

TOPICAL WEBINAR FOR APA MEMBERS

An Educational Resource from McLean Hospital

Supporting Families Impacted By Self-Harm

April 23, 2026

PAID FOR BY



Mass General Brigham
McLean



DISCLAIMERS

Dr. Gillian Galen and Jim Holsomback have working relationships with McLean Hospital. As such, they have both a financial and an intellectual interest in the webinar content. The purpose of this presentation is to provide a balanced view on how to provide treatment for the entire family system.

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ATTENDANCE

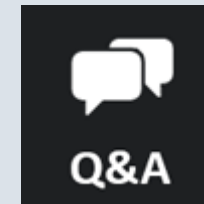
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- A recording of this presentation will be emailed to everyone in 2 weeks' time.
- The recording will include the presentation slides.

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.
- Presentation slides will be posted in the **chat box** of your webinar screen.





Gillian C. Galen

PRESENTER

Gillian C. Galen, PsyD, is a senior child and adolescent psychologist specializing in dialectical behavior therapy (DBT). She is the director of training for the 3East continuum, an array of programs for teens and young adults that use DBT to target self-endangering behaviors and symptoms of borderline personality disorder. She has extensive experience diagnosing and treating adolescents and young adults who struggle with emotion dysregulation, anxiety, depression, trauma, self-injury, and suicidal behaviors.

Dr. Galen has a particular interest in the use of mindfulness in the treatment of borderline personality disorder and psychiatric illnesses. She is the coauthor of the books *Mindfulness for Borderline Personality Disorder: Relieve Your Suffering Using the Core Skill of Dialectical Behavior Therapy*, *Coping With BPD: DBT and CBT Skills to Soothe the Symptoms of Borderline Personality Disorder*, and *DBT for Dummies*. She also serves as the clinical director for Triad Adolescent Services, a practice specializing in teaching and supporting parents of preteens, adolescents, and young adults who struggle with self-harm and suicide.

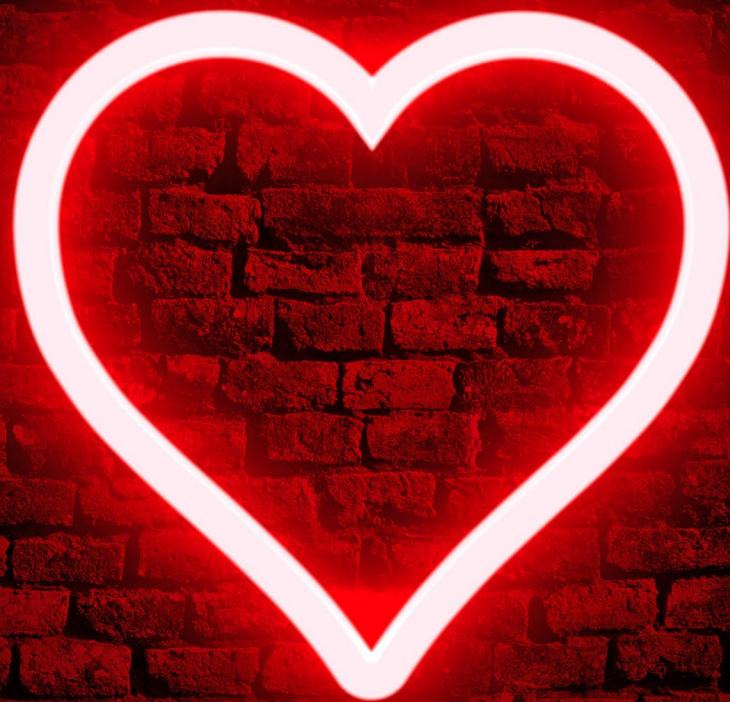


Jim Holsomback

PRESENTER

Jim Holsomback, MA, ABT, serves as the director of clinical outreach for McLean Hospital. He previously served as the director of adolescent clinical education and has extensive experience working with adolescents and families and with psychiatric programs and hospitals across the country. His leadership role in clinical outreach provides an opportunity to continue working with clinicians to provide awareness and access to services for families, nationally and internationally.

Mr. Holsomback has a particular interest in working with families that have experienced trauma and have exhibited trauma-related behaviors that preclude them from accessing their parenting strengths and values. He finds when family systems understand and access evidence-based treatments, patients and families regain their interests, relationships, and cohesiveness as a family. He serves as the program director for Triad Adolescent Services and co-leads parent skills and support groups while also teaching and presenting at national and international conferences about the importance of supporting parents who often struggle to identify support and resources.

