

Welcome to the Mental Health
Part of the Night.....

Facilitated By:

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RSA
SHORT




What is helpful for
kids?

How We Respond
To Our Children Is
Important...

Keep Calm:

"A dysregulated adult will
NEVER help regulate a
dysregulated child"



You can't pour from an empty cup.
Take care of yourself first.

BrainWise®

10 Wise Ways to Stop and Think



1. Are you in your Lizard Brain or Wizard Brain right now?
2. I'm noticing some Red Flag Warning Signs right now with you, do you need a break?
3. What are some strategies you can use right now to calm down or come down the emotions elevator?

Warning Signs

Resources

- Jefferson Center for Mental Health (303) 425-0300
- Safe2Tell 1-877-542-7233
- Grief Support:
 - Judi's House <https://www.judishouse.org/>
 - National Alliance for Grieving Children
<https://childrengrieve.org/resources/about-childhood-grief>
 - The Center for Loss <https://www.centerforloss.com/>
 - The Denver Hospice -
<http://thedenverhospice.org/ourservices/griefservices/Pages/FootprintsChildrensGriefCenter.asp>
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 - Camp Erin - <https://elunanetwork.org/camps-programs/camp-erin/>
 - Mount Evans Home Healthcare and Hospice <http://www.mtevans.org/camp-comfort/>
- Attention/Distractibility
 - <https://www.understood.org/en/learning-attention-issues>
 - Smart and Scattered - <https://www.amazon.com/Smart-but-Scattered-Revolutionary-Executive/dp/1593854455>

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 - <https://www.additude.com/>
 - National Center for Learning Disabilities <https://www.nclid.org/>
 - <https://www.amazon.com/Everything-Children-Executive-Functioning-Disorder/dp/1440566852>
 - <https://efpractice.com/>
 - <https://blog.brainbalancecenters.com/2015/07/games-and-activities-that-strengthen-gross-motor-skills>
 - Co-parenting/Divorce
 - <https://www.amazon.com/Karen-Bonnell/e/B00M8VZXCE>
 - <https://kids247.org/>

- Bullying and Conflict

- <https://www.stopbullying.gov/resources>

- Guide for Parents -

- https://www.cde.state.co.us/sites/default/files/documents/pbis/bullying/downloads/pdf/bullying_what_parents_can_do_guide_for_parents.pdf

- <https://www.psychologytoday.com/us/blog/passive-aggressive-diaries/201211/is-it-rude-is-it-mean-or-is-it-bullying>

- Middle School Preparation

- <https://www.chalkbeat.org/posts/co/2013/08/23/seven-ways-to-prepare-for-the-transition-to-middle-and-high-school/#.v0ocfl9viMo>

- <https://www.edutopia.org/blog/transition-resources-teachers-matt-davis>



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