

You can't PREVENT  
 what you don't know!

A WESTCHESTER VIRTUAL SPEAKER SERIES

# TEEN MENTAL HEALTH: TIME FOR A RESET

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## "TIP" JAR

TAKE-AWAYS - INFORMATION - PROMPTS

Top Ten  
 Tips and  
 Take  
 Homes

Getting  
 to Calm

Positive  
 Parenting &  
 Resilience  
 Factors

For More  
 Information

### Health Basics (MENSSESSAA)

- Mindful calming skills
- Exercise
- Nutrition
- Secure Attachments
- Sleep Hygiene
- School Thriving
- Social Connections
- Adaptability
- Active engagement in positive goals

### Getting to Calm Protocol for Meltdowns

- **Cool Down**; reduce heart rate
- **Assess** your options; get frontal lobe online
- **Listen** with empathy; validation
- **Map** a plan; problem-solving

### Resilience Factors: COPES

- **C**onnection
- **O**rganization of healthy routines
- **P**erspective of a positive mindset about the future
- **E**ngagement in competence-building
- **S**elf regulation: "Getting to Calm" gets your brain online again!

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