
And another math people who saw her, must enjoy it.

221 "Call-in User_11 (+1651257****)" (2628777984)
00:27:14.759 --> 00:27:17.939
There is a stigma and believe out there.

222 "Call-in User_11 (+1651257****)" (2628777984)
00:27:17.939 --> 00:27:23.249
That people who saw harm, take pleasure in the pain or risk associated
with the behavior.

223 "Call-in User_11 (+1651257****)" (2628777984)
00:27:23.249 --> 00:27:26.939

Again, there is no evidence that anyone who self harm.

224 "Call-in User_11 (+1651257****)" (2628777984)
00:27:26.939 --> 00:27:33.209
Feels team differently than anyone else. The harmful behavior often
causes great pains.

225 "Call-in User_11 (+1651257****)" (2628777984)
00:27:33.209 --> 00:27:40.139
For some being depressed has less than not and they want to be and
they don't want to feel anything to remind them.

226 "Call-in User_11 (+1651257****)" (2628777984)
00:27:40.139 --> 00:27:46.589
They are alive, even if it hurts others have described the pain as of
punishment.

227 "Call-in User_11 (+1651257****)" (2628777984)
00:27:46.589 --> 00:27:50.669
And this is a way of hurting themselves for not being good enough.

228 "Call-in User_11 (+1651257****)" (2628777984)
00:27:50.669 --> 00:27:53.909
And when you think about this paragraph.

229 "Call-in User_11 (+1651257****)" (2628777984)
00:27:53.909 --> 00:28:04.409
It really makes sense because this is really kind of the heart in the
root of the soft part is trying to get back at themselves trying to.

230 "Call-in User_11 (+1651257****)" (2628777984)
00:28:04.409 --> 00:28:10.079
Give themselves pain and also they have the scar that can prove.

231 "Call-in User_11 (+1651257****)" (2628777984)
00:28:10.079 --> 00:28:14.789
You know, when, when they look at the, they can tell themselves.

232 "Call-in User_11 (+1651257****)" (2628777984)
00:28:15.899 --> 00:28:21.329
Really kind of reiterate themselves that they are a bad person and
they have proof of that.

233 "Call-in User_11 (+1651257****)" (2628777984)
00:28:21.329 --> 00:28:33.929
So, it's very hard to turn this type of thinking around, especially
when it's associated with this kind of pain and the symbolisation of
scarring.

234 "Call-in User_11 (+1651257****)" (2628777984)

00:28:35.129 --> 00:28:44.699
And people who saw suicidal, so self harm sometimes do as a suicidal attempt by people who don't understand it fully.

235 "Call-in User_11 (+1651257****)" (2628777984)
00:28:44.699 --> 00:28:49.919
For those that all farm, it's more about coping with difficult feelings and circumstances.

236 "Call-in User_11 (+1651257****)" (2628777984)
00:28:49.919 --> 00:28:53.849
Others have described it as a way of staying alive.

237 "Call-in User_11 (+1651257****)" (2628777984)
00:28:53.849 --> 00:28:56.939
And providing their unresolved difficulties.

238 "Call-in User_11 (+1651257****)" (2628777984)
00:28:56.939 --> 00:29:02.999
However, some farm can feel suicidal and might attempt to take their own life.

239 "Call-in User_11 (+1651257****)" (2628777984)
00:29:02.999 --> 00:29:06.539
Which is why it must always be taken seriously.

240 "Call-in User_11 (+1651257****)" (2628777984)
00:29:07.799 --> 00:29:10.799
And that is, of course, when you are aware.

241 "Call-in User_11 (+1651257****)" (2628777984)
00:29:12.269 --> 00:29:15.509
And we will move to slide 9.

242 "Call-in User_11 (+1651257****)" (2628777984)
00:29:18.809 --> 00:29:23.189
And so there is no such thing as a typical young person who sells cars.

243 "Call-in User_11 (+1651257****)" (2628777984)
00:29:23.189 --> 00:29:26.789
For some of time is something that can affect anyone.

244 "Call-in User_11 (+1651257****)" (2628777984)
00:29:26.789 --> 00:29:31.289
It's believed that around 10% of young people's both arm.

245 "Call-in User_11 (+1651257****)" (2628777984)
00:29:31.289 --> 00:29:38.399
But it could be as high as 20%. If you sell farm, there are a lot of

people who also know.

246 "Call-in User_11 (+1651257****)" (2628777984)
00:29:38.399 --> 00:29:42.989
What you're going through most young people reported that.

247 "Call-in User_11 (+1651257****)" (2628777984)
00:29:42.989 --> 00:29:46.529
They started to hurt themselves around the age of 12.

248 "Call-in User_11 (+1651257****)" (2628777984)
00:29:47.759 --> 00:29:52.799
While it is true that anyone can be affected by cell farm from most
that small farm.

249 "Call-in User_11 (+1651257****)" (2628777984)
00:29:52.799 --> 00:29:59.009
They find something has happened in their life that causes partake in
the act of.

250 "Call-in User_11 (+1651257****)" (2628777984)
00:29:59.009 --> 00:30:04.859
Self interest behavior, more than others, because of things that have
been traumatized.

251 "Call-in User_11 (+1651257****)" (2628777984)
00:30:04.859 --> 00:30:11.069
Zoom in their life, and we talked about that earlier, even something
like.