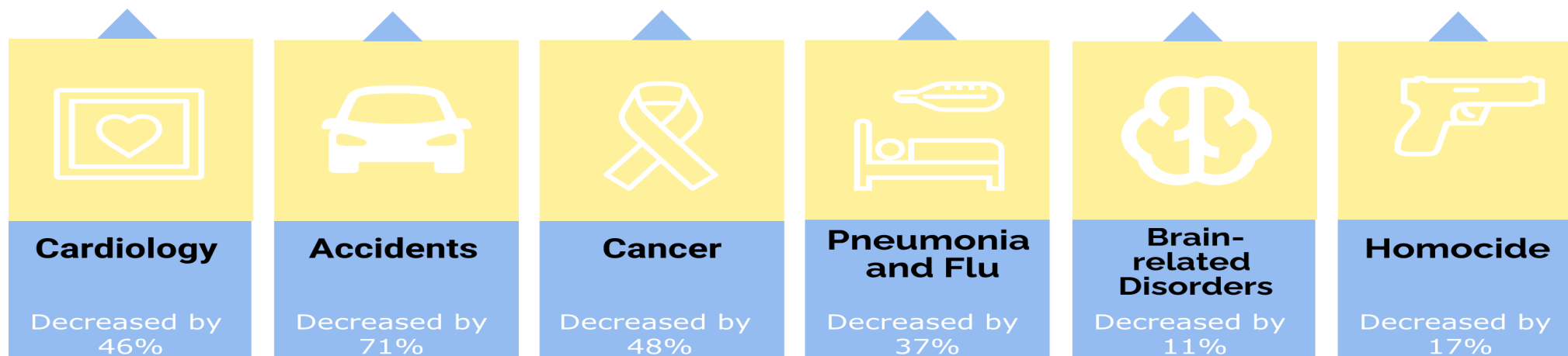




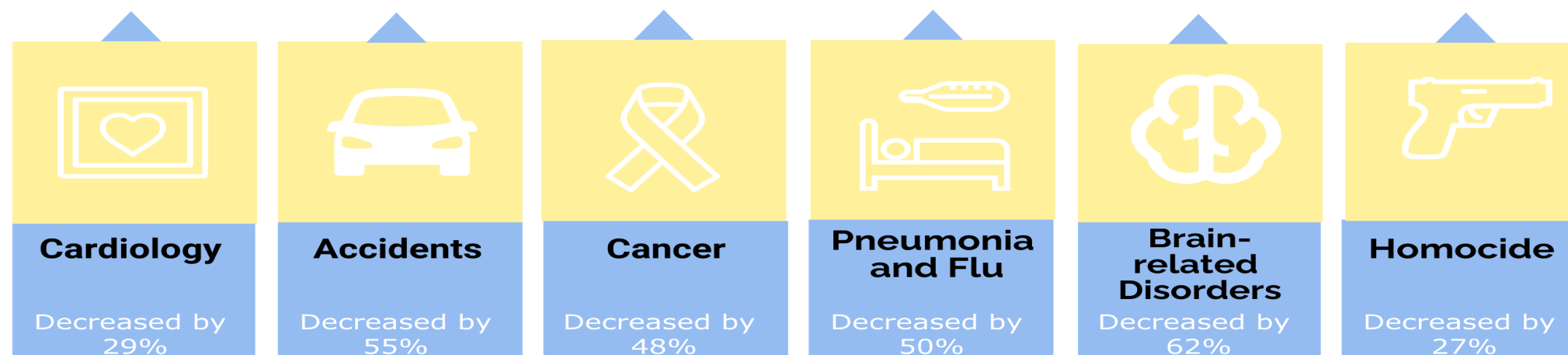
Suicide in America's Youth



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

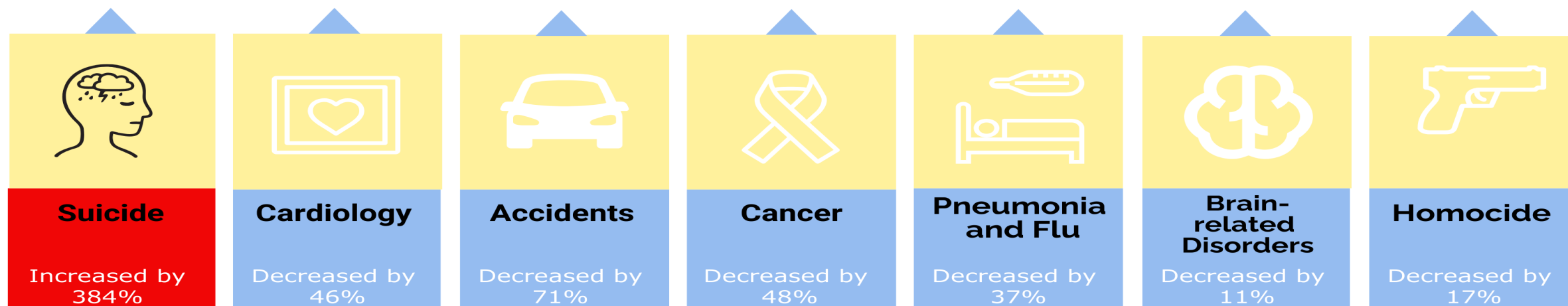




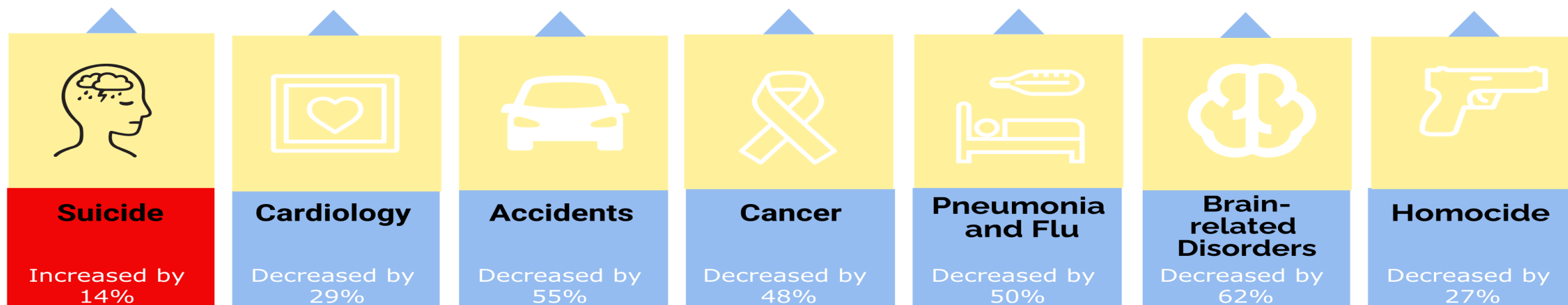
Suicide in America's Youth



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





Suicide in UK's Youth & Adults

40 Years of Research

Suicide rate by age group in England and Wales since 1981: heat map

Age-specific rate per 100,000 population by year of registration

Key:	Higher rate		Lower rate																	Age group	
	15-19	20-24	25-29	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84	85-89	90+					
1981	4.6	9.2	12.1	12.1	13.6	15.6	16.7	19.1	19.2	18.4	18.6	19.6	19.9	18.9	16.4	19.7					
1982	3.6	8.9	12.3	12.2	12.9	15.0	17.6	17.3	19.3	16.9	18.7	19.6	19.3	20.2	20.2	11.9					
1983	3.8	8.8	11.0	11.6	13.8	15.2	16.2	17.4	17.8	17.7	18.3	18.3	20.1	18.2	18.9	12.3					
1984	4.1	8.5	11.1	12.2	13.9	15.4	17.5	18.0	17.8	17.5	16.8	18.3	19.5	20.2	14.6	12.5					
1985	4.3	9.8	11.5	13.4	12.9	16.0	17.4	17.3	18.4	18.8	19.3	18.8	20.2	20.3	16.0	10.8					
1986	4.7	10.5	11.7	12.9	13.1	14.0	15.8	17.5	16.0	17.7	17.2	18.6	20.6	20.8	14.5	13.7					
1987	5.5	11.5	11.5	13.7	13.2	13.9	16.4	14.9	15.6	16.8	15.9	16.2	15.3	18.9	17.1	14.6					
1988	6.3	13.0	12.4	14.8	16.0	15.3	14.5	15.7	15.7	14.7	15.4	17.5	20.1	21.7	19.9	12.6					
1989	6.0	12.4	12.8	13.8	13.9	13.1	14.0	14.4	14.9	12.3	12.6	12.7	16.3	16.7	17.3	11.5					
1990	5.7	13.9	14.5	13.2	15.3	15.0	15.4	14.1	13.2	12.5	13.4	13.2	14.5	15.8	18.3	10.7					
1991	6.1	13.0	13.8	15.0	15.8	15.3	16.3	14.5	12.9	11.4	11.3	10.8	13.1	15.8	16.6	11.2					
1992	5.3	13.8	14.1	14.0	15.0	15.3	15.8	14.1	13.2	12.5	11.6	13.2	12.1	14.3	12.4	15.2					
1993	5.0	14.3	13.6	12.9	13.8	15.0	14.4	13.4	12.9	10.1	11.4	9.8	12.6	14.1	16.3	13.0					
1994	4.8	13.5	14.6	14.8	13.0	13.3	11.7	13.3	10.9	11.0	10.4	10.6	12.3	15.3	18.2	13.0					
1995	4.8	13.1	14.8	14.1	14.3	16.7	12.3	13.2	11.7	10.3	9.2	9.2	11.5	13.4	14.6	10.1					
1996	5.6	11.8	14.0	15.3	12.9	14.4	13.1	11.1	11.2	8.5	8.5	10.6	10.3	13.3	14.4	9.8					
1997	5.5	13.4	14.0	13.7	13.4	12.9	13.9	11.3	10.8	9.3	8.3	9.2	9.4	11.1	13.7	11.5					
1998	6.1	15.0	16.7	17.4	14.3	14.4	14.4	12.5	11.6	9.6	10.0	7.8	10.3	10.8	11.3	12.6					
