

WELCOME!

COMMUNITY & PARENT FORUM

Protecting Our Children:
Understanding and Monitoring
Youth Mental Health

PRESENTED BY:



Chief Jason Arres

Chief of Police | Naperville Police Department



Nina Menis

CEO & Executive Director of KidsMatter



MEET THE EXPERT PANELISTS

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?



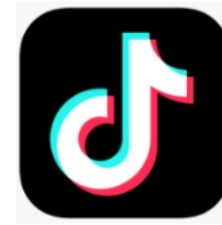
Do you recognize these signs?



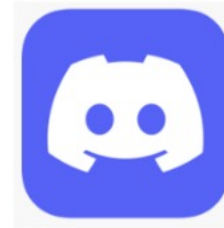
Do you recognize these signs?



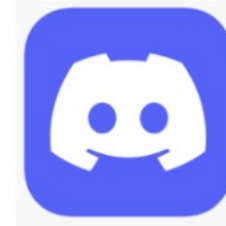
Do you recognize these signs?



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
Virtual Education
Acceptance
Social Media

Schoolwork



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

Schoolwork
Bomb Threats



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

Schoolwork
Bomb Threats
Friendships



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

Schoolwork
Bomb Threats
Friendships
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**

Linden Oaks
BEHAVIORAL HEALTH

Healthy Driven™

PARENTS CAN BUILD RELATIONSHIPS AND INVEST IN THEIR CHILDREN BY USING THESE 7 CONNECTING BEHAVIORS

Supporting
Encouraging
Listening
Accepting
Trusting
Respecting
Negotiating Differences



MEET THE EXPERT PANELISTS

MATTHEW CASTON, LCPC, CCTP | Fox Valley Institute Licensed
Clinical Professional Counselor



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

Powered by  **Poll Everywhere**

Start the presentation to see live content. For screen share software, share the entire screen. Get help at pollev.com/app

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.

Never

Infrequently

Sometimes

Almost Always

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

Never

Infrequently

Sometimes

Almost Always

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

Never

Infrequently

Sometimes

Almost Always

I am able to sacrifice convenience for effective discipline.

Never

Infrequently

Sometimes

Almost Always

PARENTAL ATTUNEMENT

- "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-Achievers
- Authoritative
- Perfectionism



PATTERNS OF COGNITION/THOUGHT

Children/Teens

- Perfectionistic
- Inaccurate self-appraisal
- Passive/Suggestible

Parents

- Rigid/Inflexible
- Withholding
- Controlling/Demanding

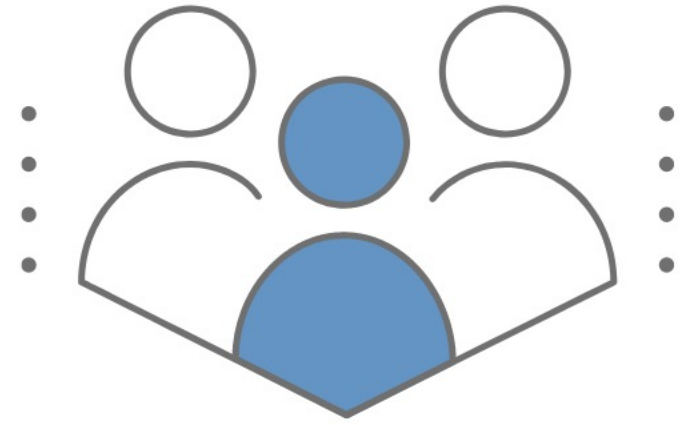


FAMILIAL STRESSORS CONTRIBUTING TO CHILD/TEEN MENTAL HEALTH ISSUES

- 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

WORKS CITED

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- Digital Communications Division. (2021, October 20). What is child abuse or neglect? what is the definition of child abuse and neglect? HHS.gov. Retrieved February 22, 2022, from <https://www.hhs.gov/answers/programs-for-families-and-children/what-is-child-abuse/index.html>
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- Psych2Go. (2020, September 5). How a messed up childhood affects you in adulthood curious. [Video]. YouTube. <https://www.youtube.com/watch?v=kynVv2ZLqQ>

MEET THE EXPERT PANELISTS

DETECTIVE THERESA STOCK | Naperville Police Department



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



CHILD EXPLOITATION



- Child pornography
- Grooming
- Sextortion
- Sexting

CRIMES OCCURRING ON:

