

Addressing Big Feelings in Adolescents

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Presentation Overview

What is Mental Health?

Defining Emotions

Common Causes

Impact of Emotions

Tools for Students

Tools for Parents

Information on Seeking Support



What is Mental Health?

Mental Health Continuum Model



What are “Big Feelings”?

Intense emotions that . .

Interfere
with day to day
functioning

Negatively impact multiple
areas of a person’s life such
as school, work, or
relationships

Continues
for a long period
of time

Defining Emotions

Stress vs. Anxiety

We feel stressed when we evaluate environmental demand as beyond our ability to cope successfully

- Physiological and psychological

Feeling stressed and feeling overwhelmed are related to our perception of how we are coping with our current situation & emotions.

Worry and anxiety go together, but worry is not an emotion; it's the thinking part of anxiety

Worry is described as a chain of negative thoughts about bad things that might happen in the future

Anxiety is an emotion characterized by feelings of tension, worried thoughts, and physical changes like increased blood pressure.

Stress

vs.

Anxiety

Response to an external cause such as meeting a deadline

Goes away once the situation is resolved

Can lead to anxiety if not kept under control

Generally is internal, it's your reaction to stress

Continues even after the stressor has passed

May require counseling to help manage symptoms

Symptoms of Anxiety in Teens

- Irritability
- Trouble concentrating
- Withdrawal from social activity
- Avoidance of difficult or new situations
- Drop in grades or school refusal
- Repeated reassurance-seeking
- Chronic complaints about stomachaches or headaches
- Recurring fears and worries about routine parts of everyday life
- Extreme self-consciousness or sensitivity to criticism
- Substance use
- Sleep problems



Depression vs. Sadness

A mental health disorder

Overwhelms many aspects of your life

Will persist over weeks and months

May require professional treatment

An emotion we all experience

Temporarily changes your mood

Will pass given time

Can resolve on its own

Symptoms of Depression in Teens

- Feeling hopeless
- Lacking energy or being tired all the time
- Trouble concentrating
- Poor performance or poor attendance at school
- Low self-esteem or saying negative things about themselves
- Eating too little or too much
- Gaining or losing a lot of weight
- Trouble sleeping
- Thinking about or attempting suicide



Common Causes

Common Causes of Stress & Anxiety

- School demands and frustrations
- Negative thoughts or feelings about themselves
- Changes in their bodies
- Problems with friends and/or peers at school
- Unsafe living environment
- Separation or divorce of parents
- Chronic illness or severe problems in the family
- Death of a loved one
- Moving or changing schools
- Taking on too many activities or having too high expectations
- Family financial problems



