

# A Parenting Toolkit At Your Fingertips

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COOK CENTER FOR  
HUMAN CONNECTION

COOKCENTER.ORG






**Cook Center for  
Human Connection**  
is a non-profit focused  
on suicide prevention  
and mental health  
support for families.

**COOKCENTER.ORG**







We believe in the power  
of **human connection** and  
family empowerment as  
**protective factors** against  
suicide and the best way  
to **support children's**  
mental health.

MY LIFE IS  
**WORTH**  
LIVING





# Instructions

Go to

**[www.menti.com](https://www.menti.com)**

Enter the code



Or use QR code



**Share words that define mental  
health?**

connection





## 3 Numbers

11

Number of years it takes on average for a child to receive treatment after developing symptoms

57

The % increase in the suicide rate among kids the decade prior to the pandemic

44

The % of HS students who say they feel persistently sad or hopeless





## **Solutions**

### **MORE ACCESS**

Expand access to treatment

### **MORE PEOPLE**

Increase the workforce of people who can provide and deliver mental health care

### **SCHOOLS**

Invest in prevention programs especially that are school based

### **NO STIGMA**

Shift our culture to one that is not so imposing of this terrible stigma on mental health





**A few words that define the mood of your kids  
so far this year.**





### Resources for LGBTQ+ Students & Families

Learn about the network in schools and departments.



### Mental Health Services

Explore services for supporting student mental and behavioral health.



### ParentGuidance.org

ParentGuidance.org offers support for parents



### Community Resources

Learn about Loudoun County's extensive network of mental health resources and providers, social services and basic needs providers that stand ready to help families and students.

My Life Is Worth  
Living

<https://www.lcps.org/MentalHealthServices>





# MY LIFE IS WORTH LIVING



Teen focused global web-series depicting situations causing desperation in children while portraying people who love them and ways to get help. Addressing sensitive issues such as:

**LGBTQ   Self-Loathing/Self-Harm   Sexual Abuse   Cyber Bullying   Trauma**





[GET INVOLVED](#)

[PROVIDERS & PROFESSIONALS](#)

988 [CHAT](#)  
[En Español](#) [For Deaf & Hard of Hearing](#)



## Resources For Youth



You Matter



Active Minds



The Trevor Project



Love Is Respect



StopBullying.gov



Ditch the Label



Youth Suicide Warning Signs



notOK App



My Life Is Worth Living









[MyLifeIsWorthLiving.org](http://MyLifeIsWorthLiving.org)



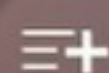




## La Historia De Kyle | Vale La Pena Vivir

Vale la Pena Vivir

5 videos 111 views Last updated on May 1, 2022



▶ Play all

↻ Shuffle

Con el público vitoreando y el partido dependiendo de él, Kyle, de 16 años, tiene la posibilidad de hacer el gol de la victoria, pero falla y queda tendido en el piso. El rechazo de sus compañeros de equipo y los ataques en redes sociales llevan a Kyle por un camino oscuro de vergüenza, paranoia y pensamientos negativos. Encuentra que el alcohol le ayuda a olvidar el

1



Acosado en la escuela, Kyle recurre al alcohol para superarlo | Acoso escolar | 1 de 4

Vale la Pena Vivir • 648 views • 11 months ago

2



El acoso en internet alimenta el autodesprecio de Kyle | 2 de 4

Vale la Pena Vivir • 185 views • 11 months ago

3



Kyle se entera del TEPT y la adicción de su padre | Acoso escolar | 3 de 4

Vale la Pena Vivir • 548 views • 11 months ago

4



Kyle aprende a combatir sus pensamientos negativos con terapia | 4 de 4

Vale la Pena Vivir • 493 views • 11 months ago

5



Acosado en la escuela, Kyle recurre al alcohol para superarlo | Acoso escolar

Vale la Pena Vivir • 84 views • 8 months ago

<https://cookcenter.info/ValelaPenaVivir>





# MY LIFE IS WORTH LIVING

AMIE'S



## EPISODE RAY OF HOPE

Homework and extracurricular hours, and every new teacher she accidentally damages the negative thoughts spiraling back. As Amie she still feels like she doesn't fit in, awkwardness with friends, burden, and her inability to connect with Nick, all compete to bring that the relationships she needs.

