MINISTRY LEADERS TOGETHER

Helping teens during times of isolation
Supporting Teens in Isolation

- Consider basic needs & safety first
- Facilitate Connection
  - Virtual AND
  - Face-to-Face (their family!)
- Cultivate Purpose
  - Abstract
    - My isolation is serving a greater good
  - Concrete
    - What can I do for my family? Peers? Community?
Maslow's hierarchy of needs

Source:
https://www.thoughtco.com/maslows-hierarchy-of-needs-4582571
CPS Reporting Refresh

- Review mandated reporting protocol
- Share this protocol with any team members who may be interacting with teens in any capacity

Reporting options:

- Emergency (Imminent harm): call 911
- CPS reporting options
  - 24/7 Hotline: 1-800-252-5400
  - Online reporting option: https://www.txabusehotline.org/Login/Default.aspx
Mental Health Resources

- Call “211” in your area for mental health resources
- Look at local School District website for resources
- National Association for Mental Illness (NAMI)

- 24/7 Hotline support
  
  - Texas COVID Mental Health Support line: 833-986-1919
  - National Suicide Hotline: 1-800-273-8255
  - Crisis Text Line: Text “home” to 741741
Suggested Crisis response

If you hear of, suspect, or have been told directly by a teen that they are suicidal or are engaging in any form of self-harm the parent or guardian must know about it as soon as possible.

- If possible, keep the teen on the line while another adult makes contact with parent or ask the teen to bring their parent on the call.
- Offer support such as, “Things are hard right now, but I really care about you and your life is so important”
- If you cannot make direct phone contact with a parent/guardian, you need to contact law enforcement (911). Law enforcement can send a mental health officer to the home to conduct a “well check”
- Contact your parish administration/pastor to inform them of crisis intervention and document as best you can what the teen told you and your response.