



Parent Academy

Presented by:
Annette, Bridgette, Maria, Martha



Please Scan QR Code to
Sign-in



Introductions:

- Annette Morales, LPCC, PPSC – Sussman Middle
- Bridget Hurtado, LPCC, PPSC – Doty Middle
- Maria Vaquerano, LCSW, PPSC – Stauffer Middle
- Martha Perez-Castor, LCSW, PPSC – Griffith's Middle

IT'S
YOUR
TURN



Agenda

Our Key Discussion Points

- Introductions
 - Activity- Gratitude
 - Defining the Terms
 - Developmental Stage: Adolescence and self-esteem
 - Characteristics of Self-Esteem
 - Self-Esteem and Mental Health
 - Resources



Grounding Activity

How does you or your family show gratitude during the Holiday Season?



Gratitude



Defining the terms:

Self-Concept

The overall idea of who a person thinks he or she is. Overarching characteristics. ie, I am a good listener, I am funny, I am open-minded

Self-Esteem

How we think and feel about ourselves; the judgements we make about ourselves.



Self-Efficacy

An individual's belief in their capacity to act in ways necessary to reach specific goals.

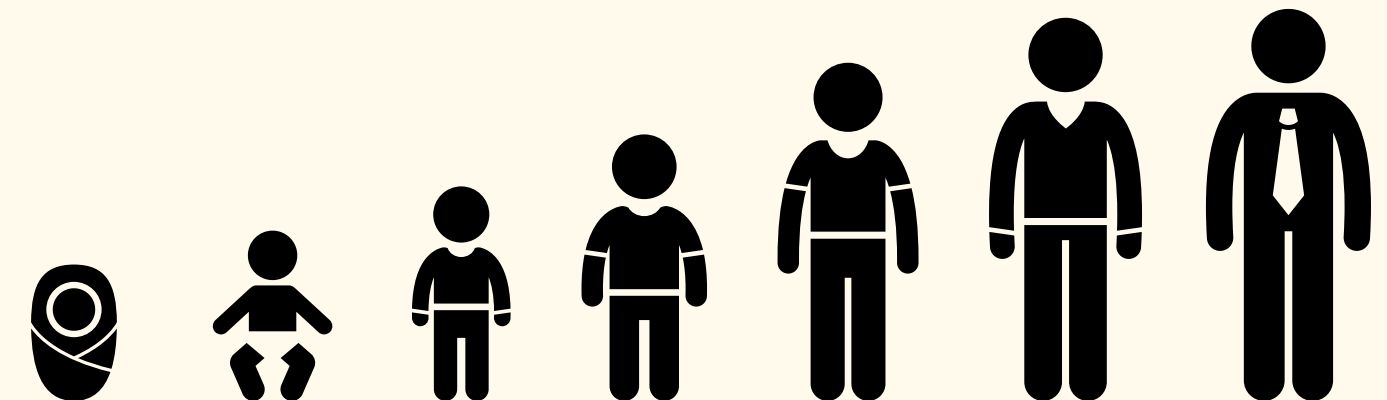
Developmental Stage - Adolescence and Self-Esteem



- Identity formation
 - Gender
 - Moral/Religious
 - Ethnic/Cultural
 - Social/Political

