



Achieving Success & Balance in the Modern Day

Chinese Health Initiative
February 26, 2015



COUNTY OF SAN MATEO
HEALTH SYSTEM

BEHAVIORAL HEALTH
& RECOVERY SERVICES

“Did You Know”

Student created video from the teen perspective
created by
Taeoh Choe & Nick Wong

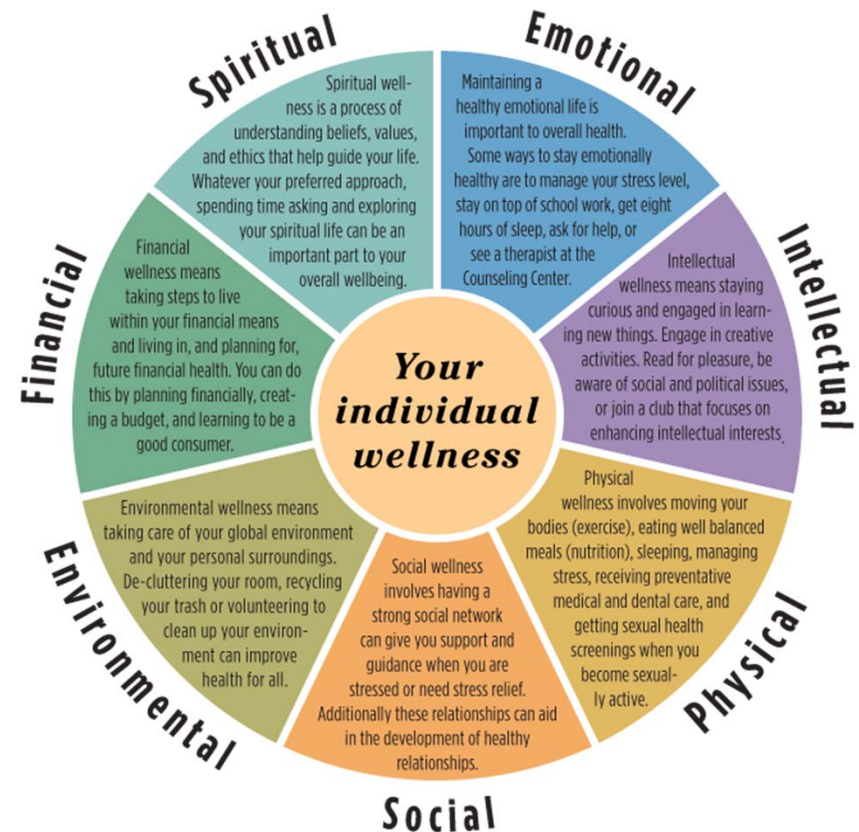
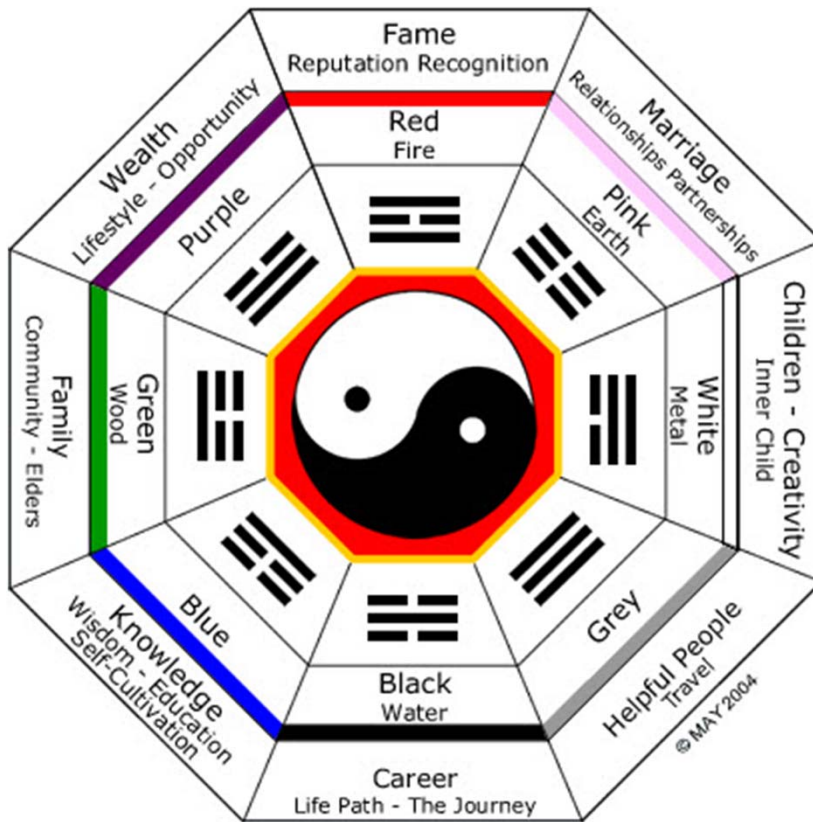