252 "Call-in User_11 (+1651257****)" (2628777984)
00:30:11.069 --> 00:30:14.249
Um, moving to a new neighborhood.

253 "Call-in User_11 (+1651257****)" (2628777984)
00:30:14.249 --> 00:30:17.609
Can be very traumatic to a young person.

254 "Call-in User_11 (+1651257****)" (2628777984)
00:30:17.609 --> 00:30:21.389
So, again, such things like where they live.

255 "Call-in User_11 (+1651257****)" (2628777984)
00:30:21.389 --> 00:30:25.109
Things that are happening with friends, family or schools.

256 "Call-in User_11 (+1651257****)" (2628777984)
00:30:25.109 --> 00:30:28.889
Or a combination of these, this means that someone.

257 "Call-in User_11 (+1651257****)" (2628777984)
00:30:28.889 --> 00:30:37.709
At a greater risk of self harm than others if they are experiencing 1
or a combination of these factors.

258 "Call-in User_11 (+1651257****)" (2628777984)
00:30:39.179 --> 00:30:45.929
When a few of these issues issues and triggers come together, they may
quickly cause 1 to feel overwhelmed.

259 "Call-in User_11 (+1651257****)" (2628777984)
00:30:45.929 --> 00:30:50.009
And it just becomes too much to deal with especially if along.

260 "Call-in User_11 (+1651257****)" (2628777984)
00:30:50.009 --> 00:30:55.619
And no, 1 else is there to help. This is often the case because the
child is living in this.

261 "Call-in User_11 (+1651257****)" (2628777984)
00:30:55.619 --> 00:30:59.969
Kind of all by themselves, they don't really reach out.

262 "Call-in User_11 (+1651257****)" (2628777984)
00:30:59.969 --> 00:31:07.889
When they're self farming as 1 as the lesson, stated many people so
hard to get out of their hurt and anger and pain.

263 "Call-in User_11 (+1651257****)" (2628777984)
00:31:07.889 --> 00:31:17.129
So, talking to someone, you trust or health care, professional can
help you find other options for coping with the emotional pain.

264 "Call-in User_11 (+1651257****)" (2628777984)
00:31:17.129 --> 00:31:29.549
You are feeling I know that this is a very difficult thing to do.
Sometimes. This is the last resort for somebody who is a self farmer,
come out and actually ask for help.

265 "Call-in User_11 (+1651257****)" (2628777984)
00:31:29.549 --> 00:31:37.499
So really, it is kind of an eye opener in trying to help your child.
The best you can once you are aware.

266 "Call-in User_11 (+1651257****)" (2628777984)
00:31:37.499 --> 00:31:41.039
That the self harm is indeed happening.

267 "Call-in User_11 (+1651257****)" (2628777984)
00:31:42.269 --> 00:31:48.839

For going on the slide 10 we also have to take an account, so.

268 "Call-in User_11 (+1651257****)" (2628777984)
00:31:48.839 --> 00:31:55.704
A psycho social intervention, these are going to be the interventions
that we can come together with.

269 "Call-in User_11 (+1651257****)" (2628777984)
00:31:55.734 --> 00:32:06.894
Once we know that there is self army indeed happening and what we can
do to start helping these types of interventions can include cognitive
behavioral therapy.

270 "Call-in User_11 (+1651257****)" (2628777984)
00:32:08.219 --> 00:32:13.349
Dialectic behavioral therapy, which is often called.

271 "Call-in User_11 (+1651257****)" (2628777984)
00:32:14.399 --> 00:32:22.079
The patient based therapy, we can also get a child with children in
the group based therapy.

272 "Call-in User_11 (+1651257****)" (2628777984)
00:32:22.079 --> 00:32:25.859
We also have it enhanced assessment approaches.

273 "Call-in User_11 (+1651257****)" (2628777984)
00:32:25.859 --> 00:32:29.819
We also have compliance enhancement approaches.

274 "Call-in User_11 (+1651257****)" (2628777984)
00:32:30.144 --> 00:32:43.644
And these kind of compliance enhancements are more like a path, or a
contract made between a person and a self Harmer that they're going to
have open communication.

275 "Call-in User_11 (+1651257****)" (2628777984)
00:32:43.644 --> 00:32:51.984
They are going to talk about when they solve harm, they're going to
talk about the reasons why they sell time. It's kind of like a journal
or charging.

276 "Call-in User_11 (+1651257****)" (2628777984)
00:32:52.944 --> 00:32:59.724
We also have family interventions where the family can be involved and
kind of do their own group meetings.

277 "Call-in User_11 (+1651257****)" (2628777984)
00:32:59.819 --> 00:33:02.969
And interventions when there is.

278 "Call-in User_11 (+1651257****)" (2628777984)
00:33:02.969 --> 00:33:10.529
Sell farming going on, so everybody's involved and everybody has
awareness of what the child's going through.

279 "Call-in User_11 (+1651257****)" (2628777984)
00:33:11.849 --> 00:33:16.229
And remote contact intervention, and that could be way of.

280 "Call-in User_11 (+1651257****)" (2628777984)
00:33:16.229 --> 00:33:19.469
Doing some kind of virtual therapy.

281 "Call-in User_11 (+1651257****)" (2628777984)
00:33:19.469 --> 00:33:23.129
All of these are not easy steps to make.

282 "Call-in User_11 (+1651257****)" (2628777984)
00:33:23.129 --> 00:33:30.119
Try talking about your feelings to a friend or family member, train,
volunteer, or health professional.

