Partnering with Parents to Promote Student Resilience & wellbeing
Workshop Objectives

• **Overview of CASSY services:**
  Our mission, vision, and values
  Who we serve

• **Understanding and recognizing signs of teen stress.**

• **Review strategies for promoting positive communication.**

• **Promoting resilience and wellbeing in your teen.**
Who we are
CASSY is a nonprofit agency that partners with schools to provide counseling services to students in their academic setting.

Our Mission
- De-stigmatize mental health services.
- Normalize supporting social and emotional well-being in our schools.
- Provide all students with the continuity of support they need to be successful in school & life.
Our core principles

• Be available to help all students.
• **Partner** with schools to help make mental health services a natural part of the educational process.
• **Tailor** our programs to meet the unique needs of the populations we serve.
• Hire, train and mentor **professional** therapists who love working with youth.
• **Commit** to making a difference!
Past and Present

2009
1 School

2016
44 Schools
Our Story

In 2009, CASSY started as a summer school counseling program in East Palo Alto. As a result of providing quality services, CASSY has continued to grow over the past seven years . . .

We now provide year-round mental health services for over 33,000 students at 43 schools in 8 districts throughout Silicon Valley.

Saratoga - Los Gatos - Palo Alto - East Palo Alto
Milpitas - San Jose - Campbell
What we do
By removing social and emotional obstacles that make it difficult to focus on academics, we give young people a chance to get the most out of the educational opportunities provided to them.

CASSY provides comprehensive services to students, parents, and staff.

**Students**
- Individual counseling
- Group counseling
- Wellness promotion
- Crisis support

**Parents**
- Consultation
- Community referrals
- Wellness education
- Presentations

**Staff**
- Training
- Education
- Consultation
- Partnership
Who we serve

Counseling is not just for students in crisis or suffering from serious mental health problems. We support students with a range of issues which can negatively impact their school functioning.

Students can seek counseling for a variety of reasons:

**Mild**
- Academic stress
- Peer relationships
- Self-esteem
- Communication

**Moderate**
- Grief and loss
- Depression
- Anxiety
- School avoidance

**Severe**
- Trauma
- Self-harm
- Abuse/bullying
- Suicidal thoughts
CASSY at SHS

We are in our fifth year partnering with Saratoga High School.

We provide comprehensive mental health services which are available to all students including counseling, crisis support and parent consultation.

We also provide services to students in special education and we have a full time therapist in the ASSIST Therapeutic Program.

Annually CASSY provides:

• 4,800 hours of individual, family, group counseling
• 200 student assessments
• 160 parent consultations
• 400 staff consultations
• 75 classroom presentations
Top presenting concerns at SHS

- Anxiety symptoms (26%)
- Academic stress (24%)
- Depressive symptoms (16%)
- Communication w/parents (13%)
- Peer relationships (11%)
Teen Stress

“Stress in America” survey finds similar patterns of unhealthy behavior in teens and adults, especially during school year.

The five sources of stress most often experienced by teens:

- School work (78%)
- Parents (68%)
- Romantic relationships (64%)
- Friends’ problems (64%)
- Younger siblings (64%)
Teen Stress

Effects of Teen Stress:

• 31% of teens reported feeling overwhelmed
• 30% reported feeling sad or depressed, as a result of their stress
• 36% of teens report feeling tired
• 23% report skipping a meal due to stress
20% of teens experience mental health issues such as depression, anxiety, stress, & low self-esteem.

However, 80% of teens who need help are not getting it.

Research shows that school counseling has a substantial impact on students' educational and personal development.

Research has also shown that teenagers who have supportive relationships with their parents tend to do far better across many areas of life.
How do you know if your teen needs support?

- Changes in behavior
- Drop in academic grades
- Loss of interest in daily activities
- Social / family withdrawal
- Excessive irritability

- Change in sleeping patterns
- Change in weight/appetite
- Unexpected anger or sadness
- School avoidance
- Lack of motivation
Improving communication with Your Teen...

**Listen.** Having a conversation rather than a lecture will open communication.

**Be empathetic.** Express understanding of your teen’s thoughts and feelings. Conversation will break down if your teen feels accused or judged.

**Show respect.** Teens can be easy to talk with if the parents listen to their teen's point of view.

**Share feelings.** Sharing how you feel can make a message more acceptable. For example, saying, “I worry when you come home late” allows your teen to understand your perspective.
Seize the moment. A spontaneous conversation in the car or late at night can make for some of the warmest, most rewarding moments.

Take responsibility. Use ‘I’ statements, such as, “I appreciate it when the lights are turned off” rather than, “You should turn off the lights”.

Begin with positives. If you start your communications with a positive, it’s more likely that your teen will then accept your message. Your teen can become defensive when you begin a conversation with a criticism or blame.

Open-ended questions. These will encourage your teen to expand on what they’re saying.
Resilience is the ability to ‘bounce back’ after a tough situation and/or adapt to difficult circumstances and keep on thriving.

Your teen needs the **skills and attitudes** to help them bounce back from everyday challenges such as: making mistakes, getting a poor grade, losing friends, moving to a new school, or losing an important game.

Your teen might also face more serious challenges such as divorce, bullying, illness or death of a family member, or experiencing a traumatic experience.
Building Blocks of Resilience

**Competence:** When we notice what teens are doing right and give them opportunities to develop important skills, they feel competent.

**Confidence:** Teens need confidence to be able to navigate the world, think outside the box, and recover from challenges.

**Connection:** Connections with other people, schools, and communities offer teens the security to stand on their own and develop creative solutions.

**Character:** Teens need a sense of right and wrong and a commitment to integrity.
Building Blocks of Resilience

**Contribution:** Teens who contribute to the well-being of others receive gratitude rather than condemnation and learn that contributing feels good.

**Coping:** Teens who possess a variety of healthy coping strategies are less likely to turn to dangerous quick fixes when stressed.

**Control:** Teens who understand privileges and respect are earned through responsibility learn to make wise choices and feel a sense of control.