

Niagara Falls: Parent Evenings

Dr. Stan Kutcher

May 2017





JULY 20-21, 2017

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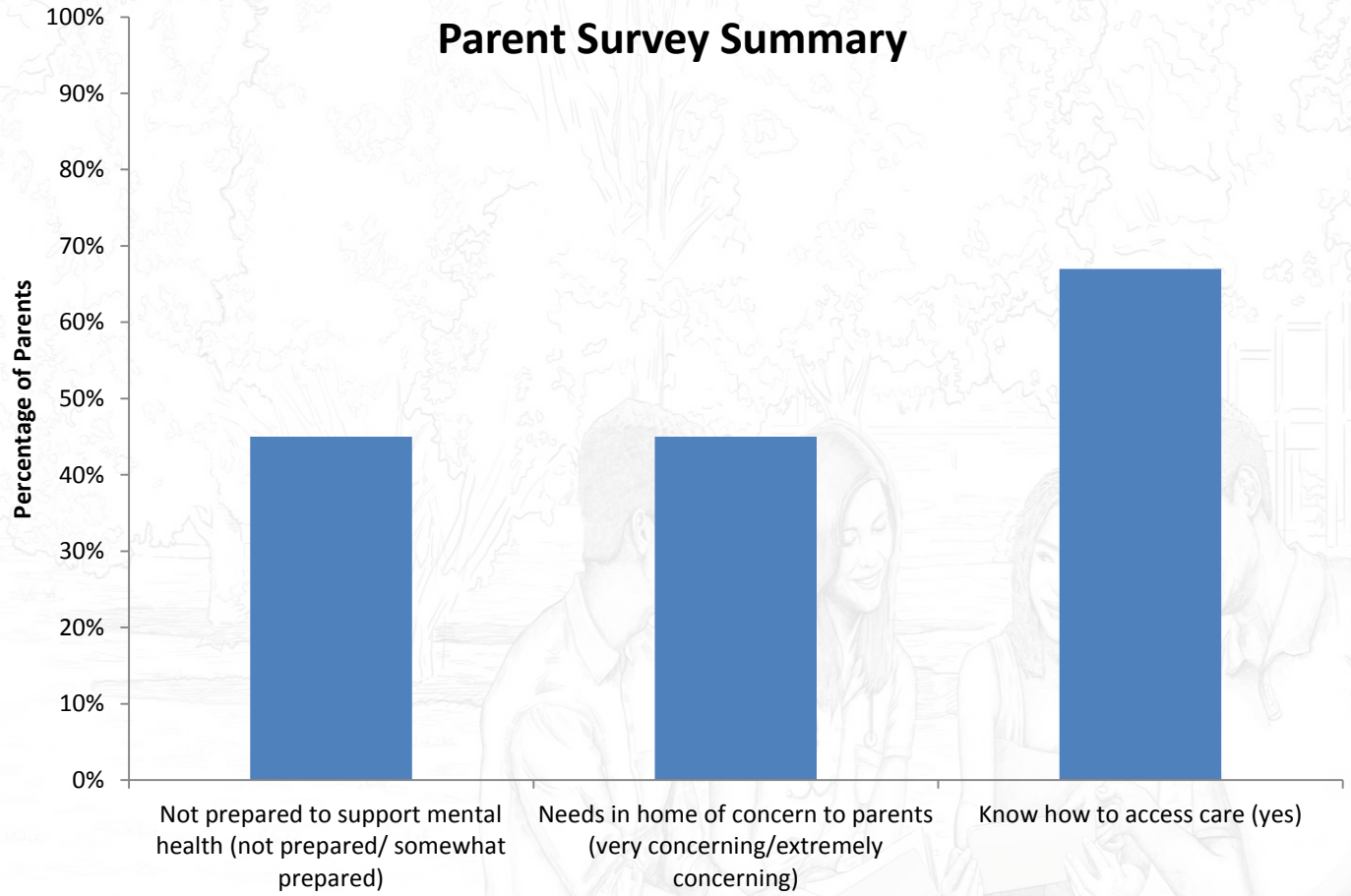
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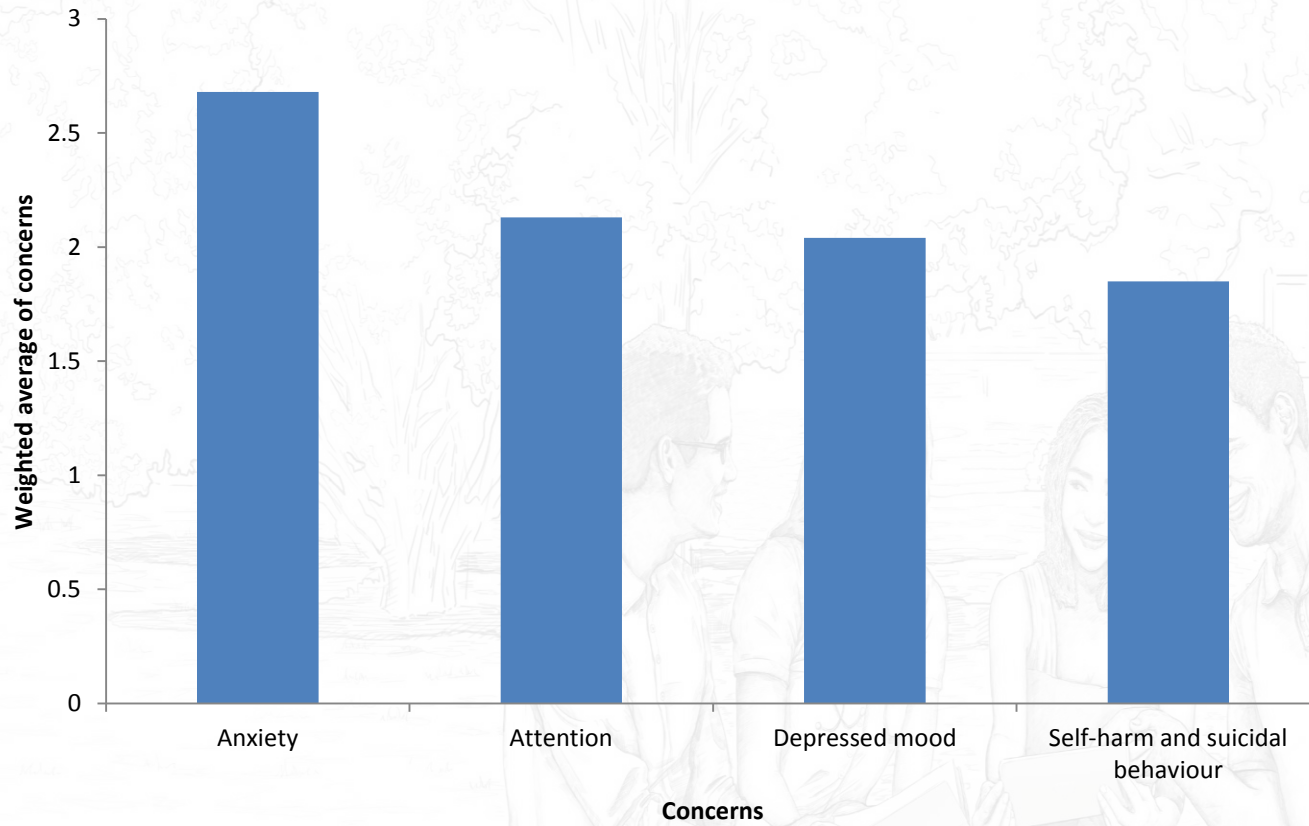
by:



