

Connecting Mental Health and Social Media



<https://youtu.be/tJsGGsPNakw>

Are You Okay? Fight Child Abuse — YouTube

Students of all ages will be returning to school full-time this year. For many teens, the majority of their social relationships exist primarily on social media. This video displays the issues many teens face and highlights the signs that they are struggling with isolation, bullying and depression. Be sure to reach out if you or someone you know are struggling with these issues.

This animated short film project of the Barbara Sinatra Children's Center Foundation was produced in collaboration with Wonder Media and the Joshua Center at the University of Washington. Directed by Ryan Cannon, "Are You Okay?" was named 2021 Best Animated Short at the Los Angeles One-Reeler Film Festival.

- [How to Help a Friend: Student Guide to Mental Health](#)
- [Resources for School Educators](#)
- Struggling with Bullying? [Get Help](#).
- Are You or Someone You Know Struggling with Depression? Get Help. [English](#) [Spanish](#) [Vietnamese](#)



After the school year ends, daily routines change for most families. Parents no longer have to get up extra early to prepare their kids for school or pack school lunches, and bedtimes are often pushed back. Healthy sleep routines support child development and give kids the opportunity to make the most of their day. Organized morning routines help everyone in the household start their day off right, promoting focus and timeliness — qualities that will significantly benefit children as they advance through school. On the other hand, when kids don't get enough sleep, it can make it very difficult for them to pay attention and behave in class.

This school year will present additional challenges. For some families, it'll be the first time their children are returning to full-time school since the start of the pandemic. In addition, COVID-19 has increased worry for many families with at-risk loved ones. Concerns about health, finances, isolation, coping with grief from loss and having less outside help have turned parenting into a difficult task. Many families report mental health effects among their children, including anxiety and behavioral issues.

Here are some tips parents can follow to help with the transition:

- Connect with other parents who have children in the same programs in order to share information and create a more comfortable environment.
- Talk with teachers about the best way to separate from their child at the start of the day — brief goodbyes are often best.
- Try to stay calm and reassuring during transition — using a calm voice, with a relaxed face and body to let their child know that they wouldn't leave them if the child were not safe and protected.

For more information on bedtimes and routines, [click here](#).

For more information about going back to school, [click here](#).

To view Triple P tips on transitioning back to school, [click here](#).



Managing a Child's Anxiety about Returning to School in the Pandemic

Dr. Sheila Modir, a pediatric psychologist at Children's Hospital of Orange County (CHOC), discusses what parents need to know to support their kids as they go back to school this fall.

August 17, 2021
Q&A article by CHOC

A new school year always prompts some butterflies, but as children and parents prepare to begin a third school year amid the COVID-19 pandemic, it's understandable that kids and grown-ups alike may be feeling more anxiety than usual.

After all, as [some] schools in Orange County will proceed with in-person instruction for the 2021-22 school year, some children may be setting foot on their school campus for the first time in about 18 months and beginning entirely new routines.

In this Q&A, [Dr. Sheila Modir](#), a pediatric psychologist at Children's Hospital of Orange County (CHOC), discusses what parents might expect from their children, tips to support them, and when to know if a child needs professional mental health support.

Could returning to on-campus instruction after so long away prompt anxiety in children?

There are mixed emotions about returning back to school. We know that there are many benefits to an in-person learning environment, including academically, socially and emotionally. But being away from something for so long can bring a natural form of anxiety related to new beginnings and adjustments.

A child might feel fear or anxiety about further disruptions or reclosures. The pandemic has been so fluid and ever-changing, so it's natural for them to worry if their school will close again or they'll return to distance learning. For a child, these constant changes can be difficult – especially since we know children tend to thrive in structure and routine.

Finally, there is also separation anxiety. This is the anxiety that children may feel about leaving home or a place they have considered safe and have become very used to during a chaotic time, as well as the people who have been there with them.

[Learn how to keep your children physically healthy while attending school during a pandemic.](#)

The COVID-19 pandemic has been traumatic for many. What are signs and symptoms of trauma that might show in children?

The U.S. [Substance Abuse and Mental Health Services Administration](#) defines trauma as an experience of a real or perceived threat to life or safety — or the life or safety of a loved one — that has lasting negative effects on the individual's functioning and mental, physical, social and emotional, and spiritual well-being.

For younger children, we may see more crying, tantrums, heightened separation anxiety, poor sleep and regressive behaviors in their eating or toileting.

For children in elementary school, they may be more anxious or scared, easily startled or clingy; they might have impaired concentration; and they might experience somatic complaints like headaches or stomachaches.

Teens might show more complex emotions like feelings of depression, guilt or shame. They may also engage in risky behaviors, act out more, skip school or use substances.

