WELCOME!

COMMUNITY & PARENT FORUM

Protecting Our Children: Understanding and Monitoring Youth Mental Health

PRESENTED BY:

Naperville Police

KidsMatter

Nina Menis
CEO & Executive Director of KidsMatter

Chief Jason Arres
Chief of Police | Naperville Police Department
RYAN LAUTERWASSER, LCPC, CADC | Linden Oaks Adolescent Inpatient Unit and Eating Disorder Services

Ryan Lauterwasser has worked for Linden Oaks Hospital since 2005 and is currently the Manager for the Adolescent Inpatient Unit and Eating Disorder Services. His work with high-risk youth for more than 20 years developed into a passion for building hope and helping others believe in the possibilities of change. Ryan received his Master’s degree in Clinical Psychology from Wheaton College and is licensed as a Licensed Clinical Professional Counselor and is also a Certified Alcohol and Drug Counselor. The therapeutic model which guides his practice is grounded in the theory of relationship and aligns with principles from Acceptance and Commitment Therapy. Enhancing the quality of relationships with objects like self, others, institutions, possessions, or media provides opportunities to promote balance and healthy engagement with one’s values.
RELATIONSHIPS MATTER:
CONNECT, KNOW, GUIDE

Ryan S. Lauterwasser LCPC, CADC

Linden Oaks
BEHAVIORAL HEALTH
How well do you know your teen?

- Friends
- Interests
- Classes at School
- Teachers
- Peers They Avoid
- Social Media
- Romance
- Substance Abuse
Do you recognize these signs?
Do you recognize these signs?
Do you recognize these signs?
Do you recognize these signs?
Do you recognize these signs?
Do you recognize these signs?
Do you recognize these signs?
TO SUPPORT OUR YOUTH, WE NEED TO KNOW THEM

How many discussions about these stressors have you had this year:

COVID/Masking
TO SUPPORT OUR YOUTH, WE NEED TO KNOW THEM

How many discussions about these stressors have you had this year:

COVID/Masking
Virtual Education
TO SUPPORT OUR YOUTH, WE NEED TO KNOW THEM

How many discussions about these stressors have you had this year:

COVID/Masking
Virtual Education
Acceptance
TO SUPPORT OUR YOUTH, WE NEED TO KNOW THEM

How many discussions about these stressors have you had this year:

COVID/Masking
Virtual Education
Acceptance
Social Media
TO SUPPORT OUR YOUTH, WE NEED TO KNOW THEM

How many discussions about these stressors have you had this year:

COVID/Masking    Schoolwork
Virtual Education
Acceptance
Social Media
To support our youth, we need to know them.

How many discussions about these stressors have you had this year:

COVID/Masking  Schoolwork  Bomb Threats
Virtual Education  Social Media
Acceptance
TO SUPPORT OUR YOUTH, WE NEED TO KNOW THEM

How many discussions about these stressors have you had this year:

COVID/Masking  Schoolwork
Virtual Education  Bomb Threats
Acceptance  Friendships
Social Media
TO SUPPORT OUR YOUTH, WE NEED TO KNOW THEM

How many discussions about these stressors have you had this year:

COVID/Masking  Schoolwork
Virtual Education  Bomb Threats
Acceptance  Friendships
Social Media  Parents
RISK FACTORS

- Predisposition
- Stress from home environment
- School stress
- Work stress
- Social life (relationships, bullying, lonely)
- Acceptance of who I am
DEPRESSED MOOD

- Changes in personality
- Withdrawal
- Loss of interest
- Loss of energy
- Neglecting hygiene
- Weight gain/loss
- Increased irritability
- Self-deprecating comments
ANXIETY

- Excessive worrying
- Difficulty with attention/concentration
- Signs of physical tension
- Intense reaction to others
- Trouble sleeping
- Fatigue
- Avoidant tendencies
SUICIDE RISK WARNING SIGNS

I - Isolation
S - Substance use
P - Purposelessness
A - Anxiety
T - Trapped
H - Hopeless
W - Worthlessness
A - Anger
R - Recklessness
M - Mood changes

Are you feeling...

It’s OK to ask the question.
National Suicide Prevention Hotline
1-800-273-8255 or text “GO” to 741741
PARENTS CAN BUILD RELATIONSHIPS AND INVEST IN THEIR CHILDREN BY USING THESE 7 CONNECTING BEHAVIORS

Supporting
Encouraging
Listening
Accepting
Trusting
Respecting
Negotiating Differences
Matthew Caston is a Licensed Clinical Professional Counselor with several years of experience working with children, adolescents and adults with a wide variety of personal and clinical issues (mood, anxiety, behavioral, life transition, men’s/women’s issues, relationships, trauma, etc.). As a therapist, Matthew strives to meet people “where they’re at.”