Parent Survey Summary



Parent Survey Summary: Concerns



National Statistics: CIHI; Stats Canada

- 1) What percent of Canadian youth (ages 12 – 19) rate their mental health as very good or excellent?
- 2) What percent of Canadian youth (ages 15 – 24) rate their mental health as poor?
- 3) What percent of Canadian youth (ages 12 – 19) say that they are “satisfied” or “very satisfied” with their lives?
- 4) What percent of Canadians rate their mental health as “flourishing”?
- **5) What percent of Canadian teenagers engage in at least 20 minutes of vigorous physical activity at least 3 days per week?**



"I don't know what you mean by 'glory'," Alice said.

Humpty Dumpty smiled contemptuously. "Of course you don't- till I tell you. I meant 'there's a nice knock-down argument for you!'"

"But 'glory' doesn't mean 'a nice knock-down argument'," Alice

objected.

"When *I* use a word," Humpty Dumpty said, in rather a scornful tone, "it means just what I choose it to mean- neither more nor less."

"The question is," said Alice, "whether you *can* make words mean so many different things."

"The question is," said Humpty Dumpty, "which is to be master-that's all."

Alice was too much puzzled to say anything; so after a minute Humpty Dumpty began again. "They've a temper some of them- particularly verbs: they're the proudest- adjectives you can do anything with, but not verbs- however, *I* can manage the whole lot of them! Impenetrability! That's what *I* say!"

