

STAY CALM. . .Supporting individuals with emotional or behavior disorders in community-based programs



will begin at 2 pm ET

Audio and Visual are provided through the on-line webinar system. This session is closed captioned. Individuals may also listen via telephone by dialing 1-857-232-0476 Access Code: 368564 This is not a toll-free number.

Captioning

Real-time captioning is provided; open the window by selecting the "CC" icon in the AUDIO & VIDEO panel

- You can move and re-size the captioning window.
- Within the window you change the font size, and save the transcript



2

About Your Hosts...

- TransCen, Inc.
 - Mission Statement: Improving lives of people with disabilities through meaningful work and community inclusion
- Mid-Atlantic ADA Center, a project of TransCen, Inc.
 - Funded by National Institute on Disability, Independent Living, and Rehabilitation Research (NIDILRR), Administration for Community Living, U.S. Department of Health and Human Services

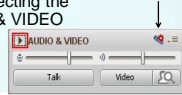


3

Listening to the Webinar

Online:

- Please make sure your computer speakers are turned on or your headphones are plugged in
- Control the audio broadcast via the AUDIO & VIDEO panel
- If you have sound quality problems, please go through the AUDIO WIZARD by selecting the microphone icon within the AUDIO & VIDEO panel



4

Listening to the Webinar (cont.)

- To connect by telephone:

1-857-232-0476

Pass Code: 368564

This is **not** a toll-free number

5

Submitting Questions

- In the webinar platform:

- You may type and submit questions in the CHAT area text box or press Control-M and enter text in the CHAT area; your questions and comments will only be visible by session moderators
- If you are connected via a mobile device you may submit questions in the CHAT area within the app

- Questions may also be emailed to:
ADAtaining@transcen.org

6

Customizing Your View

- Resize the whiteboard where the presentation slides are shown to make it smaller or larger by choosing from the drop down menu located above and to the left of the whiteboard; the default is "fit page"



7



Customize Your View continued

- Resize/Reposition the CHAT, PARTICIPANT, and AUDIO & VIDEO panels by "detaching" and using your mouse to reposition or "stretch/shrink"
- Each panel may be detached using the ☰ icon in the upper right corner of each panel

8



Technical Assistance

If you experience technical difficulties

- Use the CHAT panel to let us know
- E-mail ADAtraining@transcen.org
- Call 301-217-0124

9



Archive

- This webinar is being recorded and can be accessed within a few weeks
- You will receive an email with information on accessing the archive

10



Requests for Certificate of Participation

- Please consult the reminder email you received about this session for instructions on obtaining a certificate of participation for this webinar.
- You will need to listen for the continuing education code which will be announced at the conclusion of this session.**
- Requests for certificate of participation must be received no later than **5 PM ET on Wednesday October, 17th 2018.**

11



STAY CALM. . Supporting individuals with emotional or behavior disorders in community-based programs

- M-NCPPC, Prince George's County, Department of Parks and Recreation
- Corey Smith, CPRP, LRT/CTRS, Inclusion Coordinator



12



Meet Corey

- 17 years experience in various capacities
- M-NCPPC for 6 years
- Certified Park and Recreation Professional
- Licensed Recreation Therapist
- Certified Therapeutic Recreation Specialist



Objectives

- At the end of the presentation, participants should be able to:
 - Define an Emotional and Behavioral Disorder (EBD)
 - Identify signs of EBD
 - List 3-5 tools to help minimize disruptive behaviors
 - Create a physical environment that supports participants with EBD



Mental Health by the Numbers

Fact: 1 in 5 children ages 13-18 have, or will have a serious mental illness.¹



20% of youth ages 13-18 live with a mental health condition¹



11% of youth have a mood disorder¹



10% of youth have a behavior or conduct disorder¹



8% of youth have an anxiety disorder¹



Fact: 43.8 million adults experience mental illness in a given year.




Fact: Mental health affects everyone regardless of culture, race, ethnicity, gender or sexual orientation.



LGBTQ Community


2X
 LGBTQ individuals are 2 or more times more likely as straight individuals to have a mental health condition.


11%
 11% of transgender individuals reported being denied care by mental health clinics due to bias or discrimination.


