# Children's Mental Health

The Rainbow Project, Inc. Child & Family Counseling & Resource Clinic





# Healthy Social and Emotional Development

The Rainbow Project, Inc. Child & Family Counseling & Resource Clinic



## Some of the Challenges Children and Youth Experience

The Rainbow Project, Inc. Child & Family Counseling & Resource Clinic



- Depression
- Anxiety
- ADHD
- Autism
- PTSD

## Depression

The Rainbow Project, Inc. Child & Family Counseling & Resource Clinic





# Anxiety

The Rainbow Project, Inc. Child & Family Counseling & Resource Clinic





# Attention-Deficit Hyperactivity Disorder (ADHA



### Welcome to the Los Rios Historic District



The Rainbow Project, Inc. Child & Family Counseling & Resource Clinic



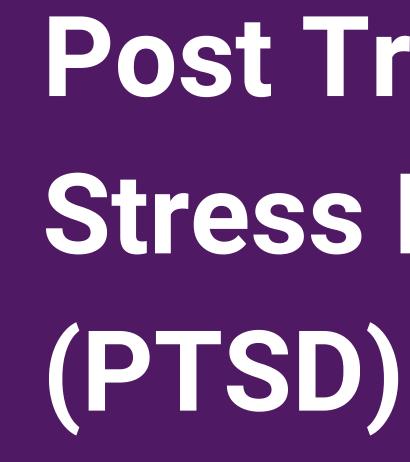
Autism Spectrum Disorder



### Families Like Mine Conference









# **Post Traumatic Stress Disorder**

Families Like Mine Conference



# Understanding the Behaviors



The Rainbow Project, Inc. Child & Family Counseling & Resource Clinic

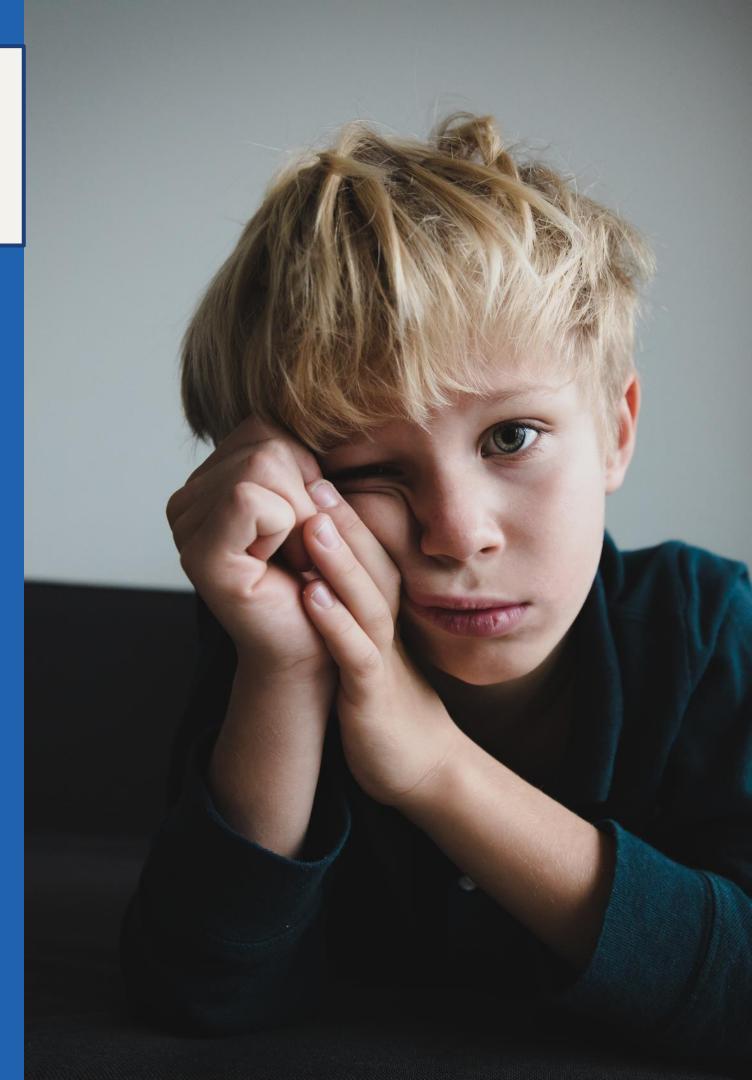


## **Managing New Behaviors**

How might the behavior benefit the child?

Why might they feel they need to react in that way?

How is this behavior protecting them in the moment?





