



bcssYOUTH

Healthy transition from high school to university life

Mary Beth Hall, manager of BCSS Youth

Kayla Arnold, lead facilitator of BCSS Youth

Mary Beth Hall - Manager of BCSS Youth

I respectfully acknowledge the land in which I live and work is on the traditional and unceded territories of the Songhees and Esquimalt people.

Kayla Arnold - Lead Facilitator with BCSS Youth

I respectfully acknowledge that the community in which I primarily work is in the traditional territories of Matsqui and Sumas Nations, of the Sto:Lo nations.

Teens Drop-In

1st Wednesday of every month

Kids in Control & Teens in Control Referral Form

Kids and Teens in Control are support and education groups for children and youth who have a family member (e.g., parent, sibling) with mental illness. The groups help youth better understand and cope with mental illness in their family. Please note that Kids and Teens in Control are *not* counselling or therapy groups.

Referrer Information

Referrer (Person making the referral): _____
Name Agency (if applicable)

Phone Number: _____ Email Address: _____

Primary Parent or Guardian Information

Name/s: _____
Alternate

Primary Phone: _____ Phone: _____

Email Address: _____

Address: _____
Street Address Apartment/Unit #

_____ City Postal Code

Relationship to Participant: _____

Emergency Contact Name: _____ Phone: _____

May we contact the parent directly? Yes No

Participant Information

Name of child or youth: _____
First Last Preferred Name

Birth Date: _____ Age: _____

Gender: _____

...

_____ City Postal Code

Phone Number: _____ Email: _____

May we contact the youth directly? (For youth ages 12+) Yes No

Siblings: Yes No If yes, age/s: _____

Family member experiencing mental illness (parent/sibling/other): _____
Diagnosis (If known): _____

Participant's level of awareness of mental illness: _____

Additional Information

Please describe any allergies, medical conditions or medications facilitators should be aware of:

Who is part of the participant's support system?

What are the participant's favourite activities and interests?

What do you hope the participant will gain from taking part in Kids or Teens in Control?

Additional information or concerns:

Taking Care of Ourselves



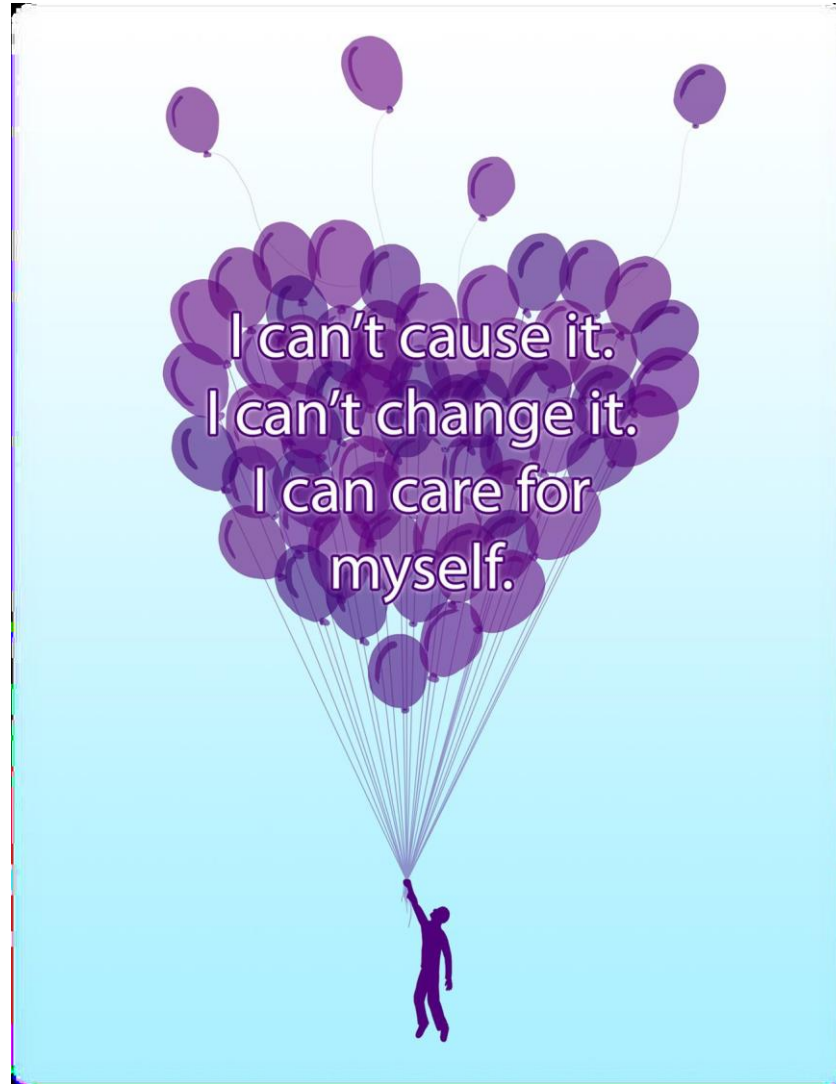
A word cloud of self-care concepts in various colors. The words are arranged in a roughly circular pattern. The colors include shades of blue, purple, orange, green, and pink. The words are: Love, Self-Esteem, Balance, Environment, Support, Health, Learning, Resiliency, Self-Care, Relationships, Boundaries, Positivity, Sleep, Goals, Emotions, Wellness, Breathe, and Safety.

