

Children's Mercy Kansas City

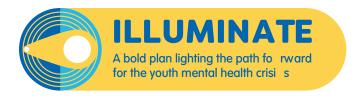
# **Mental Health**

2024-2025 School Year



Children's Mercy Kansas City is addressing the mental health crisis through an initiative called Illuminate. This is an ambitious, 5-year plan lighting the path forward for the youth mental health crisis by increasing access to evidence-based treatment with a specific focus on equity for our most vulnerable populations.

Children's Mercy plans to integrate mental health care services into the frontline of care in schools to prevent youth from reaching a mental health emergency. This will be done by providing services and resources that can educate school officials and parents about various mental health issues that children may face. Children's Mercy is committed to collaborating with schools and families to address mental health issues among children in our community.



#### 2024 Illuminate Chart of Resources **Audience** Parents/ School **Students Caregivers Services/Programs** Officials Middle **ADHD Programs** Children's Mercy Autism **Caregiver Education** Understanding and Managing ADHD 3.5-5 vears old Understanding and Managing ADHD 6-12 years old **Practical Behavioral and Mental Health Resources** Coping Skills Teen Mental Health Tip Sheet

Teens and School Screens

| Parenting Resources                      |          |          |          |
|--|----------|----------|----------|
| CARE Workshops                           |          | 1        | 1        |
| Eating Disorders Video Series            |          | <b>✓</b> |          |
| Helping Kids Navigate After a<br>Tragedy |          | 1        | <b>√</b> |
| Powering Families                        |          | 1        | <b>√</b> |
| Prepped and Ready                        |          | 1        | 1        |
| Trauma Referral<br>Navigator             |          | 1        |          |
| Substance Use Disorders                  |          |          |          |
| Fentanyl: One Pill Can Kill              | <b>√</b> | 1        | 1        |
| Naloxone Tip Sheet                       | <b>√</b> | 1        | 1        |



#### **Classifications of Programs and Initiatives**

All services and programs are defined by the definitions below. This information will help you determine which program or initiative fits your needs.

- ADHD Programs: Group programs that help parents understand and manage their children's condition in the "real world." Parents will get an overview of ADHD and how it can affect children. Through group sessions, parents will learn to manage children's everyday challenges regarding ADHD.
- Practical Behavioral and Mental Health Resources: Practical applications for maintaining and managing behavioral health for parents and students.
- Parenting Resources: Parenting Resources contain informative videos and documents. These resources are designed to educate parents on various mental health issues and offer valuable tips for effectively managing these conditions.
- Substance Use Disorders: Substance use resources for staff, families, and students to increase their knowledge and skills in a variety of subjects. This is done through informational literature.

#### **CARE WORKSHOPS**

#### For parents and caregivers

Please join us for one of our upcoming virtual CARE workshops.



Workshops are held every month. Please scan this QR code for workshop dates:

CARE workshops are provided for FREE by Children's Mercy Hospital. RSVP is required and space is limited.

To register, please either call (816) 855-1720 or email careworkshops@cmh.edu. You will need access to the internet and a phone/tablet/computer to participate in the workshops. We will send additional information about the workshops after registration.

#### What is a CARE workshop?

Child-Adult Relationship Enhancement (CARE) Workshops were developed for parents and caregivers of children ages 2-12 who have experienced stressful or traumatic events in their lives, children with behavior problems or parents who want to strengthen the relationship with their child. The goal of CARE is to strengthen the adult-child relationship and increase children's positive behaviors. CARE workshops are held in two sessions that are fun and interactive.

#### CARE is divided into 2 parts

**Relationship Enhancement:** Caregivers are taught skills to decrease negative behaviors while developing positive communication with their child. Caregivers use the following skills to increase positive behaviors: Praise, Paraphrase and Point Out Behavior.

Strategies for Compliance: Caregivers are taught elements of effective discipline and child management skills such as how to give good commands, when and how to use selective ignoring and other discipline techniques to redirect problematic behavior.

| CARE Workshops            |   |
|---------------------------|---|
| Overview                  | CARE Workshops are free for caregivers of youth diagnosed with autism and/or other developmental disabilities. The workshops can be attended live or watched as recorded training, and registration is required. RSVP is required and space is limited. |
| Classification of Program | Parenting Resources   |
| Target Audience           | Parents<br>School Officials   |



# Children's Mercy Autism Caregiver Education

The Division of Developmental and Behavioral Health at Children's Mercy offers the following Caregiver Trainings. These sessions are designed for caregivers of youth diagnosed with autism and/or other developmental disabilities, but all are welcome. There are two ways you can access our Autism-related trainings:

#### 1. Attend our LIVE monthly virtual offering

Registration is REQUIRED, training is FREE. Availability can be found at <a href="mailto:childrensmercy.org/autism">childrensmercy.org/autism</a>

#### 2. Watch Clinic Recorded Trainings

Go to <u>childrensmercy.org/autism</u> and select the panel on the right "Recorded Trainings"

#### Topics Include:

- Sleep 101 for Persons with Autism
- Next Steps after Autism Diagnosis
- Setting Up for IEP Success
- Imitate to Communicate
- Transition to Employment: Setting a Foundation for Success
- Supporting Social Engagement in Early Childhood
- ASD and Co-Morbid GI Conditions
- Addressing Puberty and Sexuality in Persons with DD and ASD
- Promoting Social Skills and Independence
- Toilet Training Part 1 and Part 2
- Eating and Enjoying It
- Applied Behavior Analysis
- Managing Problem Behavior
- Managing Your Child's Home and School Programs and MORE!

| Children's Mercy Autism Caregiver Education |   |
|---|---|
| Overview                                    | Children's Mercy Autism Caregiver<br>Education offers caregiver training<br>on autism and developmental<br>disabilities, covering topics such<br>as sleep, IEP success, social skills and<br>behavior management. |
| Classification of Program                   | ADHD Programs   |
| Target Audience                             | Parents   |

Children do not attend training. Childcare is not provided.

If you have any additional questions, please contact:

Mary Anne Hammond

Education Coordinator for Autism (913) 696-5711 or autism@cmh.edu



#### **Coping Skills Video**



Scan this QR code with your phone, or visit: cmkc.link/coping-skills



# Coping Skills Video This is an educational video for caregivers on coping with stress in the event they are hospitalized. These videos provide information on the fear children might have of going to the hospital and tips for supporting children with their stress. Classification of Program Practical Behavioral and Mental Health Resources Parents

#### **Eating Disorders Video Series**

The Children's Mercy Eating Disorders Center created a series of educational videos for caregivers around the topic of eating disorders. Experts will cover topics such as first warning signs, physical changes, what to do if you suspect your child has an eating disorder, creating a recovery friendly home and more.

Questions? See FAQs below, and learn more at cmkc.link/ EatingDisordersVideos.

## How many videos are available?

9 resource videos are currently available.

#### Who are the videos for?

Parents, caregivers, or anyone who suspects a child in their life

may be suffering from an eating disorder and is looking for tips to support them.

#### How do I access the videos?

The videos are available to view at cmkc.link/EatingDisordersVideos, or you can follow the QR code below.



| Eating Disorders Video Series |  |
|-------------------------------|--|
| Overview                      | The Children's Mercy Eating Disorders Center has created a series of 9 educational videos for caregivers on eating disorders. These videos provide information on warning signs, physical changes, and tips for supporting children with eating disorders. |
| Classification of Program     | Parenting Resources  |
| Target Audience               | Parents<br>School Officials  |

# Fentanyl: One Pill Can Kill

Fentanyl that is made illegally dominates the street drug supply.

It causes a record number of drug deaths in America.

200

Over 200 people die every day from overdoses related to synthetic opiods like fentanyl.

Fake pills are made to look like many different types of prescription pills, such as:

- oxycodone (Oxycontin® Percocet®)
- hydrocodone (Vicodin®)
- alprazolam (Xanax®)
- other stimulants like amphetamines (Adderall®)



Real Percocet



**Fake Percocet** 

#### Reverse Opioid Overdose with Naloxone

Do you know someone at risk of overdose?

Scan the QR code below to learn more about naloxone.



#### **3 MAJOR SIGNS OF AN OVERDOSE**







Very slow, irregular, or no breathing

Blue, purple, or gray lips and fingernails

Unresponsiveness to pain (breastbone rub)

Other signs include: Tiny pupils, choking sounds, or a snor-like gurgling noise.

#### What Can I Do?

Be sure to talk to your kids about the dangers of Fentanyl and never take a medication that has not been prescribed to them by their physician and picked up from a trusted pharmacy.

| Fentanyl: One Pill Can Kill |   |
|-----------------------------|---|
| Overview                    | This resource discusses the risks of opioid overdose, the signs of an overdose, and the risks of taking pills that are not prescribed by a physician. |
| Classification of Program   | Parenting Resources   |
| Target Audience             | Parents<br>School Officials<br>Students   |

# Helping Kids Navigate After a Tragedy

# You know your child best. Most children and teens find it helpful if you:

- Listen to them.
- Answer questions briefly and honestly.
- Let them know they are safe and you are there for them.