Common Trends

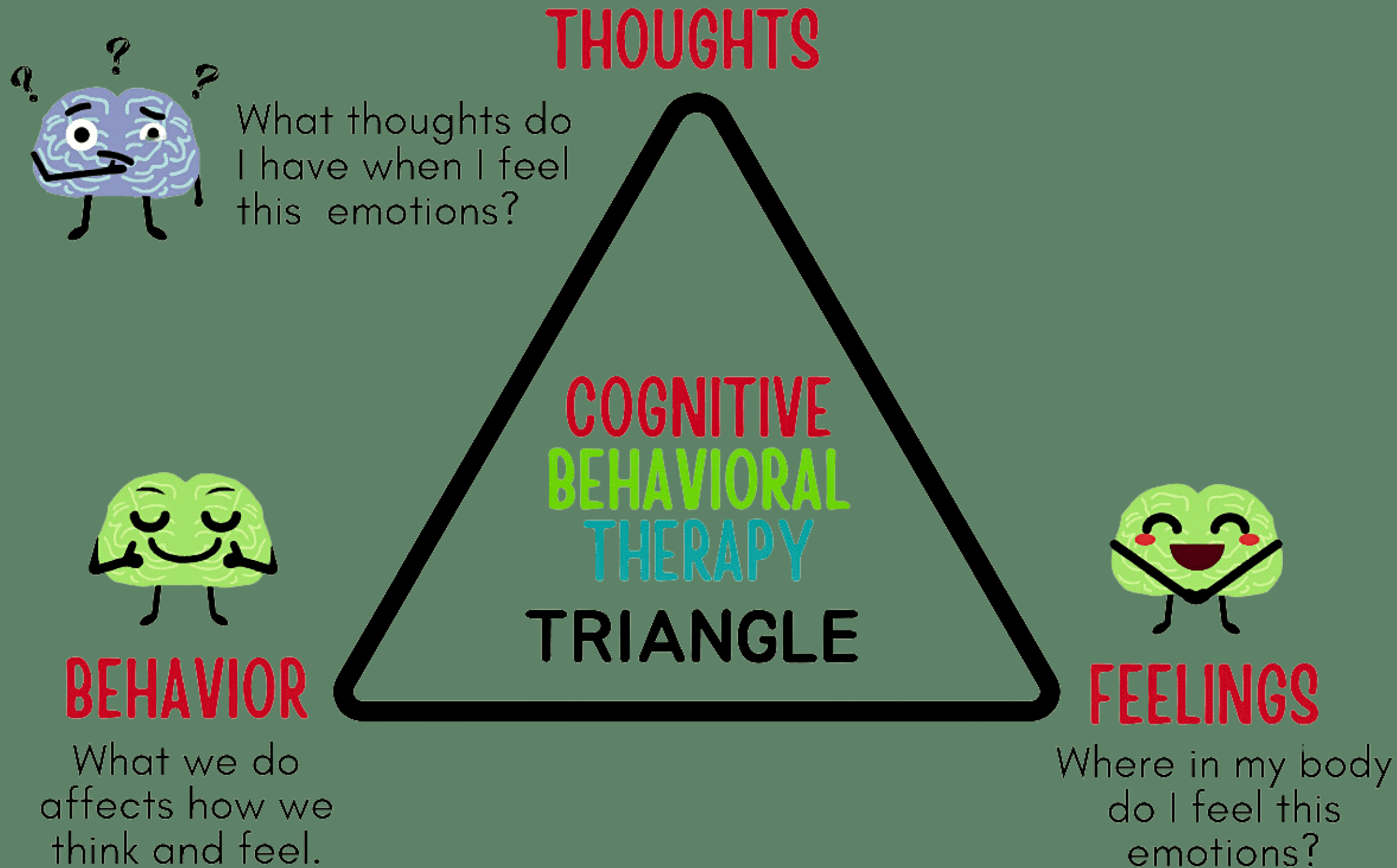


Anxiety and Depression among children ages 3-17 have increased over the last five years

It is estimated that 1 in 7 individuals, between the ages of 10-19 years, experience mental health conditions, yet these remain largely unrecognized and untreated.

In 2021, more than 4 in 10 students felt persistently sad or hopeless and nearly one-third experienced poor mental health.

The Brain is Powerful





Catastrophizing

What is it?

Thinking everything is a catastrophe and that terrible things are always around the corner.

How to Challenge it

- Change your wording to be more realistic about the odds of something happening
- Recognize that you can cope when bad things do happen
- Remind yourself that worrying will make you less able to handle things

Example

Distorted thought:

"I KNOW there's going to be an earthquake and my life will be ruined!"

Challenged thought:

"The odds of an earthquake are low and if it does happen I can find ways to manage and cope."



Mind Reading

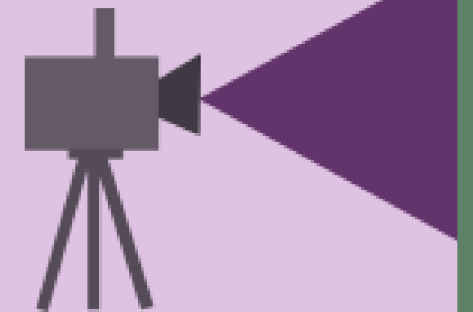
What is it?

Believing you know what other people are thinking, and it's something negative about you.

How to Challenge it

Ask yourself:

- "Do I have proof this is what they are thinking?"
- "What are some other possible explanations?"
- "Am I projecting my insecurities onto them?"



Example

Distorted thought:

"He sighed when the teacher paired us together. He must hate me."

Challenged thought:

"He might have just been sad he didn't get paired with his best friend. I don't know for sure what he is thinking."



