

SPONSORED TOPICAL WEBINAR

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Supporting Family Systems Struggling with Adolescent Self-Injury and Suicide

March 27, 2024

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McLean



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ATTENDANCE

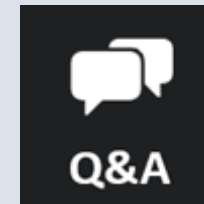
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RECORDING

- A recording of this presentation will be emailed to everyone in 2 weeks' time.
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HAVE A QUESTION?

- You are on mute. Communicate using the **Q&A box** in the webinar screen. Submit your questions for our speakers using the Q&A box.
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Dr. Gillian Galen



Jim Holsomback

PRESENTERS

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- Psychology instructor in the Department of Psychiatry, Harvard Medical School

Jim Holsomback

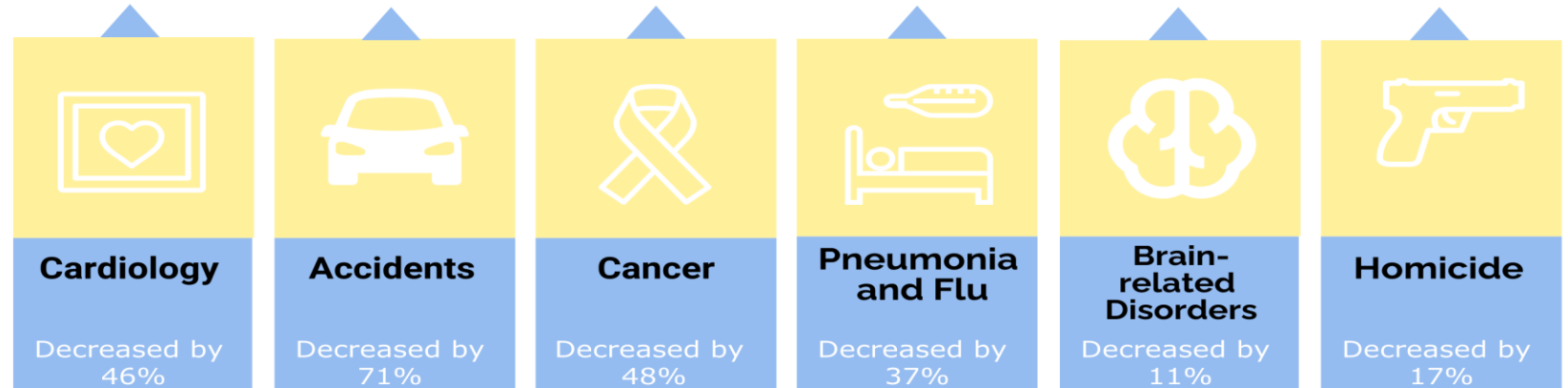
- Director of clinical outreach services, McLean Hospital