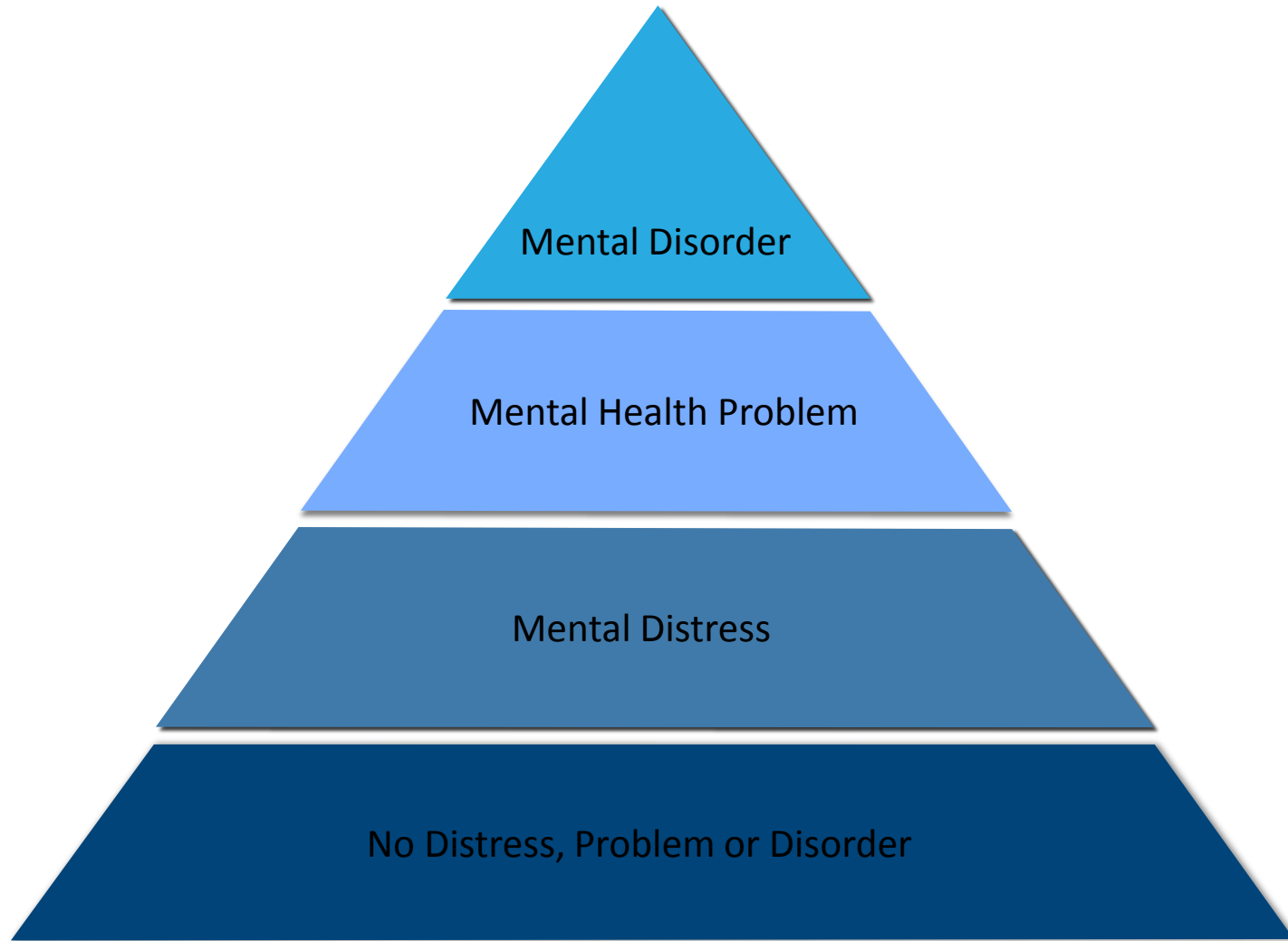
Mental health is

The individual's capacity to successfully adapt to life circumstances and to develop the ability to do so in a manner appropriate to the individual's age and capabilities. It does not mean the absence of negative emotional states. Mental health is not the antithesis of a mental disorder and exists across all states of mental distress, mental health problem and mental disorder.

Simply Put: Mental Health is Brain Health



What do these words mean?



Clarity is essential: “Depression”

Depressed



Mental Disorder

Demoralized,
Disengaged,
Disenfranchised



Mental Health Problem

Unhappy,
Disappointed,
Disgruntled



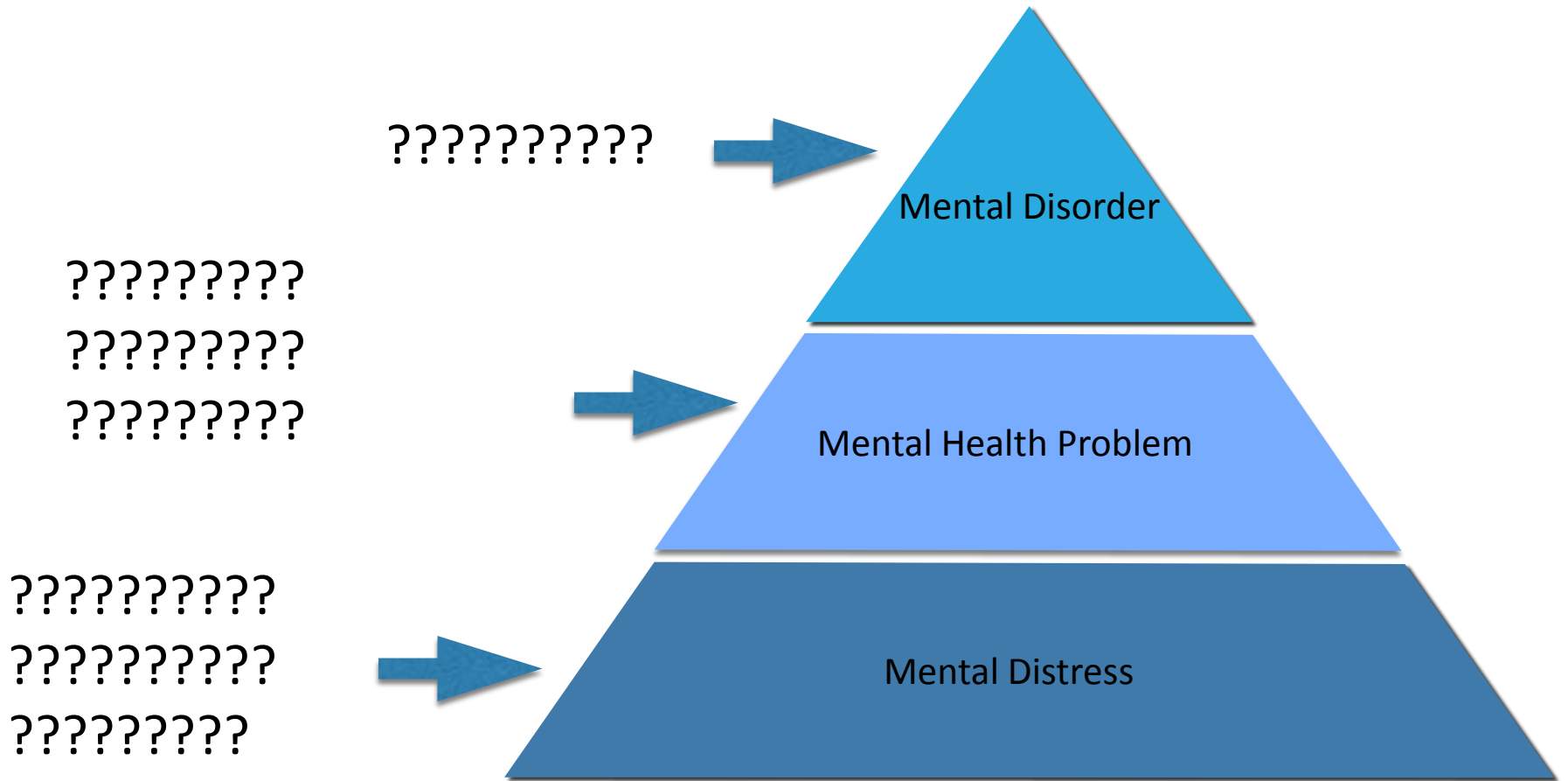
Mental Distress

Your Turn

What are some words or phrases that you can use to populate the Triangle when talking about anxiety and stress?



