

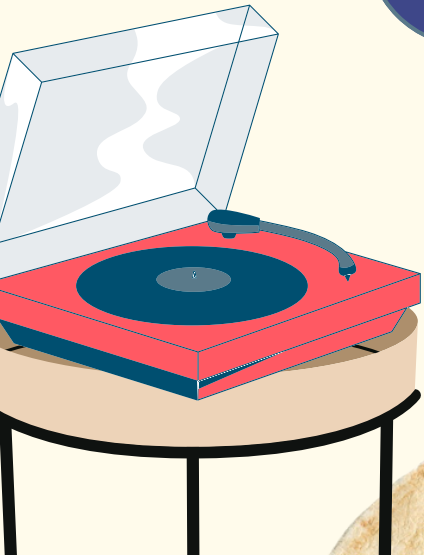
Three potted plants are arranged on a light brown wooden shelf. From left to right: a small white pot with a trailing vine, a larger grey pot with a bushy green plant, and another white pot with a trailing vine. The background is a plain light yellow.

Engaging the Disengaged Adolescent

Get started with approved tools and strategies

A green armchair with wooden armrests and legs sits on a large, round, light brown rug. A pink circular cushion with a white sunburst pattern is on the seat. To the right, a lamp with a white shade and a curved wooden base is partially visible.

Myleena Grenis, MSW, LISW, CADAC



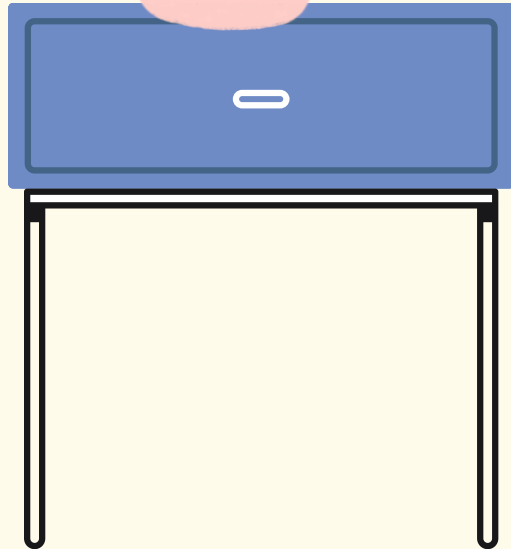
About me

I am a school based therapist serving MS-HS and work in private practice. I utilize DBT, ACT, Mindfulness, MI and Expressive Arts in my work.

Graduate of UNI and U of I.

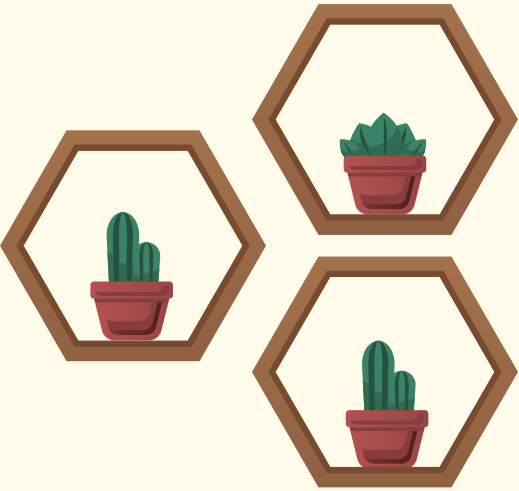
I have experience in early childhood and K-12 school based therapy, SUD, medical, private practice, DV, human trafficking, BBBS, Youth Shelter and Detention Center.

Cheering on my kids, caring for our farm, gardening, repurposing, kayaking and taking adventures with friends and family.



What I will cover

Youth Mental Health statistics.
Self authenticity.
Assessment musts.
Essential Teen Resources.
Setting Clear Boundaries
and Expectations.
Self-disclosure.
Tools to add to your box.
Self-Care



