



CALIFORNIA STUDENT
MENTAL HEALTH WEEK

Top 5 Teen Mental Health Issues

Wednesday, May 6, 2020



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MENTAL HEALTH WEEK

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Top 5 Mental Health

1. Anxiety
2. Depression
3. ADHD
4. Eating Disorders
5. Substance Abuse



QUESTION 1:

When a student is facing a mental health crisis, who are the designated helpers in their schools and can you define the differences in their roles and if I find that my child is struggling, who should I approach first at school with these concerns?

School-based Mental Health Providers

School Counselor

- Have a minimum of a master's degree in school counseling
- Generally the first school-employed mental health professional to interact with students
- Deliver classroom lessons aligned with ASCA standards
- Conduct academic advising, individual & small group counseling to address student academic, social-emotional and career development
- Crisis response & prevention
- Provide referrals for additional supports
- Collaborate teachers and families

School Psychologist

- Have a minimum of a specialist-level degree in school psychology
- Provide academic, behavioral, and mental health supports
- Provide evaluation, assessment, and data analysis
- Crisis response and prevention
- Collaborate teachers and families

School Social Worker

- Have master's degrees in social work
- Provide supports to students at high risk (e.g. truancy and dropping out of school, such as homeless and foster children, migrant populations, students transitioning between school and treatment programs or the juvenile justice system)
- Provide crisis intervention
- Connect students and families to community services



Adapted from "A Framework for Safe & Successful Schools"



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QUESTION 2:

How early can mental health concerns show up and what should I be looking for? What are key questions that a school counselor may ask a student to open the conversation around mental health issues? What approach should parents take to initiate the conversation with their children?

QUESTION 3:

In a distance learning model, what are some strategies, tools, or techniques that I can use to support a student who needs help with addressing stress, anxiety, or depression at home?

QUESTION 4:

In your practices and research, if you had to rank these: anxiety, depression, eating disorders, substance abuse, and ADHD, what do you feel is the most prevalent issue facing our youth today?

QUESTION 5:

We know that students living in poverty face higher rates of academic and social-emotional struggles. As school counselors, what measures can we put in place specifically for students in poverty to address their mental health needs? How can we help these students thrive?

QUESTION 6:

When talking about substance abuse, what are the most abused substances by teenagers today? How do we effectively approach a conversation with a teen that we suspect is using?

QUESTION 7:

What are some of the most positive and effective strategies that you can offer teachers through the counseling lens when supporting a student academically with ADHD?

QUESTION 8:

How do you work with a student who is facing an eating disorder?

What are our steps as school counselors and at what point do you pass it off? When you pass it off, who do you pass it to?

QUESTION 9:

As a counselor educator, what skills do I need to instill in my graduate students so that they are best able to support students in need?

QUESTION 10:

Are there any excellent resources or websites out there that you would recommend to further my exploration and improve my school counseling practice so that I am better equipped to support students in need?

RESOURCES MENTIONED

- COVID-19: <http://covid19k12counseling.org>
- [ASCA - COVID-19 Updates and Resources](#)
- [Brene Brown & The Power of Vulnerability](#)
- [What is DBT? & DBT Skills Manual for Adolescents](#)
- [Helping Teens Who Cut \(2nd Ed.\)](#)
- [National Institute on Drug Abuse](#)
- [SAMHSA - Substance Abuse & Mental Health Services Administration](#)
- [Clinical Handbook of Psychological Disorders \(5th Ed.\)](#)
- [A Framework for Safe and Successful Schools](#)

FINAL REFLECTION:

With your wealth of experience and expertise, what is one piece of advice that you would give to a new school counselor, so that I am better prepared when that student with a mental health concern walks in my door?



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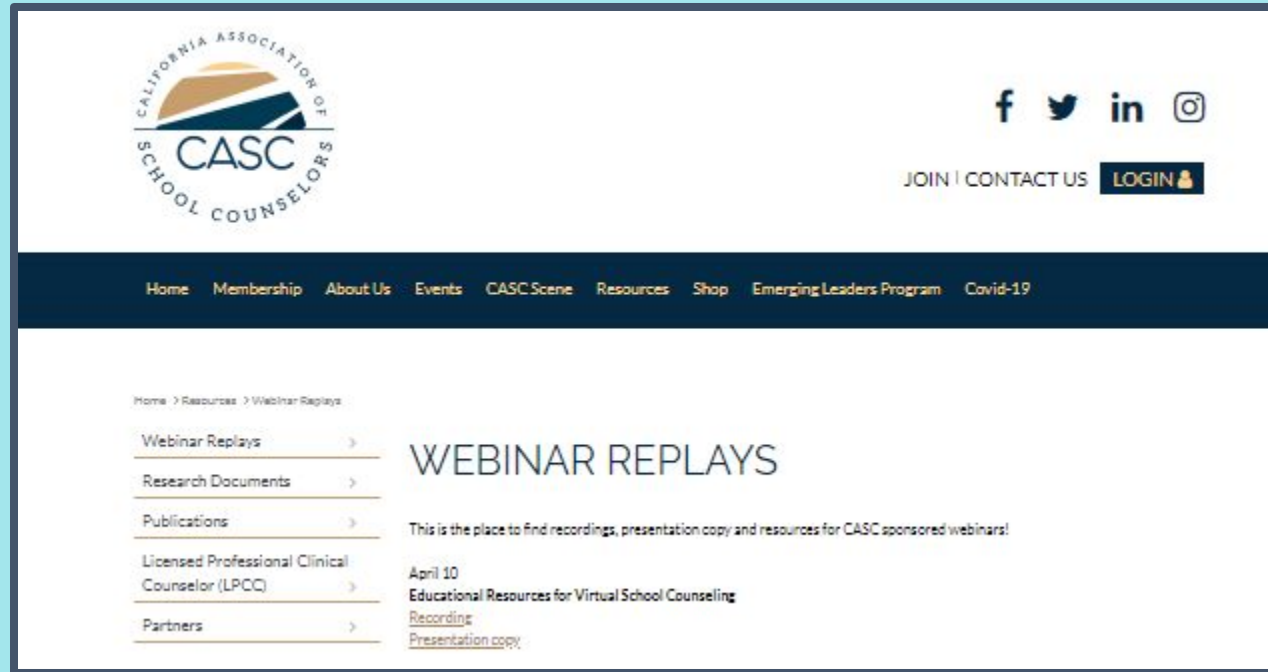
QUESTIONS FROM THE AUDIENCE