## **Set Limits**

### Describe

## Understand

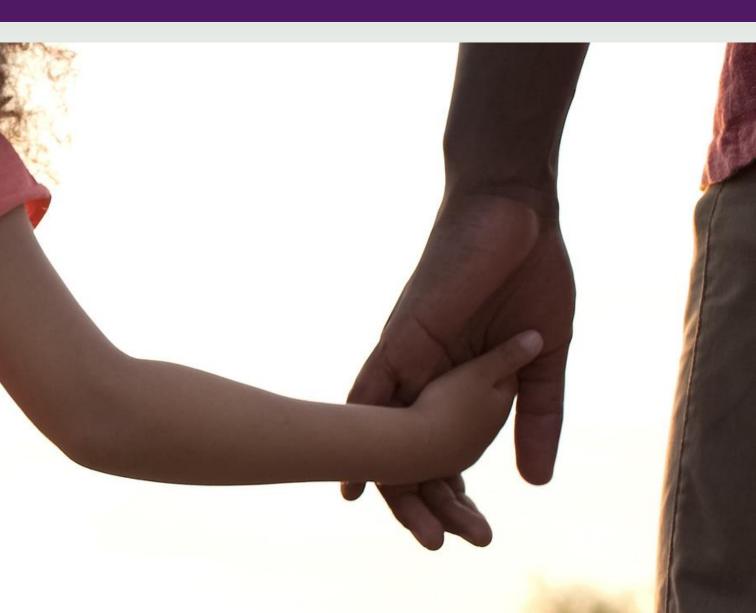


# Connection

# **One Supportive Person**

4.1 TRAUMA LENS | NATURAL SUPPORTS









Families Like Mine Conference

# Your Role Change

## Natural Emotions



Families Like Mine Conference







# Your Adult Child:

Boundaries



Families Like Mine Conference

## Setting Limits

## Your Wellbeing

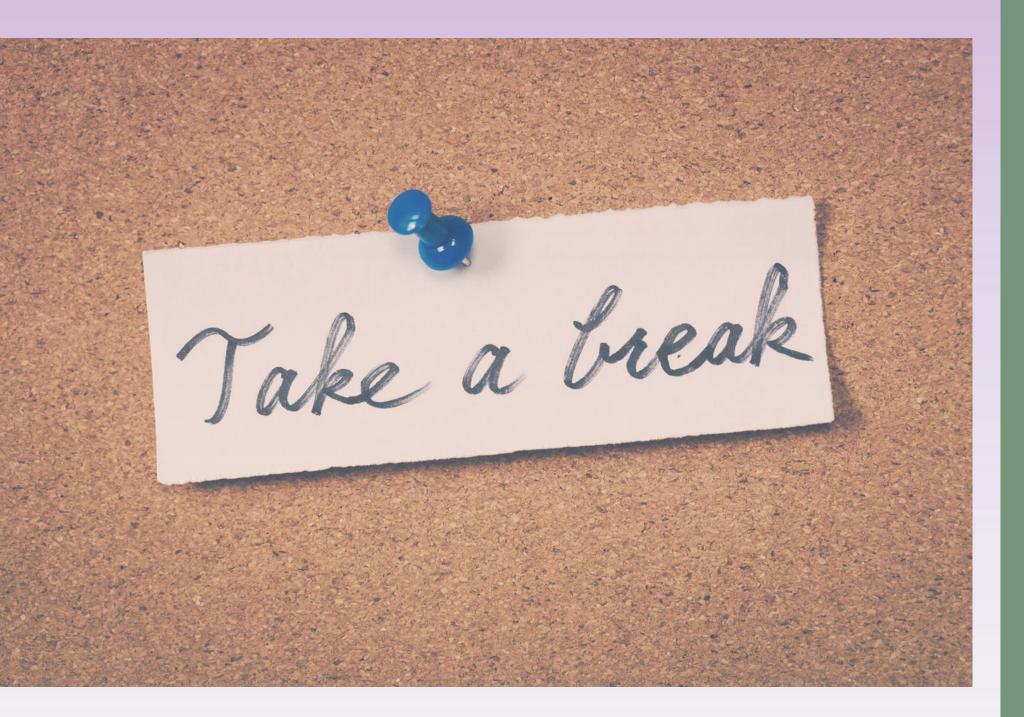


# Taking Care of Yourself



**SELF-CARE | NATURAL SUPPORTS** 

# Make a Plan



Families Like Mine Conference

Reflect on current self-care

# What/who are your resources?

### **Know your triggers**



## **Resources for** Young Children

### **Home Visiting Programs**

**Family Resource** 

Centers

**Birth to 3** 

**Comprehensive Community** 

Services

### **Wisconsin Alliance for Infant Mental**

### Health

### **Children's Long-Term Support**

### Program

### **Children and Youth With Special Health Care**

### Needs

## **Resources for** School-Aged



## Wisconsin Office of Children's Mental Health **Pediatrician Coordinated Services** Teams **School Mental Health** Services

**Comprehensive Community** 

Services

### **Children's Long-Term Support**

Program

### **Children and Youth With Special Health Care**

### Needs

## **Resources for** Youth



### Wisconsin Office of Children's Mental Health

**Peer Support** 

**Services** 

**School Mental Health** 

Services

**Coordinated Services** 

Teams

**Comprehensive Community** 

Services

### **Children's Long-Term Support**

Program

### **Children and Youth With Special Health Care**

### Needs

## **Resources for** You



### **Wisconsin Department of Children and**

**University of Wisconsin** 

**Extension** 

Grandfamilie

### Families

- Coalition for Children, youth, and
  - Families
- **Foster Care & Adoption Resource Center**

- **Wisconsin Office of Children's Mental** 
  - Health
- **Wisconsin Family Caregiver Support Programs**