Love
Self-Esteem
Balance
Environment
Support
Health
Learning
Resiliency
Self-Care
Relationships
Boundaries
Positivity
Sleep
Goals
Emotions
Wellness
Breathe
Safety

Session 3: Healthy Boundaries & Communicating Feelings

1. Experiencing Our Feelings
2. The Three C's Discussion
3. Common Defenses
4. Healthy Boundaries Demonstration and Discussion
5. Feeling Wheel
6. Crafts

The Three C's



Common Defenses:

Joking

Clowning Around

Daydreaming

Blaming People

Pleasing

Withdrawal

Using Substances

Talking Back

Watching T.V.

Yelling

Being Too Busy

Constant Talking

Playing Video Games

Silence

Smiling

Know-it-all

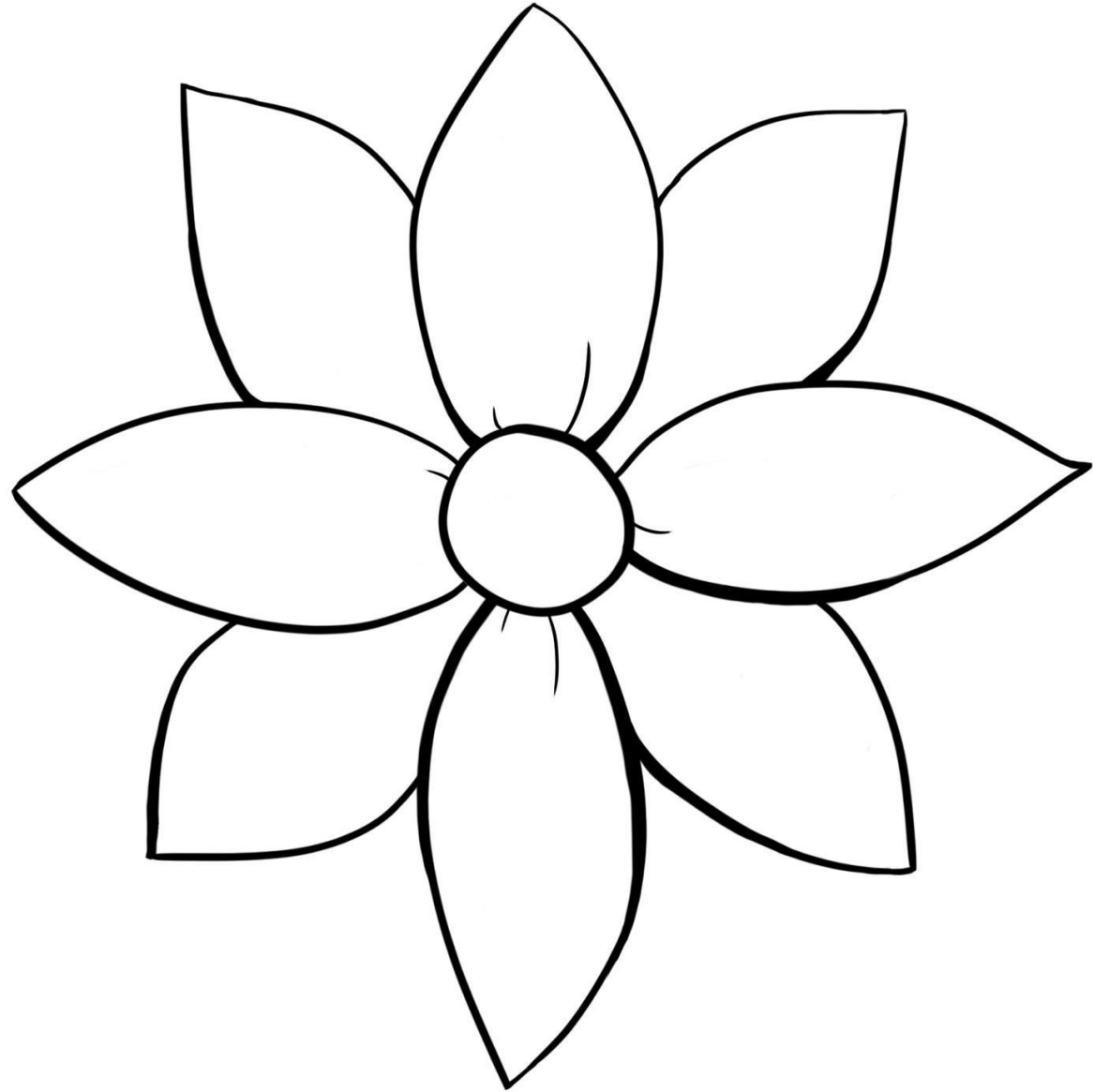
Defiance

Sleeping

Eating

Ignoring

Nagging

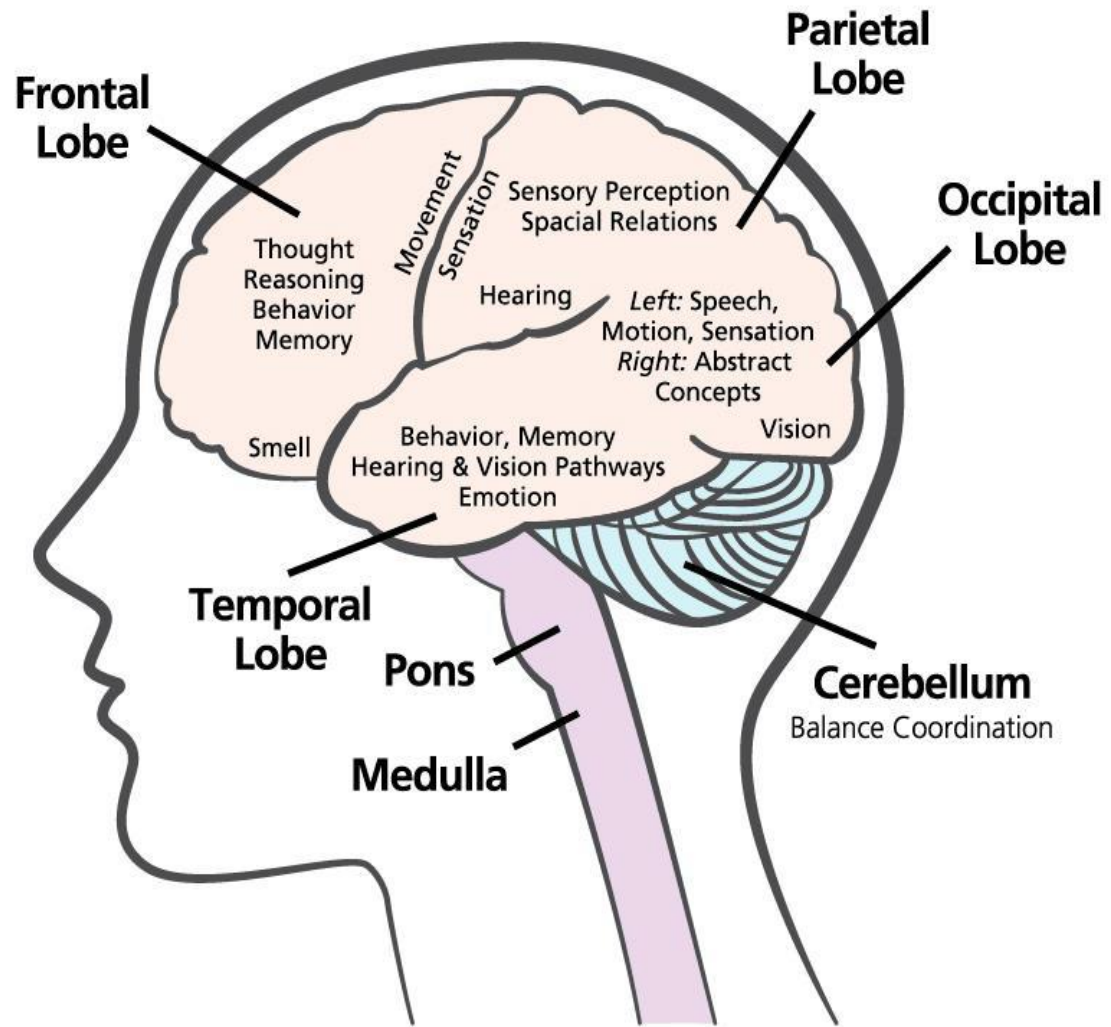


**Feelings are Not Good or Bad,
Right or Wrong**

