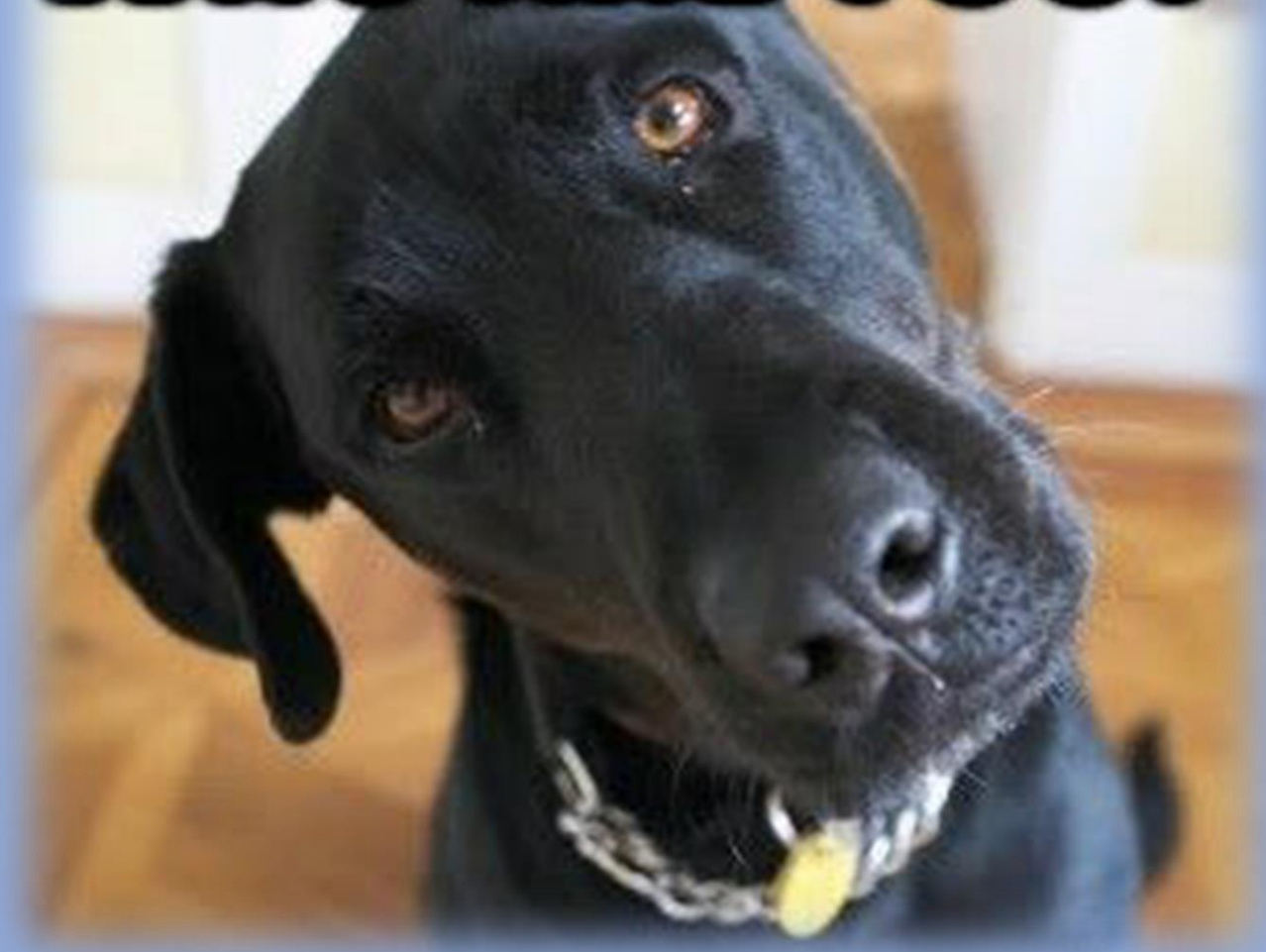


Think past the plate

Charity Hackett
Food Service Coordinator
Berrien County Juvenile Center

WHO ARE YOU?



Guidance counselor/food service professional/Advocate/ Mama bear??????

Learning Goals

- Understand the relationship between behaviors and emotional and mental health in youth.
- Understand there are differences between intentional miss-behavior and behavior as a stress response.
- Learn early interventions and how to respond skillfully to unwanted behaviors.
- Learn how to build resiliency in children.

Not your typical lunch lady
any more!