Youth Mental Health Stats

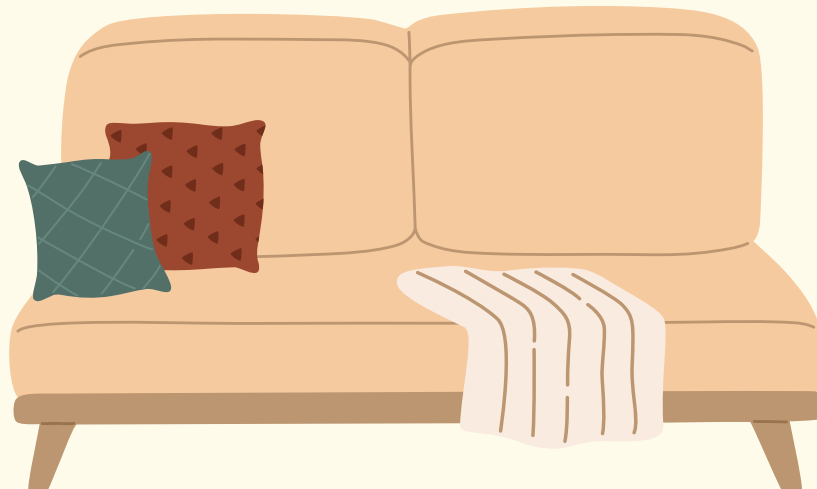
- 1 in 5 children ages 10-18 have or will have a serious mental illness
- Approximately 50% of students age 14 or older with a mental illness drop-out of high school
- 4% of youth in the US report having a substance use disorder in the past year.
- Suicide is the 2nd leading cause of death in youth ages 10-34 (90% of those who died by suicide had an underlying mental illness)
- Post Pandemic Social Anxiety is at an all time high

Stats from CDD and Adolescent Wellness Academy, Mental Health America, NAMI



Through my lens

- Adolescents want to hear they are loved by their caregivers.
- Social media has a negative impact on teen mental health.
- Youth are lacking distress tolerance skills and flexibility.



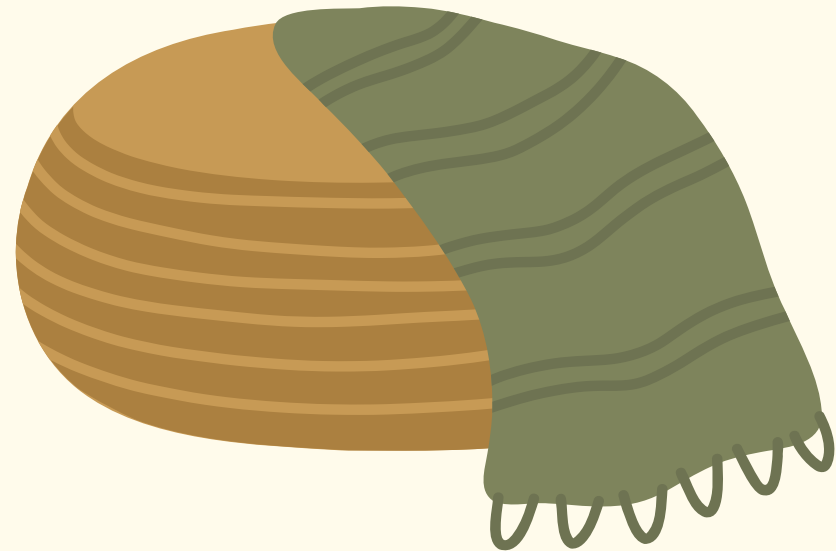


Authentic Self

Be yourself!
Be the Provider!



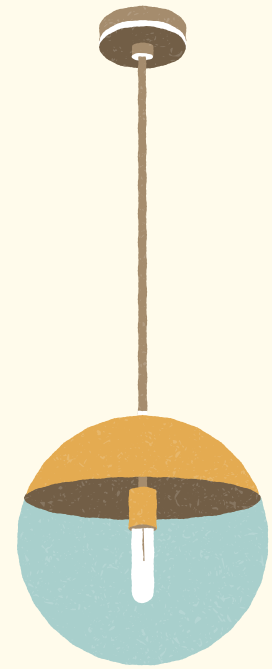
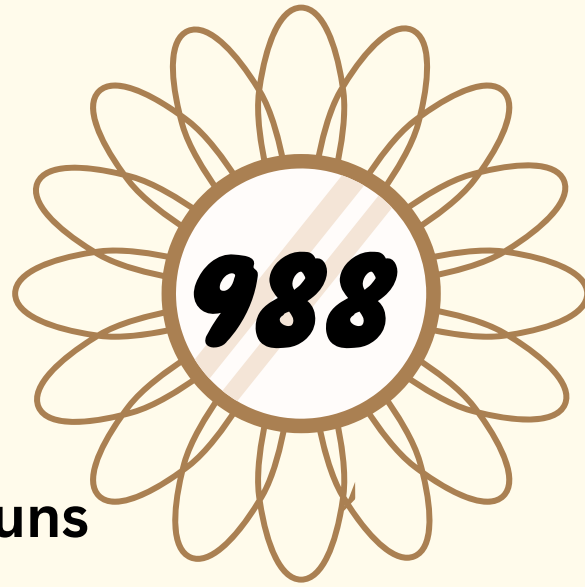
Seed Planting



Assessment

What must I include?

