

New released data from CDC

According to the new data, in 2021, more than a third (37%) of high school students reported they experienced poor mental health during the COVID-19 pandemic, and 44% reported they persistently felt sad or hopeless during the past year. The new analyses also describe some of the severe challenges youth encountered during the pandemic:

- More than half (55%) reported they experienced emotional abuse by a parent or other adult in the home, including swearing at, insulting, or putting down the student.*
- 11% experienced physical abuse by a parent or other adult in the home, including hitting, beating, kicking, or physically hurting the student.*
- More than a quarter (29%) reported a parent or other adult in their home lost a job.*
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Quick Review:

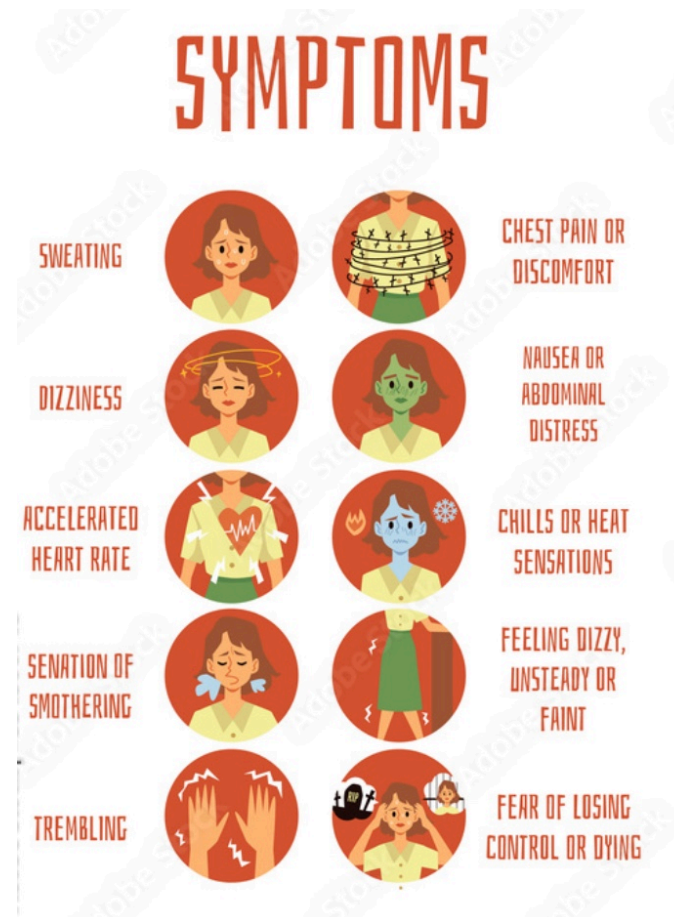
A Strategy (Biblical and Psychological) for Encouraging Distraught Teens

Attunement – Empathy, Assurance, Assistance

- I see you
- I hear you
- I understand this is hard for you
- I'm glad to be here for you
- We'll walk this out together



Encouraging a Teen Who is Experiencing Extreme Emotional Duress



Encouraging a Teen Who is Experiencing Extreme Emotional Duress

When the Autonomic Nervous System is Triggered The Body Readies Itself to:

Fight

Flee

Freeze

The rational portion of the brain goes “offline” so that the intuitive/reactive portion of the brain can operate.

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Focus > Emotional Duress

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4 Steps that re-establish Focus and allow for Faith

1. Stop and Breathe
2. Think, Don't Just Feel
3. Don't Catastrophize
4. Control What You Can
- 5. *Engage Your Faith.*** 😊

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4 Steps that re-establish Focus and allow for Faith

1. Stop and Breathe

32 Now when Mary came to where Jesus was and saw him, she fell at his feet, saying to him, “Lord, if you had been here, my brother would not have died.” **33** When Jesus saw her weeping, and the Jews who had come with her also weeping, he was *deeply moved* in his spirit and greatly troubled....

35 ...Jesus wept...

38 ...Then Jesus, *deeply moved* again, came to the tomb. It was a cave, and a stone lay against it.