1999	5.5	12.3	15.3	15.6	15.3	14.5	13.9	12.3	11.4	10.0	9.7	9.9	11.0	11.8	15.0	10.3					
2000	5.3	12.5	14.9	14.4	15.1	13.3	14.6	12.0	11.8	8.5	8.9	9.7	9.8	10.0	15.2	10.4					
2001	5.6	10.3	12.9	14.4	13.8	13.0	14.0	12.7	11.8	9.4	8.0	9.2	10.1	9.5	12.8	12.3					
2002	4.6	10.0	13.6	13.8	14.2	13.4	13.3	11.9	10.8	8.3	8.6	7.9	7.9	9.4	13.4	11.7					
2003	4.2	10.6	12.0	14.2	14.1	14.2	13.0	12.1	10.6	9.1	7.2	8.6	10.2	9.7	10.1	14.2					
2004	4.7	9.3	11.9	13.1	14.3	13.9	13.3	13.1	10.8	8.7	9.5	8.2	9.6	11.2	13.1	15.7					
2005	4.2	8.6	10.0	13.0	14.0	13.6	14.3	13.0	10.8	9.3	7.8	7.4	7.1	10.5	12.5	13.5					
2006	3.5	7.8	9.5	11.4	13.3	12.6	13.1	12.7	11.9	9.7	8.1	7.2	7.9	9.1	9.9	10.0					
2007	3.6	7.4	8.9	12.2	12.9	12.5	11.6	11.6	10.6	8.8	7.5	6.1	7.5	9.8	9.6	7.1					
2008	3.7	8.8	10.0	11.7	13.0	14.1	12.6	12.8	11.3	8.6	7.4	7.4	6.9	9.6	8.0	9.0					
2009	3.7	8.2	10.9	10.0	13.9	14.2	13.4	12.7	11.8	8.7	7.4	6.8	7.8	9.4	9.2	9.1					
2010	3.1	8.6	8.2	10.2	12.6	13.3	12.7	12.7	12.0	9.8	6.9	7.1	7.6	9.2	8.1	10.5					
2011	4.0	8.6	9.3	10.3	13.1	15.4	14.3	15.0	11.7	9.2	7.2	7.9	7.4	9.0	9.8	8.4					
2012	3.6	8.5	10.1	10.8	12.9	14.9	15.3	14.2	12.2	8.9	7.3	6.7	6.6	8.1	9.5	9.5					
2013	3.9	8.3	8.7	10.7	13.7	15.3	15.6	14.8	13.9	10.6	7.5	7.7	7.7	9.1	11.6	11.1					
2014	4.6	8.3	9.7	10.6	11.8	15.2	15.7	15.8	12.6	9.9	8.0	8.3	8.0	9.0	10.7	8.5					
2015	5.5	8.8	9.8	11.2	11.8	13.7	14.5	14.3	13.4	11.0	8.4	8.0	7.7	9.6	10.2	12.4					
2016	4.8	9.4	9.9	10.8	10.8	14.0	13.7	14.1	12.7	9.2	7.7	6.5	6.2	8.3	8.6	11.3					
2017	5.4	7.7	9.7	10.5	10.8	13.0	14.6	12.9	11.4	9.4	8.0	6.7	7.8	6.4	10.0	8.9					
2018	5.9	10.3	10.9	11.8	11.7	13.7	17.0	14.4	11.3	10.6	8.1	7.0	8.2	9.8	11.2	11.0					
2019	5.6	10.9	12.5	12.8	12.9	14.5	15.9	14.8	13.1	11.5	7.8	8.4	7.7	8.5	9.4	8.3					
2020	4.8	9.2	10.7	11.6	13.0	11.9	15.4	13.8	11.9	10.8	8.1	7.4	6.6	7.6	9.6	10.7					
2021	6.3	11.0	11.7	12.3	13.4	13.9	14.7	14.9	12.6	10.6	9.2	7.0	7.9	6.9	8.5	8.0					
2022	5.1	10.1	11.6	13.1	13.5	14.0	14.9	15.2	12.4	11.1	9.0	7.7	6.3	7.7	9.5	13.3					

Office for National Statistics. (2025). *Suicides in England and Wales: 2024 registrations*.
<https://www.ons.gov.uk/peoplepopulationandcommunity/birthsdeathsandmarriages/deaths/bulletins/suicidesintheunitedkingdom/2024registrations>