- Preferred name and pronouns
- Suicide Risk assessment
- Hx of abuse and mental health
- Relationship with food
- Relationship with substance use
- Scale, PHQ-9 & GAD-7/similar
- Family and Peer relationships
- Support for MH
- Sleep hygiene
- Screen usage/access
- Goals of therapy
- Pharmacological intervention



Set Expectations TOGETHER

Define:

Who is the client?

Why therapy?

Communication Plan?

Frequency of Services

MH Support

Review:

Confidentiality

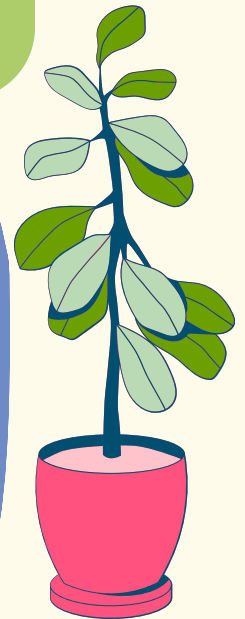
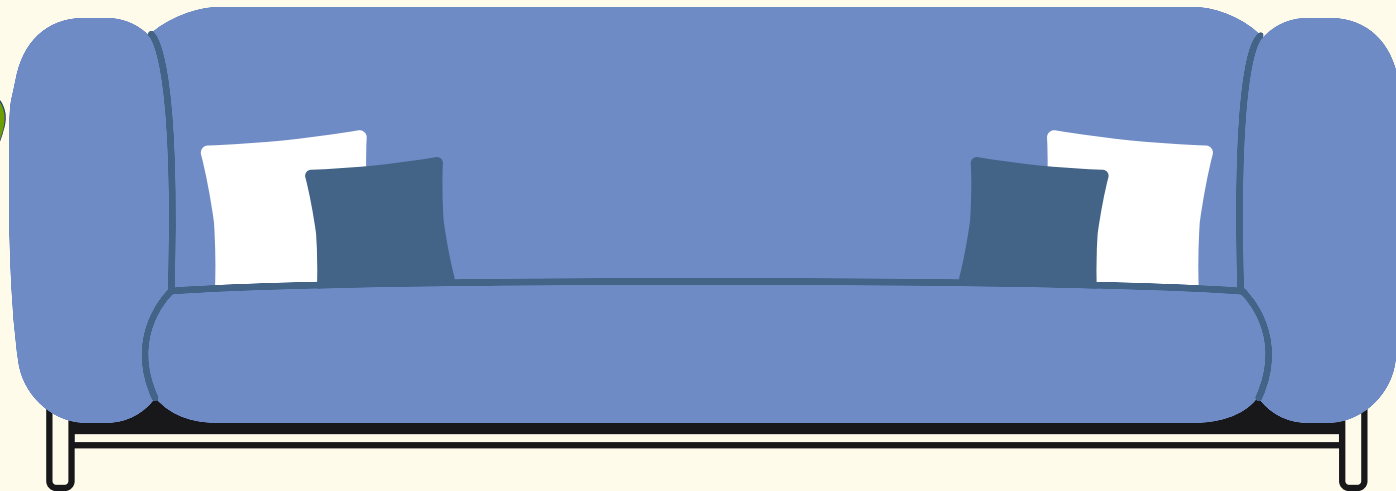
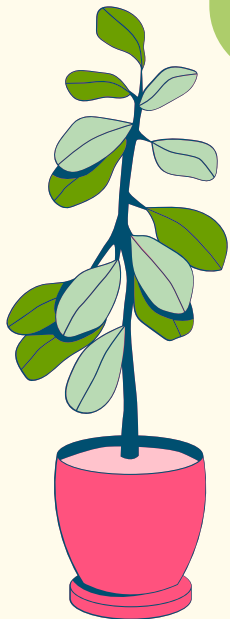
Technology

Boundaries

Safety Plan and Protocol

Therapeutic Process

MH Referrals



Set expectations with telehealth

Keep in mind:

- **location**
- **privacy**
- **safety**



Self-Disclosure

Express what you want to share in your space.