283 "Call-in User_11 (+1651257****)" (2628777984)
00:33:30.119 --> 00:33:36.569
Try working out is feeling a certain way leads do the cell phone, for
example.

284 "Call-in User_11 (+1651257****)" (2628777984)
00:33:36.569 --> 00:33:41.879
When you're feeling sad or anxious, you could try expressing that
emotion in a safer way.

285 "Call-in User_11 (+1651257****)" (2628777984)
00:33:41.879 --> 00:33:48.449
Perhaps drying or writing and try waiting before you consider self
harm.

286 "Call-in User_11 (+1651257****)" (2628777984)
00:33:48.449 --> 00:33:52.079
The stress yourself by going off for a walk, listening to music.

287 "Call-in User_11 (+1651257****)" (2628777984)
00:33:52.079 --> 00:33:55.109
Or doing something else harmless that interest you.

288 "Call-in User_11 (+1651257****)" (2628777984)
00:33:55.109 --> 00:33:58.979
The need the self harm may begin to pass over time.

289 "Call-in User_11 (+1651257****)" (2628777984)
00:33:58.979 --> 00:34:04.439
With the practice of these healthy coping mechanisms.

290 "Call-in User_11 (+1651257****)" (2628777984)
00:34:04.439 --> 00:34:11.459
Try comb, breathing exercises or other things you find relaxing to
reduce feelings of anxiety.

291 "Call-in User_11 (+1651257****)" (2628777984)
00:34:11.459 --> 00:34:17.489
And I like this 1. I really like practice writing down your feelings.

292 "Call-in User_11 (+1651257****)" (2628777984)
00:34:17.489 --> 00:34:21.179
No, 1 else needs to see it and just the.

293 "Call-in User_11 (+1651257****)" (2628777984)
00:34:21.804 --> 00:34:25.674
Honest with yourself, tell yourself exactly how you're feeling.

294 "Call-in User_11 (+1651257****)" (2628777984)
00:34:25.674 --> 00:34:39.414
I think sometimes with writing this down, our kids can get a better
understanding of just how difficult this is when they see it on paper
and it would be more likely for them to maybe take it to a parent or a
friend. Once they realize.

295 "Call-in User_11 (+1651257****)" (2628777984)
00:34:39.719 --> 00:34:44.429
Um, how difficult and how much this is affecting their function.

296 "Call-in User_11 (+1651257****)" (2628777984)
00:34:44.429 --> 00:34:53.999
And if your parents read about mental health and wellbeing include
health for common feelings, such stress, anxiety and depression.

297 "Call-in User_11 (+1651257****)" (2628777984)
00:34:53.999 --> 00:34:57.119
There's a lot of different self help, uh.

298 "Call-in User_11 (+1651257****)" (2628777984)
00:34:57.119 --> 00:35:04.259
Books out there are different things that you can engage in community
resources. So.

299 "Call-in User_11 (+1651257****)" (2628777984)
00:35:04.259 --> 00:35:09.449
There are things out there if a parent would like to get some
education around. So.

300 "Call-in User_11 (+1651257****)" (2628777984)
00:35:09.449 --> 00:35:18.119
Interest behavior, and if you find you struggle with suicidal
thoughts, it may help make a safety plan to use if you need it.

301 "Call-in User_11 (+1651257****)" (2628777984)
00:35:18.119 --> 00:35:24.389
So, see, the same state website has a guide on how to make a safety
plan.

302 "Call-in User_11 (+1651257****)" (2628777984)
00:35:24.389 --> 00:35:31.439
Share the safety plan with someone you trust and this is also you can
find this resource in the reference page.

303 "Call-in User_11 (+1651257****)" (2628777984)
00:35:32.849 --> 00:35:44.219
And so 6 things, your child needs to reduce cutting self harm
behaviors. Now, this is reduction. Um, this is not a cure, but this is
something that we can start with.

304 "Call-in User_11 (+1651257****)" (2628777984)
00:35:44.219 --> 00:35:50.729
To try to get a reduction and get some type of control over.

305 "Call-in User_11 (+1651257****)" (2628777984)
00:35:50.729 --> 00:35:54.929
What's happening with your child? We always want to think safety. 1st.

306 "Call-in User_11 (+1651257****)" (2628777984)
00:35:54.929 --> 00:36:02.549
So, if we can, we'd like to be able to remove all the sharps, anything
that can be a.

307 "Call-in User_11 (+1651257****)" (2628777984)
00:36:02.549 --> 00:36:13.349
Available for a child to sell farm and we want to always always use
love versus shame. We want to bring them up. We want to build that
self esteem. We want to know.

308 "Call-in User_11 (+1651257****)" (2628777984)
00:36:13.349 --> 00:36:18.929
That we love them, and this is something that they're going through
that difficult and it's not shameful.

309 "Call-in User_11 (+1651257****)" (2628777984)
00:36:18.929 --> 00:36:25.499
Make sure that there's a healthy connection a lot of times with our
teams it's in the door out the door.

310 "Call-in User_11 (+1651257****)" (2628777984)
00:36:25.499 --> 00:36:31.469
It's not easy to do connection, but but if you both try.

311 "Call-in User_11 (+1651257****)" (2628777984)
00:36:31.469 --> 00:36:37.499
To do some type of connection to maybe make a 10 minutes sit down
connection each day.

