

Wellness Technology for Teens

Presented by:
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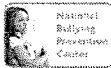







Wellness Technology for Teens

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www.PACER.org

PACER has programs for children and young adults with all disabilities, their parents and families, and the professionals working with the families.

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Simon Technology Center



The Simon Technology Center is dedicated to making the benefits of technology more accessible to children and adults with disabilities, through a collaborated effort involving parents, professionals, and consumers.

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PACER's Children's Mental Health & Emotional or Behavioral Disorders Project



Supporting, educating, and promoting understanding in the community so that children and youth with mental health challenges can experience success.

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Session Agenda

- Managing Your Wellness
 - What is wellness and why is it important?
- Wellness Resources for Teens
- Technology for Wellness
- PACER and STC services to know about

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Managing Your Wellness

Wellness & Teens

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What's wellness look like?

SHAWNA

- Calm
- Hanging out with friends
- Getting along with siblings
- Liking school
- Waking up on time for school
- Going to bed before 10 pm

JAYDEN

- High-energy
- Jokester
- Spending time in own room listening to music
- Eating meals regularly
- Writing songs to play on guitar
- Taking daily medications and getting enough sleep

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Not feeling well? How others know...

SHAWNA

- Spending less time with family & friends
- Arguing more with siblings
- Talking more often about feeling sick
- Staying up too late & unable to get out of bed in the mornings
- Procrastinating with homework

JAYDEN

- High-energy is 'out-of-control' hyper energy
- Criticizing others
- Pacing often
- Skipping classes
- Avoiding guitar
- Not following prescriptions
- Not getting enough sleep

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Not feeling well could look like...

- Aggressive and/or bullying
- Name Calling
- Disruptive
- Defiant
- Tantrums/out of control
- Lying/cheating
- Disrespectful
- Confrontational/Defensive
- Disorganized
- Frustration
- Lack of participation
- Off-task, Non-disruptive
- Poor Self Esteem
- Stealing
- Unfocused/Inattentive
- Anxiety
- Hyperactivity
- Lack of Responsibility
- Unmotivated
- Impulsive
- Lack of Social Skills
- Negative attitude
- Poor coping skills
- Sadness/depression
- Avoidant of places/spaces
- Upset/Crying
- Inappropriate language
- Off-task disruptive
- Poor peer relationships
- Somatic complaints
- Unable to work independently
- Other?

**list adapted from
www.pbisworld.com

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What's in Wellness? 5 Key Recovery Concepts

(from Wellness Recovery Action Plan – WRAP®)

- Hope
- Personal Responsibility
- Education
- Self Advocacy
- Support

* Mary Ellen Copeland, PhD – WRAP® / www.copelandcenter.com & Action Planning for Prevention & Recovery – SAMHSA - <http://store.samhsa.gov/product/Action-Planning-for-Prevention-and-Recovery-A-Self-Help-Guide/SMA-3729>

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A Wellness Visual ...

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Crisis Plans & Wellness

Crisis plans are reactive plans

Plans that work ...

- Are developed, implemented, reviewed, revised w/teen to be based on strengths and respect for the individual
- Include a designated person to facilitate the review/ updating/ writing of plan (may be someone helping the teen)
- Person-centered (not agency-centered) – it's the teen's plan!

Technology
can play a role in
a teen's crisis
plan

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Crisis Planning Resources

- MN Mental Health Crisis Services (Crisis Response) – www.childcrisisresponsemn.org
- National Suicide Prevention Life Line – 1-800-273-TALK (8255)
- www.Txt4Life.org or Text LIFE to 61222 (24/7/365 crisis counselors)

Help teens with ...

- Programing crisis response numbers into your phone
- Keeping doctor's numbers, medications, insurance information, diagnoses, and important contact information with you
- Reaching out for help with someone in-person, by phone, text, or online

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Technology for Wellness



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“There’s An App For That?”

Wellness applications are in no way a substitute for treatment. Discuss with a therapist any apps to discover how they can assist you best.

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Technology for Wellness

1) Check in and Check up:

Technologies for helping you understand changes in mood and health, and monitor medication

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Technology for Wellness

2) Let’s Rethink That:

Technology to help users process and respond positively to big emotions

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Technology for Wellness

3) Strategies that work for me:

Technology assisted strategies and activities for reducing stress and negative emotions.

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Technology for Wellness

4) Healthy Living:

Technology for encouraging healthy habits.

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PACER's Children's Mental Health & Emotional or Behavioral Disorders Project



Visit <http://www.pacer.org/cmh/> for more resources and information!

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STC Services



- Assistive Technology Information and Referral
- AT Lending Library
 - A.T. (Assistive Technology) Finder
 - <http://www.pacer.org/STC/atfinder/>
- Free AT Consultations
- Individualized AT Trainings
- Workshops and In-services on a wide variety of topics
 - www.pacer.org/workshops

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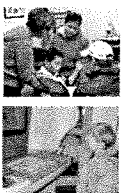
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- Webinars and Livestream
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 - www.pacer.org/webinars/archive-listing.asp
 - www.tinyurl.com/STCLivestream

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STC Services



- TechNotes & Tiny Tech
 - www.pacer.org/stc/news.asp
 - www.pacer.org/forms/index.asp (to sign up for newsletter)
 - www.tinyurl.com/TinyTech
- Still Useful Product and Equipment Referral (SUPER)
 - www.pacer.org/stc/super

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Thank you for coming!

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