A photograph of two children, a girl and a boy, walking across a crosswalk. The girl on the left is wearing a pink jacket, a pink scarf, and blue leggings with white polka dots. The boy on the right is wearing a light grey jacket with blue accents and blue jeans. Both are smiling and looking towards the camera. A green semi-transparent banner is overlaid across the middle of the image, containing the title and author information.

Adolescent Development

Steven Sust, MD

Ba Gua's Resemblance to Wellness Wheel



Teen Development

- Developing Self-identity
- Easily influenced by peer pressure
- Challenging authority
- Sexual maturity and confusion
- Emotional instability, impulsiveness
- Argumentative, expressive
- Self centered

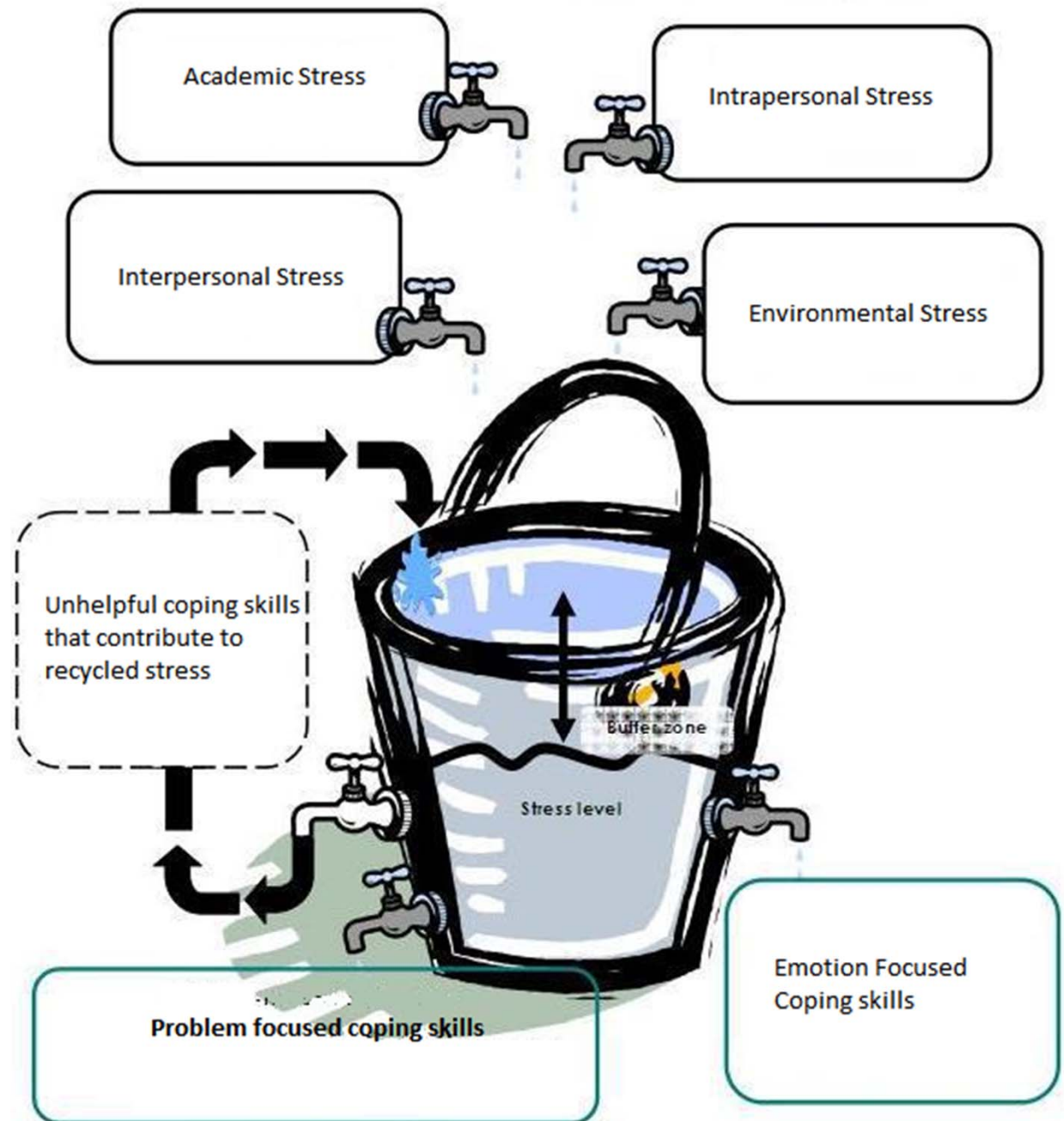


Common Social Stressors

- Social Media
- Perfectionist (Academics)
- Peer Comparisons
- Bullying
- Acculturation Differences



