

Family Education & Support Caregiver Program

Name of the Topic Area: Session Three – Mental / Behavioral Health Disorders: Symptoms, Causes, and Interventions.

Duration: 60 Minutes

Module learning objectives:

Participants will be able to:

1. Describe how to begin differentiating “symptoms” from typical behavior.
2. Identify factors that can impact mental health disorders in children and adolescents.
3. Identify barriers that affect families’ ability to get help for their children.
4. Identify some interventions that are effective in treating children’s behavioral health problems.
5. Describe a new stress reduction exercise.

Methodologies:

1. Review “Stress Table.”
2. Sentence completion exercise.
3. “Types of Behaviors & Symptoms to Watch For” handout.*
4. “Behaviors / Symptoms: When is it a Problem or Just ‘Kid Stuff’” and “What Could be Going on…” handouts.*
5. “How can you tell if your child is using drugs?” handout.
6. “Suicide” handout.*
7. “What Causes Behavioral Health Disorders???” handout.
8. “Factors that Can Impact Children’s Development” handout.
9. “What are effective ways to help children?” and “Services in Delaware Through Division of Child Mental Health Services (DCMHS)” handouts.
10. “Children’s Medication Chart” handout.
11. “Questions to Ask the Doctor” handout.
12. “Medication Log” handout.
13. “Progressive Relaxation” handout.
14. Sentence completion exercise.

* Note about these handouts: Crisis Intervention contact information is listed on each of these handouts in case a caregiver chooses one handout to keep posted or as a quick reference in their home.

Facilitator's Actions:

1. Review ground rules.
2. Review stress table.
3. Facilitate members stating one positive thing they did differently during the interim with sentence completion exercise. "What I did differently this week was ____." This may be related to what each member said they would work on at the end of the previous session.
4. Facilitate discussion around some of the behaviors that they see in their children that are problematic. Refer to "Types of Behaviors & Symptoms to Watch For" handout.
5. Facilitate discussion about how caregivers can know when behaviors and symptoms are cause for alarm? Refer to "Behaviors / Symptoms: When is it a Problem or Just 'Kid Stuff'" and "What Could be Going on..." handouts.
6. Facilitate discussion around child/youth substance abuse, e.g. signs that may indicate their child may be using drugs / alcohol. Refer to "How can you tell if your child is using drugs?" handout.
7. Facilitate discussion about suicide in children and youth who have mental health problems. Refer to "Suicide" handout. Keep conversation informative, supportive and educational. If specific issues around suicide are raised about members' children, ask that member to speak to the facilitator after the group. Refer to your agencies' policies and procedures about handling suicidal behaviors and /or risks with families.
8. Generate discussion on what members think causes problematic behaviors or symptoms..
 - a. Facilitator uses chart paper to list possible causes discussed. Refer to "What Causes Behavioral Health Disorders???" handout.
9. Ask participants to then develop a list of barriers caregivers face when trying to help their children and put list on chart paper. Refer to "Factors that Can Impact Children's Development" handout.
10. Review with group different interventions / methods to help children with mental / behavioral health issues. Refer to "What are effective ways to help children" and "Services in Delaware Through Division of Child

Mental Health Services (DCMHS)” handouts. Have members experienced any of these methods?

11. Refer to “Children’s Medication Chart,” “Questions to Ask the Doctor,” and “Medication Log” handouts. Emphasize to group that the “Children’s Medication Chart” is not to be used in lieu of talking to the prescribing physician. This information is to provide basic information and is not to be considered complete about all medications children receive. Emphasize the importance to tell the doctor about any other medications the child is taking including any over the counter medication or herbal remedies and to report all side effects.
12. Review “Progressive Relaxation” handout. Ask members to try this exercise a couple of times prior to the next session.
13. Close session.
 - a. Facilitator leads group in sentence completion exercise, “One thing I learned during today’s group is _____. Before the next meeting, what I will try to do differently is _____”.
 - b. Remind participants they will report to the group what they tried over the week that they learned during today’s group.

Materials:

1. Handouts, chart Paper & Pens, Lined Paper, Pens