His overarching goal is to assist clients with recognizing how their current level of motivation impacts their ability to transform their lives. He works tirelessly to help others with developing insight on contributing factors to their presenting issues, then rehearses new skills in sessions that each person can generalize into their lives to create lasting change.
STATISTICS ON CHILDREN'S MENTAL HEALTH

Matthew Caston, LCPC, CCTP
According to the CDC (2021):

- 7.1% of children aged 3-17 years (approximately 4.4 million) have diagnosed anxiety

- 3.2% of children aged 3-17 years (approximately 1.9 million) have diagnosed depression

Some of these conditions commonly occur together. For example:

- Having another disorder is most common in children with depression: about 3 in 4 children aged 3-17 years with depression also have anxiety (73.8%) and almost 1 in 2 have behavior problems (47.2%)

- For children aged 3-17 years with anxiety, more than 1 in 3 also have behavior problems (37.9%) and about 1 in 3 also have depression (32.3%)
How to join

Web

1. Go to PollEv.com
2. Enter GUIDEDWAVES451

Nine Questions to Review and Monitor Your Parenting Style
When interacting with my child, I focus on our time together.

Never

Infrequently

Sometimes

Almost Always
I am consistent in my parenting practices.

Never

Infrequently

Sometimes

Almost Always
I get upset if things don't go my way when I interact with my child.

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My parenting skills are based on what matters to me as a parent rather than how I feel in the moment.

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When my child misbehaves, I find myself wrapped in my emotions rather than dealing with the behavior.

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I am able to sacrifice convenience for effective discipline.

Never

Infrequently

Sometimes

Almost Always
"How reactive a person is to another’s emotional needs and moods. A person who is well attuned will respond with appropriate language and behaviors based on another person’s emotional state."

When ruptures in the connection occur, which they will, it is equally important that caregivers work to repair the rupture and restore an emotional connection that feels safe and soothing to the child. We do this by being empathic, warm, loving, accepting, curious, and playful.” (Jacobs-Hendel 2020)
PROFILE OF A DEPRESSED/SUICIDAL CHILD
WHAT DO WE SEE?

BEHAVIORAL SIGNS

MALADAPTIVE COGNITION/THOUGHTS
BEHAVIORAL SIGNS

Children/Teens
- Hypersensitivity
- Failure to Launch
- Changes in Social Behavior
- Academic Deterioration

Parents
- Domineering
- High-Achivers
- Authoritative
- Perfectionism
PATTERNS OF COGNITION/THOUGHT

Children/Teens
- Perfectionistic
- Inaccurate self-appraisal
- Passive/Suggestible

Parents
- Rigid/Inflexible
- Withholding
- Controlling/Demanding
FAMILIAL STRESSORS CONTRIBUTING TO CHILD/TEEN MENTAL HEALTH ISSUES

- Rupture of Relationship(s)
- Economic
- Physical/Emotional/Sexual Abuse
- History of Unrealistic Expectations/Demands
- Family History
WAYS TO SUPPORT

• Maintain open lines of communication
• Impart life lessons that are contextual, not condescending
  ◦ Bad times don't last forever
  ◦ Showing your pain helps you to heal
  ◦ Children are important members of the family
  ◦ Children will be loved no matter what
• Be open to professional assistance!
RESOURCES

NAMI Family Support Group
National Crisis Text Line: Text REACH to 751-751
DuPage County Crisis Line: 630-627-1700
Crisis Line of Fox Valley: 630-966-9393


Detective Theresa Stock is a twenty-year veteran with the Naperville Police Department. During her career as a patrol officer, she was appointed to various positions, including Patrol Field Evidence Technician, Field Training Officer, and Control Tactics Instructor. Detective Stock is currently assigned to the Naperville Police Department’s Investigations Division as the High-Tech Crimes Investigator and is an affiliate member of the Illinois Attorney General’s High Tech Crimes Bureau (ICAC). Detective Stock’s investigative focus is online child exploitation, specifically cases involving child sexual abuse material, grooming/solicitation, and sextortion.
PROTECTING OUR CHILDREN: MONITORING SOCIAL MEDIA

Detective Theresa Stock  |  Cyber Crimes Detective
Internet Crimes Against Children (ICAC) Task Force

NAPERVILLE POLICE
CHILD EXPLOITATION

- Child pornography
- Grooming
- Sextortion
- Sexting

CRIMES OCCURRING ON:

- Social media applications
- Online gaming
- Other online platforms
Children live in a social media world

- 88% of teens have access to a smartphone
- 76% of teens use social media
- 71% report using two or more social media sites

Pew Research Center "Teens, Social Media & Technology Overview 2015"
WHY A CYBER CRIMES DETECTIVE?