- Social media applications
- Online gaming
- Other online platforms

SOCIAL MEDIA



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

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](https://support.apple.com)

ANDROID PARENTAL CONTROLS



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



[HTTPS://SUPPORT.GOOGLE.COM](https://support.google.com)

"PARENT"AL CONTROLS

ESTABLISH ONLINE USE AGREEMENT



- Expectations & Consequences
- Check device
- Only allow age-appropriate apps
- No phones at bedtime





ONLINE AGREEMENT

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

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





ONLINE RESOURCES & GUIDES

Internet Matters

www.internetmatters.org/

The screenshot shows the Internet Matters website interface. At the top, there is a navigation bar with the Internet Matters logo, a partnership with Google, and links for 'About us', 'Inclusive Digital Safety', and a search bar. Below this is a secondary navigation bar with categories: 'ONLINE ISSUES', 'ADVICE BY AGE', 'SETTING CONTROLS' (which is highlighted), 'GUIDES & RESOURCES', 'NEWS & OPINION', and 'SCHOOLS RESOURCES'. The 'SETTING CONTROLS' dropdown menu is open, listing links for 'Social media privacy guides', 'Gaming platforms and devices', 'Smartphones and other devices', 'Broadband & mobile networks', 'Entertainment & search engines', and 'Get kids tech set up safe'. The main content area features a large blue banner with the text '#2 Review apps on their device' and a 'LEARN MORE' button. To the right of the banner, there is a section titled 'Helping families online' with a description and a list of links: 'I need help with an online issue', 'I need to report something', 'I need help setting controls and privacy settings on a child's device', 'New | Children's Wellbeing in a Digital World 2022', and 'Free | Create your online safety plan today'.

internetmatters.org

In partnership with Google

About us | Inclusive Digital Safety | Search

ONLINE ISSUES | ADVICE BY AGE | **SETTING CONTROLS** | GUIDES & RESOURCES | NEWS & OPINION | SCHOOLS RESOURCES

Helping parents keep their children safe

#2 Review apps on their device

LEARN MORE

Helping families online

Get expert support and practical tips to help children benefit from connected technology and the internet safely and smartly.

- I need help with an online issue
- I need to report something
- I need help setting controls and privacy settings on a child's device
- New** | Children's Wellbeing in a Digital World 2022
- Free** | Create your online safety plan today