Essential Resources

Help sprout Emotional Wellness



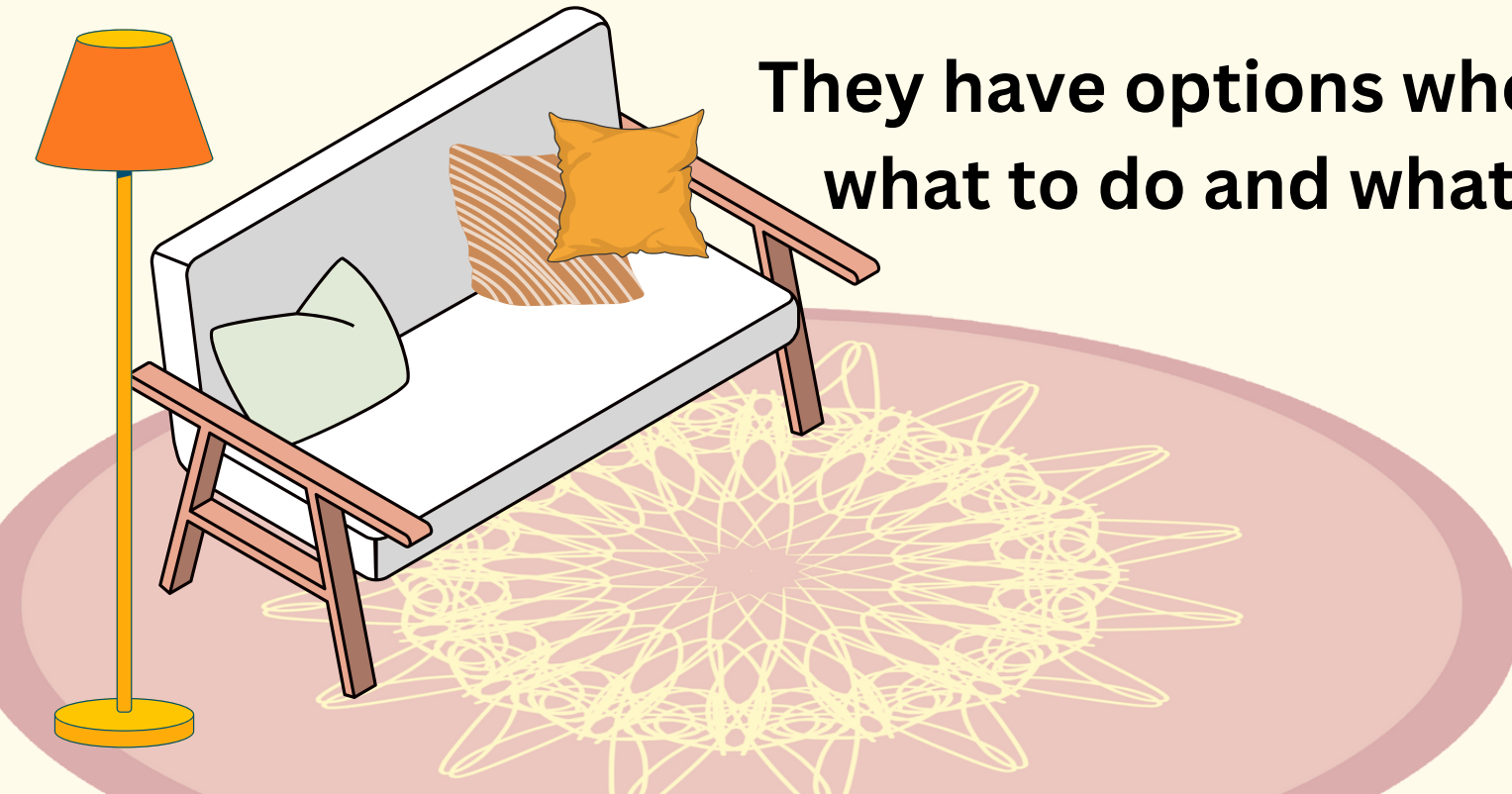
- 988/Chatline
- The Trevor Project
- A Friend Asks
- IGYSP
- Mobile Crisis Resources
- Supportive sites
- small bookmark sized handouts
- Headspace FREE for Teens

<https://www.headspace.com/teens>

Promote Autonomy

**Take every opportunity to remind
them who is in the drivers seat.**

**They have options where to sit,
what to do and what to say.**





Individual and Group Starters



Ice Breakers and routine are important.
Remember to offer choices.

