



The Four Cs of Mental Health Supports At Home And In Schools

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Rogers InHealth

Illuminate. Empower. Mental Health.

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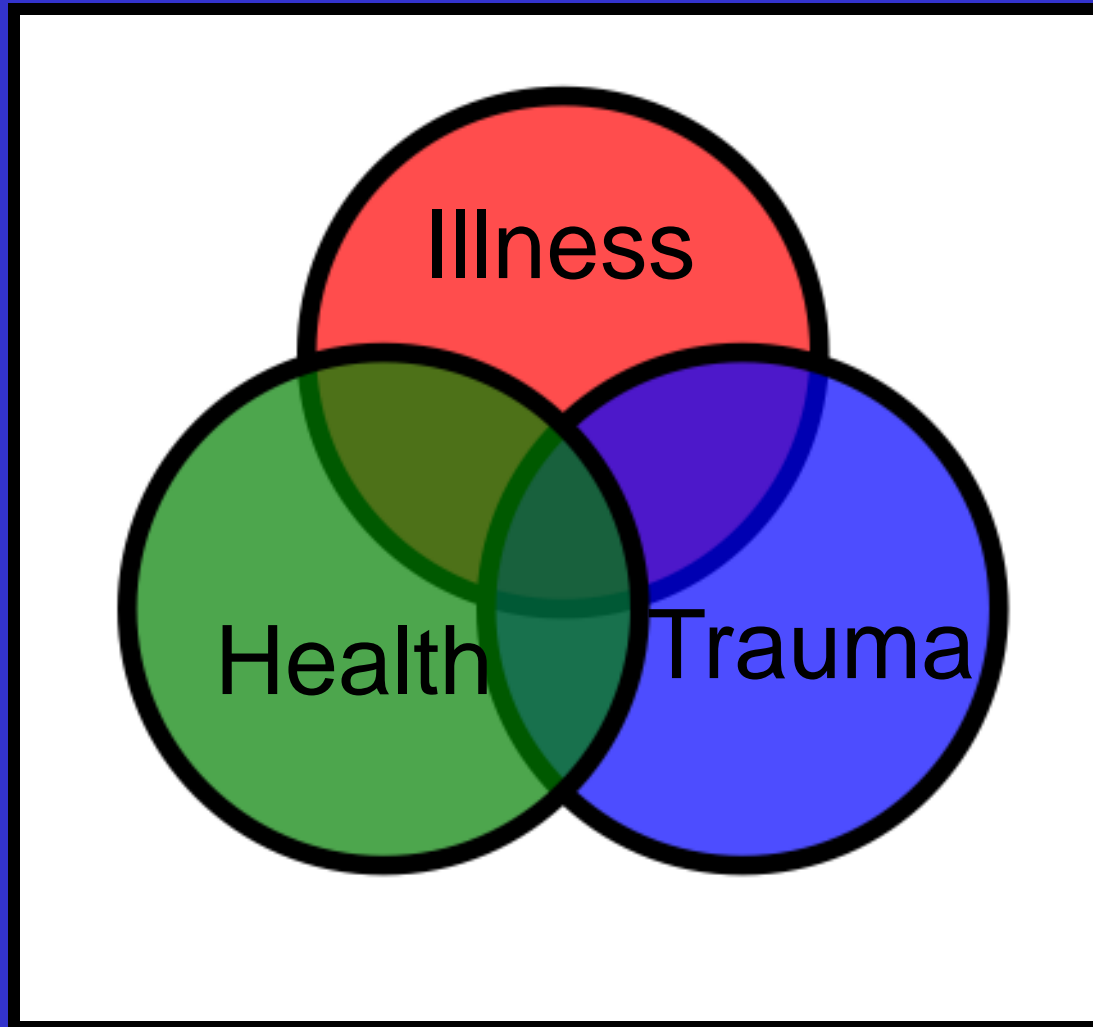
Objectives

- Explore connection between mental health challenges and the need for the 4Cs at home and school
- Consider how to apply the 4Cs in the home and ask for them at school

We begin with best intentions and a level of ignorance and wishful thinking.



Mental Health, Illness and Trauma



What Does Trauma Look Like?

