Slide 1

Gateway to Hope
UNIVERSITY
Training Program of HHCI

Lunch & Learn Webinar:

Parent/Child Relationships & Its Role in Mental Health

PRESENTED BY
Madeline Stiers, Ph.D., LCSW-S
Chief Clinical Officer

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Slide 2

Gateway to Hope University (GTHU)

We offer evidence-based mental and behavioral health training, educational resources, and ongoing support to individuals, faith communities, schools, and workplaces.

We developed GTHU to provide you with the training needed to recognize, refer, relate, and effectively and compassionately respond to those in mental distress.

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Slide 3

Mental Health Coach Training

- Evidence-based training incorporating ongoing research and feedback from GTHU network of Mental Health Coaches.

- Learn essential information, skills, practical scenarios, and actionable steps to compassionately respond to those in mental distress.

- Deepen your knowledge and response skills through our Specialization Trainings:
  - Addiction and Behavioral Health Disorders
  - Child and Adolescent Mental Health
  - Aging and Elder Care
  - Trauma

SIGN UP

Mental Health Coach

Mental Health Coach Training equips you and faith communities to respond compassionately through our evidence-based training to help those in mental distress, lend support, and serve as a mental health resource to their organization.

We'll teach you how to offer help, hope, and encouragement to those that need guidance throughout their journey to mental health recovery and wellness.

Purchase this course for $75.00

See more...

MENTAL HEALTH COACH

Specialty Courses – Available once you've completed our Mental Health Coach Course

ADDICTION & BEHAVIORAL HEALTH | AGING & ELDER CARE | CHILD & ADOLESCENT | TRAUMA

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Mental Health Coach Benefits

- Personalized Learning Profile
- Access to Mental Health Coach forum to connect with other Mental Health Coaches
- Access to Directory of Community Resources map
- Certification at the end of Mental Health Coach Training
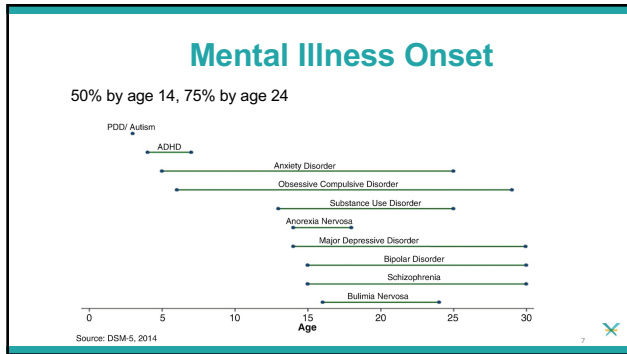- Mental Health Coach meetings and online events

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Agenda

- Mental health and children
- Parental styles
- Support, resiliency, and mindfulness
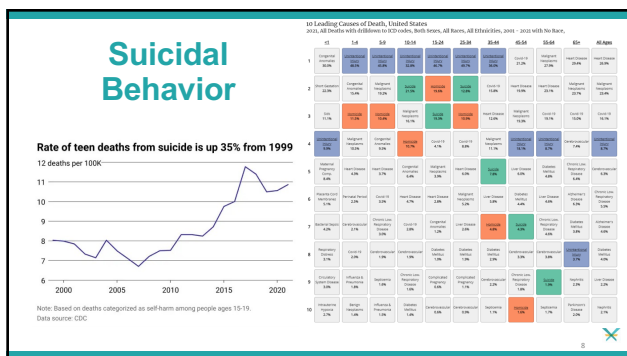- Emerging adulthood
- Why is this important?

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Mental Health Continuum

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Mental Illness Onset

50% by age 14, 75% by age 24

PDD/ Autism

ADHD

Anxiety Disorder

Obsessive Compulsive Disorder

Substance Use Disorder

Anorexia Nervosa

Major Depressive Disorder

Bipolar Disorder

Schizophrenia

Bulimia Nervosa

| 0 | 5 | 10 | 15 | 20 | 25 | 30 |

Age

Source: DSM-5, 2014

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Suicidal Behavior

10 Leading Causes of Death, United States
2021, All Deaths with drilldown to ICD codes, Both Sexes, All Races, All Ethnicities, 2001 – 2021 with No Race,

Rate of teen deaths from suicide is up 35% from 1999

12 deaths per 100K

| | 2000 | 2005 | 2010 | 2015 | 2020 |

Note: Based on deaths categorized as self-harm among people ages 15-19.
Data source: CDC

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What is Happening?

- Unrealistic societal and parental expectations
- Dysfunctional family dynamics
- Lack of true connection to family and friends
- Unattainable thresholds of comparison
- Negative societal influences
- Poor sleeping and eating habits
- Limited resiliency and/or ability to cope with stress
- No spiritual foundation or standard

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Nature or Nurture?