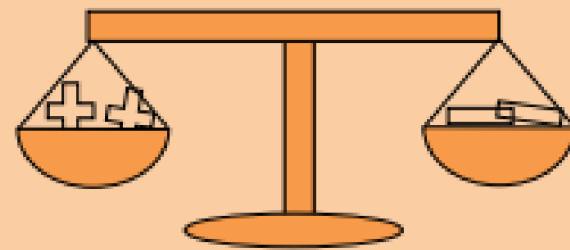
Mental Filter

What is it?

Filtering out all the positive things in your life or in yourself and only focusing on the negative.

How to Challenge it

Look for the good and balance it with the bad things in your life and in yourself.



Example

Distorted thought:

"Today was absolutely terrible!"

Challenged thought:

"Some bad things happened, but so did some good things."



Blaming

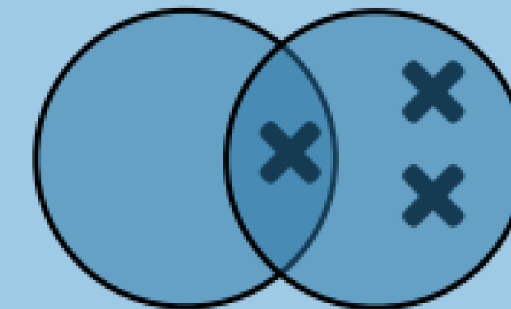
What is it?

Blaming yourself for things not in your control, or blaming others for things not in their control.

How to Challenge it

Ask yourself:

- "What factors are in my control?"
- "What factors are out of my control?"



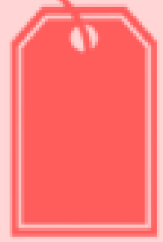
Example

Distorted thought:

"It's his fault I failed the test because I was distracted by his clicking pen."

Challenged thought:

"The clicking pen wasn't in my control, but I also stayed up late, skipped breakfast and didn't study. Those were in my control."



Labeling

What is it?

Labeling yourself or someone else instead of an event or circumstance.

How to Challenge it

Change the wording to label an event, not a person.



Example

Distorted thought:

"I'm a failure."

Challenged thought:

"I failed one test."



Overgeneralizing

What is it?

Exaggerating how often or pervasive something is. It often comes with extreme words like "**always**" and "**never**."

How to Challenge it

Change the wording to be more realistic about how frequent something is. Change "always" to "often" or "never" to "rarely."

Example

Distorted thought:

"I **always** get in trouble!"