Clarity is essential: "Anxiety"





The growing teen epidemic: Stress

BY MICHELLE MAIDESBERG, CONTRIBUTOR - 01/04/17 05:00 PM EST

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Democrats wed



© Puzder

Why are teens so stressed?

Teens routinely say that their school-year stress levels are far higher than they think is healthy and their average reported stress exceeds that of adults, per an annual [survey](#) published by the American Psychological Association. On average, teens reported their stress level was 5.8 on 10-point scale, compared with 5.1 for adults.

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The most common reported sources of stress were school (83 percent), getting into a good college or deciding what to do after high school (69 percent), and financial concerns for their family (65 percent). In another survey on youth stress, the sources were school work (78 percent), parents (68 percent), romantic relationships (64 percent),

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One in ten teachers taking antidepressants to cope with work stresses

Union leaders have called for 'mental health first-aid' to be made available in all schools, allowing both staff and pupils access to professional counselling

Rachael Pells Education | @rachaelpells |
Sunday 16 April 2017 23:15 BST | 



National Statistics: CIHI; Stats Canada

- 1) What percent of Canadian youth (ages 12 – 19) rate their mental health as very good or excellent? – **75%**
- 2) What percent of Canadian youth (ages 15 – 24) rate their mental health as poor? – **8%**
- 3) What percent of Canadian youth (ages 12 – 19) say that they are “satisfied” or “very satisfied” with their lives? – **96%**
- 4) What percent of Canadians rate their mental health as “flourishing”? – **76%**
- 5) What percent of Canadian teenagers engage in at least 20 minutes of vigorous physical activity at least 3 days per week? – **4%**

Reality Conundrum

- **1 – Prevalence of Mental Disorders has not increased over the last 50+ years**
- **2 – Self-reported stress levels have skyrocketed in the last decade**

What could be the reason why? What should we be doing about that?

So why the discrepancy?

“The vexed business of happiness is becoming one of the central problems of the 21st Century, a matter of public policy and vast public expenditure {10 B/yr. USA alone} ... Nobody [really] knows how much is spent on assorted therapists, life coaches, ionizers and Paul Coelho novels with pictures of clouds on the front” – we have replaced the “good” citizen with “subjective wellbeing”.

Oliver Moody: The Times; 02/06/16



Stress – what is it?

- 1) What is stress and what does it mean?
- 2) How does stress relate to wellness and health?
 - Lets Google!
- 3) What is the stress response? What is it for? How does it work?



The Language of Stress

- Equilibrium
- Stressor
- Stress Response
- Anxiety
- Anxiety Disorder
- Fear
- Worry
- Trauma
- Trigger



Stress Confusion and the Stress Free Industry

- 1) “avoiding stress” 108,000,000 (0.44 sec)
- 2) “stress free life” 32,900,000 (0.42 sec)
- 3) “stress free schools” 9,150,000 (0.41 sec)
- 4) “stress free marriage” 3,450,000 (0.48 sec)
- 5) “stress free cannabis” 895,000 (0.68 sec)



Beat stress and get healthy

At least 22 studies prove that reining in nerve-rattling stress hormones can cut your risk of heart disease, high blood pressure, diabetes, chronic headaches and depression in half—while making you feel a whole lot happier every day! And it's easier than you may think. Try:

✓ Ending anxiety with a sweet scent

Vetiver—an essential oil extracted from an Asian grass—eases anxiety as effectively as the prescription drug Valium, researchers say. Vetiver's sweet, woody scent calms the area of your brain that helps keep your breathing steady, your heart rate slow and your nervousness in check when stressed. To induce calm, light a vetiver-scented candle or mix five drops of vetiver essential oil into 1 oz. of unscented lotion and massage into your neck and shoulders twice daily. **One option:** Aura Cacia Vetiver 100% Pure Essential Oil (\$11, iHerb.com).

✓ Lowering stress hormones with carbs

Including a serving of carbohydrates

minutes a day instead. Danish studies show that's enough to cut your risk of feeling overwhelmed and stressed 35%—as much of a benefit as prescription anxiety meds deliver! Or just spend five minutes doing basic stretches—reaching for the sky, touching your toes and twirling your ankles—while seated. Brisk walking and stretching rev the release of the so-called “happy” hormones that can keep you upbeat and calm, even on hectic days, a recent study reveals.

✓ Taming tension with red meat

Eating 16 oz. of beef or pork weekly could help you feel less stressed in as little as five days, British researchers say. Red meat is rich in iron and all nine essential amino acids, which together relax tense muscles. They also encourage the release of energizing beta brain



You could buy this



Or, maybe one of these



What is the Message of the Stress, Happiness, Wellness Industry?

- Ziploc bags: cafeteria chaos

www.ispot.tv/ad/7ia5/ziploc-easy-open-tabs-cafeteria-chaos.

Stress Free Birthday Parties:

<http://www.wikihow.com/Organize-a-Stress-Free-Kid's-Party>.

A Typology of Stress

- Positive: relatively brief, leads to adaptation and learning, does include negative emotional, physical, behavioral and cognitive states. **DAILY**
- Tolerable: serious impact, temporary, buffered by supportive relationships **LIFETIME**
- Toxic: Prolonged; extreme – physical/sexual abuse; chronic neglect, violence; caretaker mental illness/substance abuse – without adequate adult support (complex outcomes)
RARE

Harvard Center for the Developing Child:

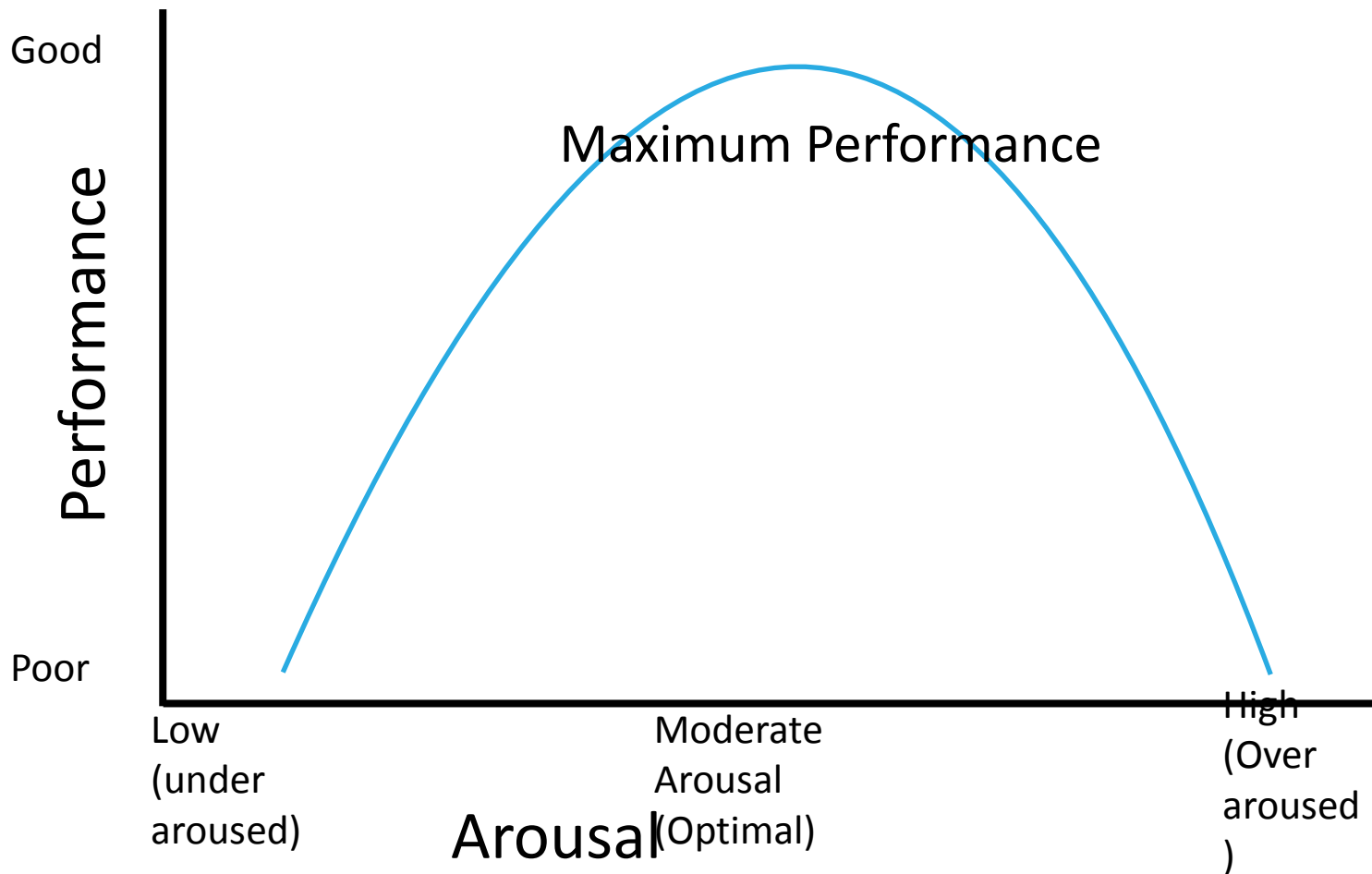
<http://developingchild.harvard.edu/science/key-concepts/toxic-stress/>



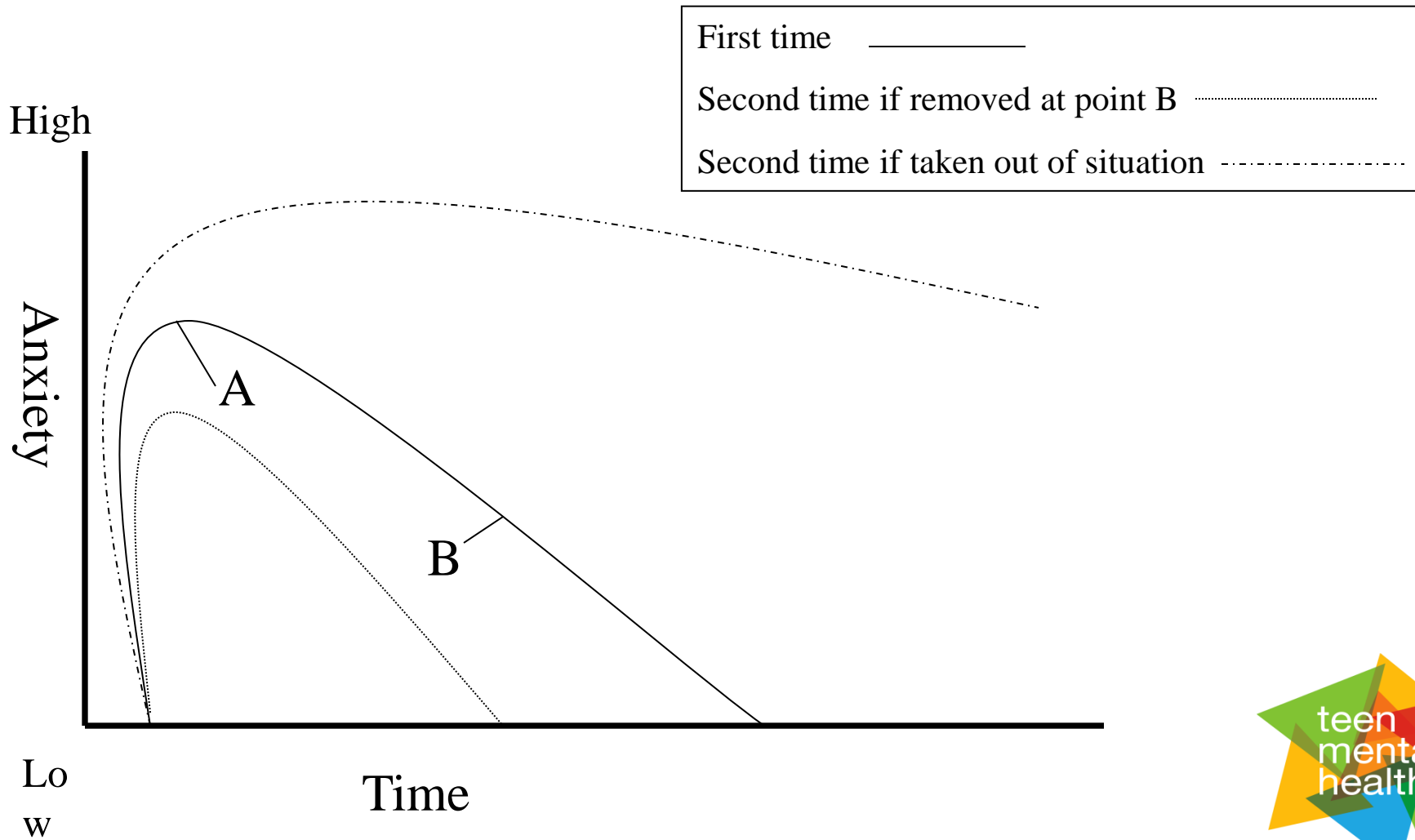
Parallels: Mental Health/Physical Health