Feelings Just Are

Session 4: Learning about Mental Illness & Stigma

1. Learning About Mental Illness: *Why do people find it frightening?*
2. Neuron Activity: *How our brain works*
3. Self-Care Tool
7. Different Types of Mental Illness Discussion
8. Stigma Discussion
9. Stigma Activity



Session 5: Treatment of Mental Illness

This session focuses on: “How does it get better?”

1. Mental Illness Trivia Game
2. Self-Care Tools: Grounding Exercises
3. Draw a picture or write about your family member who has the mental illness.

Grounding Exercise

When you need to calm your body:

1. Close or relax your eyes
2. Name 5 things you can hear
3. Name 5 things you can feel
4. Slowly open your eyes
5. Name 5 things you can see

Session 6: Developing Resiliency

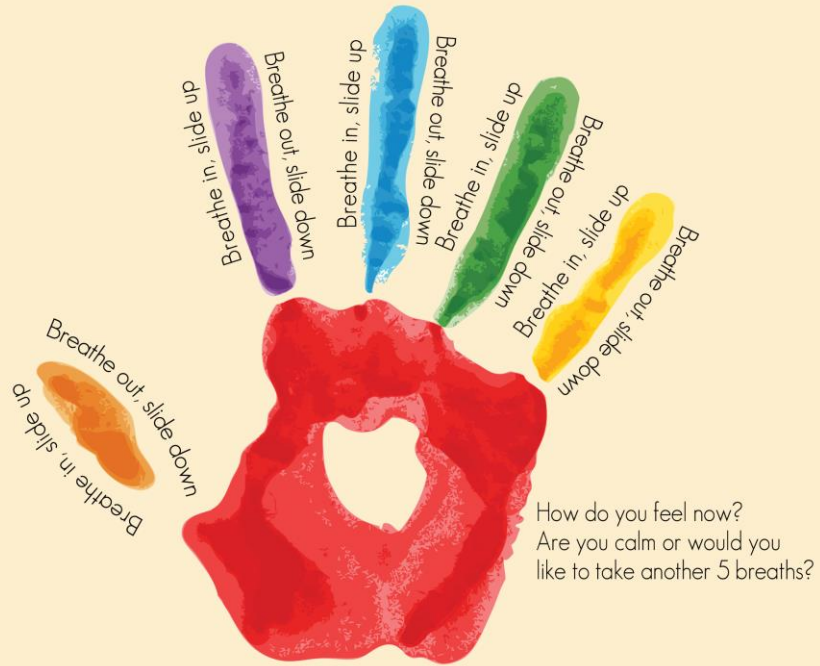