- **Rose, thorn and bud**
- **Journal Prompt**
- **Paint your feelings**

- **Squibbles**
 - **color to the beat**
- *options can be offered through art materials.**

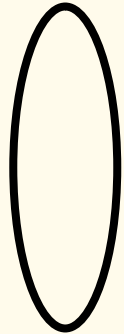
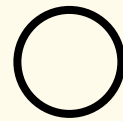
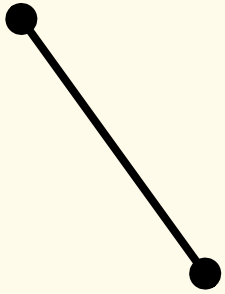
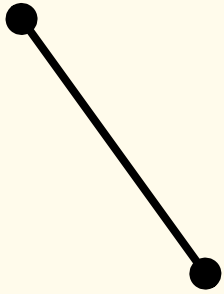
ROSE, THORN & BUD CHECK-IN



ROSE
What's something
you're grateful
for, or that is
positive in your
life right now?

THORN
What's something
challenging or stressful,
that you could use
some more support
with right now?

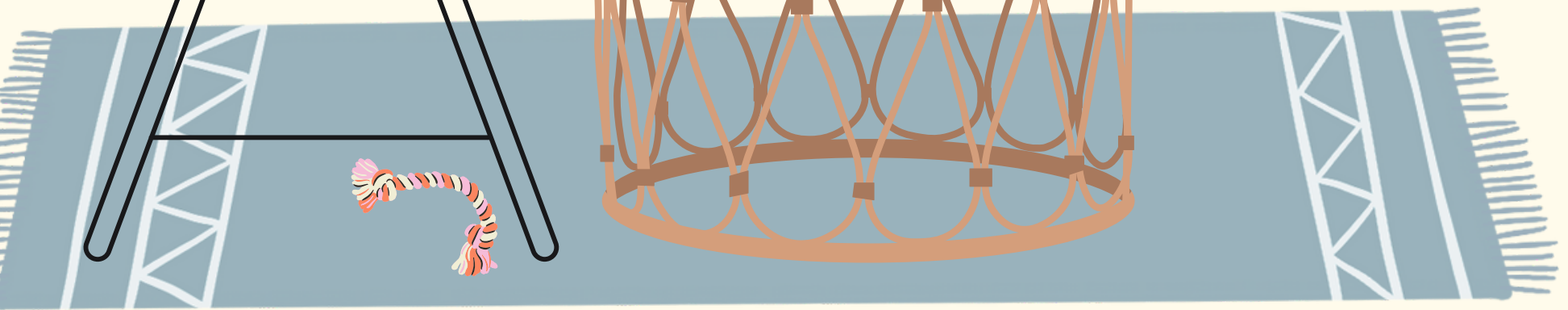
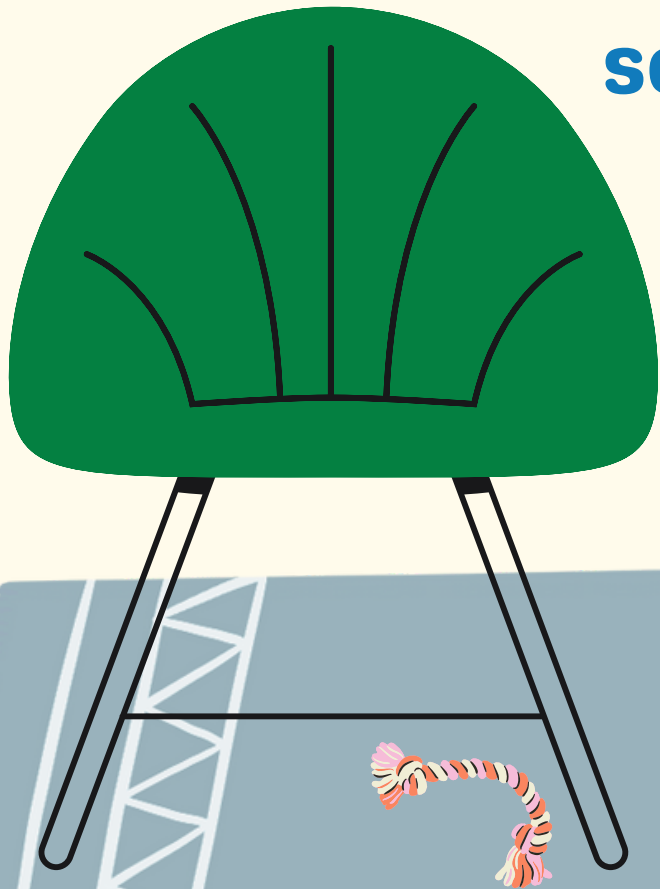
BUD
What's something
you look forward to,
or that gives you
hope, motivation, and
inspiration right now?

