

► Warning signs

The teen is troubled by feeling:

- very angry most of the time, cries a lot or over reacts to things;
- worthless or guilty a lot;
- anxious or worried a lot more than other young people;
- grief for a long time after a loss or death;
- extremely fearful – has unexplained fears or more fears than most kids;
- constantly concerned about physical problems or appearance;
- frightened that his or her mind is controlled

The teen experiences big changes, such as:

- does much worse in school;
- loses interest in things usually enjoyed;
- has unexplained changes in sleeping or eating habits;
- avoids friends or family and wants to be alone all the time;
- daydreams too much and can't get things done
- feels life is too hard to handle or talks about suicide;
- hears voices that cannot be explained.

The teen is limited by:

- poor concentration;
- can't make or makes inappropriate decisions
- inability to sit still or focus attention;
- worry about being harmed, hurting others, or about doing something "bad;"
- the need to wash, clean things, or perform certain routines dozens of times a day;
- thoughts that race almost too fast to follow;
- persistent nightmares.

The teen behaves in ways that cause problems, such as:

- uses alcohol or other drugs;
- eats large amounts of food and then forces vomiting, abuses laxatives, or takes enemas to avoid weight gain;
- continues to diet or exercise obsessively although bone thin;
- often hurts other people and/or destroys property,

► For help contact

Hawai'i CARES 24/7 crisis and referral line:
O'ahu: **832-3100**

Toll Free: **800-753-6879**

This service includes Crisis Mobile Outreach as well as Crisis Stabilization. It serves children, youth, and adults.

Family Guidance Centers:

<https://health.hawaii.gov/camhd/family-guidance-centers/>

O'ahu: **733-9333**

All other islands: **1-800-294-5282**

Parent Line: www.theparentline.org

O'ahu: **526-1222**

All other islands: **1-800-816-1222**

Teen Line: www.teenlinehawaii.org

► Other helpful resources

State of Hawai'i Network of Care

Website: hawaii.networkofcare.org

Mental Health America of Hawai'i

Website: www.mentalhealth-hi.org.

Click on "Finding Help" This is a very complete resource for statewide help with contacts.

Special Parent Info Network:

Website: www.spinhawaii.org

O'ahu: **586-8126**;

All other islands: **1-800 486-4644 ext 68126**

Child and Family Services (CFS):

'Ohana Support Services

www.childandfamilyservice.org/programs/oos/

Warm line: 844-748-3070 (Statewide)