312 "Call-in User_11 (+1651257****)" (2628777984)
00:36:37.499 --> 00:36:41.849
To talk about, you know, even if a child doesn't want to open up to.

313 "Call-in User_11 (+1651257****)" (2628777984)
00:36:41.849 --> 00:36:50.039
See, if you can get them to take 10 minutes to connect with you and if
you do that on a regular basis, there may be.

314 "Call-in User_11 (+1651257****)" (2628777984)
00:36:50.039 --> 00:36:53.489
Better chance that they're going to open up to, you.

315 "Call-in User_11 (+1651257****)" (2628777984)
00:36:53.489 --> 00:36:57.179
And re, engaging core identity.

316 "Call-in User_11 (+1651257****)" (2628777984)
00:36:57.179 --> 00:37:00.359
Make sure that your child knows that they're a good person.

317 "Call-in User_11 (+1651257****)" (2628777984)
00:37:00.359 --> 00:37:09.509
Make sure that the core tell them that inside they have always been a
good person is still good person is dealing with something difficult.

318 "Call-in User_11 (+1651257****)" (2628777984)
00:37:09.509 --> 00:37:14.459
And there's help for them, reassurance, reassurance and love and
comfort.

319 "Call-in User_11 (+1651257****)" (2628777984)
00:37:14.459 --> 00:37:17.639
Impersonal power and choice.

320 "Call-in User_11 (+1651257****)" (2628777984)
00:37:17.639 --> 00:37:26.579
You can empower your child by letting them know that it is a choice to
self harm. And there is also a choice to self harm.

321 "Call-in User_11 (+1651257****)" (2628777984)
00:37:26.579 --> 00:37:30.779
And replace the self harm with alternative activities.

322 "Call-in User_11 (+1651257****)" (2628777984)
00:37:30.779 --> 00:37:35.579
We talked about some of those earlier, like, maybe dry. We're sending
the music.

323 "Call-in User_11 (+1651257****)" (2628777984)
00:37:35.579 --> 00:37:40.829
Maybe getting the kids involved in more outside activities.

324 "Call-in User_11 (+1651257****)" (2628777984)
00:37:40.829 --> 00:37:44.789
And again always, always, always thinks safety. 1st.

325 "Call-in User_11 (+1651257****)" (2628777984)
00:37:46.589 --> 00:37:55.589
And before therapy can really begin, it's critical to create a
situation where the adolescence or child is physically and emotionally
safe.

326 "Call-in User_11 (+1651257****)" (2628777984)
00:37:55.589 --> 00:38:02.069
Relationships free from abuse and neglect are paramount in the type of
self harm.

327 "Call-in User_11 (+1651257****)" (2628777984)
00:38:02.069 --> 00:38:09.569
Before assisting any child was self harm, we must assess whether or
not they are safe in their current situation.

328 "Call-in User_11 (+1651257****)" (2628777984)
00:38:09.569 --> 00:38:15.960
If they are not the concern therapist, friend or caregiver must
report, they view the request.

329 "Call-in User_11 (+1651257****)" (2628777984)
00:38:15.960 --> 00:38:22.050
Neglect to the proper authorities and obtain professional counseling
for that adolescence. The child.

330 "Call-in User_11 (+1651257****)" (2628777984)
00:38:22.050 --> 00:38:28.560
This is called 1, and it is a standard all licensed professionals have
to carry out.

331 "Call-in User_11 (+1651257****)" (2628777984)
00:38:28.560 --> 00:38:37.590

For the safety of those, they serve therapist parents and other tiers of give us send a message of compassion and concern.

332 "Call-in User_11 (+1651257****)" (2628777984)
00:38:37.590 --> 00:38:41.940
When they removed the obvious easily accessible objects.

333 "Call-in User_11 (+1651257****)" (2628777984)
00:38:41.940 --> 00:38:46.110
Which are often referred to a sharp the goal is to keep.

334 "Call-in User_11 (+1651257****)" (2628777984)
00:38:46.110 --> 00:38:51.870
The goal here is to communicate that the helper is fully committed to the healing process.

335 "Call-in User_11 (+1651257****)" (2628777984)
00:38:51.870 --> 00:38:57.870
And properly modeling, safe, the in all physical surroundings.

336 "Call-in User_11 (+1651257****)" (2628777984)
00:38:57.870 --> 00:39:02.580
So, in other words, this is a form of showing.

337 "Call-in User_11 (+1651257****)" (2628777984)
00:39:02.580 --> 00:39:06.750
Your compassion and your love and your care.

338 "Call-in User_11 (+1651257****)" (2628777984)
00:39:06.750 --> 00:39:10.500
Which sometimes adolescence and children.

339 "Call-in User_11 (+1651257****)" (2628777984)
00:39:10.500 --> 00:39:15.240
Believe that you really don't care. This is a form of, uh.

340 "Call-in User_11 (+1651257****)" (2628777984)
00:39:15.240 --> 00:39:18.510
Reiterating and I'm showing that commitments.

341 "Call-in User_11 (+1651257****)" (2628777984)
00:39:18.510 --> 00:39:21.690
It is also encouraged to remove all.

342 "Call-in User_11 (+1651257****)" (2628777984)
00:39:21.690 --> 00:39:29.190
Or as many startups as possible understanding that adolescent self injuries will harm with whatever is around.