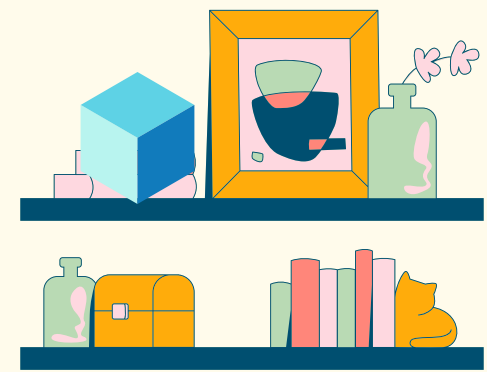




Learning and Sharing

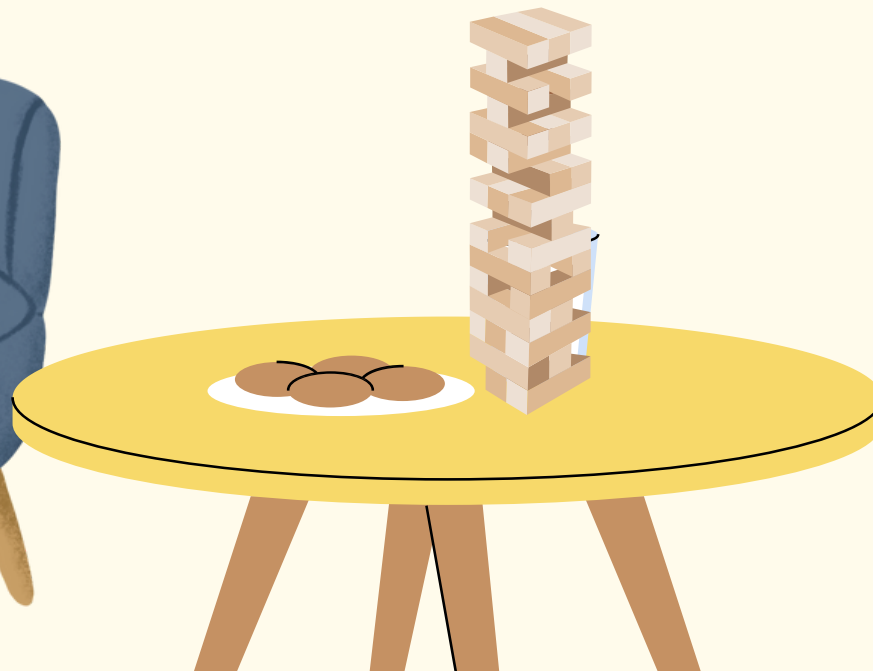
Teach skills to build
self-confidence.

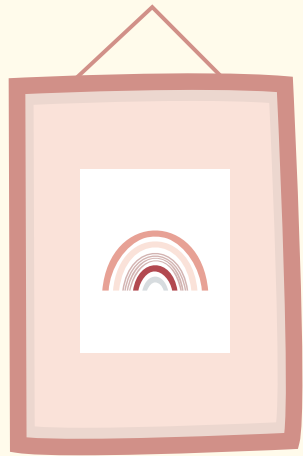




Engaging Tools to help build rapport

Sand tray, diamond art, putty, fidgets,
vision boards, painting, jenga game,
You Know and Kings Corner card games,
Mindful Eating, I AM game



