

NAMI SMC

Parents of Youth Group

9/23/20

Agenda

- Background on Parents of Youth Group
- Ginny's story
- Florian's story
- POYG – more details
- Common Issues addressed at POYG
- Some things that have worked for us
- Questions and Answers

Sample of Common Issues We Discuss at POYG

- Initial diagnosis / evolving diagnoses
- Refusal to take medication
- How to help when they don't listen or talk to you
- Marijuana / alcohol / drugs – self medication
- Self harm / Suicide prevention and ideation
- Siblings
- Medications
- Lashing out
- Hospitalizations – 5150
- In Patient Treatment / Intensive OutPatient Treatment (IOP)
- What happens when the child turns 18?
- Setting boundaries
- Accommodations – 504 / IEP / Disability office at college
- Etc.

Some Things that Have Helped Us as Parents

(Remember, we are not experts . . .)

- Educate yourself
- Reframe Expectations
- Listen and Validate your child's feelings
- Surround yourself by those that get it and are supportive
- Document the journey or the facts
- Forgive yourself and reject guilt
- Follow your gut
- Become an advocate for your child
- Be easy on yourself
- Try to stay positive
- Be grateful
- Take care of yourself
- **Never, ever, ever give up hope!**

Parents of Youth Group (POYG)

- **POYG:**

- Meets the second Monday of every month
- 7 – 8:30 pm
- Currently via Zoom

- **Process to Attend:**

- Email Parentsofyouth@gmail.com and say you'd like to be added to the email distribution list to attend the support group
- Reminder email goes out the Thursday before the Monday meeting – usually
- Reply to that email saying you plan to attend
- Sunday evening we send out the Zoom information to those that told us they would participate

Questions?