### Thought Questions:

What would you do about what you're comfortable sharing at least one of these?

### Discussion Questions:

Amie feels sad and lonely. Have you ever brought you down social media that some positive stories follow.

These stories are worth



MY LIFE IS WORTH LIVING™  
CLASS ACTIVITIES

RY

*e an abusive situation at home, a teen  
he false choice between her own  
her mother's happiness.*

*meone, tell anyone."*



### ISSUES TACKLED In this episode:

months.  
ow mom's  
will be left  
't talk  
an't stay  
celess,  
hayla's  
ver come

- Facing and reporting sexual abuse
- Living with depression and mental illness
- Rebuilding after experiencing trauma
- Dealing with negative thoughts

its that  
xu is your fault?  
these feelings?

is if her mom  
at can you do  
the people  
Discuss with

### Resources:

- Crisis Text Line: 741741
- NAML.org
- 24/7 National Suicide Hotline: 1-800-273-8255
- ParentGuidance.org

COOK CENTER FOR  
HUMAN CONNECTION



supposed to lead, Dante tries to bury that secret part of himself for good – by destroying his art. Before he can, however, some unexpected support helps him gain the confidence to accept his passion and himself.

### Thought Questions:

When he is painting, Dante seems happy and content, and there is a genuine smile on his face. What puts a smile on your face? What do you like to do when you are feeling hurt or sad? If you can't think of anything, what is something you used to like to do when you were younger?

### Discussion Questions:

### Resources:

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validation and support help Danny see that his differences should not define who he is or what he can do with his life.

### Thought Questions:

What does Lynn, Danny's Occupational Therapist, say when Danny says he is writing all of his dark thoughts? Is this an effective strategy? Why or why not? Plan a regular time to write down your own thoughts.

### Discussion Questions:

Laura, Mike, and Tony aren't mean to Danny, but they don't put a lot of effort into talking to him and helping him. What could you do to catch out for

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# Five Finger Breathing

## Breathe

Relax, focus and center yourself. Let's take 5 breaths together.