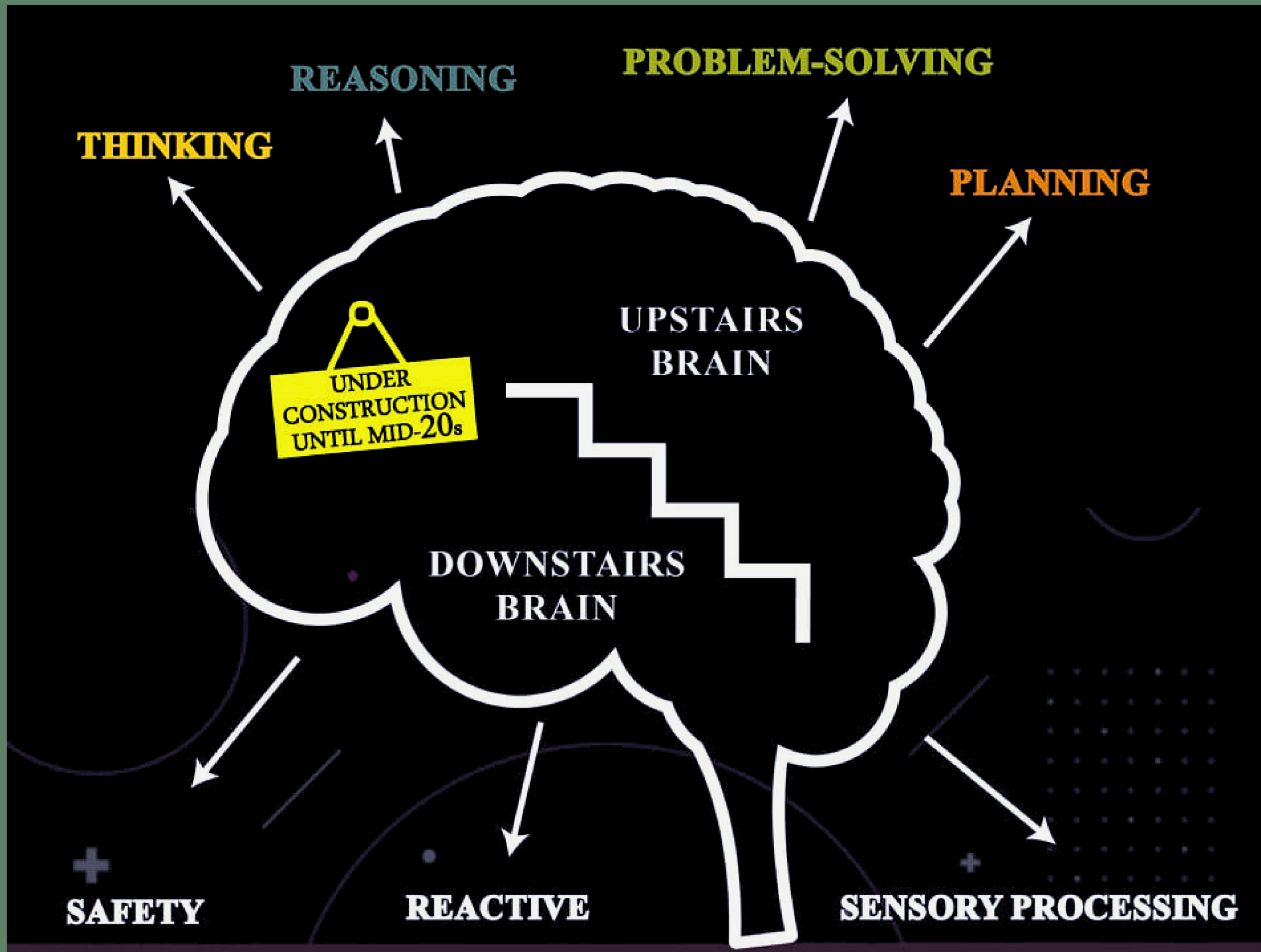
Challenged thought:

"I **sometimes** get in trouble."

LEFT
MODE



Right
Mode



Impact of Emotions

How Anxiety Affects Teens

Anxious teenagers are different from anxious children. At each stage of development kids have different worries and vulnerabilities.

Teens are often anxious about:

- How they are perceived
- Their performance
- Their bodies

Key Features in Adolescent Development

Ages 10-14

- Focus on self increases
- Sense of identity develops
- Close friendships gain importance
- Overt affection towards parents declines
- Complaints that parents interfere with independence increase
- May feel awkward or strange about themselves and their bodies

Ages 15-19

- Independent functioning increases
- Concern for others increases
- Social networks expand and new friendships form
- Emotional steadiness increases
- Engagement with parents declines
- Peer relationships remain important