#### You can say things like...

- Have any of your friends talked about what happened? What did you hear?
- What questions do you have about what you've heard or seen?
- Do you want to write or draw about how you feel?

#### Remember to take care of yourself, too.

It's ok to step away and process your own reactions, by yourself or with a trusted friend or counselor. By creating space for yourself, you will be better able to help your kids express their feelings without mixing them up with your own.

#### What do I do next?

- Limit exposure to disturbing media. Pictures and videos of the event can be scary. Consider monitoring electronics use closely after these events to prevent accidental exposure.
- Promote your child's resilience. The more a child can feel safe and tell their story, the less anxious they may be when reminded of the trauma.
- Read, watch and listen to stories together. Stories can help kids process traumatic or scary events in an accessible way.
- Reassure but not too much. Too much reassurance can send the message that they should be worried when they are not.



You can find additional support at cmkc.link/parade.

If you or your child have thoughts of hurting yourself or someone else, call, text or chat the Suicide & Crisis Lifeline at 988 or visit the Emergency Room.



| Helping Kids Navigate After a Tragedy |  |
|---------------------------------------|--|
| Overview                              | This document helps children navigate after a tragedy, including listening to them, answering their questions, and promoting their resilience. |
| Classification of Program             | Parenting Resources  |
| Target Audience                       | Parents<br>School Officials  |

# Naloxone (Narcan®)

Naloxone is an emergency medication to use to reverse an opioid overdose. Anyone can save a life during an opioid overdose with naloxone. Giving someone naloxone won't hurt them, so don't hesitate to use it in an emergency. When used properly, it can instantly revive people of any age who are experiencing an overdose until medical help arrives.



How to Use Naloxone Nasal Spray (YouTube Video)

#### What are some signs of an Opioid overdose?

Call 911 immediately if a person shows ANY of the following symptoms:

- Their face is extremely pale and/or feels clammy to the touch.
- Their body goes limp.
- Their fingernails or lips have a purple or blue color.
- They start vomiting or making gurgling noises.
- They cannot be awakened or are unable to speak.
- Their breathing or heartbeat slows or stops.



Opioids are prescription drugs, such as hydrocodone (Vicodin®), oxycodone (OxyContin®), oxycodone/ =acetaminophen (Percocet®), fentanyl, and morphine. They are also illegal drugs such as heroin.

#### **How to Avoid Opioid Overdose:**

- Take medicine only if it has been prescribed to you by your doctor.
- Do not take more medicine than instructed.
- Call a doctor if your pain gets worse.
- Never mix pain medicines with alcohol, sleeping pills or any illegal substance.
- Learn the signs of drug overdose.
- Learn how to use Naloxone safely.
- Teach your family and friends how to respond to an overdose.
- Dispose of unused medicines safely video:



#### **To Learn More:**

• Naloxone Drug Facts:



| Naloxone (Narcan®)        |  |
|---------------------------|--|
| Overview                  | This resource discusses the use of Naloxone to reverse opioid overdoses, the signs of an overdose, and how to avoid opioid overdose. It also provides information on Naloxone nasal spray and the importance of learning how to use it safely. |
| Classification of Program | Parenting Resources  |
| Target Audience           | Parents<br>School Officials<br>Students  |

# Powering Families A Learning Series from Children's Mercy

Join us for a monthly webinar series for families! These free educational events will offer parents and caregivers a chance to connect with Children's Mercy Kansas City experts and partners on a variety of topics. Webinar topics include: healthy eating, financial resources, anxiety and depression, kids safety and much more!



To learn more and register for an upcoming webinar, visit cmkc.link/poweringfamilies or scan the QR code.

| Powering Families         |  |
|---------------------------|--|
| Overview                  | These resources offer a series of free online educational events every month. These events provide an opportunity for parents and caregivers to connect with experts and partners from Children's Mercy on diverse topics. Each event will feature a presentation by the expert, followed by a Q&A session where attendees can submit questions via chat for the experts to address. |
| Classification of Program | Parenting Resources  |
| Target Audience           | Parents<br>School Officials  |

# Prepped and Ready Experts Edition

Are you ready for the teen years? Be ready with our new FREE parenting video series, specifically for caregivers raising teens.