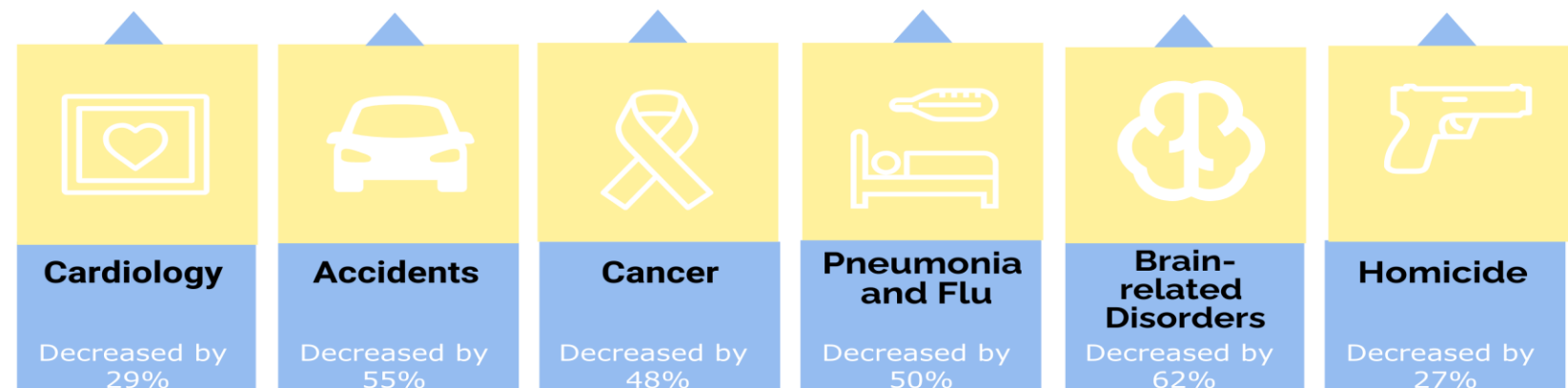
Suicide in America's Youth



Changes in death rates from 1980 to 2019 for 5-14 year olds



Changes in death rates from 1980 to 2019 for 14-25 year olds