- Sensitive to noise
- Avoid touch
- Heightened startle reflex
- Demand lots of attention
- Perfectionism
- Aggression/Defiance
- Confused - What is dangerous? Who can help?
- Resist separation from familiar adults and safe places
- Reactive and impulsive



One Face of Trauma



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Perspective of Children:

Typical Development vs. Developmental Trauma

- **Nurturing and stable attachments with adults**
- **Belief in predictable and caring world/ good things will happen to me**
- **Feeling of positive self-worth**
- **Optimism about the future**
- **Basic mistrust of adults/ inability to depend on others**
- **Belief that the world is an unsafe place/ bad things will happen and they are usually my fault**
- **Assumption that others will not like them**
- **Fear and pessimism about future**
- **Feelings of hopelessness and lack of control**

How to reach the lower brain

Increasing resilience

- Connection
- Competency
- Control

Connect with the lower brain

- Think babies!
- Check-in at transition times
- Create safety and consistency
- Sensory intervention - arousal



The Red Flags for Trauma, Depression and Anxiety

Sad, down, blue

Lack of interest in activities

**Too much/little eating and/or
sleeping**

Recurring Nightmares

Fatigue, loss of energy

Worthlessness, guilt

Poor concentration, memory

Feeling scattered

Easily angered

Palpitations

Lots of worries

Restlessness, on edge

Protective of loved ones

Easily startled, overly alert

Withdrawn, disconnected

Hot flushes, chills

Trembling, physically numb

Shortness of breath

Chest discomfort

Nausea, abdomen pain

Dizzy, lightheaded

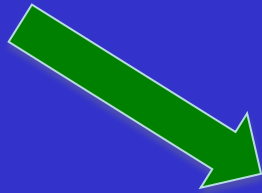
Fear of dying

Hopelessness

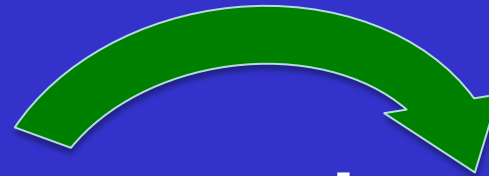
Death/suicide thoughts

Feelings of Shame

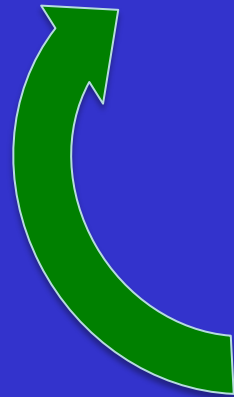
Public Stigma



↓ self esteem
I am not good.



↓ sense of efficacy
I am not able.



Avoidance and apathy
So, why try!



Resilience

- **The ability to recover from traumatic events and manage mental illness.**
- **Children who are resilient see themselves as safe, able and loved.**



The 4 Cs

Connections

- Relationship and Relevance

Competence

- Motivation

Control

- Choice and Self-Management

Consistency

Connection: Relationship is Key Child-Family-Teacher

- **It's two-way!**
- **Trust gained through consistency**
- **No exceptions**
- **Many settings, many “cultures”**
- **Check out the connections**



Connection: Creating Community

- **Safety-** free to be who I am, no bullying, fighting, or put-downs
- **Democracy-** I am responsible for the health of my family, school, community
- **Growth-** we learn how to improve together
- **Problem Solving-** I know how we solve problems and learn to take the lead

Competence: Motivate and Engage

- One step up at a time → I can!
- Choices
- Effective praise and reward systems
- Think of the whole child



Control:

Proactive to Avoid Being Reactive

- **Structure and consistency- Family and classroom rules and procedures!**
- **Teach the behaviors you want to see repeatedly (pre-correct)**
- **Positive responses tied to their choices**
- **Consequences you can do**



Control:

Help to Deal with Emotions

- **Divert and redirect: if needed...**
- **De-escalate**
 - Listen**
 - Acknowledge and empathize**
 - Agree**
 - Invite criticism**
 - Engage senses**
- **Look at the choices you have made before addressing the choices the child made.**

Anxiety: Paving a Path to Resilience

- Problem with thoughts
- Understand safety seeking behaviors
- Teach to review thoughts and take challenging steps - exposure
- Support without enabling – slowed breathing, safety thinking, and proactive
- Anxiety brief video series:
www.rogersinhealth.org/schools go to
classroom strategies

***Thank-you for the relationships you build
and the strategies you implement that
improve the present and future lives of
children.***

Mental health video clips at:

RogersInHealth.org

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