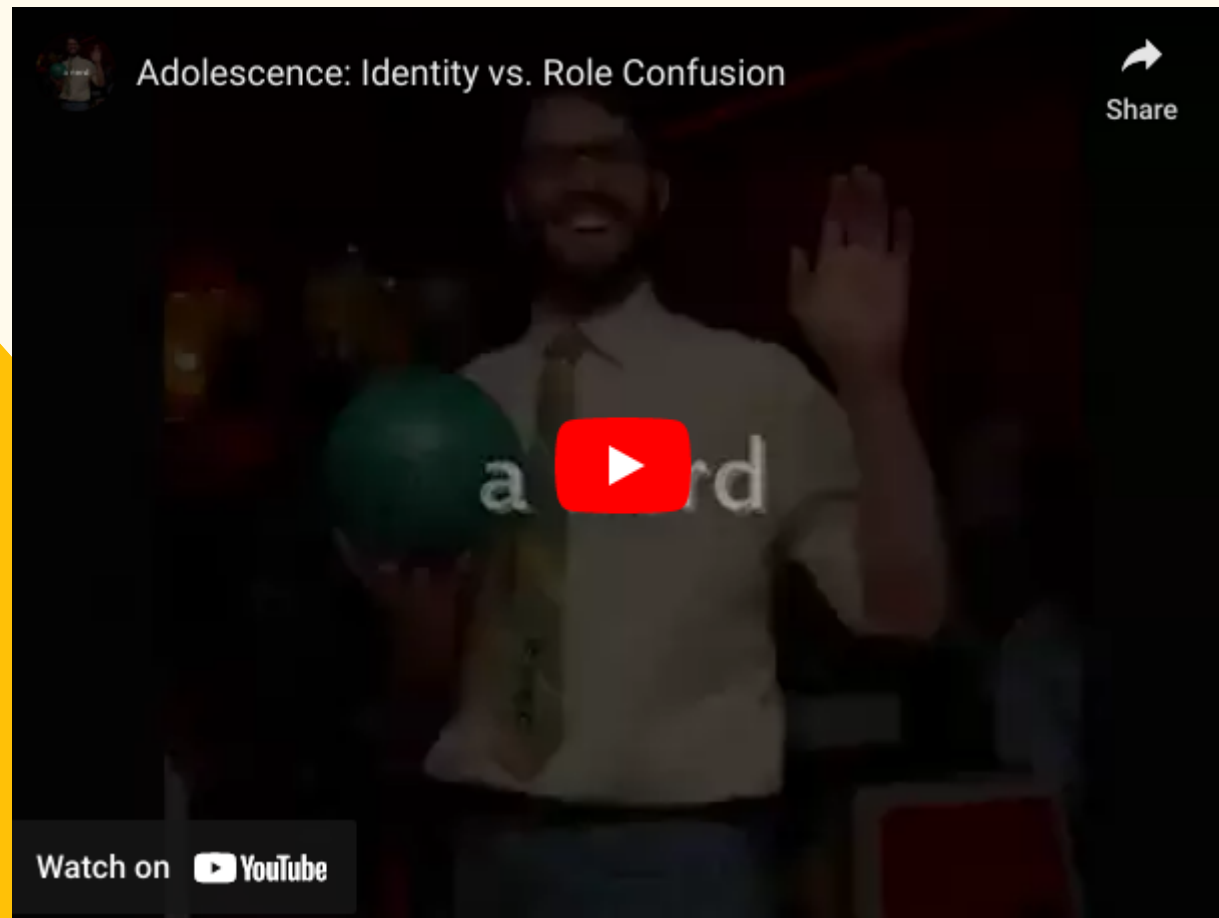
What to expect :

- Seek Independence
- Period of exploration and curiosity
- Sense of Belonging/ Peer Acceptance
- Physical Development - Puberty
- Striving for Self Efficacy



Developmental Stage - Adolescence and Self-Esteem con't

Erikson Stage of Development Identity vs. Role Confusion



- Conflict in this stage can have an impact on self esteem
- Success in forming their identity can result in positive self-esteem
- Difficulties in forming identity can result in role confusion and impact self-esteem negatively



Characteristics of Self-Esteem



Characteristics of high self-esteem

- Willing to try new things in their life
- Can cope well under pressure
- Emotionally stable and confident
- Happy to share their ideas/experiences
- Feels confident
- Compares themselves positively w/ peers
- Content with how they look and has belief in their own ability

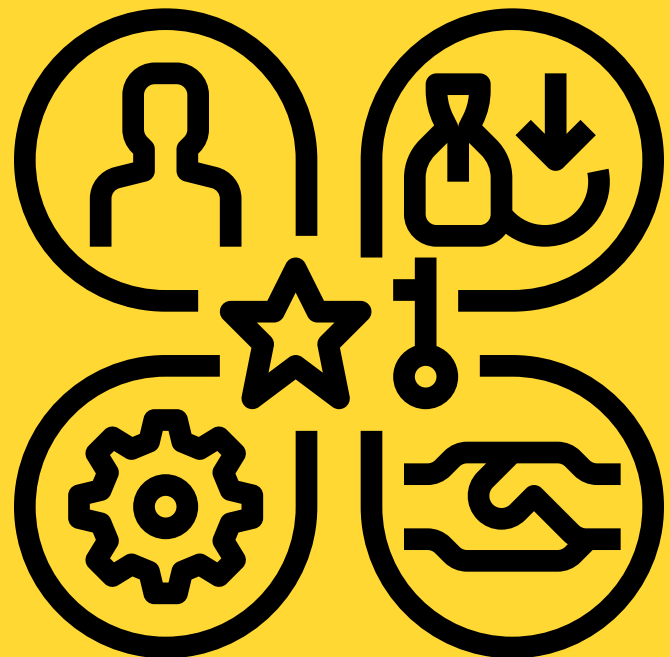
Characteristics of low self-esteem

- Feels worthless
- Reluctant to try new things
- Struggles in new or challenging circumstances
- Do not value their own opinions and sensitive to the opinions of others
- Doubts own ability
- Compares themselves negatively with peers and images on social media/TV/magazines
- Has a poor self-image