John 11: 32-33, 35,38

“deeply moved” (embrimaomai) – From a root word meaning to exhale in frustration. (E.g. As a horse snorts.)

Box Breathing

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2. Think, Don't Just Feel

We bring our rational brain back online by examining our emotions and naming our emotions.

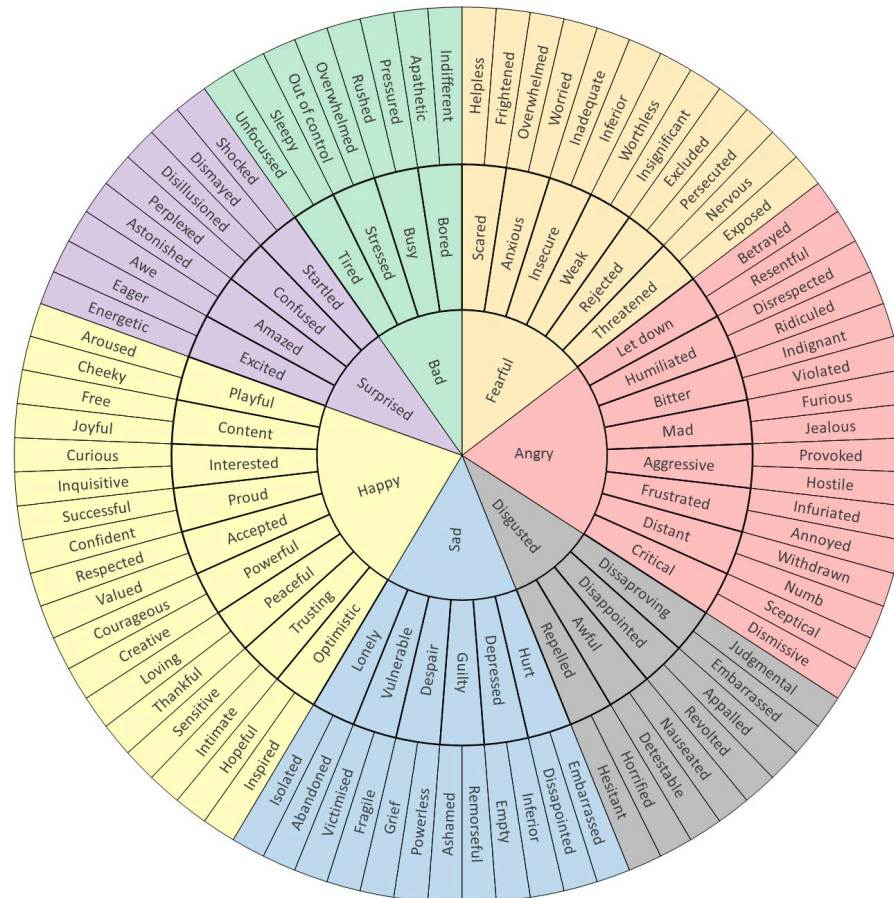
Question: When emotionally bothered which is the primary need:

- Fixing the Problem?*
- Being understood by another?*

Answer: Being understood

4 Steps that re-establish Focus and allow for Faith

The Emotional Vocab Wheel



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3. Don't Catastrophize

If we give ourselves the permission to imagine the worst, why not give permission to imagine the best?

What is a promise from God that we can embrace right now?

Doubting God's goodness is common. But doubting God's holiness is seldom an issue for teen inquirers. If we believe it is impossible for God to sin, then it is impossible for him to sin against you.