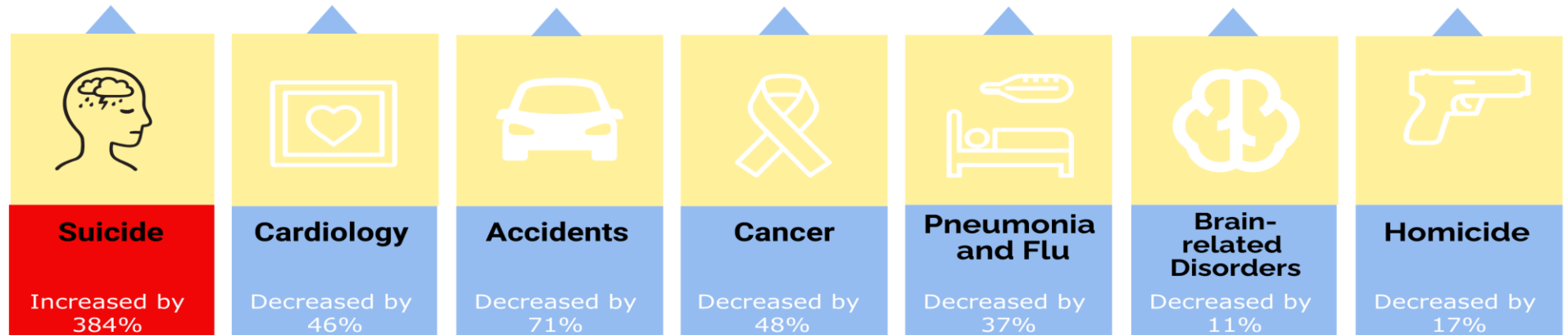




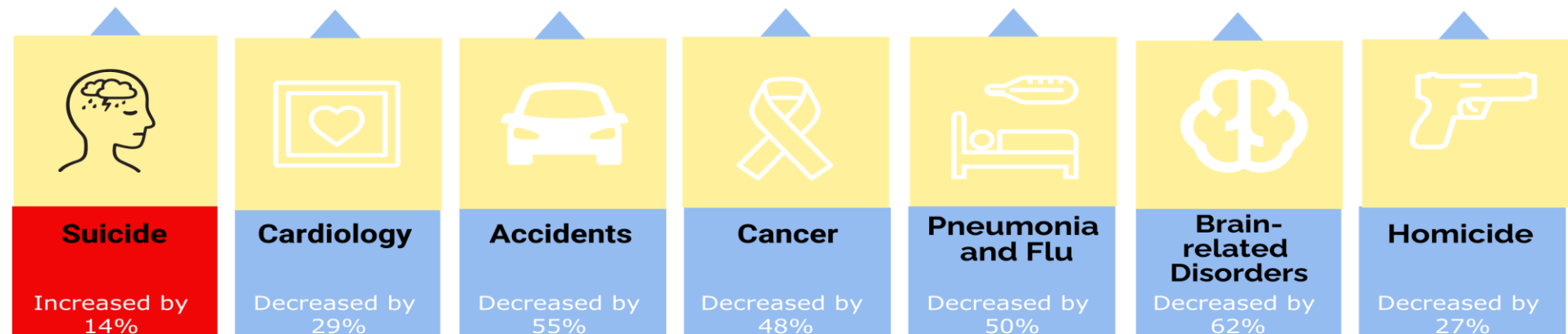
Suicide in America's Youth



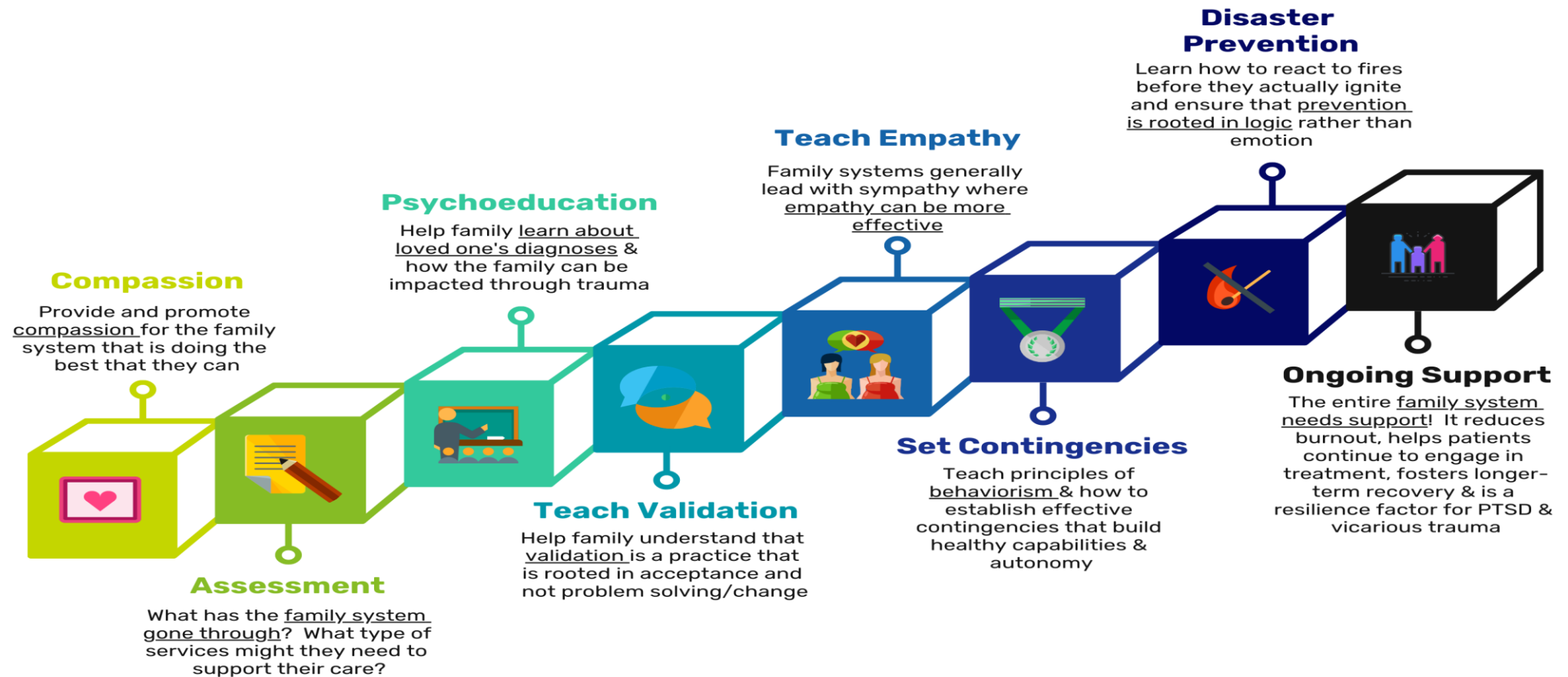
Changes in death rates from 1980 to 2019 for 5-14 year olds