- Daily stress necessary to develop coping competencies in emotional, cognitive and behavioral domains: adaptation – “stress response”
- Substantial challenges occur that elicit significant difficulties in adaptation but, usual self-care interventions often enough
- Brain dysfunction or excessive external challenges lead to significant illness and even death
- Daily exposure to pathogens necessary to build a healthy immune system and get the body ready for larger infectious challenges: adaptation – “cold”
- Substantial pathogen load temporarily overwhelms immune capacity but usual self-care often enough
- Immune compromise or excessive pathogen load leads to significant illness and even death

Inverted U-Shaped Relationship Between Arousal and Performance



Hebb, D. O. (1955). *Psychological Review*, 62, 243-254



Make Stress Your Friend

LET'S RETHINK THE ISSUE OF YOUTH AND STRESS

https://www.ted.com/talks/kelly_mcgonigal_how_to_make_stress_your_friend?language=en



Stress even promotes longevity!

“There is a terrible misunderstanding about stress. Chronic physiological disturbance is not at all the same thing as hard work, social challenges or demanding careers. People are being given rotten advice to slow down, take it easy or retire to Florida. The longevity project discovered that those who worked the hardest lived the longest. The responsible and successful achievers thrived in every way, especially if they were dedicated to things and people beyond themselves. “