Suicide in UK's Youth & Adults

40 Years of Research

Suicide rate by age group in England and Wales since 1981: heat map

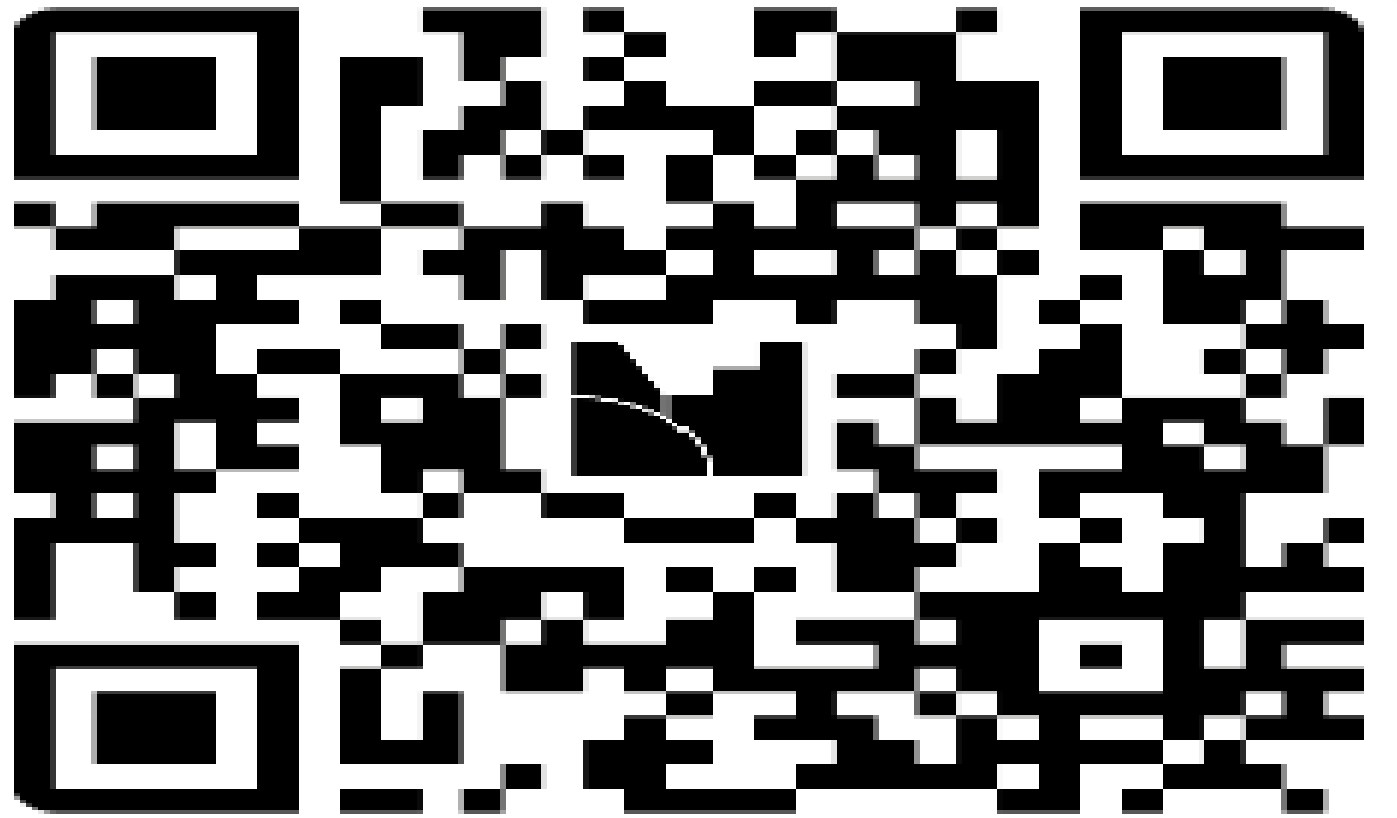
Age-specific rate per 100,000 population by year of registration