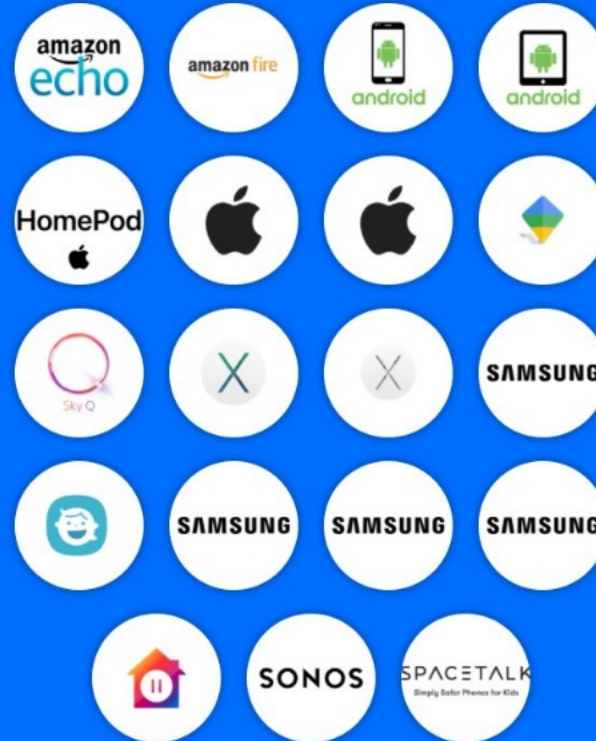


ONLINE RESOURCES & GUIDES

Internet Matters

www.internetmatters.org/

Tablets & Smartphones



Operating systems





ONLINE RESOURCES & GUIDES

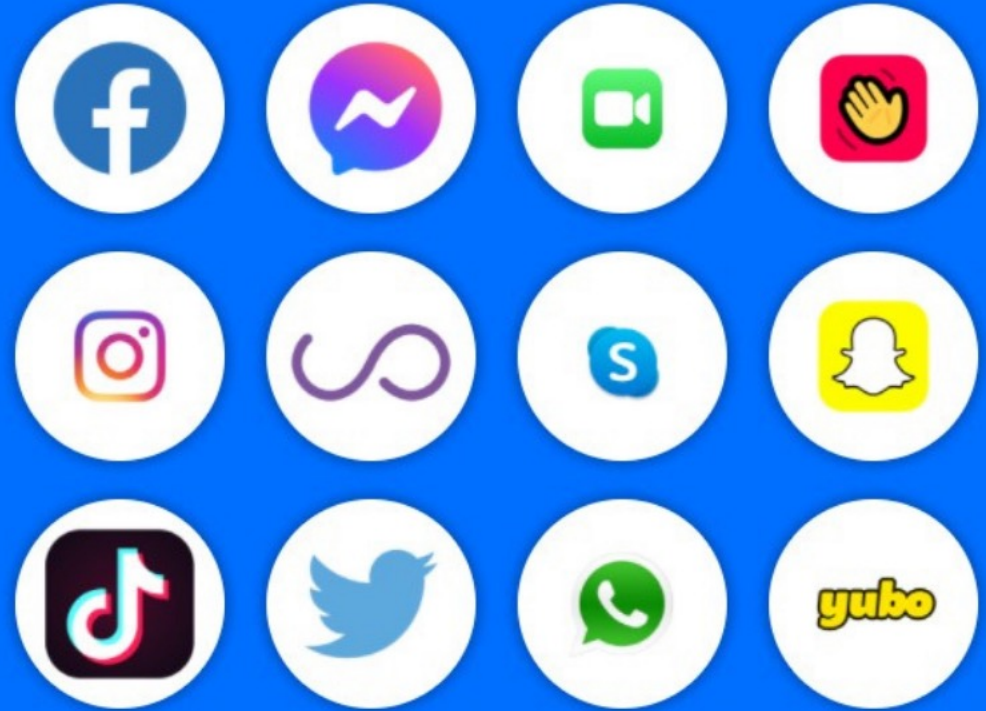
Internet Matters

www.internetmatters.org/

internetmatters.org/parental-controls/social-media/

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

Social media






ONLINE RESOURCES & GUIDES

Common Sense Media

www.commonsensemedia.org/

commonsensemedia.org

[For Parents](#) [For Educators](#) [For Advocates](#)

 **common sense media**[®]

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By Age

- [Preschoolers \(2-4\)](#)
- [Little Kids \(5-7\)](#)
- [Big Kids \(8-9\)](#)
- [Twins \(10-12\)](#)
- [Teens \(13+\)](#)


By Topic

- [Cellphones](#)
- [Screen Time](#)
- [Social Media](#)
- [Privacy and Online Safety](#)
- [Learning with Technology](#)
- [Violence in the Media](#)
- [More ...](#)

Parents' Ultimate Guide to ...

- [Minecraft](#)
- [Google Classroom](#)
- [Fortnite](#)
- [YouTube](#)
- [Snapchat](#)
- [TikTok](#)
- [Roblox](#)
- [YouTube Kids](#)
- [Zoom](#)
- [Messenger Kids](#)
- [Parental Controls](#)
- [More ...](#)

What's New



[Reflecting on Black History as a Family](#)

- [All Articles](#)
- [Family Media Agreement](#)
- [Parent Trapped Podcast](#)

[about Common Sense Media Plus.](#)

[See what else is new](#)




ONLINE RESOURCES & GUIDES


Common Sense Media

www.commonsensemedia.org/


<https://www.commonsensemedia.org/parents-ultimate-guides>



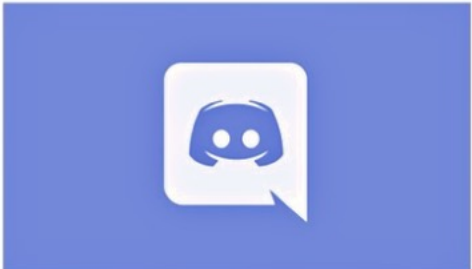
SHARE




Parents' Ultimate Guide to Snapchat
Is Snapchat safe for kids? How does it work? And what's with Snapstreaks? Everything curious parents need to know about this ultra-popular app.