Howard Freidman. The Longevity Project

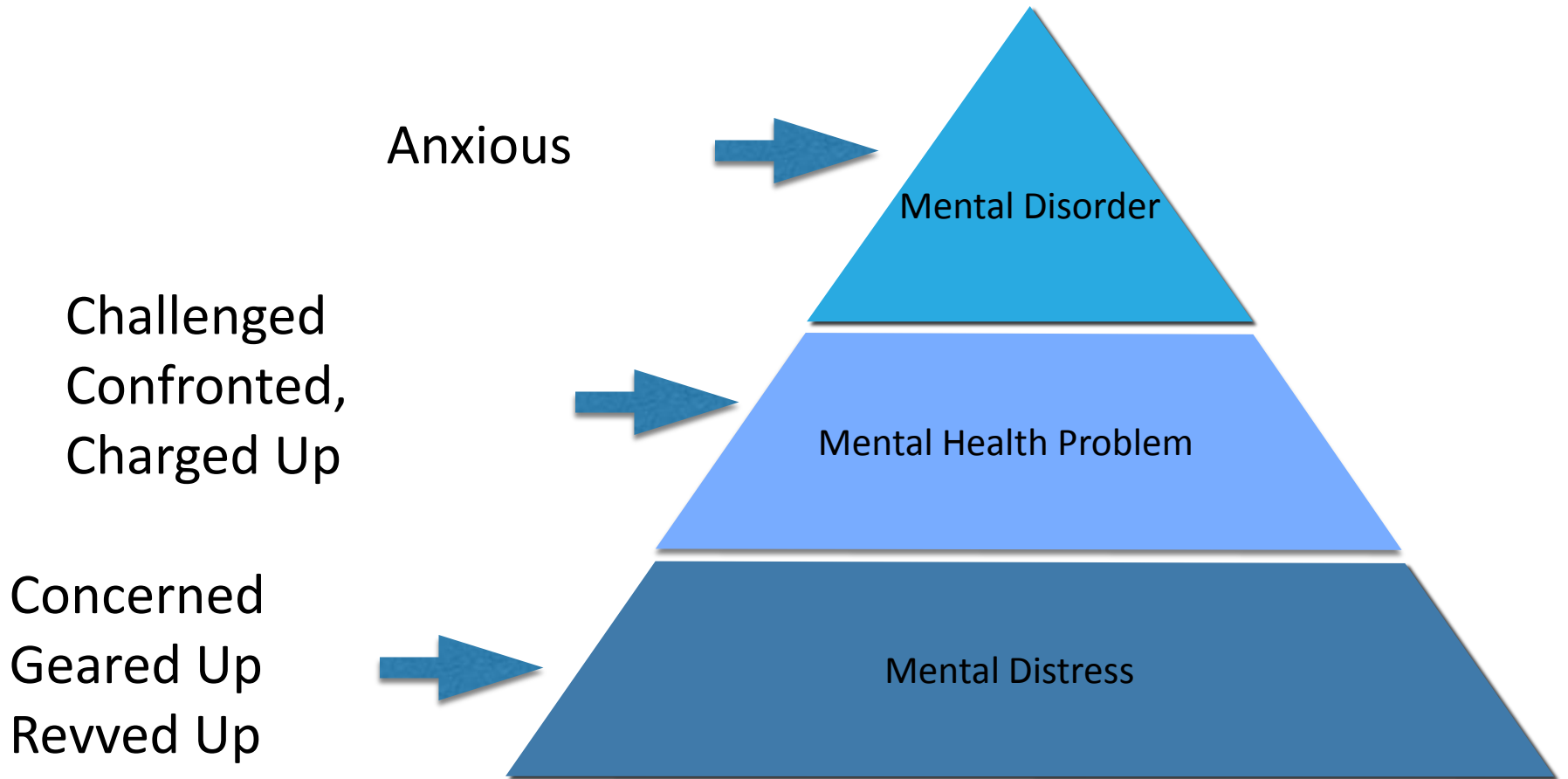


What Can Parents Do? - ASK

- Am I providing my child with the opportunities and some of the competencies they need to solve life's challenges
- OR
- Am I supporting the the profitability and damages to human initiative caused by the stress, happiness, wellness industry



Clarity is essential: “Anxiety”



Stress and Parents (1):



- **First: use the right language – stress response NOT anxiety, trauma, stress**
- **Second: learn how to think critically about your stress response and how to apply it in your own lives (modeling behaviors) – YOU ARE THE PARENT**
- **Third: permit your child to make developmentally appropriate mistakes (nothing like lessons learned from life)**
- **Fourth: encourage problem solving by exposure to examples/stories of those who have overcome significant odds to achieve significance**



Stress and Parents (2):

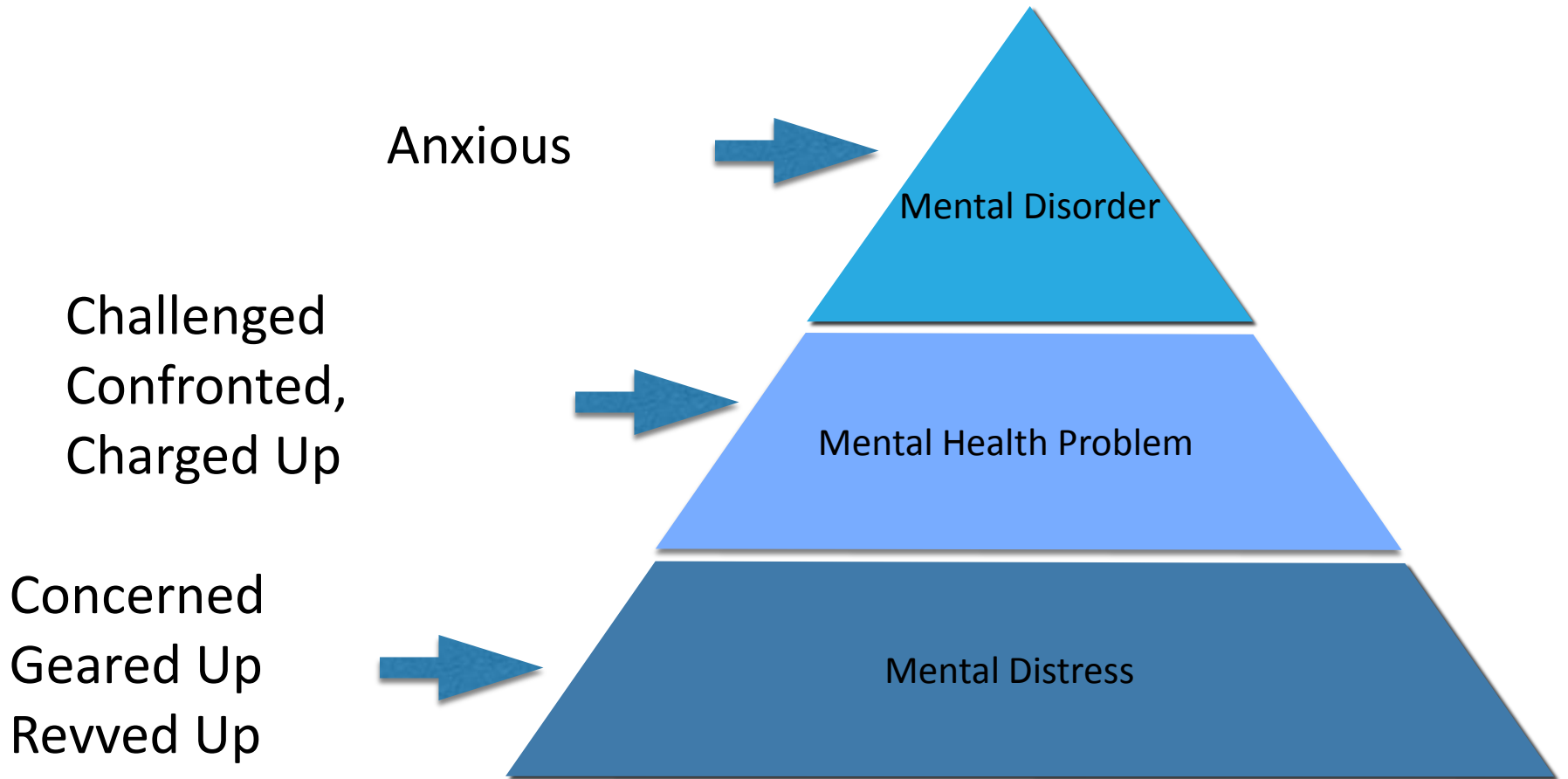
- **Fifth: Encourage hard work – praise working hard, not success or natural attributes**
- **Sixth: Encourage “planning considerations” – involve in family and self planning as developmentally appropriate (includes chores)**
- **Seventh: Help your child identify their experience of the stress response as a challenge to be overcome (courage and a call to action) – developmentally appropriate**
- **Eighth: Help your child learn that they are in control of technology and technology is not in control of them (you need to model this as well)**

Stress and Parents (3)

- **Ninth: Promote developmentally appropriate responsibilities – DO NOT PROMOTE AVOIDANCE**
- **Tenth: Teach your child how to modulate the stress-response (universal strategies such as exercise/music and situational strategies such as box breathing and muscle centering) AND demonstrate that helping others is key to helping oneself**



Clarity is essential: “Anxiety”



What if it's an Anxiety Disorder?