343 "Call-in User_11 (+1651257****)" (2628777984)

00:39:29.190 --> 00:39:35.160
They can use tiny screws and light switches, astray, staple and the
carpet.

344 "Call-in User_11 (+1651257****)" (2628777984)
00:39:35.160 --> 00:39:39.990
Jacob rocks in the sharp edges of construction paper.

345 "Call-in User_11 (+1651257****)" (2628777984)
00:39:39.990 --> 00:39:44.280
It is impossible to remove all of these from a home school.

346 "Call-in User_11 (+1651257****)" (2628777984)
00:39:44.280 --> 00:39:49.140
Or, for that matter, the environment so parent's begs the question.

347 "Call-in User_11 (+1651257****)" (2628777984)
00:39:49.140 --> 00:39:57.600
So, why try because therapist parents and other caregivers send a
message of compassion and concern when they remove the obvious.

348 "Call-in User_11 (+1651257****)" (2628777984)
00:39:59.850 --> 00:40:05.880
And this is just us to move forward into the most important part of
therapy for self harming.

349 "Call-in User_11 (+1651257****)" (2628777984)
00:40:05.880 --> 00:40:09.540
We want to build a nurturing safe relationship.

350 "Call-in User_11 (+1651257****)" (2628777984)
00:40:09.540 --> 00:40:15.240
Where there's trust and there's rapport, and we can start the healing
process.

351 "Call-in User_11 (+1651257****)" (2628777984)
00:40:17.910 --> 00:40:21.570
And also again love versus love versus shame.

352 "Call-in User_11 (+1651257****)" (2628777984)
00:40:21.570 --> 00:40:27.750
You definitely don't want to impose or proceed in such a way the self
harm feel shame.

353 "Call-in User_11 (+1651257****)" (2628777984)
00:40:27.750 --> 00:40:32.280
Shame is this trigger and will likely result in.

354 "Call-in User_11 (+1651257****)" (2628777984)
00:40:32.280 --> 00:40:35.520

Engaging in self injured behavior.

355 "Call-in User_11 (+1651257****)" (2628777984)
00:40:35.520 --> 00:40:41.670
And unfortunately, parents are often still frightened by their
adolescent harm.

356 "Call-in User_11 (+1651257****)" (2628777984)
00:40:41.670 --> 00:40:49.260
That they overreact when parents overreact they inadvertently shame.
They're already saying Childs.

357 "Call-in User_11 (+1651257****)" (2628777984)
00:40:49.260 --> 00:40:54.030
This assumption is that the child is going to take the next step and
commit suicide.

358 "Call-in User_11 (+1651257****)" (2628777984)
00:40:54.030 --> 00:40:59.790
It is important to know that the self farmer does not always pleased
to suicidal behavior.

359 "Call-in User_11 (+1651257****)" (2628777984)
00:40:59.790 --> 00:41:06.150
However, it's easy to understand. My parents initial thoughts may be
that their child wants to die.

360 "Call-in User_11 (+1651257****)" (2628777984)
00:41:06.150 --> 00:41:10.110
According to therapists and resources, wanting to buy.

361 "Call-in User_11 (+1651257****)" (2628777984)
00:41:10.110 --> 00:41:15.390
Is 1 of the top reasons for adolescent, small farm and some, even use
cell farm.

362 "Call-in User_11 (+1651257****)" (2628777984)
00:41:15.390 --> 00:41:18.630
As a practice run for a future suicide attempt.

363 "Call-in User_11 (+1651257****)" (2628777984)
00:41:19.740 --> 00:41:28.620
When I asked what advice would a professional provide to parents and
therapist who are trying to help adolescents who is struggling with
cell phone.

364 "Call-in User_11 (+1651257****)" (2628777984)
00:41:29.790 --> 00:41:36.990
Quote, you definitely want to normalize the action of self harm not in
the sense. That is normal.

365 "Call-in User_11 (+1651257****)" (2628777984)
00:41:36.990 --> 00:41:40.080
However, this is the type of common behaviors.

366 "Call-in User_11 (+1651257****)" (2628777984)
00:41:40.080 --> 00:41:43.350
Used to cope with all of the mentioned the.

367 "Call-in User_11 (+1651257****)" (2628777984)
00:41:43.350 --> 00:41:48.810
And you want to create a sense of creating pain to participate pain.

368 "Call-in User_11 (+1651257****)" (2628777984)
00:41:50.070 --> 00:41:54.630
And also for the connection for some cutting.

369 "Call-in User_11 (+1651257****)" (2628777984)
00:41:54.630 --> 00:41:58.710
Is a cry for help or looking for someone to show compassion towards
them.

370 "Call-in User_11 (+1651257****)" (2628777984)
00:41:58.710 --> 00:42:01.980
For some, it is the type of seeking connection.

371 "Call-in User_11 (+1651257****)" (2628777984)
00:42:01.980 --> 00:42:05.640
And according to Steve 1 per quarter, trust.

372 "Call-in User_11 (+1651257****)" (2628777984)
00:42:05.640 --> 00:42:13.440
Healthy attachment, intimacy and secure communication are the
necessary building blocks for change and growth.

373 "Call-in User_11 (+1651257****)" (2628777984)
00:42:13.440 --> 00:42:17.940
It is imperative to create an experience of trust.

374 "Call-in User_11 (+1651257****)" (2628777984)
00:42:17.940 --> 00:42:26.730
Safe relationship this is the foundation which parents and therapists
must lay before healing and trust can begin.