#### **Learn Tips For:**

- Addressing vaping
- Preventing eating disorders
- Handling tough questions
- Suicide prevention
- Understanding how teens think



Plus! Get a free safety toolkit mailed to you!\*



Video series available at cmkc.link/PreppedAndReady

\*One caregiver per household raising children under 18 years old is eligible to participate in this research study with a safety toolkit for the first 1,000 participants.

| Prepped & Ready           |   |
|---------------------------|---|
| Overview                  | This resource is designed to help parents prepare for the challenges of parenting teenagers. The goal of "Prepped and Ready" is to provide guidance on steps parents can take to address potential crises with their teenagers. |
| Classification of Program | Parenting Resources   |
| Target Audience           | Parents<br>School Officials   |

#### **Teen Mental Health Tip Sheet**



#### Relationships

Nurturing healthy relationships has a huge impact on life satisfaction. Here are things you can do:

- Choose face-to-face connections over online ones.
- Surround yourself with those with whom you trust.
- Promote positivity in others.
- Avoid those who make you feel bad about yourself.
- Avoid those who pressure you to be someone you are not.
- Do not try to change others.
- Set clear boundaries for yourself.
- Be willing to forgive.



#### **Technologyh Use**

Technology is a part of every aspect of our lives. But some types of screen use can have a negative impact the mental health of many teenagers. Follow these tips to help control your technology instead of letting it control you.

- Take purposeful breaks from technology.
- Review privacy settings.
- Limit notifications.
- Lock or unfollow toxic accounts and pages.
- Limit screen time (especially at bedtime).
- Foster positivity in online spaces by being a good online citizen.



#### Diet

Eat a well-balanced diet to improve both physical and mental health. It is important to eat regular meals to avoid drops in blood sugar levels. This also maintains energy needed for body and brain functions. Gut health is closely tied to brain function and mental health. Eat plenty of fruits, vegetables and beans for gut health, brain function and mental health. Probiotics may provide support also. Sharing meals with others can improve mood and fosters connection with others.



#### Sleep

Three out of four teens say they do not get enough sleep. This can negatively impact mood and anxiety symptoms. Here are simple strategies to improve sleep:

- Prioritize sleep.
- Have a consistent sleep schedule.
- Make the area you sleep in quiet, comfortable and free of distractions.
- Follow a relaxing pre-bed routine.
- Limit naps during the day.

- Limit caffeine drinks in the afternoon.
- Limit bright lights and electronic screens to help your body's natural melatonin production.
- Unplug from electronics



#### **Substance Use and Abuse**

Our brains continue to develop at rapid rates well into our 20s. Substance abuse can negatively impact the development of the brain and may have long-lasting effects. These impacts may contribute to:

- Depression
- Irritability
- Anxiety
- Poor focus
- Sleep disruption
- And many other negative impacts.

# Teen Mental Health Tip Sheet (cont'd)

Substance use may include alcohol, tobacco or vaping products, marijuana, synthetic drugs and inappropriate use of prescription pills.

Substance use may occur due to:

- Peer pressure.
- Self-medicating to relieve stress or pain.
- An unhealthy coping strategy.
- · Experimenting.

It is often unsafe, illegal and can make depression or anxiety symptoms in the long-term.



#### **Exercise**

Exercise can improve self-esteem, body image and sleep. Regular aerobic exercise such as jogging, swimming, cycling, walking or sports can release chemicals in the body which help improve mood, decreased stress and improved energy. Strength training can benefit both mental and physical health.



#### **Hydration**

Drinking water throughout the day improves physical and mental health by reducing fatigue, improving alertness and helping with depression and anxiety. Carrying a water bottle around with you through the day can serve as a reminder to stay hydrated when you are busy or not thinking about it.

Watch for signs of dehydration:

- Thirst
- Dry mouth
- Dark urine
- Rapid heart rate
- Constipation
- Sleepiness
- Fatigue
- Headaches
- Nausea

| Teen Mental Health Tip Sheet |   |
|------------------------------|---|
| Overview                     | This document provides a comprehensive guide on teen mental health, covering topics such as relationships, technology use, diet, sleep, substance use, sunlight, and self-care. |
| Classification of Program    | Practical Behavioral and Mental Health<br>Resources   |
| Target Audience              | Parents<br>School Officials   |



#### Sunlight

Exposure to sunlight, especially in the morning, has been shown to improve mood, anxiety, alertness and general health. Always remember to protect yourself from harmful ultraviolet (UV) radiation with sunscreen. Never look directly at the sun as it may cause damage to your eyes.