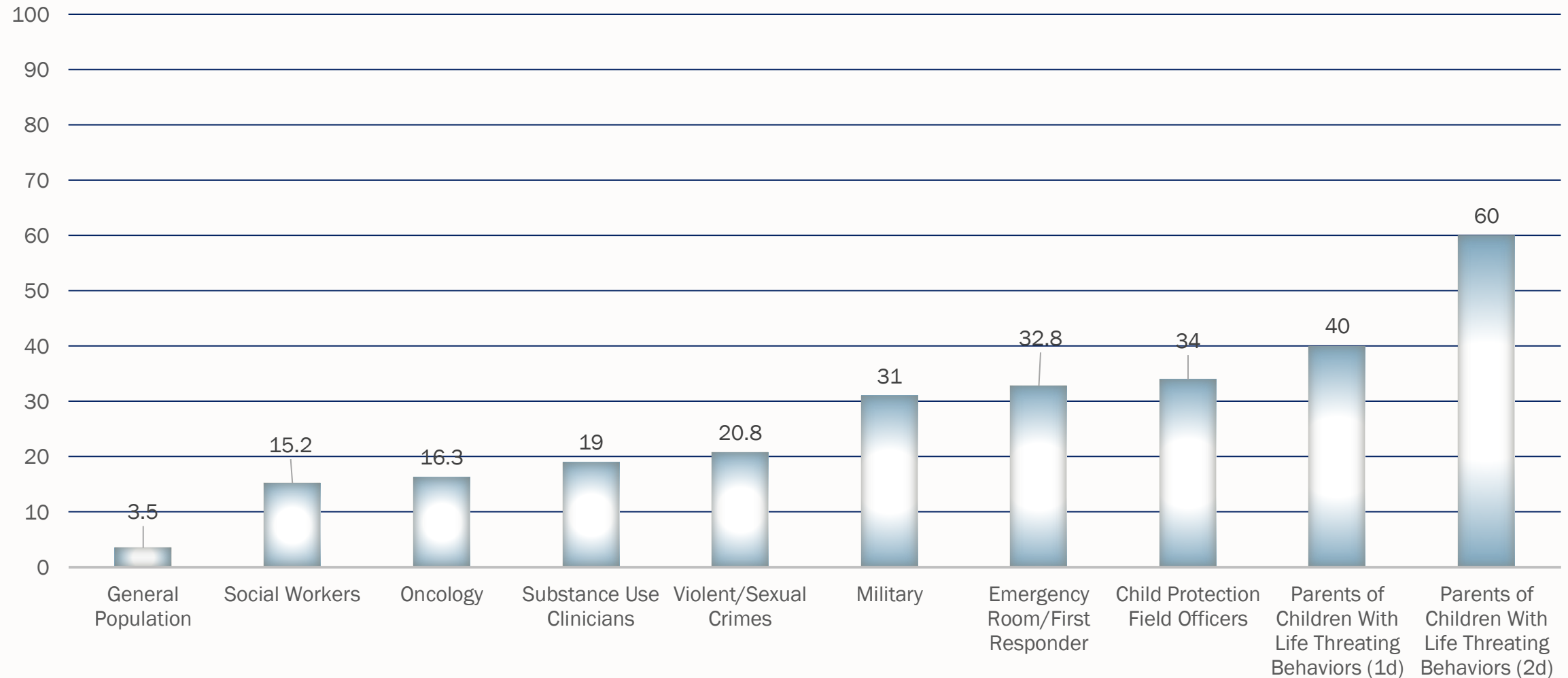
Changes in death rates from 1980 to 2019 for 14-25 year olds