375 "Call-in User_11 (+1651257****)" (2628777984)
00:42:26.730 --> 00:42:34.440
According to the male clinic, they highly suggest reducing and or
eliminating self harm through education.

376 "Call-in User_11 (+1651257****)" (2628777984)

00:42:34.440 --> 00:42:39.570
The male clinic advise advises adolescent, small farmers that.

377 "Call-in User_11 (+1651257****)" (2628777984)
00:42:39.570 --> 00:42:42.900
Extending social networks is a great way to help.

378 "Call-in User_11 (+1651257****)" (2628777984)
00:42:42.900 --> 00:42:46.530
I agree all time you ask, why is this?

379 "Call-in User_11 (+1651257****)" (2628777984)
00:42:46.530 --> 00:42:52.800
Because connections with other human beings is the primary way for
adolescents to hurt themselves.

380 "Call-in User_11 (+1651257****)" (2628777984)
00:42:52.800 --> 00:42:56.160
Began to reduce Shane feel valued.

381 "Call-in User_11 (+1651257****)" (2628777984)
00:42:56.160 --> 00:43:00.390
And still time myself, the activities replacing self, farming pattern.

382 "Call-in User_11 (+1651257****)" (2628777984)
00:43:02.460 --> 00:43:06.780
And often there is a deeper meaning to the adolescent self injury
that.

383 "Call-in User_11 (+1651257****)" (2628777984)
00:43:06.780 --> 00:43:14.430
What might be readily observable? 1 young woman wrote the following
after a therapist asked us to sign.

384 "Call-in User_11 (+1651257****)" (2628777984)
00:43:14.430 --> 00:43:20.310
Find her deep reason for self part, she calls them her deeper issues.

385 "Call-in User_11 (+1651257****)" (2628777984)
00:43:20.310 --> 00:43:24.900
By deeper issues, it is meant that whoever is trying to help.

386 "Call-in User_11 (+1651257****)" (2628777984)
00:43:24.900 --> 00:43:29.880
Should deal with or find someone who is qualified to deal with the
trauma abuse.

387 "Call-in User_11 (+1651257****)" (2628777984)
00:43:29.880 --> 00:43:33.720
Family issues, self confidence issues, et cetera.

388 "Call-in User_11 (+1651257****)" (2628777984)
00:43:33.720 --> 00:43:39.870
Sort of like, how, when you're helping someone with an eating
disorder, you don't obsess about the weight.

389 "Call-in User_11 (+1651257****)" (2628777984)
00:43:39.870 --> 00:43:45.030
You figure out why they have developed an eating disorder and deal
with those issues.

390 "Call-in User_11 (+1651257****)" (2628777984)
00:43:45.030 --> 00:43:50.520
And 1 example of deeper meaning can be tied to an identity crisis.

391 "Call-in User_11 (+1651257****)" (2628777984)
00:43:50.520 --> 00:43:54.180
Most adolescents struggle with knowing who they are.

392 "Call-in User_11 (+1651257****)" (2628777984)
00:43:54.180 --> 00:43:59.940
But this is an even more difficult dilemma for teams engaging and
cutting.

393 "Call-in User_11 (+1651257****)" (2628777984)
00:43:59.940 --> 00:44:04.020
Self injuries for those adolescence isn't just a part of them.

394 "Call-in User_11 (+1651257****)" (2628777984)
00:44:04.020 --> 00:44:07.950
It is it's a fine the sense of.

395 "Call-in User_11 (+1651257****)" (2628777984)
00:44:07.950 --> 00:44:15.930
When a therapist or other caregiver helped self, harming individual,
reconnect with their identity, especially as a child.

396 "Call-in User_11 (+1651257****)" (2628777984)
00:44:15.930 --> 00:44:22.560
It can be a powerful entity point of effective therapy and can help
correct the problem.

397 "Call-in User_11 (+1651257****)" (2628777984)
00:44:22.560 --> 00:44:32.640
Often the pain with which the individual is trying to cope, has
blinded them against any positive event that could have occurred in
their past.

398 "Call-in User_11 (+1651257****)" (2628777984)
00:44:32.640 --> 00:44:38.490

Help using helpful, healthy coping can include things such as scrapbooking.

399 "Call-in User_11 (+1651257****)" (2628777984)
00:44:39.690 --> 00:44:44.190
Photography telling stories about life moments and memories.

400 "Call-in User_11 (+1651257****)" (2628777984)
00:44:45.210 --> 00:44:54.990
These can be touchstones to return to a simpler time, less confused by tomorrow that the immediate pain causes in their life today.

401 "Call-in User_11 (+1651257****)" (2628777984)
00:44:54.990 --> 00:45:01.890
And so it is not only identity, which suffers when children and adolescents are, the pain threatens.

402 "Call-in User_11 (+1651257****)" (2628777984)
00:45:01.890 --> 00:45:08.730
The very idea of their self worth therapist and parents can seize upon.

403 "Call-in User_11 (+1651257****)" (2628777984)
00:45:08.730 --> 00:45:11.880
Quiet moments of reflection, take a memory walk.

404 "Call-in User_11 (+1651257****)" (2628777984)
00:45:11.880 --> 00:45:18.270
With the struggling adolescence building on the foundation of an affirming relationship.