This session focuses on *bouncing back*.

Objectives:

- To understand what it means to be resilient following a difficult experience;
- To provide tools to increase resiliency;
- To help children see themselves as resilient; and
- To learn the importance of taking care of oneself.

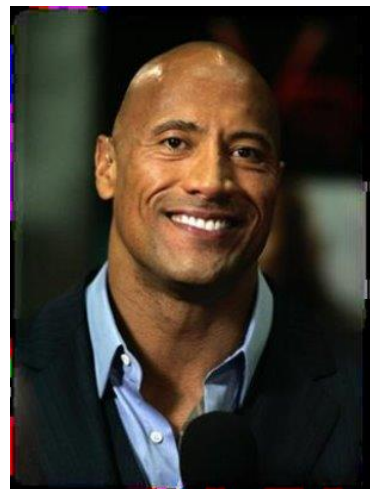
Activities: Five Finger Breathing Tool

CALM DOWN WITH TAKE 5 BREATHING



1. Stretch your hand out like a star.
2. Get the pointer finger of your other hand ready to trace your fingers up and down.
3. Slide up each finger slowly ~ slide down the other side.
4. Breathe in through your nose ~ out through your mouth.
5. Put it together and breathe in as you slide up and breathe out as you slide down.
Keep going until you have finished tracing your hand.