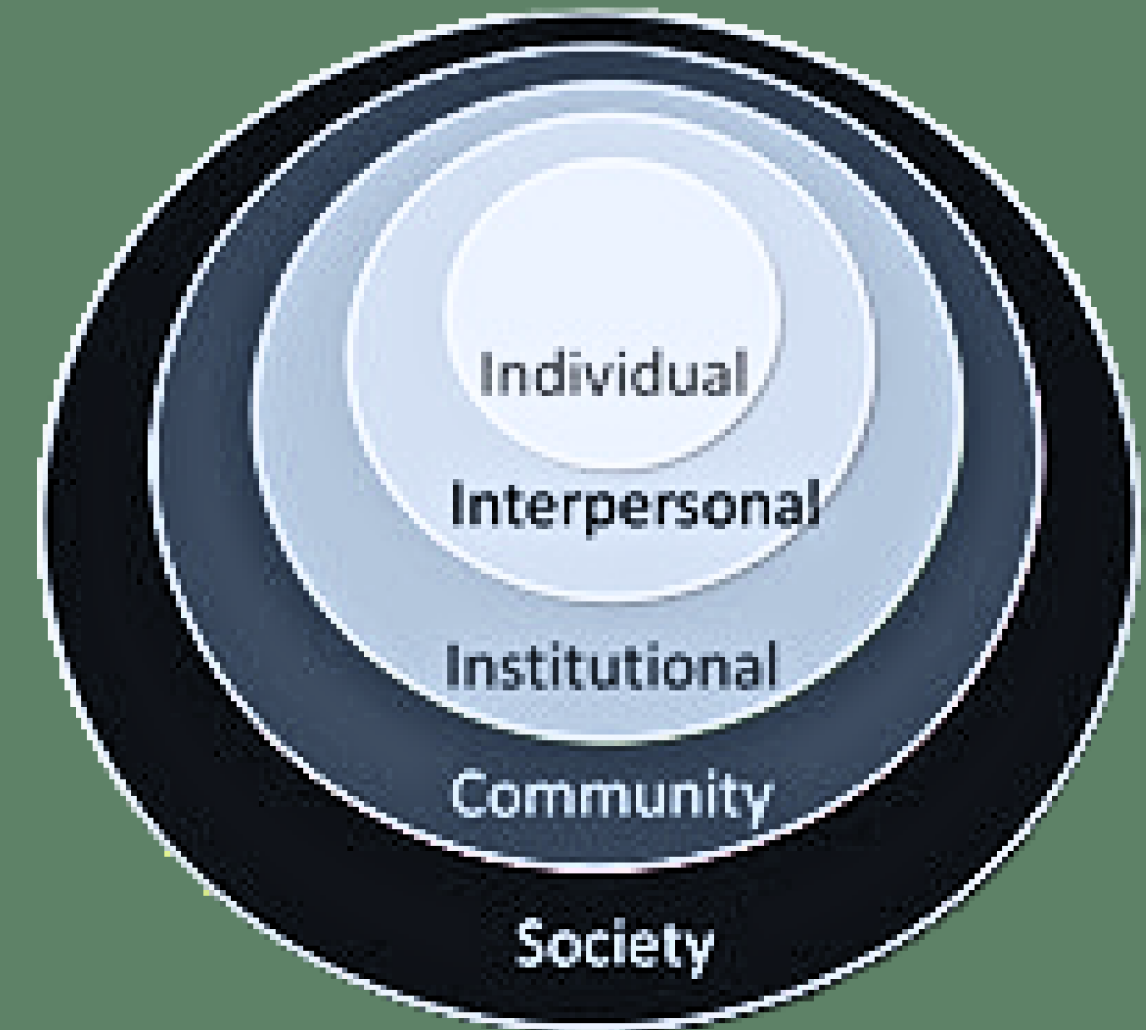
How Depression Affects Teens

Teenagers with depression have trouble enjoying things they used to love. They may also seem listless and easily annoyed.

Depression can have a lot of negative effects on a child's life, like missing school and not wanting to be around friends. It's normal for teenagers to feel upset or sad when something bad happens, but a teenager with depression doesn't feel better if things change.

**Depression and anxiety affect
all areas of an individual's well-being:**

Sleep
Diet
Mental and Physical Health
Self-Esteem
Social Interaction
Academic Performance



Impact on Academics

Anxiety and depression negatively influence academic progress and encourage under-achievement. Often we see a student struggling with Anxiety or Depression impacted in the following ways:



- Inattention and restlessness**
- Attendance problems**
- Disruptive behavior**
- Frequent trips to the nurse**
- Not turning in homework**
- Avoiding socializing or group work**
- Defiance**