- Nurture cannot always win against nature
- Even the best parents might have a struggling child

Biological Vulnerability

+

Environmental Stressors

→ **Mental Disorder**
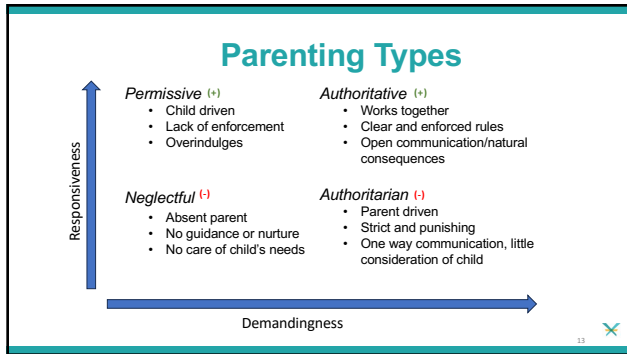
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MH Development

- Positive parenting practices and behaviors have been linked to child/youth mental health outcomes
  - Expressing warmth
  - Self control of parents' behaviors
  - Allowing child autonomy
- Unhealthy practices linked to negative outcomes
  - Overly harsh physical or verbal punishments
  - Inducing guilt or shame to control
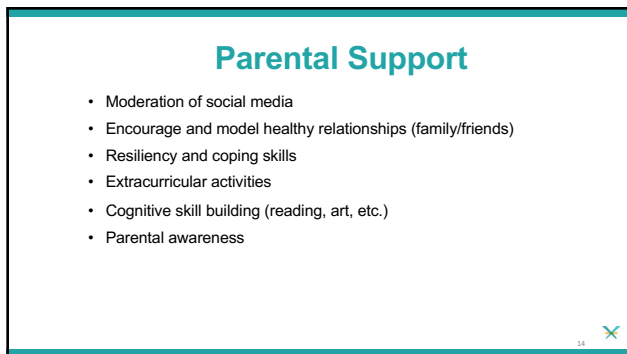 - Overprotectiveness or emotional blackmail

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Parenting Style

- A set of goals, attitudes, and patterns of child rearing
- Shape the emotional climate of the parent/child relationship
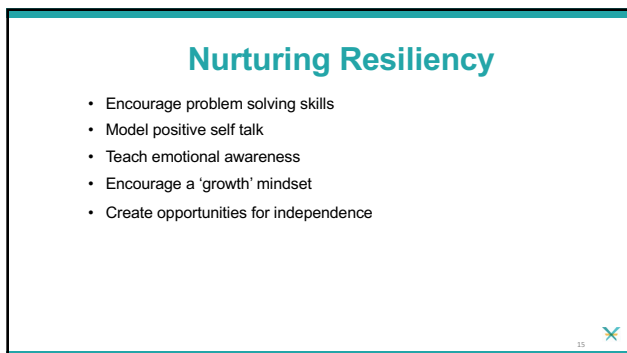- Consistent across areas of life

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Parenting Types

Responsiveness →

Permissive (+)
- Child driven
- Lack of enforcement
- Overindulges

Authoritative (+)
- Works together
- Clear and enforced rules
- Open communication/natural consequences

Neglectful (-)
- Absent parent
- No guidance or nurture
- No care of child's needs

Authoritarian (-)
- Parent driven
- Strict and punishing
- One way communication, little consideration of child

Demandingness →

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Parental Support

- Moderation of social media
- Encourage and model healthy relationships (family/friends)
- Resiliency and coping skills
- Extracurricular activities
- Cognitive skill building (reading, art, etc.)
- Parental awareness

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Nurturing Resiliency

- Encourage problem solving skills
- Model positive self talk
- Teach emotional awareness
- Encourage a 'growth' mindset
- Create opportunities for independence

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Modeling Mindfulness

- Be mindful of the you & the child in the present moment
- Cultivate emotional self awareness & self-regulation
- Encourage compassion and nonjudgmental stances of self and child
- Use the STOP skills
  - **S**top
  - **T**ake a step back
  - **O**bserve
  - **P**roceed mindfully

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Positive Impact

6 simple ways to positively impact your child's emotional health
- Be positive
- Reduce stress in the home
- Structure and routine
- Take time to listen
- Develop their spiritual self
- Develop their social self

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Emerging Adulthood

- Gain independence & autonomy
- Provide support for them to explore and make mistakes
- Need safe spaces to develop this, not to be told what to do
- Develop healthy romantic relationships

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Overparenting

- Discourages self autonomy and independence
- Examples: being too involved with small life things (professors at school), stepping in to solve interpersonal conflict with friends/roommates;
- Can lead to anxiety, depression, low life satisfaction, high stress and problematic drinking

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Why?

- Increase trust
- Increase flexibility with change if relationship it good
- More emotional sharing
- Less stress (parent and child)
- Less aggressive behaviors in childhood
- Great overall wellbeing

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GTHU Websites

GatewaytoHopeUniversity.org

Learn.GTHU.org

MischerBehavioralHealth.org

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GTHU Resources

- **Unlock the Power of Knowledge with Grace**
  Our goal is to empower you with knowledge and support, ensuring you never feel alone on your journey to better mental health. Learn more at MischerBehavioralHealth.org

- **The Hope Line: Relief. Just a Call Away.**
  Are you going through a tough time? Do you need someone to talk to? Call The Hope Line.

- **Download our Mental Health Gateway App**

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Survey

SCAN ME

Thank you for attending today's Lunch & Learn event!

We value your feedback! **Please take a moment to complete our survey.** Your input helps us improve future events.
Thank you for your participation!

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