



Access To Insight

IN-DEPTH

CONVERSATIONS WITH THOUGHT LEADERS AND EXPERTS

Teen Emotional Well-Being: From Surviving to Thriving

February 17, 2021

Resource Packet

Resources Mentioned During the Webinar

Suicide/Crisis Phone and Texting Numbers	2
Instagram Accounts	2
Podcast.....	2
Mental Health Apps	2
Resources on Self-Harm.....	3
Presenters' Information.....	3
A Small Program Directory for Teen Mental Health & Wellness by the San Diego Jewish Teen Initiative ..	4

Suicide/Crisis Phone Lines and Texting Numbers (All 24/7)

- [SAMHSA's National Helpline](#) 1-800-662-HELP (4357)
- [Suicide Prevention Lifeline](#) 1-800-273-8255
- [OK2Talk Helpline Teen Helpline](#) 1-800- 273-TALK
- [Crisis Text Line](#) - Anonymous free crisis counseling: Text SIGNS to 741741

Instagram Accounts

- [@selfloveblossom](#)
- [@advocating.mentalhealth](#)
- [@mindsetofgreatness](#)
- [@whatsyourgrief](#)
- [@modernloss](#)

Podcast



Mental Health Apps

- [Insight Timer](#)
- What's Up ([Apple/Android](#))
- Mood Kit ([Apple](#))
- Mindshift CBT ([Apple/Android](#))
- CBT Thought Record Diary ([Apple/Android](#))
- TalkSpace Therapy ([Apple/Android](#))
- Happify ([Apple/Android](#))
- Breath2Relax ([Apple/Android](#))
- Headspace ([Apple/Android](#))
- Calm ([Apple/Android](#))

Resources on Self-Harm

(provided by Emily Bader, JED Foundation)

1. [This](#) page from Cornell University - College of Human Ecology
2. [Podcast](#): Parenting Youth Who Self-Injure, with Dr. Janic Whitlock (Clinical Director at JED)
3. [Book](#): Healing Self-Injury
4. [Book](#): Parenting a Child Who Has Intense Emotions

Presenters' Information

Dr. Suzanne Button and Emily Bader, JED Foundation. For more information, please visit jedfoundation.org

Allie Donahoo, San Diego Jewish Teen Initiative. For more information, please visit <https://sdjewishteens.org/> or email allied@lfjcc.org

Danielle Jurow is the upper school counsellor at [San Diego Jewish Academy](#).

Teen Mental Health & Wellness

A SMALL PROGRAM DIRECTORY

1. **Addiction Prevention & Awareness | Beit T'Shuvah**
 - a. Partners in Prevention
 - b. Awareness Seminar
 - c. A Parents' Guide to the Ever-Changing Landscape of Drugs and Alcohol
 - d. Strategies for Raising a Resilient Child
2. **Mental Illness & Addiction | The Blue Dove Foundation**
 - a. #QuietingTheSilence
3. **Mindful Nutrition & Lifestyle | Jaclyn Gaylis Kirschen, MS, RD**
 - a. The Parent's Role in Helping Their Teen With Nutrition & Health Goals
 - b. The Importance of Balance
4. **Communication & Connection | Moving Traditions**
 - a. How to Connect When We Are Never Apart
5. **Body Image | Talya Knable, LCPC**
 - a. Supporting Your Teen in Developing a Positive Body Image
 - b. Fostering a Positive Body Image in a World Filled With Unrealistic Expectations

Partners in Prevention

Audience: Teens & Their Parents

The new age addict looks like this: graduated high school with a good GPA, has parents who adore him/her/they, feels tremendous pressure to achieve and to please, and whose purpose has been defined by the school system. The hyper-focus on academic achievement and the expansion of social media and technology have led our youth to exhibit increased rates of stress, sleep deprivation, and depression. To cope, today's youth engage in high-risk behaviors including drug and alcohol abuse, disordered eating, gambling, crime, and unsafe sex. Most parents and educators are unaware of the extent of their child's stress, or at a loss as to how to help.

Beit T'Shuvah's Partners in Prevention Program utilizes Jewish values to empower our youth with insights and tools that can lower the risk of engaging in unhealthy behaviors. Leveraging Beit T'Shuvah's integrative approach, Partners in Prevention works with youth and their families to accomplish the following goals:

- Learning to identify and accept one's feelings during challenging situations.
- Research-based educational programming and personal storytelling promote insight and resilience, fostering personal integrity, and positive choices.
- Parents learn about the genuine experience of their children and receive practical guidance for addressing family challenges.
- Youth are given tangible tools and resources for working through life's challenges without turning to destructive behaviors.