Factors that Impact Self-Esteem:

- Unsupportive parents, carers or other adults that play an influential role in their life
- Friends/ Peer Relationships
- Stressful life events such as divorce or moving houses
- Trauma or abuse
- Poor performance at school or unrealistic goals
- Mood disorders such as depression
- Anxiety
- Bullying or loneliness
- Ongoing medical issues



Self-Esteem and Mental Health

Low self-esteem can cause or be a result from certain mental health disorders such as anxiety disorders and depression. It can also result from being exposed to constant stressful situations.

Low self-esteem can significantly impact:

- the ability to form(positive)peer relationships
- motivation
- body image
- academics
- ability to regulate emotions
- maladaptive coping- i.e alcohol and substance use, earlier sexual activity



What can parents do to enhance their child self-esteem?

- Build a habit of self-affirmation
- Encourage participation in new activities and experiences
- Talk, listen and provide unconditional love and support.
- Monitor any changes in mood, behavior and thoughts about self.
- Seek Help



Crisis & Community RESOURCES

For Emergencies

- Psychiatric Mobile Response Team (562)467-0209
 - Department of Mental Health (800)854-7771
 - 911 for immediate threats
-

Crisis Hotlines

- National Suicide Prevention Hotline (800)273-8255 or 988
 - California Youth Crisis Line (800)843-5200
 - Teen Line Text to 839863
-

Didi Hirsch

- DIDIHIRSCH.ORG
 - Contact: (888)807-7250
-

National Alliance for Mental Illness (NAMI) LA/Long Beach

- NAMI.ORG
 - (213)386-3615
-



Mental Health Providers

Medi-Cal Only

True Lasting Connections (TLC) – See guidance counselor

Pacific Clinics – (877)722-2737

Community Family Guidance (855)329-8080

Kaiser Permanente

Mental health & 24 hour hotline (800)900-3277

Private Insurance

Care Solace (888)515-0595 or [CareSolace.com/DowneyFamilies](https://www.caresolace.com/DowneyFamilies)

Call the number on the back of insurance card

No Insurance

Jewish Family & Children Services – See School Therapist

Care Solace (888)515-0595 or [CareSolace.com/DowneyFamilies](https://www.caresolace.com/DowneyFamilies)

True Lasting Connections (TLC) – See guidance counselor

Wellness Center

Clinical School Therapist – Site specific





Name	Annette	Bridget Hurtado	Martha Perez-Castor	Maria Vaquerano
School	Sussman Middle School	Doty Middle School	Griffiths Middle School	Stauffer Middle School
Email	Anmorales@dusd.net	Bhurtado@dusd.net	Mperezcastor@dusd.net	Mvaquerano@dusd.net
Contact	(562) 904-3572	(562)904-3586 ext. 4063	(562) 904-3580	(562)9043565



please join us for a....

3 PART ZOOM SERIES ON STUDENT MENTAL HEALTH



SELF-CONCEPT & ESTEEM

DEC 8, 2022

SELF EFFICACY

session 1

session 2

JAN 12, 2023

DEPRESSION/ANXIETY

STATS, SIGNS & SYMPTOMS



SOCIAL INTERACTIONS

FEB 8, 2023

CYBER SAFETY & PEER CONFLICT

session 3

Middle
Schools:



STAUFFER
MIDDLE SCHOOL



DOTY KNIGHTS
WENDY LOPOUR DOTY MIDDLE SCHOOL



GRIFFITHS
MIDDLE SCHOOL

**SUSSMAN
PIONEERS**



TIME: 6PM

1 HOUR ZOOM SESSIONS
(ENGLISH WITH SPANISH TRANSLATOR AVAILABLE)

ZOOM LINKS WILL BE SENT CLOSER TO THE DATE.

Info

DATES AND TOPICS SUBJECT TO CHANGE



Thank you!



Evaluation Survey