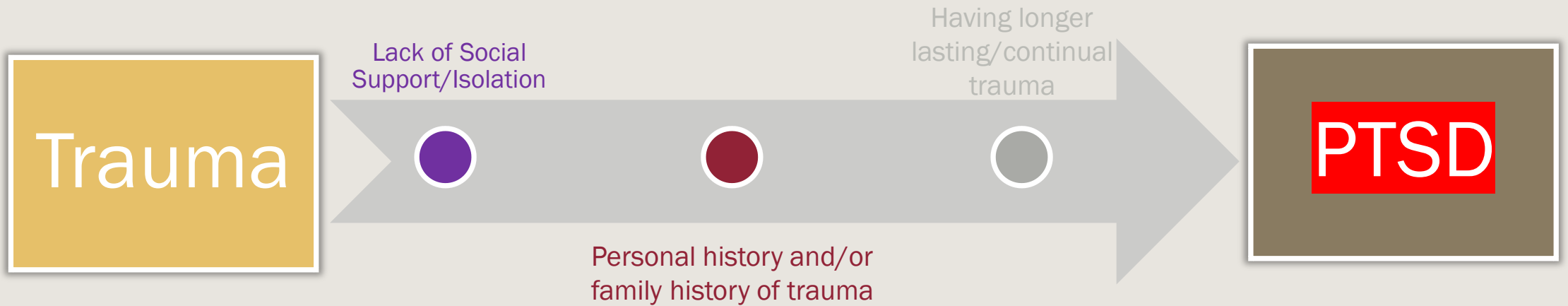
Building More Resilient Family Systems



PREVALENCE OF TRAUMA BY OCCUPATION



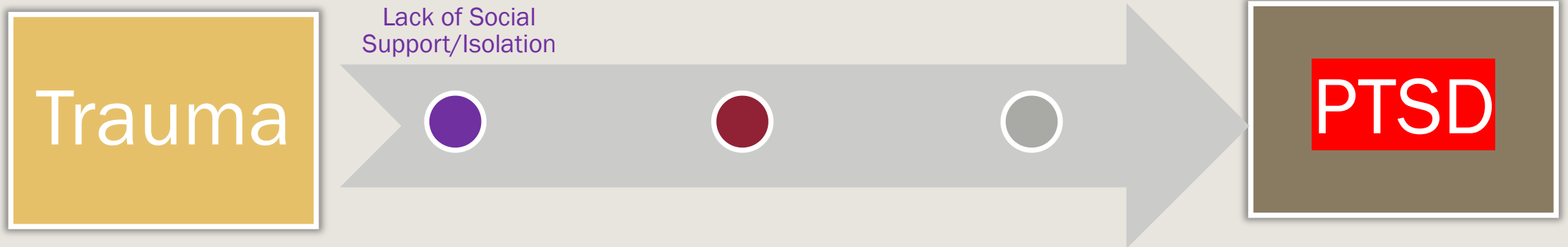
Responses to trauma are *normal reactions to abnormal events* – this includes traumas parents have experienced due to bearing witness to their adolescent/young adult's life-threatening behavior



When emotion goes up, the **PTSD brain detects danger** where there is none



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When emotion goes up, the PTSD brain detects danger where there is none



Secondary Trauma Checklist

Emotional

- Guilt
- Anger
- Sadness
- Helplessness
- Disconnection

Behavioral

- Social Withdrawal
- Diminished Sleep
- Appetite Shifts
- Hypervigilance
- Cynicism

Cognitive

- Lower Concentration
- Rigid Thinking
- Rumination
- General Apathy
- Survival Coping

Physical

- Physical pain
- Lowered immunity
- Illness
- Diminished Self Care
- Chronic Exhaustion

Parenting Mindfulness

The 6 Tenets To Effective Parenting

Tenet 1



Listen With Full Attention

No multitasking and show genuine interest in what your child is conveying.
Be curious!!!

Tenet 2



Have Compassion For Your Loved One

Remember your common humanity and how much love you have for them, even in tough times!

Tenet 3



Non-Judgmental Acceptance of Mistakes

Everyone makes mistakes! Don't forget to use the ARC method for yours!

Tenet 4



Emotional Non-Reactivity

When we are in emotion mind, it's harder to think, reason and communicate

Tenet 5



Emotional Awareness of Child

Try to have a good sense of what your child is feeling and validate those emotions

Tenet 6



Emotional Awareness of Self

This is our mindfulness skill of our own emotions, remembering that they communicate to ourselves & our children

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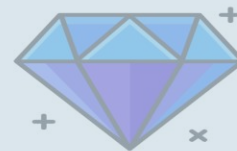
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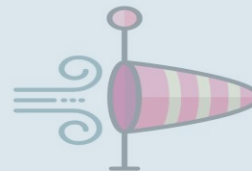
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5 Important Tenets To Behaviorism



1. Positive Reinforcement Works

Remember sticker charts? They work! Providing a **positive reward is more likely to get more of the behavior we want to see!**

Rewards can be tangible when kids are younger. Teens love freedom, trust, relationships & autonomy



2. Negative Reinforcement Works

Remember negative reinforcement doesn't equal 'bad' - it is **taking away something that the person doesn't want in their life to get more of the behavior we want to see!**

By removing parent nagging, reminders & controlling behavior, we are using negative reinforcement



3. Punishment Rarely Works Well

If punishment worked well, our criminal justice system would be more effective.