Awareness Seminar

Audience: Teens

This program is designed to help teens identify strengths and challenges in their lives (i.e. academic stress, temptations to test boundaries and engage in risky behaviors, lack of confidence, etc.). Identifying struggles and difficulties is one of the first steps to dealing with problems in healthy and mindful ways. During this one-time program, teens hear a resident's personal story and explore ways to avoid making the wrong choices. Teens learn how to best deal with the obstacles and emotional terrain that every teen faces.

A Parents' Guide to the Ever-Changing Landscape of Drugs and Alcohol

Audience: Parents of Teens

This program is designed to help teens identify strengths and challenges in their lives (i.e. academic stress, temptations to test boundaries and engage in risky behaviors, lack of confidence, etc.). Identifying struggles and difficulties is one of the first steps to dealing with problems in healthy and mindful ways. During this one-time program, teens hear a resident's personal story and explore ways to avoid making the wrong choices. Teens learn how to best deal with the obstacles and emotional terrain that every teen faces.

Strategies for Raising a Resilient Child

Audience: Parents of Teens

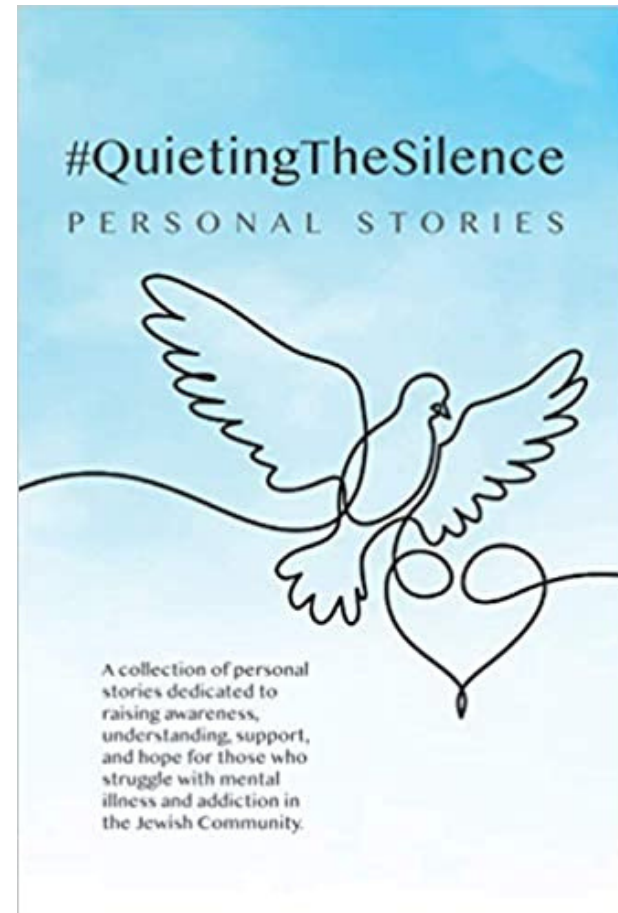
There is much discussion about how children being raised today lack grit and resilience. In this one-hour presentation, Doug Rosen will offer suggestions on how to raise a child who can handle conflict and can suffer disappointment without falling apart, self-medicating with drugs and alcohol, or engaging in self-harming behaviors. High school can be a time of tremendous anxiety as students struggle with social acceptance, tough competition, huge time demands, and academic pressure. Doug will discuss the importance of having open lines of communication and arming your children with the confidence to make good decisions and guiding them on how to live a life in balance.

#QuietingTheSilence

Audience: Teens & Their Parents

For the longest time, the Jewish community avoided talking about issues related to mental health. Even today, a stigma remains that prevents individuals from opening up and seeking help. #QuietingTheSilence: Personal Stories, offers a chance for people to share stories and perspectives related to their own life-changing experiences involving mental illness and addiction. Through these personal stories of struggles and loss, The Blue Dove Foundation hopes to show individuals they are not alone and to work toward eliminating the shame and stigma many feel around these topics. Consider working with The Blue Dove Foundation to co-create a program with you for your community/network/congregation. We can work to build a unique program including individual contributors from the book.

Individuals can share their personal stories, how they received the help they needed, and why they continue to share their story and the impact they want to make. *Each #QuietingTheSilence event is created uniquely for your community/network/congregation.



The Parent's Role in Helping Their Teen With Nutrition & Health Goals

Audience: Parents of Teens

When Jackie was informed by her doctor that she was pre-diabetic, it became real that her health was at risk. Aware of her history with diet culture, Jackie knew that if she wanted to be healthy and stay healthy, that she needed to build a sustainable and mindful lifestyle. Jackie will discuss and answer questions about teen nutrition best practices, quick meal ideas, navigating the tough conversations about health and weight with your child, the mental and emotional connections to mental health and healthy weight, nutrition in college, fad diets, and so much more. *This workshop can be adapted based on the individual organization's population needs.