405 "Call-in User_11 (+1651257****)" (2628777984)
00:45:18.270 --> 00:45:25.830
The time will be more likely to listen when a positive reframing of self worth truly is not what is believed to be.

406 "Call-in User_11 (+1651257****)" (2628777984)
00:45:25.830 --> 00:45:29.490
If we tire stories to concrete evidence events.

407 "Call-in User_11 (+1651257****)" (2628777984)
00:45:29.490 --> 00:45:32.760
The things which cannot be denied to have happened.

408 "Call-in User_11 (+1651257****)" (2628777984)
00:45:32.760 --> 00:45:37.230
It has credibility to our option of child's worth and with practice.

409 "Call-in User_11 (+1651257****)" (2628777984)
00:45:37.230 --> 00:45:40.440

Police and willingness to accept eventually.

410 "Call-in User_11 (+1651257****)" (2628777984)
00:45:40.440 --> 00:45:44.760
To to a, to return to a more complete memory itself.

411 "Call-in User_11 (+1651257****)" (2628777984)
00:45:44.760 --> 00:45:49.020
We'll start to replace the feelings of shame and an advocacy.

412 "Call-in User_11 (+1651257****)" (2628777984)
00:45:49.020 --> 00:45:52.620
Sometimes that is referred to as re, memory.

413 "Call-in User_11 (+1651257****)" (2628777984)
00:45:52.620 --> 00:45:56.220
And is not only identified.

414 "Call-in User_11 (+1651257****)" (2628777984)
00:45:56.220 --> 00:46:03.510
With suffers when our kids are in pain, the pain certain, the very
idea of self worth and self esteem at the very core.

415 "Call-in User_11 (+1651257****)" (2628777984)
00:46:05.610 --> 00:46:10.500
When 1 begins to lose hope in the value 1 begins to.

416 "Call-in User_11 (+1651257****)" (2628777984)
00:46:10.500 --> 00:46:14.220
Lose the world and their family and friends.

417 "Call-in User_11 (+1651257****)" (2628777984)
00:46:14.220 --> 00:46:18.570
And become in such a loss of touch with the incident part.

418 "Call-in User_11 (+1651257****)" (2628777984)
00:46:18.570 --> 00:46:24.060
Of their own self, the part, which cannot be measured and which is
invaluable.

419 "Call-in User_11 (+1651257****)" (2628777984)
00:46:24.060 --> 00:46:28.860
So prevalence in place to the logical correlations of location and
repetitive.

420 "Call-in User_11 (+1651257****)" (2628777984)
00:46:28.860 --> 00:46:32.250
Limited self, farming and adolescence.

421 "Call-in User_11 (+1651257****)" (2628777984)

00:46:32.250 --> 00:46:37.740
Can also be found in my reference page in the archives of pediatric
and adolescent.

422 "Call-in User_11 (+1651257****)" (2628777984)
00:46:37.740 --> 00:46:47.700
Um, medicine. Okay.

423 "Call-in User_11 (+1651257****)" (2628777984)
00:46:49.920 --> 00:46:55.950
And if we can go to slide 11, please, how can I stop.

424 "Call-in User_11 (+1651257****)" (2628777984)
00:46:55.950 --> 00:47:05.130
Asking for help and having support is very important. If you're trying
to stop. So farming, you must do this when you feel ready to talk
about it.

425 "Call-in User_11 (+1651257****)" (2628777984)
00:47:05.130 --> 00:47:09.660
It doesn't matter who you talk to as long as this is someone you feel.

426 "Call-in User_11 (+1651257****)" (2628777984)
00:47:09.660 --> 00:47:16.980
Comfortable with, and someone you trust when you talk to somebody, you
can help discover why you so far.

427 "Call-in User_11 (+1651257****)" (2628777984)
00:47:16.980 --> 00:47:30.570
And helps to find new ways to cope with difficulties and well, we'll
talk a little bit about recovery.

428 "Call-in User_11 (+1651257****)" (2628777984)
00:47:30.570 --> 00:47:41.340
I know we're almost at time here so it is important to remember that
you won't always feel the way you do. Now, the problems that are
causing you to self harm, can.

429 "Call-in User_11 (+1651257****)" (2628777984)
00:47:41.340 --> 00:47:46.410
With help and support become more manageable over time, or even go
away all together.

430 "Call-in User_11 (+1651257****)" (2628777984)
00:47:46.410 --> 00:47:54.540
Things can and do get better. This is something that can be repeated
often to help. You truly believe.

431 "Call-in User_11 (+1651257****)" (2628777984)
00:47:54.540 --> 00:48:00.570

This is great. Hope take time and be patient with yourself. Recovery doesn't happen overnight.

432 "Call-in User_11 (+1651257****)" (2628777984)
00:48:00.570 --> 00:48:07.650
It can be a slow process, start to learn how to care for this. It will feel odd and undeserved at 1st.

433 "Call-in User_11 (+1651257****)" (2628777984)
00:48:07.650 --> 00:48:13.980
But with more and more experience with practices, just sitting with yourself and letting the bad release from your body.

434 "Call-in User_11 (+1651257****)" (2628777984)
00:48:13.980 --> 00:48:18.390
It will be more normal and actually start to feel normal and satisfying.

435 "Call-in User_11 (+1651257****)" (2628777984)
00:48:18.390 --> 00:48:24.270
Don't give up, it will take time and time is worth spent on your recovery.