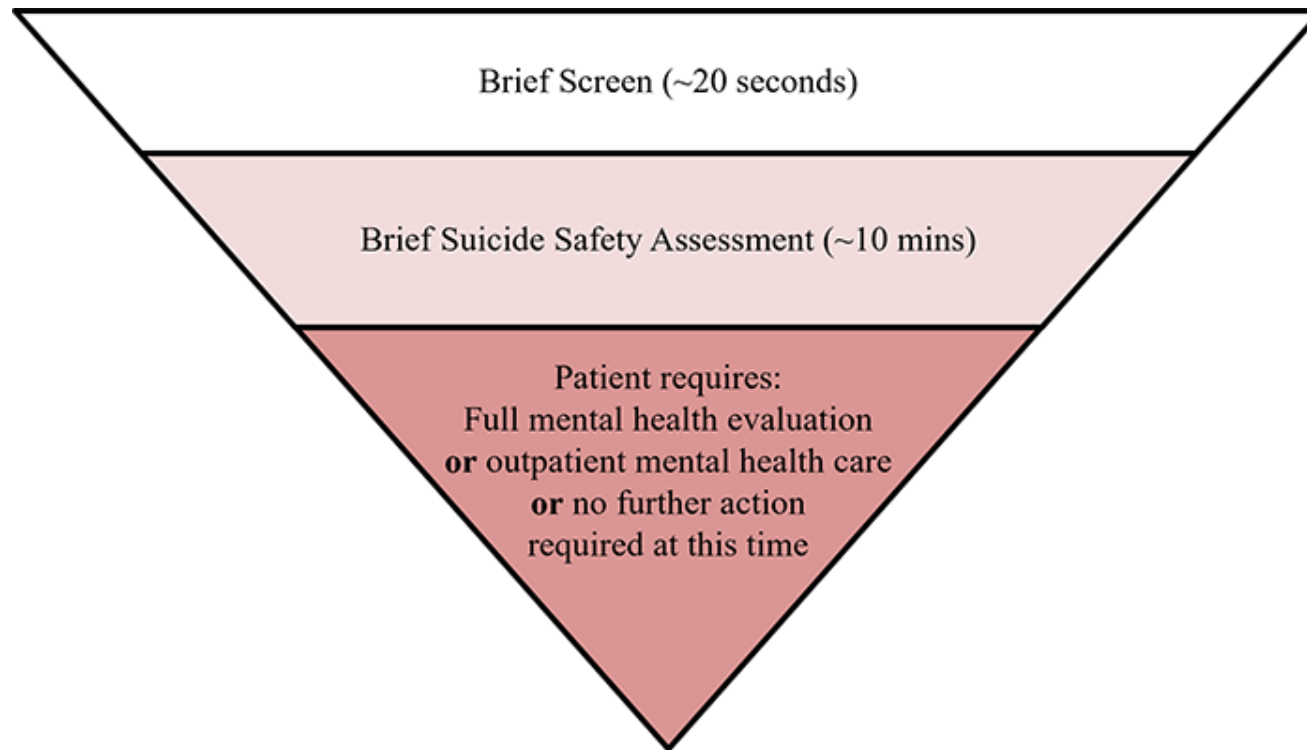
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4. Control What You Can

- *What are physiological factors that might be contributing to heightened emotional duress?*
- *What are systemic issues that the teen finds exasperating?*
- *Is there a spiritual attack leveraging either of these areas?*

How to Screen for Suicidal Ideation



ASQ Tool https://www.nimh.nih.gov/sites/default/files/documents/research/research-conducted-at-nimh/asq-toolkit-materials/asq-tool/screening_tool_asq_nimh_toolkit.pdf

How to Screen for Suicidal Ideation

No -Suicide Prevention Contract

I, _____, agree that I will not attempt to cause harm to myself.

I promise to never attempt to commit suicide.

I promise to not participate in any activity that could result in myself intentionally causing harm or death.

If I am ever having thoughts of suicide, am feeling like I want to kill myself, and/or have the urge to cause harm to myself, I will:

1. Remind myself that _____ and _____ care deeply for me and do not want me to harm myself.

2. Remind myself that I can never attempt to commit suicide.

3. I will call 911 immediately if I feel that I could hurt myself that day.

4. I will call the following phone numbers, if I am feeling suicidal, but do not feel that I will cause harm to myself immediately.

(List contact names and phone numbers)

5. If I am feeling like I want to die, and/or commit suicide and cannot reach the above persons, I will call 1-800-Suicide.

I know that _____ and _____ do not want me to hurt myself and care about me very much.

Signed _____

Building a Resource Base with Trusted Professionals