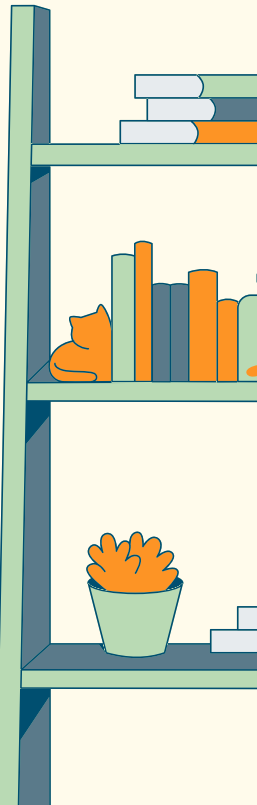
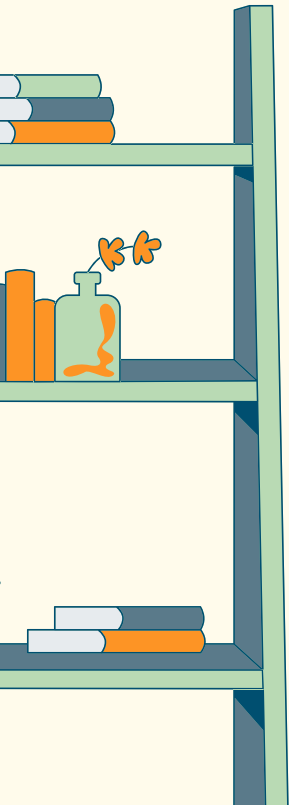
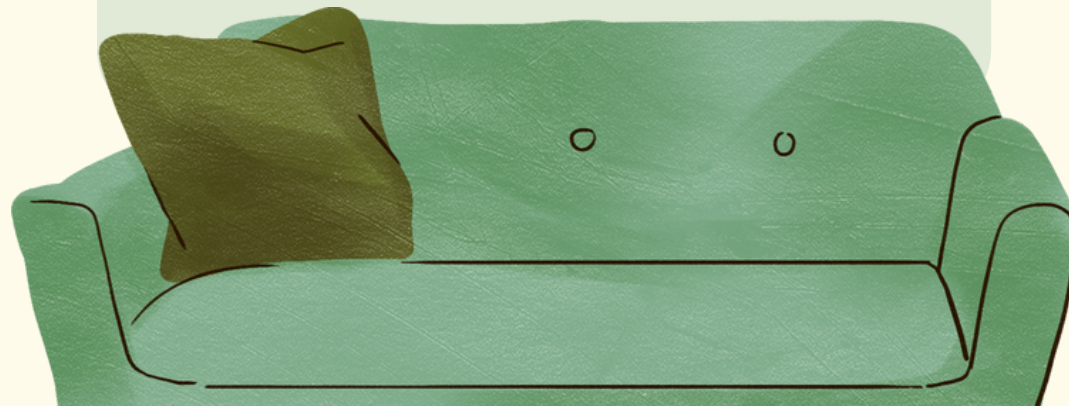


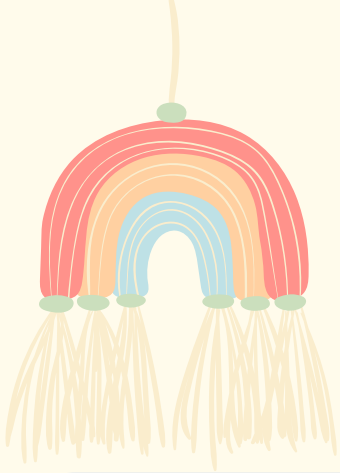
Grief Work

Expressive Arts can work wonders.



- Memory Box
- Memory Jar
- Journal/Letter writing/Painting
- Coping Choc.
- Altered books





Grief Prompt

Use for journaling, letter writing or painting.

Reflect on: "I am a rainbow. The Red I feel is...
The Orange I feel is... The Yellow I feel is...The Green I feel
is...The Blue I feel is...The Purple I feel is..."

1. Set a timer for 5-7 minutes and paint or write anything that comes up. Just move your tool and *it* will come.
2. Feel free to write or paint using your own prompt (Artist's choice).
3. When your time ends look over your work making no edits.
4. Write for 2 minutes a reflection statement: What came up? What stands out to you? Do you wish to share this with anyone? How can you honor your work today?

Grounding Exercises

Color to the beat

Painting

Diamond Art

Mindful Eating

Meditation

Sand Tray

Fidget Box

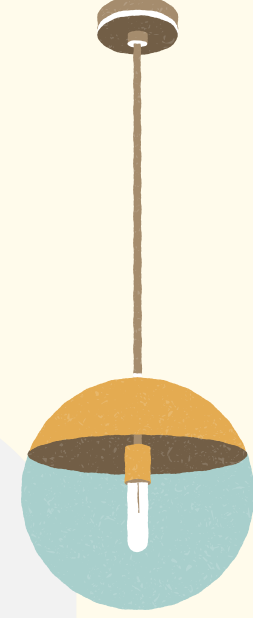
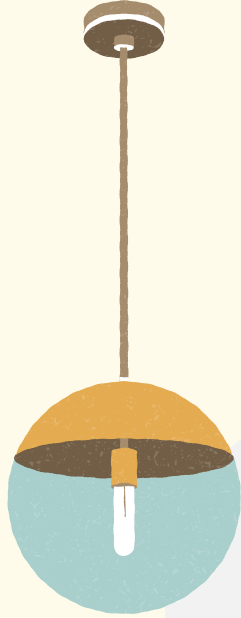
Putty