Key:	Higher rate		Lower rate		Age group														
	15-19	20-24	25-29	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84	85-89	90+			
1981	4.6	9.2	12.1	12.1	13.6	15.6	16.7	19.1	19.2	18.4	18.6	19.6	19.9	18.9	16.4	19.7			
1982	3.6	8.9	12.3	12.2	12.9	15.0	17.6	17.3	19.3	16.9	18.7	19.6	19.3	20.2	20.2	11.9			
1983	3.8	8.8	11.0	11.6	13.8	15.2	16.2	17.4	17.8	17.7	18.3	18.3	20.1	18.2	18.9	12.3			
1984	4.1	8.5	11.1	12.2	13.9	15.4	17.5	18.0	17.8	17.5	16.8	18.3	19.5	20.2	14.6	12.5			
1985	4.3	9.8	11.5	13.4	12.9	16.0	17.4	17.3	18.4	18.8	19.3	18.8	20.2	20.3	16.0	10.8			
1986	4.7	10.5	11.7	12.9	13.1	14.0	15.8	17.5	16.0	17.7	17.2	18.6	20.6	20.8	14.5	13.7			
1987	5.5	11.5	11.5	13.7	13.2	13.9	16.4	14.9	15.6	16.8	15.9	16.2	15.3	18.9	17.1	14.6			
1988	6.3	13.0	12.4	14.8	16.0	15.3	14.5	15.7	15.7	14.7	15.4	17.5	20.1	21.7	19.9	12.6			
1989	6.0	12.4	12.8	13.8	13.9	13.1	14.0	14.4	14.9	12.3	12.6	12.7	16.3	16.7	17.3	11.5			
1990	5.7	13.9	14.5	13.2	15.3	15.0	15.4	14.1	13.2	12.5	13.4	13.2	14.5	15.8	18.3	10.7			
1991	6.1	13.0	13.8	15.0	15.8	15.3	16.3	14.5	12.9	11.4	11.3	10.8	13.1	15.8	16.6	11.2			
1992	5.3	13.8	14.1	14.0	15.0	15.3	15.8	14.1	13.2	12.5	11.6	13.2	12.1	14.3	12.4	15.2			
1993	5.0	14.3	13.6	12.9	13.8	15.0	14.4	13.4	12.9	10.1	11.4	9.8	12.6	14.1	16.3	13.0			
1994	4.8	13.5	14.6	14.8	13.0	13.3	11.7	13.3	10.9	11.0	10.4	10.6	12.3	15.3	18.2	13.0			
1995	4.8	13.1	14.8	14.1	14.3	16.7	12.3	13.2	11.7	10.3	9.2	9.2	11.5	13.4	14.6	10.1			
1996	5.6	11.8	14.0	15.3	12.9	14.4	13.1	11.1	11.2	8.5	8.5	10.6	10.3	13.3	14.4	9.8			
1997	5.5	13.4	14.0	13.7	13.4	12.9	13.9	11.3	10.8	9.3	8.3	9.2	9.4	11.1	13.7	11.5			
1998	6.1	15.0	16.7	17.4	14.3	14.4	14.4	12.5	11.6	9.6	10.0	7.8	10.3	10.8	11.3	12.6			
1999	5.5	12.3	15.3	15.6	15.3	14.5	13.9	12.3	11.4	10.0	9.7	9.9	11.0	11.8	15.0	10.3			
2000	5.3	12.5	14.9	14.4	15.1	13.3	14.6	12.0	11.8	8.5	8.9	9.7	9.8	10.0	15.2	10.4			
2001	5.6	10.3	12.9	14.4	13.8	13.0	14.0	12.7	11.8	9.4	8.0	9.2	10.1	9.5	12.8	12.3			
2002	4.6	10.0	13.6	13.8	14.2	13.4	13.3	11.9	10.8	8.3	8.6	7.9	7.9	9.4	13.4	11.7			
2003	4.2	10.6	12.0	14.2	14.1	14.2	13.0	12.1	10.6	9.1	7.2	8.6	10.2	9.7	10.1	14.2			
2004	4.7	9.3	11.9	13.1	14.3	13.9	13.3	13.1	10.8	8.7	9.5	8.2	9.6	11.2	13.1	15.7			
2005	4.2	8.6	10.0	13.0	14.0	13.6	14.3	13.0	10.8	9.3	7.8	7.4	7.1	10.5	12.5	13.5			
2006	3.5	7.8	9.5	11.4	13.3	12.6	13.1	12.7	11.9	9.7	8.1	7.2	7.9	9.1	9.9	10.0			
2007	3.6	7.4	8.9	12.2	12.9	12.5	11.6	11.6	10.6	8.8	7.5	6.1	7.5	9.8	9.6	7.1			
2008	3.7	8.8	10.0	11.7	13.0	14.1	12.6	12.8	11.3	8.6	7.4	7.4	6.9	9.6	8.0	9.0			
2009	3.7	8.2	10.9	10.0	13.9	14.2	13.4	12.7	11.8	8.7	7.4	6.8	7.8	9.4	9.2	9.1			
2010	3.1	8.6	8.2	10.2	12.6	13.3	12.7	12.7	12.0	9.8	6.9	7.1	7.6	9.2	8.1	10.5			
2011	4.0	8.6	9.3	10.3	13.1	15.4	14.3	15.0	11.7	9.2	7.2	7.9	7.4	9.0	9.8	8.4			
2012	3.6	8.5	10.1	10.8	12.9	14.9	15.3	14.2	12.2	8.9	7.3	6.7	6.6	8.1	9.5	9.5			
2013	3.9	8.3	8.7	10.7	13.7	15.3	15.6	14.8	13.9	10.6	7.5	7.7	7.7	9.1	11.6	11.1			
2014	4.6	8.3	9.7	10.6	11.8	15.2	15.7	15.8	12.6	9.9	8.0	8.3	8.0	9.0	10.7	8.5			
2015	5.5	8.8	9.8	11.2	11.8	13.7	14.5	14.3	13.4	11.0	8.4	8.0	7.7	9.6	10.2	12.4			
2016	4.8	9.4	9.9	10.8	10.8	14.0	13.7	14.1	12.7	9.2	7.7	6.5	6.2	8.3	8.6	11.3			
2017	5.4	7.7	9.7	10.5	10.8	13.0	14.6	12.9	11.4	9.4	8.0	6.7	7.8	6.4	10.0	8.9			
2018	5.9	10.3	10.9	11.8	11.7	13.7	17.0	14.4	11.3	10.6	8.1	7.0	8.2	9.8	11.2	11.0			
2019	5.6	10.9	12.5	12.8	12.9	14.5	15.9	14.8	13.1	11.5	7.8	8.4	7.7	8.5	9.4	8.3			
2020	4.8	9.2	10.7	11.6	13.0	11.9	15.4	13.8	11.9	10.8	8.1	7.4	6.6	7.6	9.6	10.7			
2021	6.3	11.0	11.7	12.3	13.4	13.9	14.7	14.9	12.6	10.6	9.2	7.0	7.9	6.9	8.5	8.0			
2022	5.1	10.1	11.6	13.1	13.5	14.0	14.9	15.2	12.4	11.1	9.0	7.7	6.3	7.7	9.5	13.3			
	25%	13%	4%	3%	1%	15%	12%	20%	53%	49%	111%	160%	185%	158%	101%	37%			

Office for National Statistics. (2025). *Suicides in England and Wales: 2024 registrations*.

<https://www.ons.gov.uk/peoplepopulationandcommunity/birthsdeathsandmarriages/deaths/bulletins/suicidesintheunitedkingdom/2024registrations>