2-3X
 Lesbian, gay, bisexual, transgender and questioning (LGBTQ) youth are 2 to 3 times more likely to attempt suicide than straight youth.





Impact

50%
 50% of all lifetime cases of mental illness begin by age 14 and 75% by age 24.¹

10 yrs
 The average delay between onset of symptoms and intervention is 8-10 years.¹

37%
 37% of students with a mental health condition age 14 and older drop out of school—the highest dropout rate of any disability group.¹

70%
 70% of youth in state and local juvenile justice systems have a mental illness.¹



Suicide

3rd
 Suicide is the 3rd leading cause of death in youth ages 10 - 24.¹

90%
 90% of those who died by suicide had an underlying mental illness.¹



Poll the Audience

•Do these statistics surprise/alarm you?

- A. Yes, LOWER than I expected
- B. Yes, HIGHER than I expected
- C. No, about what I expected

22



Defining Emotional and Behavioral Disorders

•What is a behavioral disorder?

- Pattern of disruptive behaviors lasting for a least 6 months

•Emotional and Behavioral Disorders – EBD

- Difficulty is emotionally based; not explained by other factors

23



**Emotional and Behavioral Disorders
(Mood disorders)**

- Attention Deficit Hyperactivity Disorder - ADHD
- Anxiety Disorders
- Autism Spectrum Disorder - ASD
- Depression
- Bi-Polar Disorder
- Conduct Disorder
- Language Disorders
- Oppositional Defiant Disorder - ODD

24



Signs and Symptoms of EBD

- Anger
- Irritability
- Argumentative
- Spitefulness



Poll the Audience

•Do you currently have children with Emotional/Behavioral Disorders participating in your programs?

- A.Yes
- B.No
- C.Not Sure

Tips for success in your programs

- Visual Strategies
 - Posted Schedule/Routine
 - Posted Rules (3-5)
 - Consistency in Consequences
- Planned Transitions
- Allow for Breaks

Thursday

Homework	Continuum
Independent Work	Behavior
1:1 Math	Sensory Bin
Reading Group	Independent Work
Computer	Computer
Work	Art
Bathroom	Adapted Art
Choir Time	Go Home
Lunch	
Sensory PE	


Rules for School

	I listen to my teacher.
	I put up my hand and wait when I want to talk.
	I use a quiet voice inside the school.
	I line up when I'm walking with my class.
	I keep my hands and feet to myself.
	I do my work.
	I put my things away when it's time to clean up.

OOPS!

Tips for success continued

- Parent/Caregiver Collaboration
- Catch the Good
 - Rewards
 - Positive Reinforcement
- All staff on the same page/consistency in responses



Tips for success continued

- Reasonable modifications
 - Modifying rules and policies
 - Avoid games with clear winners/losers
- Staff Training

Poll the Audience

•Are you currently using any of these techniques in your programs?

- A.Yes
- B.No

31



Poll the Audience

•Are you seeing a decrease in negative behaviors as a result?

- A. Yes
- B. No
- C. Too soon to tell

32



Case study - Xavier

- 6 year old boy
- Diagnosed with ADHD/ODD
- School year, after-school recreation program
 - 60 participants
 - 1:15 staff to participant ratio

33



Submitting Questions

- **In the webinar platform:**
 - You may type and submit questions in the CHAT area text box or press Control-M and enter text in the CHAT area; your questions and comments will only be visible by session moderators
 - If you are connected via a mobile device you may submit questions in the CHAT area within the app
- Questions may also be emailed to:
ADAtaining@transcen.org

34



Available Resources

- National Alliance for Mental Health (NAMI)
 - <https://www.nami.org/>
- Mental Health Association of Maryland
 - <https://www.mhamd.org/>
- American Camp Association
 - <https://www.acacamps.org/>
- Camp Fire
 - <https://campfire.org/>
- Mental Health America (MHA)
 - <http://www.mentalhealthamerica.net>

35



Thank You!

Mid-Atlantic ADA Center

Toll Free: **800-949-4232** (DC, DE, MD, PA, VA, WV)

Telephone: **301-217-0124**

ADAinfo@transcen.org

ADAinfo.org

36