

# **My Child Has Been Diagnosed with a Mental Health Issue: What Next?**

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# Common Reactions to a Diagnosis



# Thoughts

Activity: “What were your initial thoughts, feelings and the actions that you took, when you learned of your child’s mental health diagnosis?”

**Feelings**

**Actions Taken**

# Factors That Impact Reactions

- How diagnosis is presented and by whom
- Cultural factors (i.e. religion)
- Perceptions of the intensity of the diagnosis
- Past experiences (i.e. personal, family history)
- Family factors (i.e. ongoing stressors, dynamics, impact on other family members)
- Personal beliefs and values
- Existing supports (i.e. formal, informal, financial etc.)

# What Now?

[https://www.youtube.com/watch?v=jf13seh1\\_2Y](https://www.youtube.com/watch?v=jf13seh1_2Y)

# Talking To Your Child About Their Mental Health Concerns

- Make sure your child feels loved and accepted
- Separate your child's diagnosis from them – they are still your child!
- Let your child know that they are not alone
- Maintain and model open communication
- Acknowledge the difficulties your child has been having
- Keep a positive outlook
- Discuss your child's fears
- Don't be afraid to show your emotion when talking to your child

# Resources and Information

## Mental Health Literacy:

- The ABCs of Mental Health

[www.hinksdellcrest.org/abc](http://www.hinksdellcrest.org/abc)

- Books and articles
- KPR website



## Crisis Support

## Community-based Services:

- Mental health counselling
- Support Groups for parents and caregivers
- Day Treatment and Residential programs
- Multidisciplinary involvement (i.e. psychiatry, psychology, physicians)

# Crisis Response Services

- Immediate telephone response and support 24/7
- Mobile crisis intervention, in some cases
- Help to provide referrals to community agency when appropriate
  
- Durham Region: **(905) 666 - 0483**
- Peterborough/ Northumberland: **(705) 745 - 6484**



# Community Resources

- Children's Mental Health Ontario  
[www.kidsmentalhealth.ca](http://www.kidsmentalhealth.ca)

Central Intake: 1-888-454-6275



Children's Mental Health Ontario  
Santé mentale pour enfants Ontario

- **Private** - The Ontario Provincial Psychological Association <http://www.psych.on.ca>



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# Waiting for Service

- Continue to educate yourself
- Maintain communication with other supports in place (i.e. school, family doctor etc.)
- Or, seek additional supports from these systems and professionals
  
- Return phones calls, e-mails etc. from the agency promptly
- Keep in contact with the agency if you notice: symptoms worsening (i.e. decreased moods, heightened behaviours); crises occurring; your child expresses thoughts about harming themselves or others
- \*\*Note: in cases of self-harm, also utilize crisis and emergency services
  
- Look for brief services such as Parenting Groups, Support Groups, Counselling Walk-in Clinic (available in some areas) etc.
- Utilize Crisis Response/ Emergency Services if needed

# School Supports

- Work collaboratively with the school team
- This may include: teachers, Special Education Resource Teacher, administration
- Possible referrals to additional school-based support services



KPR's Three Year Strategy to Support Student Mental Health

# Self-Care Practices

- Take things one day at a time
- Recognize that you are not alone
- Take care of yourself

## ➤ Activity

## ME-TIME



# Questions?

# Thank you!



*Educating for Success!*