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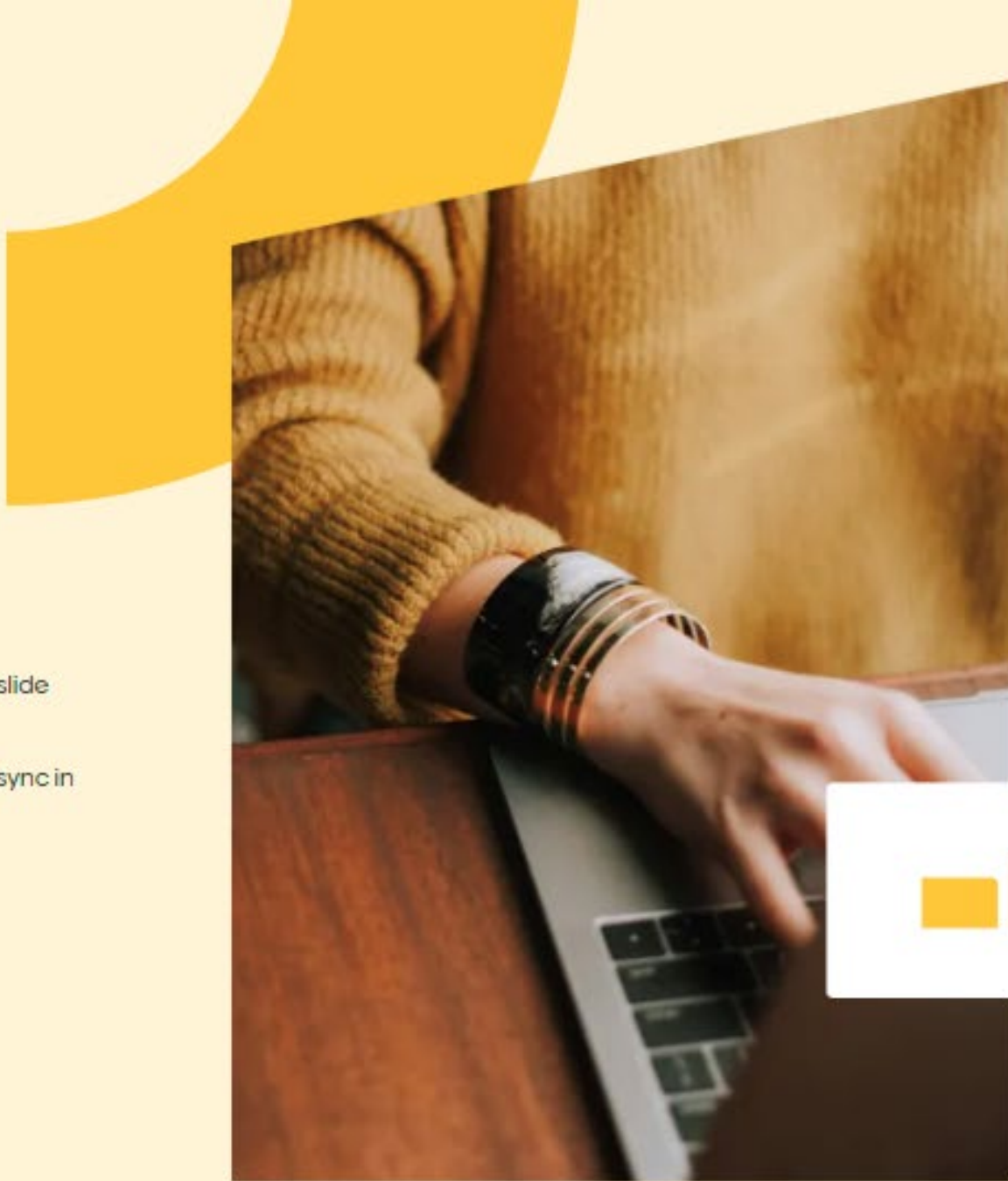
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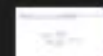


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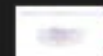
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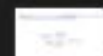


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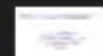
Parents - How do provL
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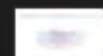
Parents Self Assesme...
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Brainstorming: DescribL
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New presentation
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What Parents Think Their Providers Believe About Them

What are 3 words or short phrases you believe that providers think/feel about you and your parenting of your child that self-harm?

marginalized
incompetent blamed
not strict enough always in crisis lost
inadequate judged
problematic

How Parents Feel About Parenting Their Child

What are 3 words or short phrases you would use to describe how you feel about yourself as a parent of a child that self-harm?



A word cloud of feelings parents might experience. The words are arranged in a cluster, with 'anxious' and 'alone' being the largest. 'anxious' is in a dark red color, while the others are in blue. The words include: avoidant, fearful, angry, alone, sad, exhausted, and anxious.

avoidant
fearful
angry
alone
sad
exhausted
anxious

3 Directions for Compassion

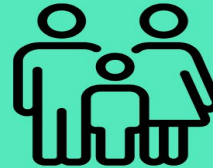
1 Provider To Family



Providers need to generate, exemplify and demonstrate compassion by:

- Remembering that **families are doing the best they can**
- Remembering that **families often have trauma**
- Participating on **consultative teams to share and ask for help** when experiencing compassion fatigue

2 Family To Loved One



Family members need help when compassion declines by:

- Participating in **family support groups** with members that are struggling in similar ways
- Learning and practicing **self care skills**
- Learning and practicing **support skills for family member in need**

3 Family to Self



Families can be their **own toughest critic!** We need to help families appreciate

- **Families are doing the best they can!**
- Provide **treatment for family trauma** as we would for patient trauma
- Teach **self care, compassion, mindfulness tools** to bring awareness to and relief from self-critical thoughts

Compassionate Parenting Assumptions

The lives of parents who bear witness to loved ones engaging in life threatening behaviors are unbearable.

Parents often make decisions rooted in fear, sadness and grief that pale in comparison to wiseminded choices

Parents are doing the best that they can.

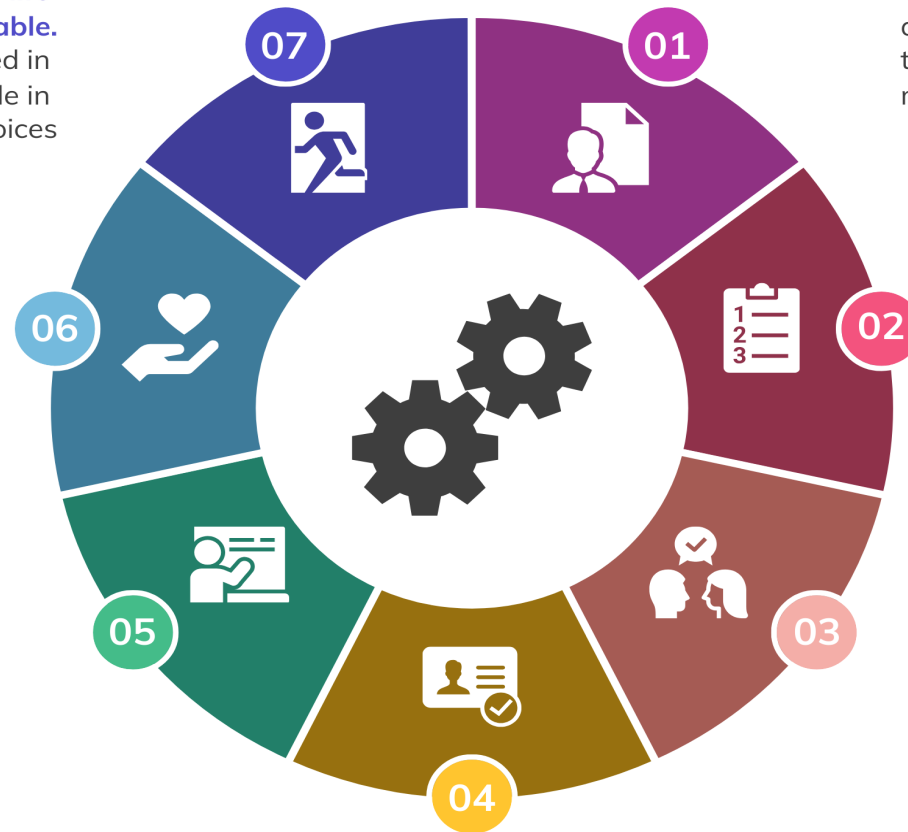
Given all that comprises caring for adolescents & young adults with life threatening behaviors, if they could do more, why wouldn't they?