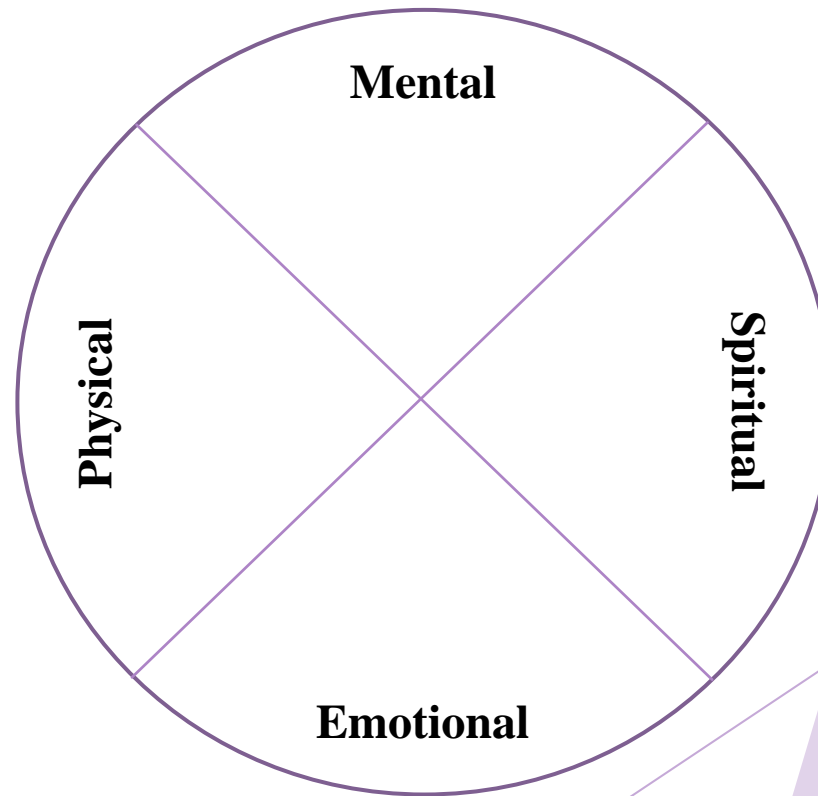
Famous people who have experienced mental illness



Medicine Wheel Health Worksheet

The Medicine Wheel teaches us that we need to find harmony within ourselves and with our outside world in order to live a healthy life.

Medicine Wheel



How can you take care of your mental, physical, emotional, and spiritual needs?

Session 7: Coping & Self-Care Strategies

This session helps children to articulate '*How I am special and how I can take care of myself*'.

1. Learn that it is okay to feel good about one's self
2. Learn new ways to affirm and value yourself
3. Learn the importance of taking care of yourself
4. Develop a personal safety plan that includes community resources that can be accessed
5. Self-care Bingo
6. My Safety Plan
7. Affirmations

My Safety Plan

I will cope and calm myself by:

I will call: 

I will go to: 

Session 8: Self-Esteem & Group Celebration

This session focuses on celebrating each child, as well as the group as a whole.

1. Learn the importance of taking care of one's self;
2. Learn that it is okay to feel good about one's self;
3. Learn new ways to affirm and value one's self; and
4. Celebrate our time together and thank each other for our contributions
5. Make the bracelets or bookmarks

In-person sessions, we would hand out the competition certificate.
Virtual sessions, certificates are mailed out we will mail them out.

Worry Stones



Psychological Vitamins (Helpful Ideas for Your Mind & Body)

Vitamin A:

- All your feelings are **ALRIGHT**.
- **ATTITUDE** is everything!



Vitamin B:

- **BELIEVE** in yourself.
- Be the **BOSS** of your own feelings.
- **BOUNDARIES** help you take care of yourself.

Vitamin C:

- *Remember the 3C's:*
 - I can't **CAUSE** it. I can't **CHANGE** it. I can take **CARE** of myself.
- **CONSIDERATION** for yourself and others is important.

Vitamin D:

- **DECIDING** to make healthy choices helps us stay in control of our feelings.
- **DISCOVER** your abilities.
- Do not put others **DOWN**.



Vitamin E:

- **EXPRESS** your **EMOTIONS**.
- **EVERYONE** is **ESSENTIAL**.
- **EVERYONE** is **EQUAL**.

Vitamin F:

- **FEEL** your **FEELINGS**.
- Find ways to have **FUN** (ways that do not hurt yourself or others)



bcssyouth

Thank you!