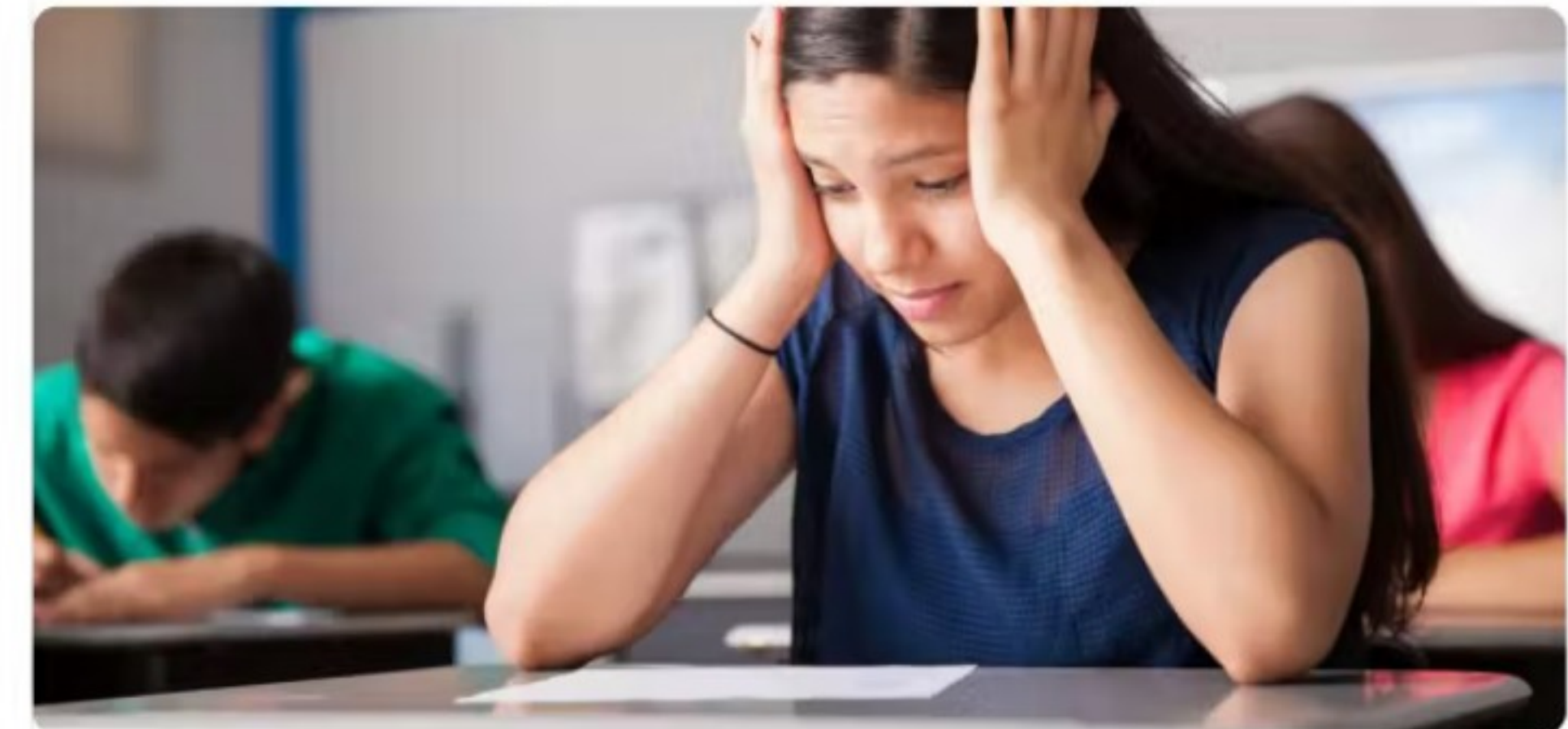
# tools for parents





# What are kids worried about?

- **26%** felt threatened/harassed online or via text.....(10,929 students)
  - **16.8%** seriously considered suicide.....(7,089 students)
  - **75%** report moderate to high depressive symptoms.....(31,646 students)
  - **12%** made a plan to attempt suicide.....(6,063 students)
  - **5.7%** attempted suicide.....(2,405 students)
- 
- **31.9%** worry about an active shooter situation
  - **53.5%** worry about suicide by a fellow student



One School District





**The majority of**  
**adolescents receive**  
**mental health care**  
**through schools**

**The demand is increasing**  
**exponentially**

**80%**  
**of families rely on**  
**schools for their**  
**children's mental**  
**health support.**







Mental Health Resources for Parents



## Are you worried about your child?

We offer education and therapeutic support to empower and give you hope as you support your child's mental health.

[GET STARTED FREE](#)



*Parenting is hard.*



DON'T KNOW WHAT TO DO



CHILD IS UNHAPPY



CHILD IS NOT HONEST

*Private | On-Demand | In-Home | Self Guided*

# ParentGuidance.org


[START HERE](#)

## Help Your Child through Increased Connection with Your Child

32% of parents worry their child is unhappy.  
Gain the tools to create a safe environment to reach them.



Connect With Your Child By Parenting with Purpose

 Dr. Kevin Skinner



## ¿Está preocupado por su hijo?

Ofrecemos educación y apoyo terapéutico para empoderarlo y darle esperanza mientras apoya la salud mental de su hijo.

[INICIE DE FORMA GRATUITA](#)



### Ser padre es difícil



#### NO SE QUÉ HACER

El 50% de los padres les preocupa que sus hijos tengan dificultades, pero no saben qué hacer.



#### EL NIÑO ES INFELIZ

El 32% de los padres sienten que su hijo es infeliz.



#### EL NIÑO NO ES HONESTO

Se estima que entre el 10% y el 20% de los adolescentes en todo el mundo experimentan problemas de salud mental.

*Private | On-Demand | In-Home | Self Guided*

# ParentGuidance.org


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## Parenting is hard.



