


Children's Mental Health



Healthy Social and Emotional Development





Some of the Challenges Children and Youth Experience

- Depression
- Anxiety
- ADHD
- Autism
- PTSD



Depression



Anxiety



Attention-Deficit Hyperactivity Disorder (ADHA)



Families Like Mine Conference

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



Autism Spectrum Disorder



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Post Traumatic Stress Disorder (PTSD)

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Understanding the Behaviors



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?



Connection

Set Limits

Describe

Understand



One Supportive Person





Your Role Change



Natural Emotions

Relief

Concern

Anxiety

Grief

Confusion

Anger

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Complicated Relationships



Your Adult Child:

Boundaries

Setting Limits

Your Wellbeing



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Taking Care of Yourself

Make a Plan



Reflect on current self-care

What/who are your resources?

Know your triggers





Resources for Young Children

Home Visiting Programs

**Wisconsin Alliance for Infant Mental
Health**

**Family Resource
Centers**

Birth to 3

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

**Comprehensive Community
Services**

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

Resources for School-Aged Children



Wisconsin Office of Children's Mental
Health

Pediatrician

Coordinated Services
Teams

School Mental Health
Services

Children's Long-Term Support
Program

Comprehensive Community
Services

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

Children's Long-Term Support
Program

Comprehensive Community
Services

Children and Youth With Special Health Care
Needs

Resources for You



**Wisconsin Department of Children and
Families**

**Coalition for Children, youth, and
Families**

Foster Care & Adoption Resource Center

**University of Wisconsin
Extension**

**Wisconsin Office of Children's Mental
Health**

Wisconsin Family Caregiver Support Programs

Grandfamilie