Parents need to do better, try harder and be more motivated to change

This helps us remember both sides of the change/acceptance dialectic

Parents may not have caused all of their problems, but they have to solve them anyway

Acceptance of problems and effective problem solving reduces suffering



Parents want to improve!

There is an inherent desire to want to do better and be more effective for themselves as parents and for their kids.

Parents must learn new behaviours for their child and in the context of their day-to-day life.

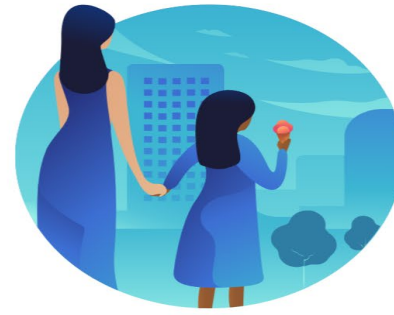
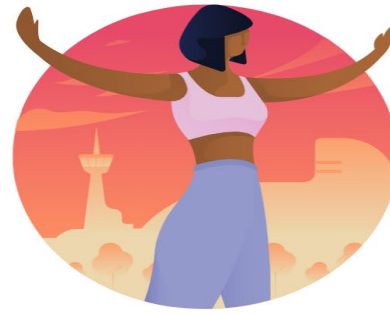
By practicing and integrating compassion, validation, emotion regulation, self-care and effective relationship skills, parents become more effective in their lives and parenting

Parents cannot fail treatment

Behavioral health is one of the few places we blame the patient and family. It is our job and mission as treaters to help parents and ensure they are treated with compassion and can parent in a way that is consistent with their family values.

Caring For Our Critical Selves

Based on work of Kristin Neff



Acknowledgement & acceptance of the problem and current reality

Avoiding emotions and thoughts has the opposite effect than we often intend - it can make them larger and more unmanageable



3 Steps for suffering & self criticism:

- Observe
- Describe
- Repeat

Naming our thoughts and emotions versus suppressing them allows us to reduce suffering, not inflate fear and avoidance and potentially create a plan



Notice self criticism and fact check with self or others

Notice self critical thoughts and challenge them. How would you speak to a friend or loved one if they presented the same problem or feelings?



Recognize our common humanity

Our shortcomings only make us human, not failures. Comparing ourselves and shortcomings to others is unfair & often leads to suffering



Our shortcomings do not define us, they are just part of us (and every person's) experience.

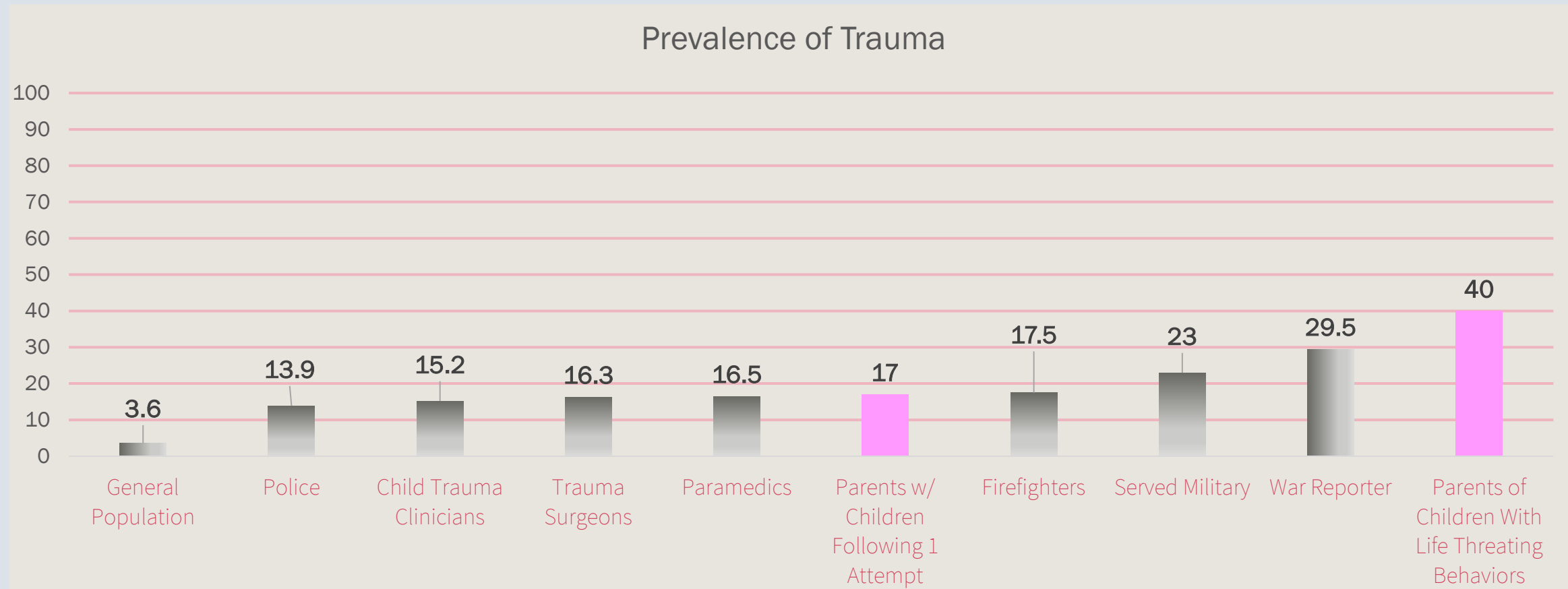
Challenging our shortcomings with accomplishments and asking for help when we struggle to find ways to challenge our shortcomings can help us avoid suffering unfairly



Kindness and compassion are choices and skills that are practiced

We become better and more practiced in what we do most often. When we are often critical, we get better at self-critiquing. When we practice self care and kindness, we get better at that too!