Origami

Spoonk mat

Weighted Blanket

5-4-3-2-1



De-escalation

Speed walking

Painting

Shift body temperature

5-4-3-2-1

Rip paper

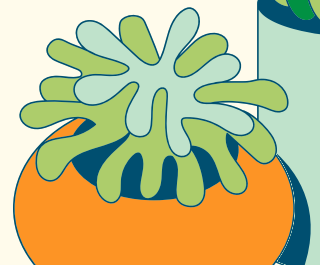
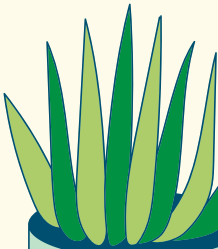
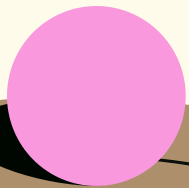
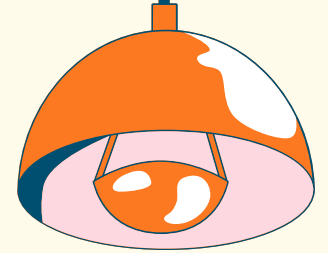
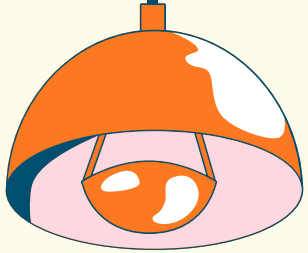
Rip t-shirts

Arggh ball

Tabletop punching bag

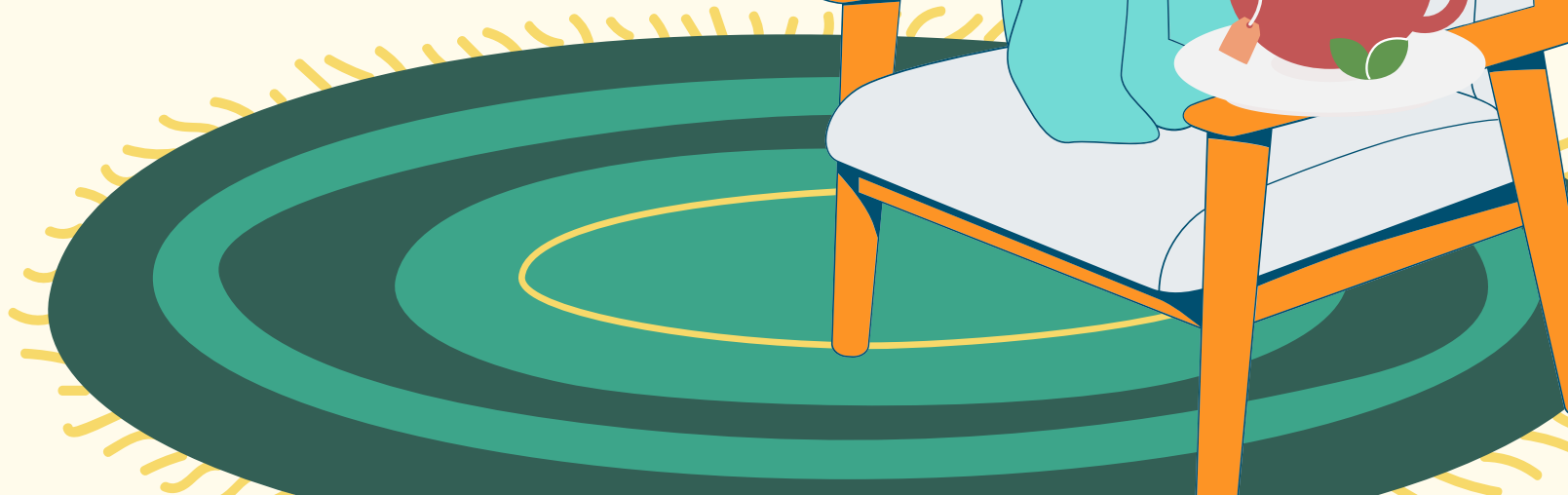
Blow up balloons

Weighted blanket



Self-Care

What are you doing
to care for yourself?



Conclusion



**Set limits
Nourish yourself
and bloom where
you are planted.**



**Thank You
for your
attention.**

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