#### **Self-Care**

Develop regular and sustainable selfcare practices, which address five basic pillars:

- Physical: diet, exercise, sleep.
- Social: family, friends, colleagues and those you interact with on a regular basis.
- Emotional: regularly checking in on your emotions so that you may feel, process and release emotions in a safe and nonjudgmental manner.
- Intellectual: reading, learning, selfdevelopment and personal growth.
- Spiritual: yoga, meditation, religious worship.

# Teens and School Screens Let's Talk About Healthy Technology Use

Technology can shape learning and behavior. In the educational setting, we see technology has a role in teaching but technology use has risks for some students, like increasing impulsive or risky internet use behaviors. I have focused my research to better understand technology use in the educational setting, so we can optimize the benefits of technology while mitigating its risk. Healthy technology use involves the community. By coming together to share our experiences, we can learn from each other. I give presentations within the community to share my experiences and to also learn from others. During presentations, Lreview recent research about technology use and behavior/ learning, and review case presentations about technology use in the classroom with the hope for dialogue between each other.

## Who is the presentation for?

School staff interested in exploring multiple aspects of student technology use.

# Who do I contact for additional course information or to request the presentation?

Please contact Angela Guzman, Behavioral Health Community Education Coordinator aguzman@cmh.edu

## What is the length of the presentation?

The presentation is approximately 1 hour, but may be tailored as needed.

## What is the cost for the presentation?

This presentation is offered to schools free of cost.

| Teens and School Screens  |   |
|---------------------------|---|
| Overview                  | This presentation discusses the role of technology in education and the risks associated with its use. It aims to promote healthy technology use and encourage dialogue within the community. |
| Classification of Program | Practical Behavioral and Mental Health<br>Resources   |
| Target Audience           | School Officials  |



# Trauma-Focused Resources for the Community

Nurturing resilience in our youth is crucial, particularly in times of adversity. We are excited to share FREE resources tailored to equip providers, caregivers, educators and community members with the essential tools and knowledge to effectively support children's mental wellbeing during challenging times.

## Trauma Referral Navigator Program

#### About the Trauma Referral Navigator Program

- Partnership between Children's Mercy and CommCare.
- A dedicated phone line answered 24/7 by the same trained counselors who answer 988 calls.
- Personalized referrals to trauma response resources based on family need, financial resources and location.
- Follow up support as needed to identify and overcome barriers to receiving services.

#### How to access the Trauma Referral Navigator line

- (816) 412-9412
- https://forms.office.com/r/ rWfinNVgaM
- Scan QR code here



Contact the Trauma Referral Navigator line when you have a patient, student, client or loved one who would benefit from connection to evidencebased trauma focused therapy services.

| Trauma Referral Navigator |   |
|---------------------------|---|
| Overview                  | This document provides trauma-<br>focused resources for parents,<br>including free tools and knowledge to<br>support children's mental wellbeing<br>during challenging times. |
| Classification of Program | Parenting Resources   |
| Target Audience           | Parents   |

#### **Training Modules**

The trauma informed care team at Children's Mercy is offering TF-CBT training modules for those supporting children and adolescents including:

Trauma-Focused Cognitive
Behavioral Therapy (TFCBT)
Learning Collaborative for
licensed clinical mental
health providers who
want to expand their
evidencebased practice
capabilities to assist children
recovering after trauma.

Respond with Child Adult
 Relationship Enhancement
 for all who work directly with
 children ages 2 to 18 after
 a disaster. Sessions are for
 adults only.

For availability and details, please use the QR code here.

#### **Interest Form**



#### To Learn More

Patty Davis, LSCSW, LCSW, IMH-E(III) Program Manager, Trauma Informed Care padavis@cmh.edu

## Understanding and Managing Attention-Deficit/Hyperactivity Disorder (ADHD)

A group program for parents of children ages 3.5–5 years old

# How may this program help your child and your family?

The goal of our program is to help children with ADHD to succeed by training their parents. We will teach parents skills they can use in the "real world" to help their child be more successful at home, at school, and in public.

