

Red Flags of Adolescent Behavior

What are Signs that a Student May Need Mental Health Services?

A Change from the Norm

Identifiers: these behaviors may help teachers identify mental health needs in students

- disassociated behavior
- exaggerated reactions
- physical and verbal aggression
- detaching from peers
- tearful/despondent
- disruptive
- withdrawn
- obsessive/perfectionism/ compulsive
- sensory issues/easily over-stimulated
- change in grades
- change in personality
- “dark” writings or drawings
- deterioration in hygiene
- giddy
- impulsive
- refusal to work/non-compliance
- chronic lateness
- missing classes/poor attendance
- excessive daydreaming
- falling asleep in class
- change in physical appearance

What YOU should do:

- show sensitivity and make accommodations in the LEAST public manner
- “check-in” with the student regularly
- be aware of cultural issues
- develop a relationship with the student (and parents) and exhibit caring behaviors
- learn from, partner with, and communicate with parents
- know the school mental health processes and professionals (psychologist, social worker, counselor) in your school building
- notify parents before student is in a crisis
- know when to ask others for help
- know the difference between emotional disturbance and physical disability
- document behaviors and concerns

What YOU should NOT do:

- embarrass the student
- jump to conclusions or overreact
- advise parents about medications
- leap to a label
- assign blame
- ignore red flags
- neglect available resources
- transfer any personal issues or prejudices onto student or parents

Resources

♥ (families), ♣ (educators), Ⓟ (professionals), ☺ (all), _{SP} (other languages), ✍ (interactive)

- **American Academy of Child and Adolescent Psychiatry** – www.aacap.org (website that assists parents & families in understanding developmental, behavioral, emotional, and mental disorders affecting children and adolescents) ☺, _{SP}
- **Anxiety Association of America** – www.adaa.org (site dedicated to the public awareness of anxiety and panic disorders) ☺, ✍
- **Autism Society of America** – www.autism-society.org (Denver, 720.214.0794=leading source of information and referral on autism) ☺
- **Child and Adolescent Bipolar Foundation** – www.bpkids.org (educates, supports, and advocates for increased services to families and professionals on the nature, causes and treatment of bipolar with links to local support groups) ☺, _{SP}, ✍
- **Children with Attention Deficit Disorders** – www.chadd.org (303.646.5299=provides science and evidence based information about AD/HD) ☺, _{SP}, ✍
- **Colorado Department of Education** – www.cde.state.co.us (303.866.6600= educational resource site for Colorado residents) ☺, _{SP}
- **Colorado Mental Health Services** – www.cdhs.state.co.us/ohr/mhs (300.866.7400= link to rules & regulations, local agencies, advisory council (s), cultural competency information and the Child Mental Health Treatment Act) ♥
- **Depression and Bipolar Support Alliance** – www.ndmda.org (DBSA Friends & Family Support Group 303.721.1462= dedicated to improve the lives of people living with mood disorders) ♥, ✍
- **Empower Colorado** – www.empowercolorado.com (1.866.213.4631= provides support, education, and advocacy for parents and families) ♥
- **Federation of Families for Children’s Mental Health** – www.ffcmh.org (Denver/Aurora Chapter www.coloradofederation.org, 303.343.1019= bilingual website focused on the needs of children with emotional, behavioral, or mental disorders and their families) ☺, _{SP}
- **Harvard Medical School-Partners Bipolar Research Program** – www.manicdepressive.org (research, information, and a referral database dedicated to serving persons living with Bipolar) Ⓟ
- **National Alliance for the Mentally Ill** – www.nami.org (NAMI-CO: 303.321.3104/1.888.566.6264= an organization dedicated to improving the lives of persons affected by mental illness) ☺, _{SP}
- **National Information Clearinghouse for Children & Youth** – www.nichey.org (site which shares information about disabilities in children & youth that includes a link to state resources) ☺, _{SP}
- **National Institute of Mental Health Publications** – www.nimh.nih.gov (publications, news, and events concerning mental illness) ☺
- **National Mental Health Association** – www.nmha.org (Colorado Chapter: www.mhacolorado.org, 303.377.3040/1.800.456.3249=works to improve mental health through advocacy, education, research and service) ☺
- **O.A.S.I.S. (Online Asperger Syndrome Information & Support)** – www.udel.edu/bkirby/asperger/ (site dedicated to education about Aspergers and other Autistic Spectrum Disorders with links to local support groups) ☺, ✍
- **Parents & Teachers of Explosive Kids** – www.explosivekids.org (parent driven website offering education & support for parents and professionals involved with children with mental health needs) ♥, ♣, ✍
- **Patient Advocacy Coalition, Inc.** – www.patientadvocacy.net (303.744.7667=your recourse resource for children’s mental health insurance disputes) ☺
- **Peak Parent Center, Inc.** – www.peakparent.org (Denver, 303.864.1900/1.800.284.0251=information and support from Colorado’s Parent Training and Information Center) ☺, _{SP}
- **The Advocacy Project** – www.advocacyproject.net (303.680.6741=information about advocacy, resources, and events concerning special education and other issues such as children’s mental health needs) ☺
- **The Bipolar Child** – www.bipolarchild.com (Internet resource guide to information, articles, workshops, & consultations involving children and adolescents with bipolar disorder) ☺
- **The Explosive Child** – www.explosivechild.com (guide to misunderstood behaviors complete with nationwide workshops and resources) ☺
- **Tourette Syndrome “Plus”** – www.tourettesyndrome.net (information site for Tourette Syndrome, Asperger Syndrome, & Anxiety Disorders and many other mental illnesses) ☺
- **Wrightslaw** – www.wrightslaw.com (advocacy site for parents and families of children with disabilities) ☺