- Early identification, proper diagnosis and application of effective treatments necessary (Anxiety Disorders run in families and arise at different parts of the life span)
- Treatment is usually psychological – CBT as the core intervention (medications are used if treatment response is not rapid or robust)
- Educate about the disorder and its treatment options
- Become part of the solution – clarify roles and responsibilities: DO NOT SUPPORT AVOIDANCE



For the Child with an Anxiety Disorder

<http://www.heretohelp.bc.ca/visions/cognitive-behavioural-therapy-vol6/taming-worry-dragons>

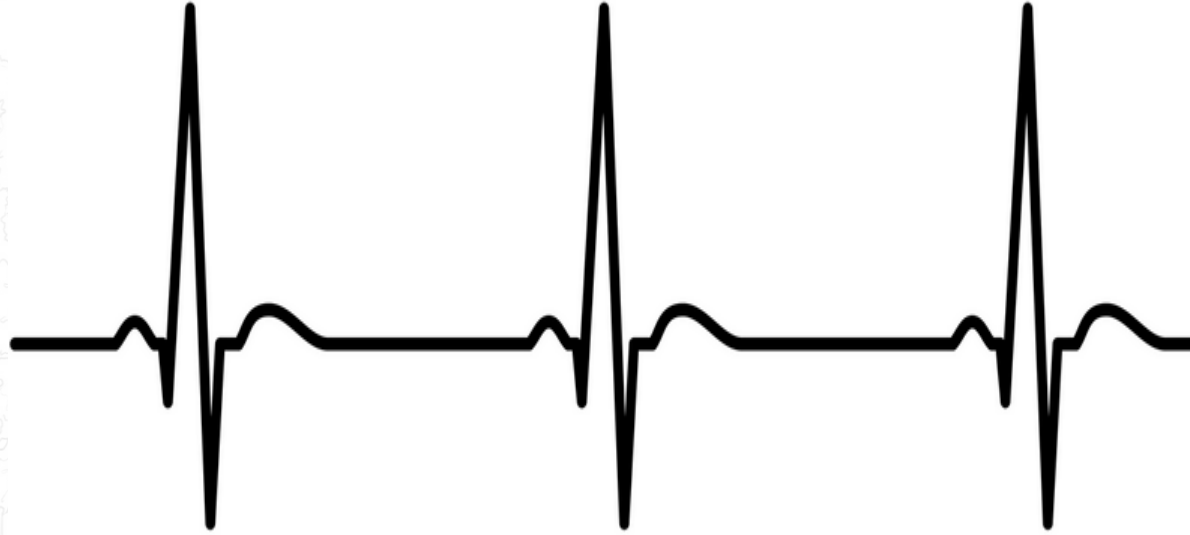
Useful Youth Site (even if the language
is wrong)

<http://youth.anxietybc.com/>

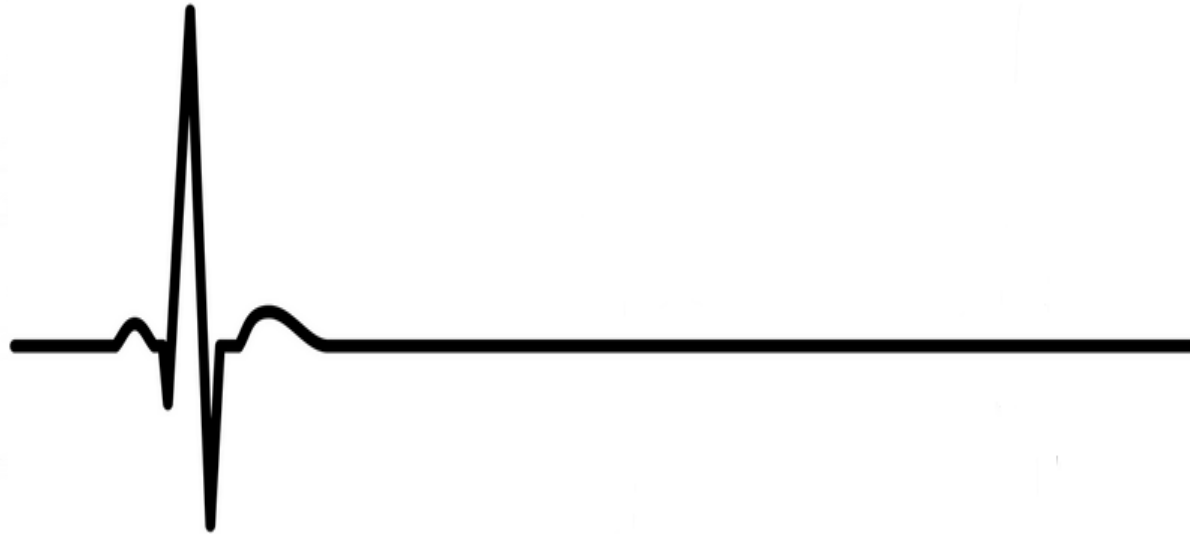
Useful Web-reachable Resources

- Teenmentalhealth.org
- Anxiety BC
- Kelty Center
- National Institutes of Mental Health





**IF THERE ARE NO UPS AND DOWNS IN YOUR
LIFE IT MEANS YOU ARE DEAD**



Some New Research

www.thebreathestudy.com





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