#### Being the parent of a child with ADHD can be hard and confusing.

Parents will learn about:

- ADHD and its impact on their child's day-to-day behavior
- Specific ways to deal with the most common problems of children with ADHD
- How to improve parent-child interactions and stress
- How to be an advocate for your child (for example, how to get help in school)

#### Who is this program for?

This program may be right for you if you are the parent of a 3.5 to 5-year-old child who:

- has a diagnosis of ADHD or
- has ADHD symptoms such as inattention, hyperactivity, or impulsivity
- takes ADHD medicine or not

# What will happen with the program?

- There will be eight group sessions
- Each session is 90-minutes (1-and-a-half hours)
- Each session is held on the same day and time each week
- Up to 10 families may be in a group (more than 1 parent may come to the sessions)
- Groups meet virtually (via internet)

| Understanding and Managing Attention-<br>Deficit/Hyperactivity Disorder (ADHD) Ages<br>3.5-5 years old |  |
|--|--|
| Overview   | This program aims to help children with ADHD by training their parents in skills to support their child's success at home, school, and in public. It is designed for parents of 3.5- to 5-year-old children. |
| Classification of Program  | ADHD Programs  |
| Target Audience  | Parents<br>School Officials  |

## Will my child come to the sessions?

No, your child will not come to the sessions.

## What topics are covered in the parent group?

- Understanding ADHD and its impact on a child's day-to-day life
- Keys to help your child manage ADHD
- 3. How to use positive attention to help with desired behaviors
- 4. Increase your child's ability to follow instructions and rules
- 5. Help your child deal with their emotions
- 6. Working with your child's teacher

- 7. How to use punishment to manage ADHD behaviors
- 8. How to help your child behave in public
- 9. Keep positive changes going

# Will my insurance pay for this program?

Most health plans that cover multifamily group therapy services will pay. Families are responsible for any deductible or co-payment. When contacting your insurance company we bill under CPT code 90849.



For more information and to enroll in the program, scan this QR code or visit our site.

# Understanding and Managing Attention-Deficit/Hyperactivity Disorder (ADHD) A group program for parents of children

A group program for parents of children ages 6-12 years old

# How may this program help your child and your family?

The goal of our program is to help children with ADHD to succeed by training their parents. We will teach parents skills they can use in the "real world" to help their child be more successful at home, at school, and in public.

#### Being the parent of a child with ADHD can be hard and confusing.

Parents will learn about:

- ADHD and its impact on their child's day-to-day behavior
- Specific ways to deal with the most common problems of children with ADHD
- How to improve parent-child interactions and stress
- How to be an advocate for your child (for example, how to get help in school)

#### Who is this program for?

This program may be right for you if you are the parent of a 6 to 12-year-old child who:

- has a diagnosis of ADHD or
- takes ADHD medicine or not

## What will happen with the program?

- There will be eight group sessions
- Each session is 90-minutes (1-and-a-half hours)
- Each session is held on the same day and time each week
- Up to 10 families may be in a group (more than 1 parent may come to the sessions)
- Groups meet virtually (via internet)

| Understanding and Managing Attention-<br>Deficit/Hyperactivity Disorder (ADHD) Ages<br>6-12 years old |   |
|---|---|
| Overview  | This program aims to help children with ADHD by training their parents in skills to support their child's success at home, school, and in public. It is designed for parents of 6- to 12-year-old children. |
| Classification of Program   | ADHD Programs   |
| Target Audience   | Parents<br>School Officials   |

## Will my child come to the sessions?

No, your child will not come to the sessions.

## What topics are covered in the parent group?

- Understanding ADHD and its impact on a child's day-to-day life
- Keys to help your child manage ADHD
- 3. How to use positive attention to help with desired behaviors
- 4. Increase your child's ability to follow instructions and rules
- 5. Help your child deal with their emotions
- 6. Working with your child's teacher
- 7. How to use punishment to

- manage ADHD behaviors
- 8. How to help your child behave in public
- 9. Keep positive changes going

## Will my insurance pay for this program?

Most health plans that cover multifamily group therapy services will pay. Families are responsible for any deductible or co-payment. When contacting your insurance company we bill under CPT code 90849.



For more information and to enroll in the program, scan this QR code or visit our site.

### In a Crisis?

Thinking about suicide or know someone who is?

Struggling with anxiety, depression, eating disorder or personal identity?

# GET HELP 24/7 CALL, TEXT or CHAT 988 TEXT

Text HOME to 741741

#### **TALK**

(800) 273-TALK (8255) English

(888) 628-9454 En Español

#### **Deaf/Hard of Hearing**

TTY users: Dial 711, (800) 273-8255

#### **CHAT**

suicidepreventionlifeline.org/chat

#### **LGBTQIA+ The Trevor Project**

Text: START to 678678

Call: (866) 488-7386

Chat: thetrevorproject.org/get-help/



## **Youth Resources**

Are you or someone you know struggling with thoughts of suicide or self-harm?



#### Scan this QR code

and save the information from this card onto your phone or forward to a friend in need.



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