Parents' Ultimate Guide to Apple Arcade
It's promoted as a family-friendly destination for mobile games, but is this subscription gaming service safe is right for your kids?



Parents' Ultimate Guide to Discord
Is Discord safe? How does it work? And what does it have to do with Fortnite? Here's everything you need to know about this popular chat app for gamers.



Parents' Ultimate Guide to Roblox
Is Roblox safe for kids? How does it work? And what the heck are Robux?



ONLINE RESOURCES & GUIDES

Common Sense Media

www.commonsensemedia.org/

The screenshot shows the Common Sense Media website. The URL in the browser is <https://www.commonsensemedia.org/blog/parents-ultimate-guide-to-minecraft>. The navigation bar includes links for 'For Parents', 'For Educators', and 'For Advocates'. The main navigation bar has links for 'Movies & TV', 'Books', 'Apps & Games', 'Parents Need to Know', 'Latino', 'Research', and 'About Us'. The article title is 'Parents' Ultimate Guide to Minecraft'. The text describes Minecraft as a choose-your-own-adventure world-building game. A sidebar on the right titled 'Browse Advice' lists related topics like 'Parents' Ultimate Guide to YouTube' and 'Snapchat, Kik, and 6 More Iffy Messaging Apps'. At the bottom right, there is a section 'Our bloggers' with profiles of Jasmine Hood Miller, Raisa Masood, Regan McMahon, Betsy Bozdech, and Michael Robb.

https://www.commonsensemedia.org/blog/parents-ultimate-guide-to-minecraft

For Parents For Educators For Advocates

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Movies & TV Books Apps & Games Parents Need to Know Latino Research About Us

Parenting, Media, and Everything In Between

Parents' Ultimate Guide to Minecraft

SHARE

Dive deeper into the choose-your-own-adventure world of Minecraft, the quirky building game that can keep kids hooked for hours, but has lots of learning benefits, too. By [Caroline Knorr](#)

Topics: [Digital Media and School](#), [Gaming](#), [Learning with Technology](#), [Privacy and Internet Safety](#), [Screen Time](#)

[Ver en español](#)

One of the best-selling independently developed and published video games, [Minecraft](#) immerses kids in creative thinking, geometry, and even a little geology as they build and explore worlds of imaginative block structures. Its open-ended style allows players to construct anything they want -- making it easy to while away the hours (as every parent of a Minecraft fan knows all too well!). If your kid gets hooked, expect a flood of related content, including YouTube videos, books, downloadable add-ons, and spin-off games like [Minecraft Dungeons](#) to follow. Though Minecraft is super popular, is it safe? Is it violent? Learn everything you need to know about this ingenious game.

[What is Minecraft?](#)
[How do you play Minecraft?](#)
[What are Minecraft's different modes?](#)

MINECRAFT

Browse Advice

Most Shared

Parents' Ultimate Guide to YouTube

Snapchat, Kik, and 6 More Iffy Messaging Apps

Teens Love

Explaining the News to Our Kids

Search by Age and Topic

Our bloggers

[Jasmine Hood Miller](#)
Regional Communications & Events Manager | Mama of three

[Raisa Masood](#)
Content Editor

[Regan McMahon](#)
Deputy Editor, Books | Mom of two

[Betsy Bozdech](#)
Executive Editor, Ratings & Reviews | Mom of two

[Michael Robb](#)
Senior Director of Research | Dad of two



WHAT APPS DOES MY CHILD USE?

GET INVOLVED!



- Ask them what apps they use
- Have them teach you
- Play with them



WHEN PARENTS ARE INVOLVED



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.common sensemedia.org
- www.illinoisattorneygeneral.gov/online safe/
- www.netsmartz.org
- www.webwise.ie
- www.cyberbullying.org



ANY QUESTIONS FOR OUR PANELISTS?



Linden Oaks
BEHAVIORAL HEALTH



FUNDING PROVIDED BY:

DuPage
Foundation 

www.dupagefoundation.org

THANK
YOU

THANK YOU TO OUR PARTNERS!

*Special
Thanks*

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



**Home
& SCHOOL**
Naperville Community Unit School District 203
General Home & School Association



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Indian Prairie Parents' Council
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everychild. one voice.[®]
#WeBelong204

THANK YOU FOR TAKING PART IN OUR MENTAL HEALTH RESOURCE FAIR

