



adolescent mental health

Parenting to Wellness

A supplemental parent education module that is designed to offer support to parents and caregivers of adolescents who experience mental health challenges.

Parents and caregivers want to see their children grow up to be happy and productive adults. Good mental health is a critical component of reaching this goal and is as important as good physical health. Assessment and treatment of mental health conditions can provide children and their families with the understanding of and strategies to do the following: manage symptoms, learn coping skills, and strive for their most meaningful life.

This program will provide parents and other caregivers with the opportunity to learn about the most common mental health disorders that can occur in adolescents and explore ways they can support their child's return to wellness.

This supplemental module builds on information and strategies discussed in the Thrive Branch Out parenting program, so it is recommended that you participate in the Branch Out program prior to using the supplemental module.



In this module you will learn how to do the following:



Identify the most common mental health disorders among adolescents and teens.



Distinguish between typical and non-typical changes in adolescents.



Differentiate between and identify different types of providers and therapies.



Recognize warning signs of risky or unsafe behaviors, including suicidal ideation, self-harm, and substance misuse.



Assess how to respond to signs that your teen is in distress by making and following an established safety and coping plan.



Explain the importance of parental self-care and what this might look like for you.



Recognize the impact of your emotions in the interactions you have with your child.



Identify skills for modeling healthy emotion regulation strategies.

For more information about this supplemental module visit:

<https://thrive.psu.edu/supplemental-modules/>



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