The Stress Bucket



Modified from picture found on youthspace

How Stress Affects Teens

- **40%** of teens report feeling irritable or angry
- **36%** nervous or anxious
- **33%** say stress makes them feel overwhelmed, depressed or sad.
- Teen girls are more stressed than boys, just as women nationally are more stressed than men.

America survey, Washington, D.C.-based American Psychological Association.



Because of Stress...

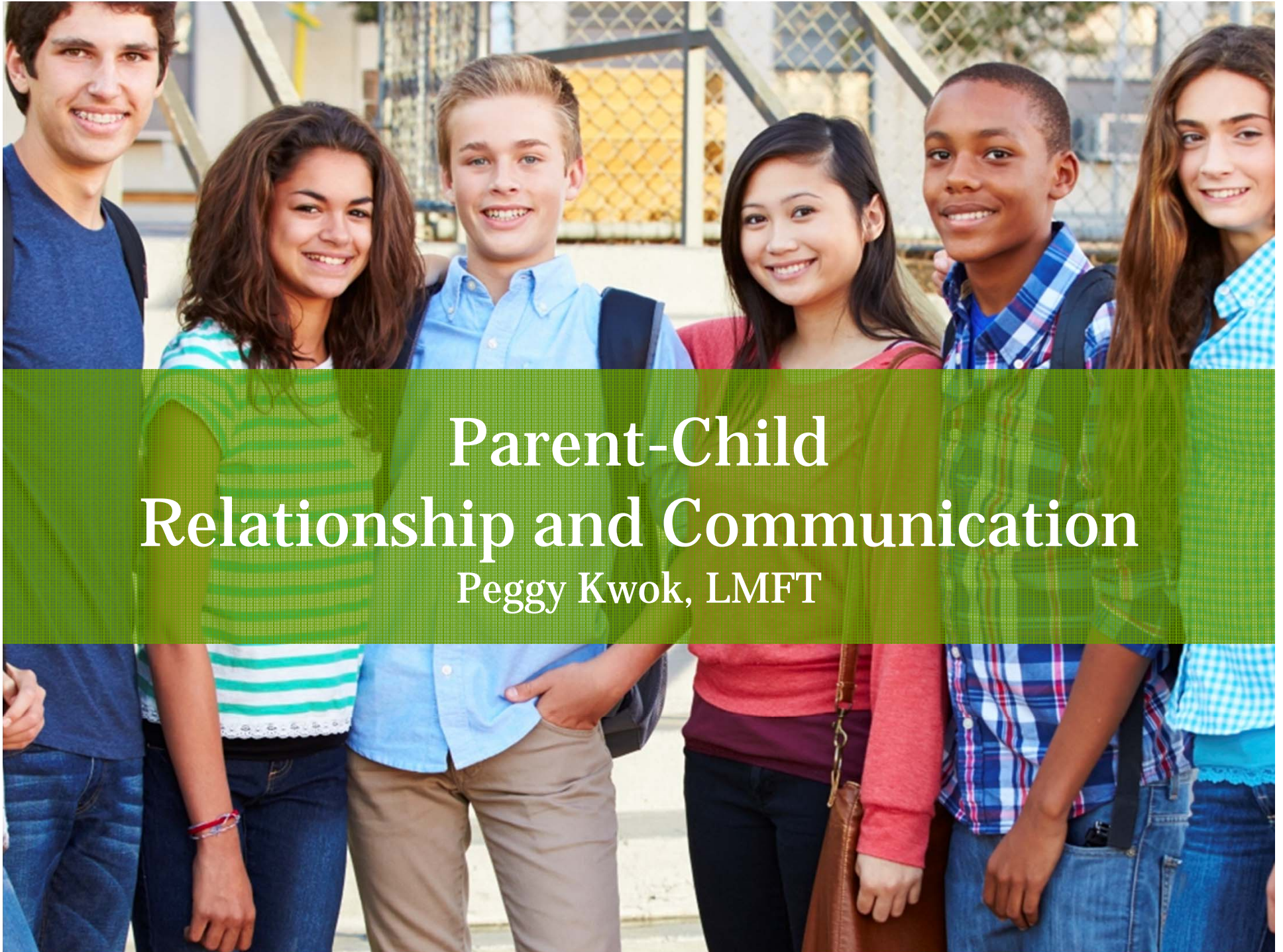
- **40%** - neglected responsibilities at home
- **21%** - neglected work or school
- **32%** - experience headaches
- **26%** - changes in sleeping habits
- **59%** - time management to balance all activities is a somewhat or very significant stressor