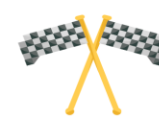
Punishment often teaches people how to get away with the behavior, not ultimately changing the behavior that is problematic in the first place.



4. Extinction Bursts Will Happen

Behaviors change is hard, especially when it has been reinforced in the past!

It's not pleasant, but families should expect an extinction burst, or a **short-term increase of the very behavior we want to change!** Being consistent and steady is the key...



5. Reinforce Getting Closer To Goal

While perfect behavior change is desired, it shouldn't be expected.

We want to **pay attention to approximations that get closer to the goal.** Don't forget to **use positive and negative reinforcement when small changes happen** - reward the right path!

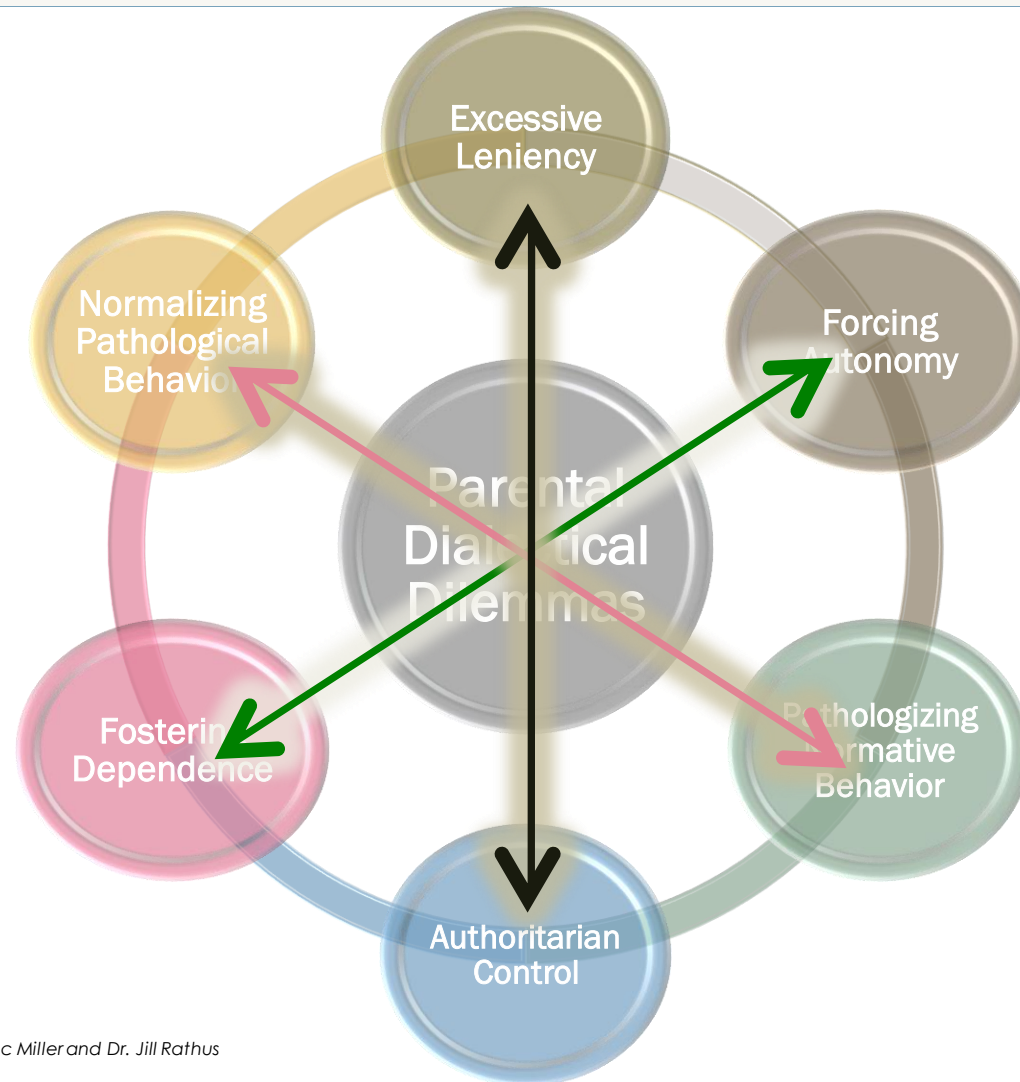
Effective Contingency Management

The CLICHÉ Model

Effective contingency management is a teachable skill that relies on the principles of behaviorism and validation