Course	Teacher	MP1		MP2		Mid T Exam	MP3		MP4		YTD Abs	Local Exam	Reg Exam	Final Avg	Earned Credit
		Grd	Abs	Grd	Abs		Grd	Abs	Grd	Abs					
ENGLISH 11 REGENTS		71	6	86	17		94	7	79	6	36		65	83	1.00
US HISTORY/GOVERNMENT REGENTS		55	8	60	14		83	10	81	7	39			70	1.00
ECONOMICS							87	4	53	7	11	64		69	0.50
GEOMETRY REGENTS		55	9	55	20		65	6	68	6	41		27	65	1.00
REGENTS COMMON CORE GEOMETRY - JAN											0				0.00
ASTRONOMY							90	11	90	9	20	100		92	0.50
MARINE SCIENCE		80	14	55	18						32	0		NG	0.00
SPANISH II		90	12	83	24		94	11	89	11	58	91		89	1.00
PE		100	4	82	12		95	5	83	6	27			90	0.50
HEALTH - ALT DAY		55	7	55	10		78	2	70	3	22	72		66	0.50
ENGLISH (CR)									94		0			94	1.00
Quarter Average:		65.86		64.14			84.43		78.00					79.15	7.00

Course	Teacher	MP1		MP2		Mid T Exam	MP3		MP4		YTD Abs	Local Exam	Reg Exam	Final Avg	Earned Credit
		Grd	Abs	Grd	Abs		Grd	Abs	Grd	Abs					
CONTEMPORARY ISSUES IN FICTION AND NON-FICTION		94	2	96	4		93	6	91	7	19			94	1.00
GOVERNMENT AND GENOCIDE							97	6	92	7	13	100		95	0.50
FOUNDATIONS IN ADVANCED P ALGEBRA		75	3	89	5		92	7	94	10	25	89		88	1.00
EARTH SCIENCE							74	7	86	7	14			80	1.00
FORENSIC SCIENCE		100	2	100	3						5	100		100	0.50
LOTE PATHWAY EXAM - SPANISH											0				0.00
SPANISH V - SUNY				105			105		104		0	95		104	1.00
COLLEGE BUSINESS LAW		83	2	99	4						6			91	0.50
BUSINESS 360							100	6	100	7	13			100	0.50
DIGITAL PHOTOGRAPHY 1		99	2	93	4						6			96	0.50
DIGITAL PHOTOGRAPHY 2							90	7	78	10	17			84	0.50
PE		87	1	96	4		100	4	100	3	12			96	0.50
HUMAN ANATOMY		90	2	94	6						8	98		93	0.50
PE (CR)									94		0			94	1.00
Quarter Average:		91.56		96.53			93.00		92.37					92.75	9.00

Tools for Students

Anxiety Tools for Students

- Taking time out of the day to unwind
- Make time for fun—and quiet.
- Spend time outside
- Eating nutritious meals and limiting caffeine intake
- Exercise
- Healthy sleeping patterns, including less screen time before bed
- Deep breathing exercises
- Acceptance
- Learning triggers
- Talking and sharing experiences with others
- Seeking support from your school counselor/social worker/psychologist

Tools for Parents

Parenting Through Depression

1. Be supportive
2. Accentuate the positive
3. Help your child with depression get treatment
4. Engage in self-care

Parenting Anxious Teens

1. The goal isn't to eliminate anxiety, but to help your child manage it.
2. Try not to avoid things just because they make your child anxious.
3. Express positive — but realistic — expectations.
4. Encourage your child to tolerate their anxiety.
5. Think things through with your child.

Tools for Parents

- Show your child that you hear, see, and understand them
 - This can be done by simply naming and acknowledging their feelings
 - “I see”, “I hear”
- “Okaying” your child’s feelings will allow them to build resilience.
 - It can teach them the healthy coping skills that they will need throughout their life.
- Setting boundaries; especially if the emotions are leading to your child having anger outbursts
- Don’t forget your own oxygen mask!

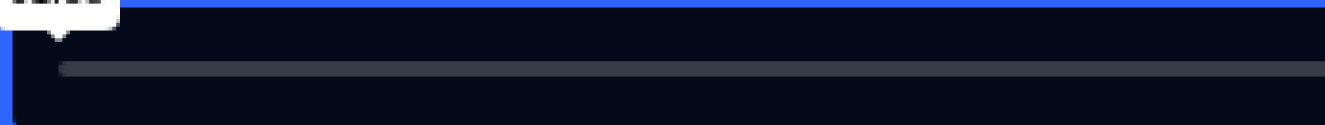


Teens, Drinking & Suicide: What Every Parent Should Know



American
Foundation
for Suicide

01:58



Information on Seeking Support in the Community

Counseling Services...