Common signs of distress in teens

- Feeling overwhelmed
- Grades Dropping
- Saying they're stressed
- Withdrawal from others/interests
- Change in sleep/appetite, no energy
- Low self-esteem and emotionally sensitive
- Change in appearance and hygiene
- Sad, lonely, hopeless, depressed
- Excessive anxiety/panic
- Excessive irritability, anger





Parent-Child
Relationship and Communication
Peggy Kwok, LMFT

What do our children need to survive and thrive in college?

Qualities for success in college

- Resiliency towards set-backs and change
- Independent Thinking
- Critical Thinking
- Passion to Pursue one's Dream
- Courage and Curiosity to Explore



How to talk to your children?

Common Family Communication Modes

- Information Exchange
- Reasoning/Lecturing
- Emotionally Expressive
- Criticizing



What can get in the way of Effective Communication?

Common Barriers to Communications

- Making assumption
- Generation gap / cultural gap
- Only discuss what one party considers important
- Prohibit expression of emotions
- Comparison



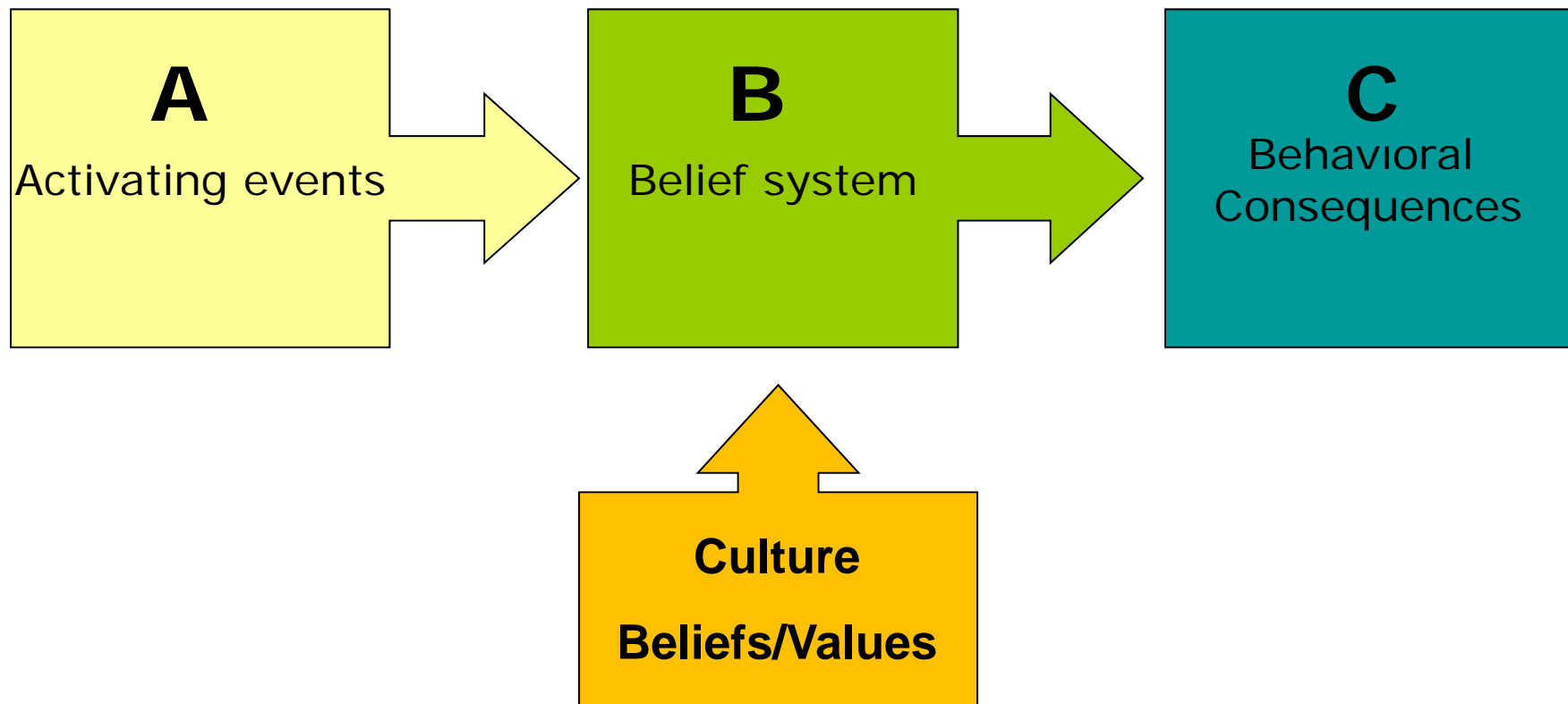
Think of a recent conversation- Focus on your experience only