**50% of parents** worry their child is struggling, but don't know what to do.



**32% of parents** feel their child is unhappy.



An estimated **10-20% of adolescents** globally experience mental health issues.



## Join free now.

To keep our community safe, we ask that you create a ***free*** membership.



### NEW CONTENT EACH MONTH

Each month our therapists answer questions and release relevant courses to help you help your child's mental health.

### Register New Account

[Log in](#) to renew or change an existing membership.


Create Username

Email

Create Password

Password Again

Please select your location

**Select your location** 

☐ I understand that the use of parentguidance.org and the content on this website does not form a therapist/patient relationship with any clinician or coach.

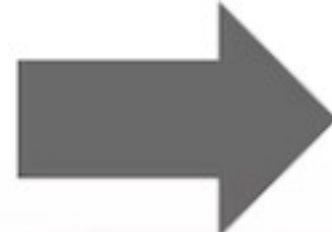
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☐ I Accept the terms and conditions

☒ Sign up for Newsletter

Join Now





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START HERE

## Explore our featured courses to gain the tools to help your child.

32% of parents worry their child is unhappy.  
Gain the tools to create a safe environment to reach them.



### Connect With Your Child By Parenting With Purpose

 Dr. Kevin Skinner

*In this course, Dr. Kevin Skinner discusses the best ways to connect with your child.*

 TAKE COURSE FREE



### Helping Your Child When They're Bullied


 Dr. Melissa Lopez-Larson

*In this course, Dr. Lopez-Larson discusses how to identify bullying, treatment options, strategies for prevention, and more.*

 TAKE COURSE FREE



### How Parents Can Prevent Suicide

 Dr. Greg Hudnall

*Dr. Greg Hudnall offers experience and expert advice around how parents can help to prevent suicide.*

 TAKE COURSE FREE

## Understand How to Help with Your Child's Mental Health Development



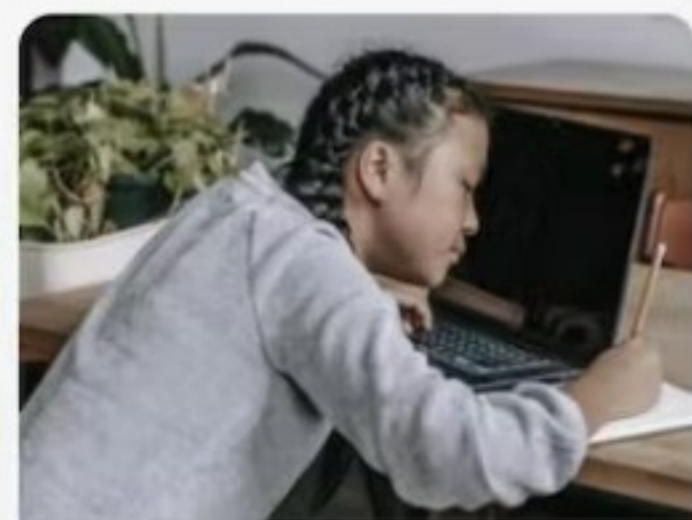
- All Courses
- Adult Child
- Anger
- Ansiedad
- Anxiety
- Autoayuda de padres
- Bullying
- Busy Mind
- Busyness
- Child Identity Development
- Communication
- Coping
- Depression
- Exhaustion
- Fatigue
- Featured
- Frustration
- Grief and Loss
- Inner Critic
- Insecurity
- LGBTQ+
- Mental Health Development
- Mente Ocupada
- Move Toward
- Parent Self Help
- Parenting Tips
- Pre-Teen
- Pre-teen
- Preschool
- Resentment
- School
- Self Harm
- Self Worth
- Shame
- Sorrow
- Suicide Prevention
- Technology
- Teenager
- Workshop
- Young Adult



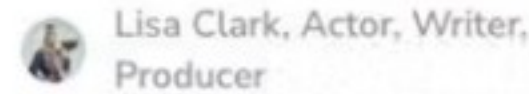
Move Toward™ with Jenna: Your Child's Anxiety



Jenna Riemersma



Writing For Happiness



Lisa Clark, Actor, Writer, Producer



Body Love



Camille Kennard, LCSW, CHWC



Why Our Children Self-Harm and How Parents Can Help



Jenna Riemersma



Beating The Fear That You're Not Enough



Kim Giles, CEO of ClarityPoint



Protecting Our Children by Staying Aware and Involved



Dr. Kevin Skinner



Move Toward™ with Jenna: Inner Critic



Jenna Riemersma



How To Develop Self-Compassion



Paul Parkin, Ph.D.