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NEED TO REVIEW THE WEBINAR?

<http://www.schoolcounselor-ca.org/webinarreplays>



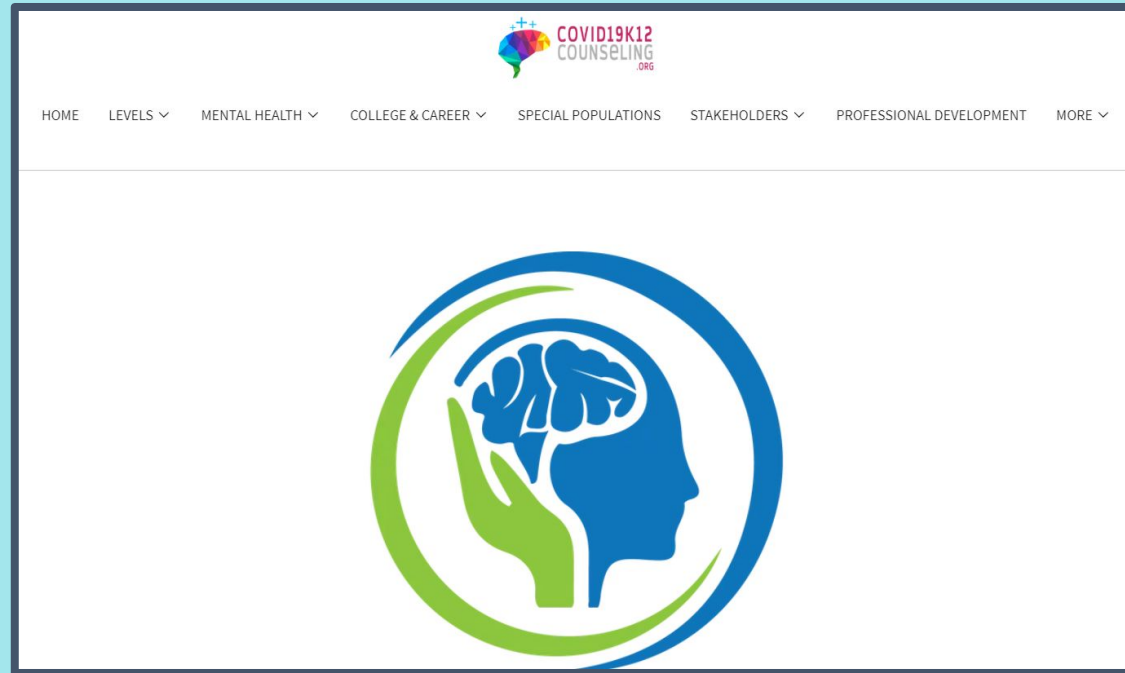
The screenshot shows the CASC website's 'Webinar Replays' page. At the top left is the CASC logo, which consists of a stylized sun and waves above the text 'CALIFORNIA ASSOCIATION OF SCHOOL COUNSELORS' and 'CASC'. To the right of the logo are social media icons for Facebook, Twitter, LinkedIn, and Instagram. Below these icons are links for 'JOIN | CONTACT US' and a 'LOGIN' button with a user icon. A dark navigation bar contains the following menu items: Home, Membership, About Us, Events, CASC Scene, Resources, Shop, Emerging Leaders Program, and Covid-19. The main content area features a breadcrumb trail: Home > Resources > Webinar Replays. On the left is a sidebar with a list of links: Webinar Replays, Research Documents, Publications, Licensed Professional Clinical Counselor (LPCC), and Partners. The main heading is 'WEBINAR REPLAYS'. Below the heading is a paragraph: 'This is the place to find recordings, presentation copy and resources for CASC sponsored webinars!'. Underneath this paragraph is the date 'April 10' and the title 'Educational Resources for Virtual School Counseling'. At the bottom of the main content area are two links: 'Recording' and 'Presentation copy'.



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NEED TO REVIEW THE WEBINAR?

<http://covid19k12counselor.org/student-mh-week>



JOIN US TOMORROW



Suicide Awareness & Prevention

Suicide remains the second leading cause of death among youth today. Especially during this pandemic, we need to remain vigilant in providing supportive services for our students' social and emotional needs. Attendees who are willing to dig deep, and possibly get a bit emotional, will learn about the school counselor's leading role in implementing suicide prevention programs and crisis response services by exploring current research and best practices. Dr. Loren Dittmar describes his training through song, personal experience, and his deep knowledge in understanding the role school counselors play in suicide prevention and school mental health practices.

THANK YOU



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