- Mental health issues are not a crime
- Not a mental health expert
THIS IS WHY:

- Children communicate online
- Investigating online suicidal posts
- Resources for monitoring
BENEFITS OF MONITORING SOCIAL MEDIA

Warning signs  Involvement

...SO WHY DON'T PARENTS MONITOR?
MONITORING SOCIAL MEDIA

- Intimidating
- Overwhelming
- Time consuming
Solutions

- Parental controls
- Monitoring apps
- Online guides
- Your kids!!
IPHONE PARENTAL CONTROLS

- Limit screentime
- Monitor location
- Prevent App Store purchases
- Prevent explicit content
- Restrict game settings

HTTPS://SUPPORT.APPLE.COM
ANDROID PARENTAL CONTROLS

- Google Family Link
- Limit screen time
- Lock the device
- Manage apps
- Monitor your child's location

HTTPS://SUPPORT.GOOGLE.COM
"PARENT"AL CONTROLS

ESTABLISH ONLINE USE AGREEMENT

- Expectations & Consequences
- Check device
- Only allow age-appropriate apps
- No phones at bedtime
I AGREE to discuss appropriate online behavior with my child.
I AGREE to set guidelines for technology use within my home.
I AGREE to explain that the Internet is not anonymous.
I AGREE to discuss the risks of sharing and posting information online.
I AGREE to explain that whatever is posted online cannot be removed, as anyone can save posts to their device.
I AGREE to review the ratings of the games and apps my child uses.
I AGREE to be aware of any changes in the behavior of my child that may indicate cyberbullying, sexting or other behavior that may suggest involvement as a victim, bystander or perpetrator.
I AGREE to review my child's account(s) for privacy settings and appropriate content.
I AGREE to review my child's friend and/or follower list.
I AGREE not to overreact when reviewing content that is posted by my child online or when my child tells me about inappropriate online behavior. I understand that my child is still impulsive and will make mistakes.

We have discussed the content of this agreement and agree to do so on a regular basis.

Parent Signature

Child Signature

https://illinoisattorneygeneral.gov/onlinesafe/forparents.html
CONSIDER THIS...

- Do you let your 14-year-old drive?
  APP AGE RESTRICTIONS

- Can they eat all the sweets they want?
  SELF REGULATION

- Do you monitor what they watch on TV?
  APPROPRIATE CONTENT
MONITORING APPS

- BARK
- QUSTODIO
- NORTON FAMILY
- FAMILYTIME
- TEENSAFE

*Disclaimer: The Naperville Police Department does not endorse any of these mentioned products*
MONITORING APPS

- Review the privacy policy
- What apps are being monitored
- Try it before you buy it!
RESOURCES & GUIDES
#2 Review apps on their device

Helping parents keep their children safe online

Internet Matters
www.internetmatters.org/
ONLINE RESOURCES & GUIDES

Internet Matters

www.internetmatters.org
Click on the guides for step-by-step instructions to set controls on popular devices.

Online Resources & Guides

Internet Matters

www.internetmatters.org/
ONLINE RESOURCES & GUIDES

Common Sense Media

www.commonsensemedia.org/
ONLINE RESOURCES & GUIDES

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Common Sense Media
www.commonsensemedia.org/
WHAT APPS DOES MY CHILD USE?
GET INVOLVED!

- Ask them what apps they use
- Have them teach you
- Play with them
A child's use of an app and online behavior is likely influenced by parental oversight, when the following are true:

- Parental controls (38%)
- Review content on a phone (48%)
- Engage in frequent conversations regarding online social behavior (59%)

PARENT/GUARDIAN CHECKLIST

- Establish online use agreement
- Regularly check devices
- Enable parental controls/restrictions on devices
- Learn the trends: parent blogs, tech news sources, app store
- Engage in conversation with your child
- Learn technology together
DIGITAL SAFETY RESOURCES

- www.internetmatters.org
- www.commonsensemedia.org
- www.illinoisattorneygeneral.gov/onlinesafe/
- www.netsmartz.org
- www.webwise.ie
- www.cyberbullying.org
Any questions for our panelists?

Linden Oaks
Behavioral Health

Fox Valley Institute

Naperville Police
THANK YOU TO OUR PARTNERS!

Special Thanks

Healthy Driven
Linden Oaks
BEHAVIORAL HEALTH
A part of Edward-Elmhurst Healthcare

FOX VALLEY INSTITUTE

Naperville Community Unit School District 203
General Home & School Association

Indian Prairie Parents' Council

everychild. one voice.®
#WeBelong204

NCTV17

Paul Gregory Media
a Certified B Corporation

COLLABORATIVE YOUTH TEAM

PTA
THANK YOU FOR TAKING PART IN OUR MENTAL HEALTH RESOURCE FAIR