C	onsistent
L	ivable
I	ntuitive
C	ollaborative
H	olistic
E	stablished

- This is where I am.....this is where I want to be
- These are the situations that drive me to a pole
- These are the emotions that drive me to a pole
- These are the situations where my partner is more balanced
- I am most/least effective as a parent when I am.....
- These are the activities that move me toward the middle



Family support and adolescents/young adults understanding paired associations and helping family anxiety

Effective contingencies help build healthy adolescent/young adult capabilities & autonomy

Parent self care, effective co-parenting help families find the balance

Sympathy vs Empathy





Empathy

VS

Sympathy



Vulnerable choice to connect with an experience of another person while honoring their experience



Feeling pity or sorrow for another person's experience



The ability to take another person's perspective while honoring their experience



Having concern for another person without having or needing to emotionally connect with their experience



Avoiding judgment about the other person's experience, perspective or behavior



Understanding another person's generally negative experience and feeling relief of not having the same problem



Recognizing and reflecting/communicating the other person's emotional experience



Attempting to help the other person's experience not seem so bad



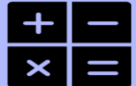
Actively listening and bringing genuine curiosity to the interaction



Trying to help someone having a negative experience feel better

The Art of Validation



 Ways To Validate	VS	Ways to Invalidate 
 Deeply listen to the other person to understand the other person's point of view and emotion(s)		 Assign judgment or intention to the other person's point of view or emotion
 Look for the wisdom in the other person's experience, POV or emotion and reflect it tentatively to ensure we understand it		 Give advice or problem solve
 Infuse your own point of view or limit set with equality words such as 'and' or 'at the same time' while also reflecting the other persons point of view and emotion		 Use the words 'just' or 'should' in validation statements that can oversimplify or not accept of the other person's views or reality
 Generate empathy and compassion for the other person's experience or emotion		 Treat the person as fragile
 Remember that the other person is the expert in their own views, thoughts or affect		 Validate the invalid (ie making sense of a person's experience of affect that doesn't actually make sense!)

Take Home Points

- Parents who do not have support, guidance and a place to talk are inherently at greater risk for developing PTSD
- Those with PTSD will have a less of a capacity to distinguish between dangerous and typical events
- Because those with PTSD have changes in their brain, their 'danger meters' are faulty and overresponsive
- Adolescents who have parents that receive support/parenting skills while the child is in treatment will report:
 - better relationships with their parents
 - be more adherent to treatment
 - better outcomes in treatment
- There is no reason to believe that parents of children who are harming themselves implicitly understand how to support their child
- If you are not ensuring that parents have ample support, education and skills, you are not providing comprehensive treatment for the adolescent or young adult

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Resources For Clinicians & Families

APA/McLean Hospital webinar series

<https://www.apa.org/members/content/mclean-hospital>

McLean Webinar Series for Providers, Patients and Families

https://home.mcleanhospital.org/webinar-series?pk_vid=6d8983a432f59c6d1709318326d84ace

Parenting Infographics – Easy Resources for Parenting Children, Preteens and Adolescents

<https://www.triadadolescentservices.com/resources>

Articles, Videos and Resources for Families and Providers of Children, Adolescents and Family Systems

<https://www.mcleanhospital.org/news?f%5B0%5D=topic%3A6646>

How To Talk About Suicide

<https://adaa.org/webinar/consumer/how-do-you-talk-about-suicide>

Parenting Peer Support Platform

<http://www.oplm.com>

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AUDIENCE Q&A

FINAL THOUGHTS

- A recording will be emailed to you in 2 weeks. It will include the presentation slides.
- Take our survey immediately after the webinar has concluded.

THANK YOU!

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