Currently Offering Telehealth, Zoom, and In-Person Sessions
BY APPOINTMENT ONLY

Offered by:

Town of Brookhaven Youth Bureau Sanctuary Program
New York State Licensed Clinical Social Workers

Serving town residents between the ages of 12 - 24

(FREE & CONFIDENTIAL)

Individual and/or Family Counseling

Support and Educational Groups (TBD)

Crisis Intervention

Housing Referrals

Advocacy with Community Services

Case Management and Independent Living Skills

Intervention with Runaway and Homeless Youth

**Town of Brookhaven Youth Bureau
Town Hall
One Independence Hill
Farmingville, New York 11738
(631) 451-8011**



Supervisor Edward P. Romaine

Jonathan Kornreich, District 1 *Michael Loguercio, District 4

Jane Bonner, District 2 Neil Foley, District 5

Kevin LaValle, District 3 Daniel Panico, District 6

Donna Lent, Town Clerk

Louis Marcocchia, Receiver of Taxes

Daniel P. Losquadro, Highway Superintendent

* Youth Bureau Liaison



DASH

CRISIS CARE FOR CHILDREN, ADULTS, AND FAMILIES

FSL's Diagnostic, Assessment, and Stabilization Hub (DASH) offers 24 hour, 7 day a week, year round crisis care at a community based site. The program is available to Suffolk residents who struggle with mental health and substance use disorders. Assessments, counseling, and care management intervention is available for children 5 years or older, adolescents, and adults.

The goal of crisis intervention is to provide quality care while reducing unnecessary use of emergency departments, inpatient care, and criminal justice services.

- **631-952-3333 HOTLINE** available 24/7/365
- DASH Team includes nurse practitioners in psychiatry, registered nurses, social workers, credentialed alcoholism and substance abuse counselors, and peer specialists
- Mobile Response Team (MRT) delivers crisis care to schools, businesses, homes, and other locations throughout the community
- Length of stay will be up to 24 hours
- Supportive and comfortable environment

Jessica Aquino, LCSW-R, DASH Program Director
jaquino@fsl-li.org or 934-223-6501

Patricia Ferrandino, LCSW-R, CASAC, Director of Clinic Operations
pferrandino@fsl-li.org or 631-998-0019

90 Adams Avenue, Hauppauge, New York 11788

Let FSL help you on your journey to a better life!



The Family Service League DASH program works in coordination with NYS Office of Mental Health, Division of Mental Hygiene, and NYS OASAS.

Is AFY Right For Us?

In order to be enrolled in AFY adolescents must exhibit **3** incorrigible recent behaviors that **are not school related**. These can be, but are not limited to:

- ⇒ Disobeying curfew/ whereabouts unknown
- ⇒ Running away
- ⇒ Experimenting or abusing drugs and/or alcohol
- ⇒ Threatening behaviors

Please note:

- Adolescents who are currently receiving intensive in-home services, such as S.P.O.A. or Home Base are not eligible for the AFY program.
- Adolescent who are currently on Probation or a School PINS, are not eligible for the AFY program.
- Adolescents having behavioral issues at school **and** primary issues in the home, *may* be accepted into the AFY program and staff will gladly work with families and school to address these concerns.

**To enroll please call:
631-853-7889**

**For general questions about
the program please call:
631-648-2700**

Alternatives For Youth is a partnership between Suffolk County Department of Social Services, Suffolk County Department of Probation, Suffolk County Office of Mental Hygiene, & Suffolk County Youth Bureau.



EAC Network is a not-for-profit social service agency with a network of 70 programs throughout Long Island and New York City and has been providing human service programs in the fields of aging, youth, families, education, and criminal justice since 1969. Last year EAC Network helped over 68,500 people of all ages.