436 "Call-in User_11 (+1651257****)" (2628777984)
00:48:25.470 --> 00:48:32.400
And that will conclude my presentation for today and we can turn it over to questions and answers.

437 "Amanda meyer" (443155712)
00:48:35.970 --> 00:48:39.810
Thank you, Dana I do have 1 question in the Q and a, for, you.

438 "Amanda meyer" (443155712)
00:48:39.810 --> 00:48:45.750
It is how compares to text self injury on their child without being invasive.

439 "Call-in User_11 (+1651257****)" (2628777984)
00:48:47.460 --> 00:49:00.360
That's a really good question, because, as I talked a lot in the presentation is that the number 1 thing that a child that is still farming is going to do is they're going to hide.

440 "Call-in User_11 (+1651257****)" (2628777984)
00:49:00.360 --> 00:49:03.930
And, you know, be invasive is going to.

441 "Call-in User_11 (+1651257****)" (2628777984)
00:49:03.930 --> 00:49:12.084
Be part of that, you know, if you come at them and say, you know, let

me see your body take, take that for. Sure. Sir. Let me see your back.

442 "Call-in User_11 (+1651257****)" (2628777984)
00:49:12.535 --> 00:49:24.385
That's just going to add to the shameful property of what they're
doing because they, you know, part of the part of the reason they're
hiding is because they know what's wrong, but they're, they're not
able to help themselves.

443 "Call-in User_11 (+1651257****)" (2628777984)
00:49:24.630 --> 00:49:30.870
So, it's kind of a duel for if it's something that they're doing, that
they can't stop.

444 "Call-in User_11 (+1651257****)" (2628777984)
00:49:30.870 --> 00:49:39.900
And it's something that they're doing that's making them feel really
awful in a shame. Um, my suggestion for most parents is.

445 "Call-in User_11 (+1651257****)" (2628777984)
00:49:39.900 --> 00:49:43.470
Is to just kind of bring the question of.

446 "Call-in User_11 (+1651257****)" (2628777984)
00:49:43.470 --> 00:49:58.350
Uh, and see if they, you know, talk about, like, oh, have you ever
anybody at school, or you ever had any classes talk about teenagers
that self harm? Or do you know what that is?

447 "Call-in User_11 (+1651257****)" (2628777984)
00:49:58.350 --> 00:50:11.160
And just kind of bring it up in casual and see what they kind of say
about it and kind of read off their reaction. You're probably going to
know if they know something about it or if they're doing it
themselves.

448 "Call-in User_11 (+1651257****)" (2628777984)
00:50:11.160 --> 00:50:15.090
And then you can be a little bit more proactive and maybe try to.

449 "Call-in User_11 (+1651257****)" (2628777984)
00:50:15.090 --> 00:50:20.040
Maybe just nonchalantly step into the.

450 "Call-in User_11 (+1651257****)" (2628777984)
00:50:20.040 --> 00:50:23.850
Bathroom, you know, after a shower or something, or.

451 "Call-in User_11 (+1651257****)" (2628777984)
00:50:23.850 --> 00:50:31.500

Uh, try on some calls maybe it's your daughter. Oh, let's try this on
and see how this looks things.

452 "Call-in User_11 (+1651257****)" (2628777984)
00:50:31.500 --> 00:50:40.260
Kind of fun things kind of things that they wouldn't suspect that
you're looking for something and you might have to be really creative
and doing this.

453 "Call-in User_11 (+1651257****)" (2628777984)
00:50:40.260 --> 00:50:49.650
But if you sit down and kind of brainstorm it, and you can kind of
find ways that you might be able to approach this without being basis.

454 "Call-in User_11 (+1651257****)" (2628777984)
00:50:49.650 --> 00:50:59.635
I hope that helps you, Dana yes. Very helpful.

455 "Amanda meyer" (443155712)
00:50:59.935 --> 00:51:05.155
You don't see any additional questions in the Q and a did you have any
final insights or final thoughts before we conclude.

456 "Call-in User_11 (+1651257****)" (2628777984)
00:51:05.460 --> 00:51:11.190
I would just like everybody to definitely read the, um.

457 "Call-in User_11 (+1651257****)" (2628777984)
00:51:11.190 --> 00:51:23.400
Get the handout and go over it early because there is a little more
information in there that I didn't get to for because of time wise.
Really look through the reference.

458 "Call-in User_11 (+1651257****)" (2628777984)
00:51:23.400 --> 00:51:32.520
There's a lot of very helpful things in there that you can use as self
educating material for learning other ways to, um.

459 "Call-in User_11 (+1651257****)" (2628777984)
00:51:32.520 --> 00:51:40.980
To really address this and to, you know, if you need therapy for your
child, how to step into that gradually.

460 "Call-in User_11 (+1651257****)" (2628777984)
00:51:40.980 --> 00:51:47.130
So, I really want to thank everybody for your time. And I hope this
was helpful information for you.

461 "Amanda meyer" (443155712)
00:51:51.745 --> 00:52:05.725

Thank you so much Dana, and thank you so much everyone for attending and thank you for providing such wonderful insights. If you have specific questions about any of the topics discussed today that we weren't able to get to please contact Cigna by calling the number on the back of your insurance card. Our next webinar will take place on April, 20th 2023. Thank you.

462 "Amanda meyer" (443155712)
00:52:05.725 --> 00:52:08.365
All for attending and have a great day. and have a great day