- Did I understand my child's experience? And how much of it was based on my assumption or my past experience?
- How may my cultural backgrounds/values influence my views? How may they conflict with my child's?
- Did I hear what was important to another person? Or was I more concerned about getting my point across?
- Did I welcome and encourage feelings to be talked about?
- Did I focus on one's personal development/success or did I make a comparison to someone?



ABC Theory

(Rational Emotive Behavioral Therapy, Albert Ellis, PhD)



Understand Yourself

Example:

A

My Child does not agree with me

B

Defiant, disrespectful

C

Behaviors: scolding, shaming, comparing
Emotion: upset; angry; worried; failure



How to improve our relationship?

- Empathy vs. Sympathy
- Accept vs. Agree
- Have daily check in time
- Take care of your own unmet needs



Five Love Languages

- Words of Affirmation
- Quality Time
- Giving/Receiving Gifts
- Acts of Service
- Physical Touch



Dr. Gary Chapman



Parent/Child Relationship - Parents in Transition

- Help adolescents develop a sense of self
- Grant autonomy as appropriate
- Indulge the idealism
- Transform to a Role of Consultant
- Invite mixed feelings

By Gordon Neufeld, PhD



Think of a recent interaction

- What was the objective(s) of your conversation?
- What was the content of your conversation?
- Who are the focus of the conversation?
- How long was the conversation? Per day? Per week?
- How much of the time do you spend on talking? And on listening?
- What are the possible feelings evoked in you and your child during the conversation? Did you talk about it?



A group of four young people, two women and two men, are smiling and looking upwards. They are positioned around a central green banner. The woman on the top left is wearing an orange sweater. The woman on the top right is wearing a patterned headscarf. The man on the bottom left is wearing glasses and a blue jacket. The man on the bottom right is wearing a blue jacket. The background is a clear blue sky.

Knowing When to Ask for Help

Douglas Fong, LMFT

Common signs of distress in teens

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- Excessive irritability, anger



Encourage Self-Help and Other Support Strategies

- Physically activity - Exercise/Yoga/Sports
- Music
- Meditation/Church
- Family Outings
- Other activities that interest your child
- Helping others
- Connecting with others
- Getting enough sleep
- Eating right



Encourage Appropriate Professional Help

High School:

- School Counselor
- Safety Advocate
- **Confidential**

Outside of School:

- Primary Care Physician
- Psychiatrist
- Counselor/Therapist
- Crisis Hotlines/Services
- Chinese Outreach Worker

College:

- Student Health Center



Resources

- San Mateo County
 - Ask you insurance plan for a list of mental health providers
 - 24/7 Child and Teen Hotline (parents, educators, youth)
650-567-KIDS (5437)
 - Behavioral Health and Recovery Services ACCESS Call Center:
800-686-0101
 - Chinese Outreach Worker for monolingual speakers - Sunny Choi
Phone: (650) 573-2403 email: c_sjchoi@smcgov.org
- Mental Health Services (www.smchealth/mh)
- Mental Health Emergency (www.smchealth.org/MH911)
- 24/7 Crisis-Suicide hotline: 650-579-0350



Additional Resources

- www.reachout.com
- Text
 - Crisis Text Line -Text LISTEN to 741-741, (www.crisistextline.org)
- Call/Text/Email: www.teenlineonline.org
- 24/7 Chat: www.suicidepreventionlifeline.org
- Health Centers on college campuses



Encourage Self Help and Getting Help & Support

Emotional well-being is critically important to success and balance in life.

- Attention
- Focus & Concentration
- Motivation
- Learning and Performance
- Sooner is better



Brief 3 Minute Break

To write down or think about any questions you would like to ask the panelists in our Q&A session.

- May submit questions anonymously



Q&A



Please Complete Evaluation

We need your feedback

- Was this session helpful?
- What would you like to know more about?
- How can Mills High School continue to support parents and students?
- **Online Survey:** <http://tinyurl.com/lgosfmo>

Immediately following:

Reception in Theatre Lobby
Meet the Presenters