Lance W. Elder
President & CEO

Tania Peterson Chandler, Esq.
Vice President of Operations

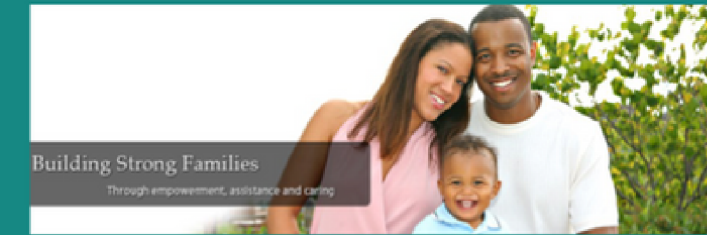
Andrea Ramos-Topper, LMSW
Division Director

Demishia Owens, MS
Program Director

Contact us at:
EAC Network
Alternatives For Youth
60 Plant Ave.
Hauppauge, NY 11788
Phone: 631-648-2700
Fax: 631-648-2704

To enroll in the program, contact
Probation
631-853-7889

Administrative Office:
50 Clinton Street, Suite 107
Hempstead, NY 11550



ALTERNATIVES FOR YOUTH



Home-Based

Intervention For Families

Alternatives For Youth

A Suffolk County

PINS Diversion Program

60 Plant Ave.

Hauppauge, NY 11788

General Inquiries Call: 631-648-2700

TO ENROLL CALL: 631-853-7889

www.eac-network.org

facebook.com/eacnet @EACNet



Counseling Services

Are you, your child or family member experiencing:

- **Difficulty concentrating**
- **Loss of motivation**
- **Poor performance at school/work**
- **Avoidance of friends and family**
- **Distressing memories**
- **Excessive worrying**
- **Irritability**
- **Loss of enjoyment**
- **Trouble sleeping**
- **Relationship problems**
- **Anxiety**
- **Mood changes**

We can help your child with emotional or mental health problems resulting from divorce, family crises, peer pressures, low self-esteem, phase of life issues, etc.

**For more information please contact
(631)446-1950**

In addition to counseling services, YES also offers after school, evening and summer programs for children and youth.

Please call (631)587-5172 or visit our website at www.yesnews.org for more information



FOSTERING A HIGHER QUALITY OF LIFE

Our Mission

Youth Enrichment Services Counseling is committed to the mental health and wellness of youth and their families, through prevention, intervention, treatment, and education.

Our focus is to provide quality programs with strong collaborations with Long Island school districts, other agencies, governmental partners, and the private sector.

We will provide support for children and adolescents struggling with emotional or mental health problems resulting from depression, anxiety, and family adjustments, amongst others. Our programs and services are inclusive of all youth and families.



Youth Enrichment Counseling Services

13 McWhorter Street
Brentwood, New York 11717
Tel: 631.231.4333 • Fax: 631.231.4338
www.yesnews.org

We are the place to turn to when children's problems seem overwhelming and too difficult to handle alone. We help restore children's well-being and increase positive behaviors at home and school.

Our counselors can provide positive solutions/strategies for your child or teen, we will work together to assist your child.

Increase positive behaviors at home or in school.

Strengthen social skills and self-esteem
Develop self-control and manage anger.

Succeed in the classroom.

Decrease conflict with family members, teachers, and peers » Heal from the traumatic effects of abuse.

Recover from emotional distress.

Our Counseling Services

YES provides support for children and adolescents struggling with emotional or mental health problems resulting from depression, anxiety, and family adjustments, amongst others.

- Difficulty concentrating**
- Loss of motivation**
- Poor performance at school/work**
- Avoidance of friends and family**
- Distressing memories**
- Excessive worrying**
- Irritability**
- Loss of enjoyment**
- Trouble sleeping**
- Relationship problems**
- Anxiety**
- Mood change**



- Individual/Family Counseling**
- Child Psychiatry**
- Group Therapy**
- Play Therapy**
- CBT & DBT Therapy**



Professional Counseling Services

TEL: 631.231.4333

Upcoming Parent Academies

January 24th

Mindfulness and Emotional Regulation @ 7pm
with Ms. Parisi and Ms. Urraro

January 30th

Video Games Impact on Brain Development @ 7pm
with Ms. Zariello and Ms. Bellini

February 5th

Social Media @ 5:30 pm
with Mrs. Liebling and Mrs. Guidone

Questions and Contact Information

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631-642-4330

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Yasemin Tastan - Attendance

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