The Importance of Balance

Audience: Teens

When Jackie was informed by her doctor that she was pre-diabetic, it became real that her health was at risk. Aware of her history with diet culture, Jackie knew that if she wanted to be healthy and stay healthy, that she needed to build a sustainable and mindful lifestyle. Jackie will discuss and answer questions about what a balanced diet for teenagers actually means, how to communicate and listen to your body, having those sometimes tough and potentially awkward conversations with your parent(s)/trusted adult about your eating habits, emotions, and behaviors, and understanding social media's influence on your mental health and body image. *This workshop can be adapted based on the individual organization's population needs.

About the Facilitator

Jacyln Gaylis Kirschen is a Registered Dietitian, Nutritionist, and founder of Eat Right 4 Life, a nutrition coaching practice, specializing in weight loss and childhood obesity. She works with adults, kids, and families who are overwhelmed with how to lose weight and tired of dieting, so they can feel confident in their bodies, enjoy food without feeling guilty, finally lose weight, and keep it off for good! Having been through her own personal weight loss journey, Jackie is passionate about helping individuals create a sustainable healthy lifestyle while enjoying the foods they love.

How to Connect When We Are Never Apart

Audience: Teens & Their Parents

In the time of the COVID-19 pandemic, parents and their teens and tweens are spending more time than ever before together under one roof. This family session gives them the opportunity to come together — even if on their own screens — to talk to one another in real-time about the gifts and challenges of this new normal. In this workshop, parents and their teens (8th grade and older) are invited to reflect on their own needs and communication styles and explore strategies for truly connecting with each other at a time when they are in the same home but not necessarily finding genuine ways to connect.

About the Facilitators

Alisha Pedowitz, California Director at Moving Traditions, has made her career working with teens, using the richness of Jewish community, ritual, tradition, and wisdom to help them thrive. Alisha has worked as an educator and communal professional at Jewish camps, schools, and agencies throughout California. Alisha holds an MBA in nonprofit management, an MAEd with a concentration in experiential education, and a bachelor's degree in Hebrew letters from American Jewish University, as well as a bachelor's degree in psychology from Stanford University.

Julia Papiyan, Manager of California Programs at Moving Traditions, is responsible for strengthening, supporting, and cultivating partnerships in the Los Angeles area. Prior to Moving Traditions, Julia worked within the nonprofit and public sphere, including The Jewish Federation of Greater Los Angeles, The New York City Mayor's Office, and Bloomberg Philanthropies, where she worked in management, community development, and planning. Julia holds a Bachelor of Business Administration from The University of Michigan, Ann Arbor, and a Master of Public Administration from Columbia University.



Supporting Your Teen in Developing a Positive Body Image

Audience: Parents of Teens

As the parent of a teenager, it can feel like an overwhelming endeavor to support your child in developing a positive body image and avoiding disordered eating behaviors. With all the community, media, and individual influences facing today's teens, it is important for parents to learn what they can do to support their child, as well as how to address signs or concerns that need to be addressed. Additionally, with an "anti-diet" lens, we will debunk some of the current diet trends and discuss why this messaging may be harmful to your teen. *This workshop can be adapted based on the individual organization's population needs.

Fostering a Positive Body Image in a World Filled With Unrealistic Expectations

Audience: Teens

Being a teenager comes with a ton of challenges - but knowing how to love your body should not be one of them! This workshop will discuss how to foster a positive body image in a world filled with unrealistic images and expectations. We will consider the struggles that may present when it comes to navigating cultural expectations and how they affect your body image and relationship with food. Additionally, with an "anti-diet" lens, we will debunk some of the current diet trends and discuss why this messaging may be harmful to your self-esteem and body image. *This workshop can be adapted based on the individual organization's population needs.

About the Facilitator

Talya Knable is a Licensed Clinical Professional Counselor in private practice in Baltimore, Maryland. She received her Master's degree from Loyola University and spent much of her career at the Center for Eating Disorders at Sheppard Pratt treating patients at all different levels of care. With 15 years of experience treating eating disorders and body image issues, Talya has supported her clients in developing positive coping skills to navigate these struggles. She works with both adolescents and adults, as well as the family members of those struggling with these issues. In addition to her private practice, Talya is also the Assistant Clinical Director of Shalom Tikvah, Inc., a Baltimore based Jewish non-profit that provides whole family mental health care support within the Jewish community.