Statistics for PTSD By Occupation & Population



Williams, A. Y. (2023). Stress disorders: The trauma surgeon as the second victim. *Current Trauma Reports*, 9, 39–45;

Post-traumatic Stress Disorder in Parents Following Their Child's Single-Event Trauma: A Meta-Analysis of Prevalence Rates and Risk Factor Correlates

Bonde, J. P., Utzon-Frank, N., Bertelsen, M., Borritz, M., Eller, N. H., Nordentoft, M., ... & Rugulies, R. (2021). What work-related exposures are associated with post-traumatic stress disorder? A systematic review with meta-analysis. *Journal of Occupational and Environmental Medicine*, 63(9), 770-780.

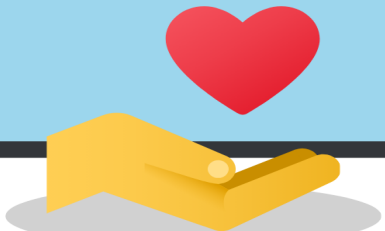
4 Gains For Supported Parents

For parents who received an intervention consisting of 12 hours with skill-based didactic groups, psychoeducation and time to share and role play with parents who had adolescents exhibiting similar life threatening behaviors....

1

PTSD Symptoms

Parents reported a significant reduction in PTSD symptoms in each of the 5 group cohorts



2

Ability To Emotionally Regulate

Parents reported a statistically significant difference in their ability to regulate emotions



3

Decrease in Stress Level

Parents reported a statistically significant change in both their stress level and their ability to tolerate stress



4

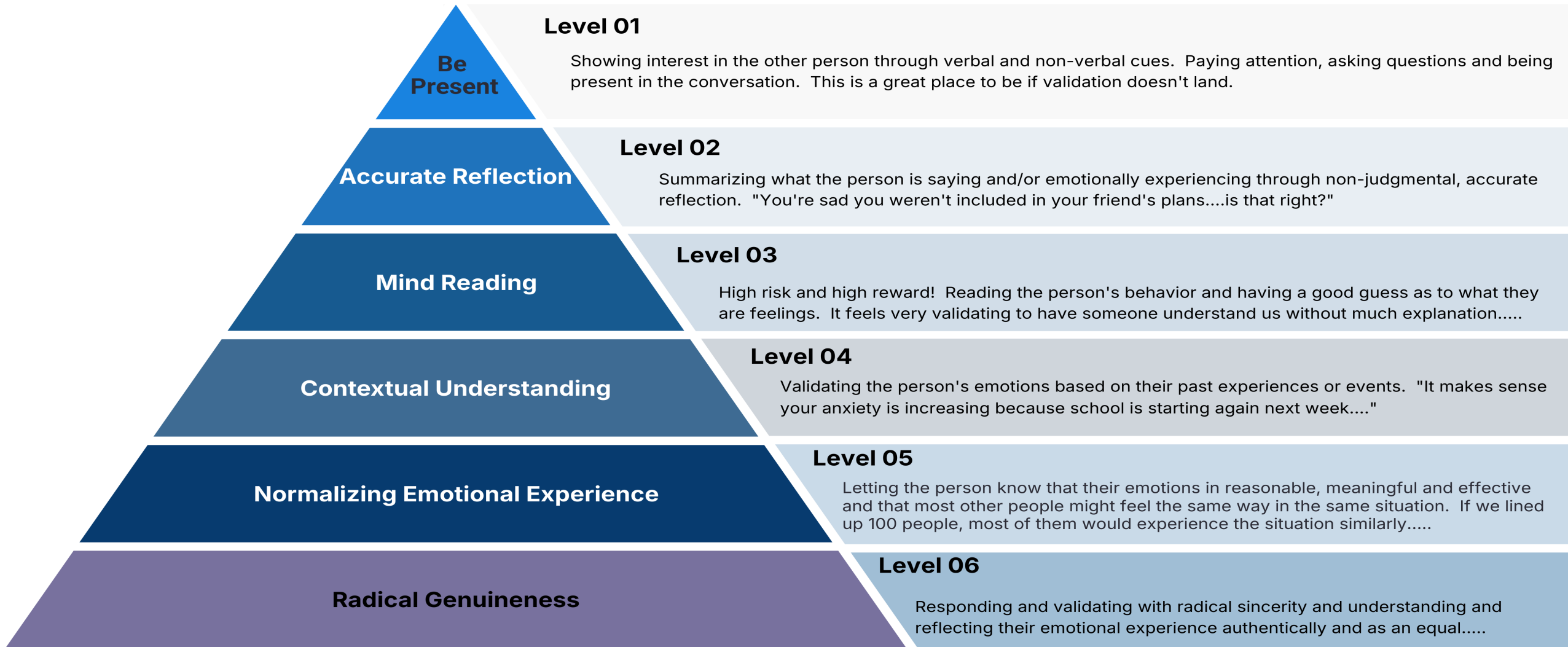
Decrease Family Dysfunction

Families indicated that their ability to function significantly improved after just 12 hours of skills & support



The 6 Levels Of Validation

The 6 Levels of Validation provide different manners and strategies for validating another person's emotional experience. This is one of the most dynamic and powerful tools in relationships and can help another person feel heard and understood. It may be the fastest way to interpersonally help a dysregulated person get thinking online and assist in re-regulating emotions



Sympathy vs Empathy For Family Members



The RSA. (2013, December 10). *Brené Brown on empathy* [Video]. YouTube. <https://www.youtube.com/watch?v=1Ewgu369Jw>



Empathy

VS

Sympathy



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



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



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



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



Actively listening and bringing genuine curiosity to the interaction



Feeling pity or sorrow for another person's experience



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



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



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



Trying to help someone having a negative experience feel better



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:
 1. better relationships with their parents
 2. be more adherent to treatment
 3. better outcomes in treatment

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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- Trauma-Informed Care in Behavioral Health Services. Rockville (MD): Substance Abuse and Mental Health Services Administration (US); 2014. (Treatment Improvement Protocol (TIP) Series, No. 57.) Chapter 3, Understanding the Impact of Trauma.



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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