To read the full Q&A with Dr. Sheila Modir, [click here](#).

For more resources and information on going back to school/mental health, [click here](#).

To view videos on different exercises to help manage stress and anxiety, [click here](#).



Grab 'N' Go Food Distributions (Boys & Girls Clubs of Greater Anaheim-Cypress)

Second Tuesday of the month
3:30 pm (while supplies last)

La Palma Park
1116 Swan St.
Anaheim, CA 92801

Friday Food Bank (Latino Health Access)

Fridays
Noon to 4 p.m.
(Walk up from noon to 1 p.m. and drive-thru from 1:30 to 4 p.m.)

450 W. Fourth St.
Santa Ana, CA 92701

Drive-Thru Food Pantry (First Christian Church of Huntington Beach)

Second and fourth Sundays of each month
1 to 3 p.m.

1207 Main St.
Huntington Beach, CA 92648

Grocery Distributions (Saddleback Church)

Various Orange County locations, including Anaheim, Irvine, Lake Forest, Laguna Woods and San Clemente.

For the full list of weekly distributions and pop-up distributions, visit their [website](#).

Food Assistance (Families Forward)

Monday through Thursday
10 a.m. to 2 p.m. by appointment only.
To make an appointment call 949-552-2727 9 a.m. to 5 p.m. Monday through Thursday or 9 a.m. to 1 p.m. Friday

8 Thomas
Irvine, CA 92618

Food Pantry (Families Together OC)

Mondays
10 a.m. to 4 p.m.

621 W. First St.
Tustin, CA 92780

Farmers Market (Families Together OC)

First Monday of every month
9 a.m. 4 p.m.
(If the Monday is a holiday, it will fall on the next Monday)

621 W. First St.
Tustin, CA 92780

Orange County Food Map

Search for pantries and distributions throughout Orange County [here](#).

For more information about additional and upcoming distributions, please follow The Raise Foundation on [Facebook](#), [Instagram](#) and [Twitter](#). If you would like to submit information about other food distributions or community resources, please email info@theraisefoundation.org.



Schedule a Presentation for Your Group
The More Aware the Community, the Safer All Children Will Be!

Orange County's Child Abuse Prevention Council (CAPC), convened by The Raise Foundation, offers numerous presentations all year long to help raise the community's awareness about child abuse and neglect. Presentations include:

- Toxic Stress/Adverse Childhood Experiences (ACEs)
- Financial Literacy
- Positive Parenting Program (Triple P)
- Keep Kids Safe, Healthy and Happy! (for child-serving professionals, providers, after school program staff, teachers, civic groups, community members and organizations)
- Keep Me Safe, Healthy and Happy! (a kid-friendly presentation)
- Child Abuse and Neglect (Types of/Warning Signs)
- The Blue Ribbon Campaign

Community presentations are being held online and are tailored in length and content to meet the needs of each audience. Bilingual translation can be arranged.

Audiences have included parent groups, city committees, places of worship, social/service clubs, college and high school faculty and students, human and health services agencies and organizations, hospitals and businesses.

To schedule a presentation for your group, please email info@theraisefoundation.org.



September 2021

Title: The Addicted Family: How Substance Use Disorders Affect Couples, Families and Children

Date & Time: 10 a.m. Thursday, September 16

Presenter: Presented by Melody Bacon, Ph.D., and Ronald Bacon, MA, MDiv, LMFT

Description: The devastation of addiction cuts a wide swath through the lives of those struggling with substance use disorders and those who love them. The dreaded midnight phone call bearing bad news is the ultimate source of countless sleepless nights. Yet, for the most part, families struggling with addiction have been either criticized as the cause, ignored as inconsequential or told that their actions or inactions are making matters worse. While most treatment programs include the family, this is viewed as ancillary and, at times, non-essential to the treatment of the addict. As the Substance Abuse and Mental Health Services Administration (SAMHSA) has advocated in the publication "Substance Abuse Treatment and Family Therapy" (NIH, 2004), it is time to integrate the approach of family therapy with the treatment of substance use disorders. This workshop will present an integrative approach to treatment. Based on the ideas of Bowen Family Systems therapy and the principles of the 12-step movement, the Family Matters program offers a model that addresses the needs of families struggling with addiction while at the same time creating a relational environment that supports recovery.

This no-cost training will be held via Zoom. To register, [click here](#).

If you have any questions, please contact Gary Taylor at gary@theraisefoundation.org.

**If you suspect child abuse or neglect, report it.
Put these phone numbers in your contact list today!
Orange County's Child Abuse Registry
(800) 207-4464 or (714) 940-1000**