

EveryDay Strong: a New Approach to Anxiety and Depression

Michaelann Gardner, EveryDay Strong Director, and Jess Bigler, Davis Behavioral Health







You can do more than you think

"When confronted with the fallout of childhood trauma, why do some children adapt and overcome, while others bear lifelong scars that flatten their potential?

A growing body of evidence points to one common answer: Every child who winds up doing well has had at least one stable and committed relationship with a supportive adult." Utah

- Harvard Graduate School of Education, March 2015





Objectives

Learn a new way to think about children's mental health and behavior

Learn a simple, practical framework to clarify your concerns about a child

Learn how to apply this framework to improve your relationship with children, teenagers, and other people in your life so that they can increase their resilience







Utah Youth Are Struggling



Youth: during the past 12 months, did you ever feel so sad or hopeless almost every day for two weeks or more in a row that you stopped doing some usual activities?

Utah SHARP Survey of 6th, 8th, 10th, and 12th graders





What could be causing this?

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Environmental:

Focus on the conditions, clothing, weather, timing

Biological:

Focus on better sleep, nutrition, stretching, weight, genetics

Psychological:

or self-reflection

Focus on ways to

improve motivation

Educational:

Focus on education or the person's knowledge about physiology, the course

The marathon runner: why does someone fail?

Social:

Focus on peer motivation, training together, bigger cheering section

Focus on prayer, faith, spiritual preparation

Spiritual:

Environmental:

School, church, cell phones, altitude, culture

Educational:

Coping skills, knowledge of how mental health works, "decrease the stigma"

Social: Lack of support from friends or family, bullying

What if it were an anxious or depressed child?

Biological:

Genetics, quality of sleep, chemical imbalances, neurology, diet, exercise

Psychological: Focus on ways to improve motivation, self-reflection, therapy

Spiritual:

Focus on prayer, faith, spiritual preparation



How can you help someone if you don't know what's causing the problem?

Focus on what they need.









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Let's practice

Mae is a 4th grader who has shown low frustration tolerance and even some aggression repeatedly over the past several weeks. She threw a volleyball at a peer's face and a pen across the classroom at her teacher.

How could you care for her physical needs? Help her feel safe? Connect with her? Build her confidence and skills?







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Let's shift our lens...

Nathan is a teen who recently announced his intention to drop out of school, in part because he doesn't see any path to graduation due to excessive school absences and failed classes. School administrators say he is often found with friends who skip class to smoke weed.







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Human beings are like plants to nourish









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EveryDay Strong Allies

- schools, businesses, and cities who want the kids in their community to be emotionally strong

- Allies receive free tools (like posters and videos) to teach the caring adults in their community how they can be the #1 factor in building youth resilience

- easy to implement and very customizable for your organizationah

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Make a plan: SHARP data and coalitions





Summit Academy (Riverton)







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South Clearfield Elementary





What needs need to be met?

Mae is a 4th grader who has shown low frustration tolerance and even some aggression repeatedly over the past several weeks. She threw a volleyball at a peer's face and a pen across the classroom at her teacher.

First: shift your lens.

MichaelanceGardner 06-08-2020ink that Mae is feeling safe? connected? confident?



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Other ideas?







"I would love it if adults would ask themselves **every day**, 'What can I do to help the children in my life feel safe, connected, and confident? When we meet their needs, we're building resilient kids."

> - Dr. Matt Swenson, Child Psychiatrist EveryDay Strong co-founder





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