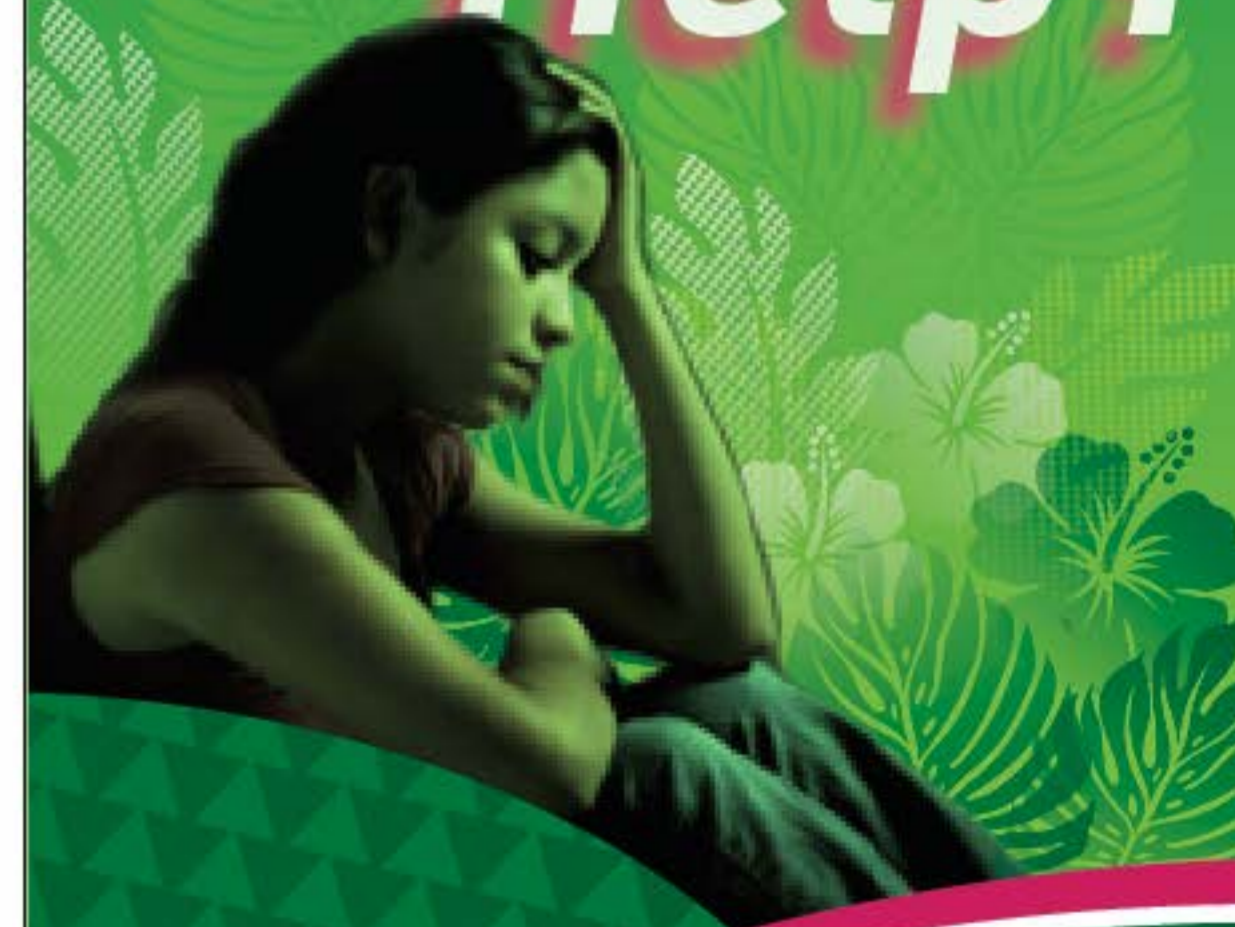
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Website: www.theparentline.org

Mentally Healthy, Physically Fit

Does My Teen Need Help?



HAWAII MHT SIG

Services for Adolescents/Teens

Parents of teens and adolescents with emotional problems need to know what the full range of services for their children could be. The options may range from home-based to more intensive services.

Ask your pediatrician, child's school counselor or your local Family Guidance Center for help finding and arranging for the services described below.

Many children, adolescents, and their families are effectively served by outpatient office-based assessment and therapy services. Often these services occur after school, in the evenings or during weekends.

Care Coordination

Families who do not have private insurance coverage, but may have QUEST or Medicaid, there are state-funded Family Guidance Centers to assist families in receiving the appropriate outpatient treatment or other referral for children and adolescents. Each youth served is assigned a Care Coordinator, who helps the youth obtain and coordinate the mental health services needed.

► How do I choose a mental health professional for my teen?

A mental health professional for your child should be warm and caring and also professional and objective. Parents and children should begin to feel comfortable after several sessions, though both of them may be anxious, frightened, angry or resistant to treatment at the beginning. Effective mental health professionals are trained to anticipate and work with those emotions so that open communication can take place. To select a mental health professional, you may want to talk to more than one person to see who you feel most comfortable with.

► When in doubt, consult an expert

If a decision is made to seek professional help, it is very important that the adolescent or teen be aware of choices and be involved in making a plan.

► School-Based Services

The Hawai'i Department of Education provides an array of comprehensive student support services for students experiencing any difficulty that might impact their learning. When emotional distress or behaviors affect a child/teen, he or she can seek help from a school counselor at anytime.

If your child/teen has emotional or behavioral problems that affect school attendance or educational performance, talk to a teacher, counselor, student services coordinator, social worker and/or principal. As a parent, you can request an evaluation for Section 504 or special education services for your child if you think your child's emotional distress is impacting their learning. If you want to consider mental health support services other than Section 504 or special education, school counselors, social workers or student services coordinator can assist you in seeking help from other state agencies or provide a private health provider so that your child / teen can access the support he or she needs.

Private schools may provide similar services. Don't be afraid to ask.