POPULAR QUESTION

**My son has isolated himself from the rest of the family and has shown a lot of disrespect. What do I do?**

—Submitted by user



Dr. Kevin Skinner  
LMFT | CSAT | Clinical Director

[View Answer](#)



¿Quiere ver las respuestas del terapeuta en español?

How do I get my kids to use inside voices? They never listen to me.

Jenna Riemersma

[VIEW ANSWER](#)

Do kids who struggle with suicidal thoughts ever completely overcome those thoughts?

Dr. Kevin Skinner

[VIEW ANSWER](#)

How can I talk with my depressed child about improving their grades or working more diligently on improving themselves?

Jenna Riemersma

[VIEW ANSWER](#)

How much does a parent's

My almost 17 year old son

My child's best friend recently





I'm concerned my 3-year-old may have anxiety, but her pediatrician keeps brushing it off.

Jenna Riemersma

[VIEW ANSWER](#)

My teenage daughter is beautiful inside and out. But lately she wants to wear a shirt that is way too tight and hiking her skirt up.

Dr. Kevin Skinner

[VIEW ANSWER](#)

My teenaged son is disengaged at school. He says that all subjects and the teachers are stupid.

Dr. Kevin Skinner

[VIEW ANSWER](#)

My 18 year old son truly hates me. I try so hard to love him but nothing I do is right.

Dr. Kevin Skinner

[VIEW ANSWER](#)

My 13 year old son is acting very defiant. I feel he is getting out of control. How do I set boundaries?

Jenna Riemersma

[VIEW ANSWER](#)

16 year old son with high level of anxiety around schoolwork

Dr. Kevin Skinner

[VIEW ANSWER](#)

16 year old son with high level of anxiety around schoolwork

Jenna Riemersma

[VIEW ANSWER](#)







My 16 year old son has developed such a high level of anxiety around schoolwork that he is unable to attend class or to do any schoolwork. I just don't know what to do.



Dr. Kevin Skinner

WANT TO ASK A QUESTION?

### Answer with Transcription

**Important:** The use of [parentguidance.org](https://parentguidance.org) and the content on this website does not form a therapist/patient relationship with any clinician or coach. See [terms and conditions](#) **here**



Hey everybody,

We have a question today that I want to address, I think it's really important. My 16 year old son has developed such high level of anxiety around school work that he's unable to attend class or do any school work. He's missed so much school. I can't see how he can pass the year. I'm terrified of the impact on his future. I'm just not sure how and if we can make this work. If I push him and try to try to work he has major anxiety attack. But I'm desperate and feel like I should keep trying if we give up and let him stop school. I'm worried that he will become stuck and isolated. I just don't know what to do.

You know this is a common question that we're seeing more and more often with our youth today, this high level of anxiety. And, so I just want to offer a couple of foundational concepts that we want to work on with anxiety. First, is what we call emotional



# It's Your Time to Explore!



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### Helping Your Child When They're Bullied

 Dr. Melissa Lopez-Larson

*In this course, Dr. Lopez-Larson discusses how to identify bullying, treatment options, strategies for prevention, and more.*

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### What Parents Need to Know About Suicide Prevention.

 Dr. Greg Hudnall

*Dr. Greg Hudnall offers experience and expert advice around how parents can help to prevent suicide.*

▶ TAKE COURSE FREE

Step 1.

Create a login at ParentGuidance.org

Step 2.

Pick one of our three featured courses! Watch 1 or 2 sections!





05:00











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Q & A

Please share  
ParentGuidance.org with  
**Everyone!**