You know who
comes in every
day

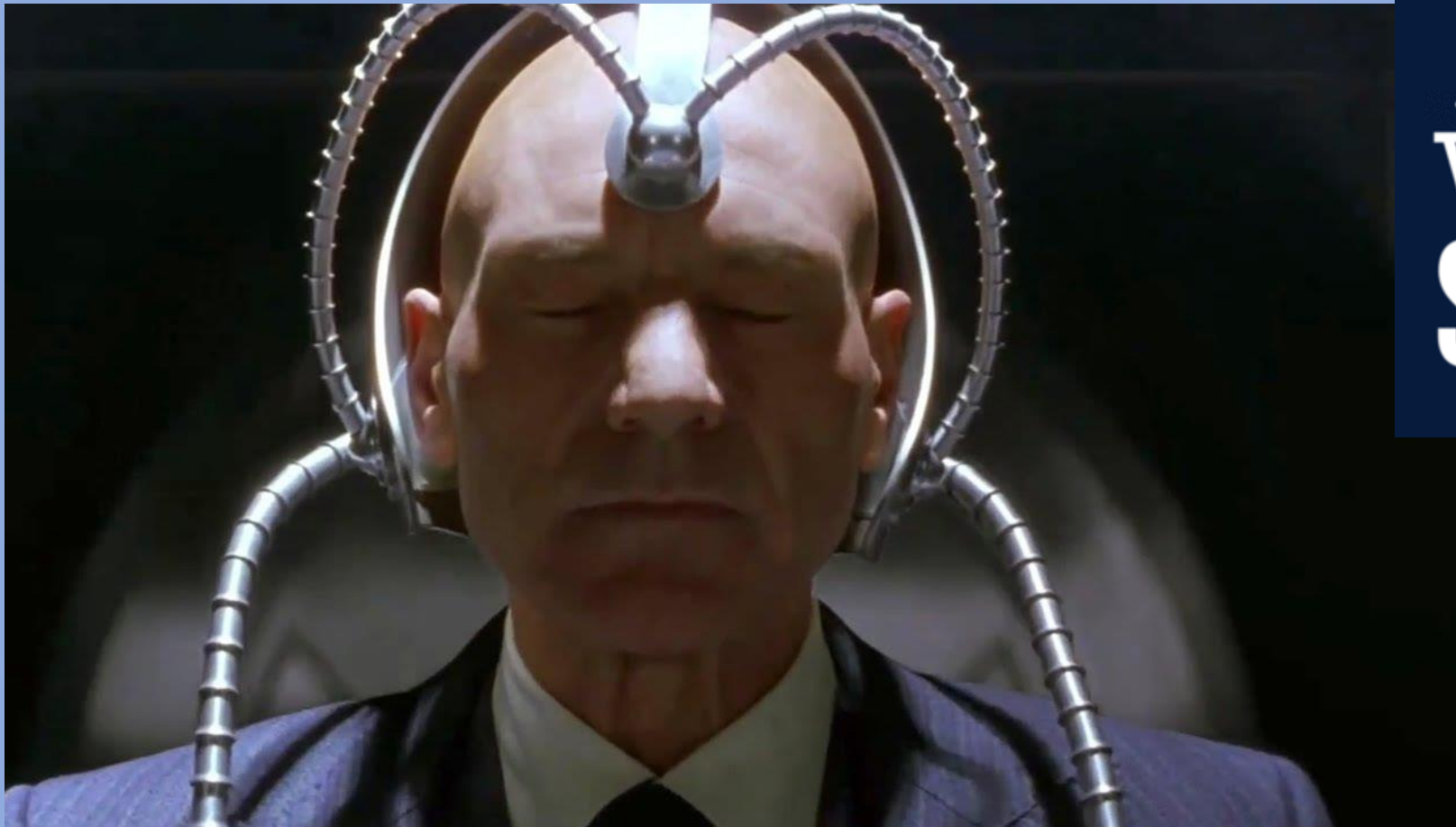


You know their
habits, their
friends, their
routine.




Why do we know this????

Master pattern
readers



I'M A
Lunch
✂️ **LADY**
WHAT'S YOUR
SUPERPOWER?





"I'm not
emotionally
developed"

"I'm just trying
to
communicate!"

My Behavior isn't
always willful

"I don't even
know why I'm
crying?"

Behavior is
influenced by.....

Emotional Health Impactors



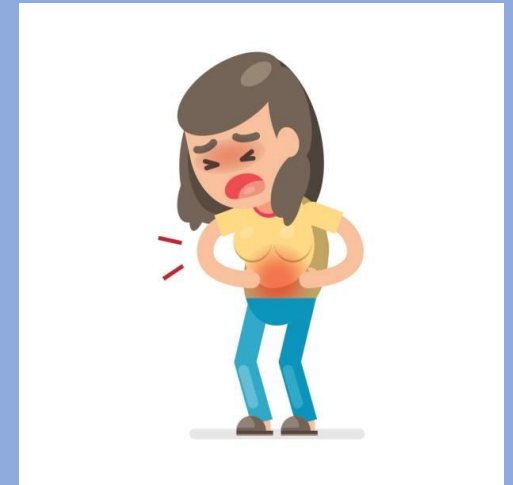
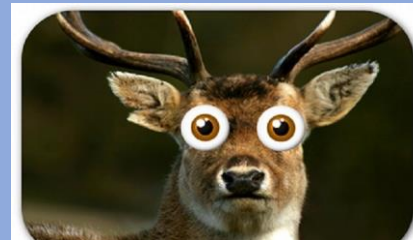
- Neglect in Infancy and Early Childhood
- Trauma/Adverse Childhood Experiences (ACES)
- Limited Emotion Regulation Skills
- Chronic Stress
- Lacking/Needing Emotional Connection for Adolescents

Common reactions to trauma in youth

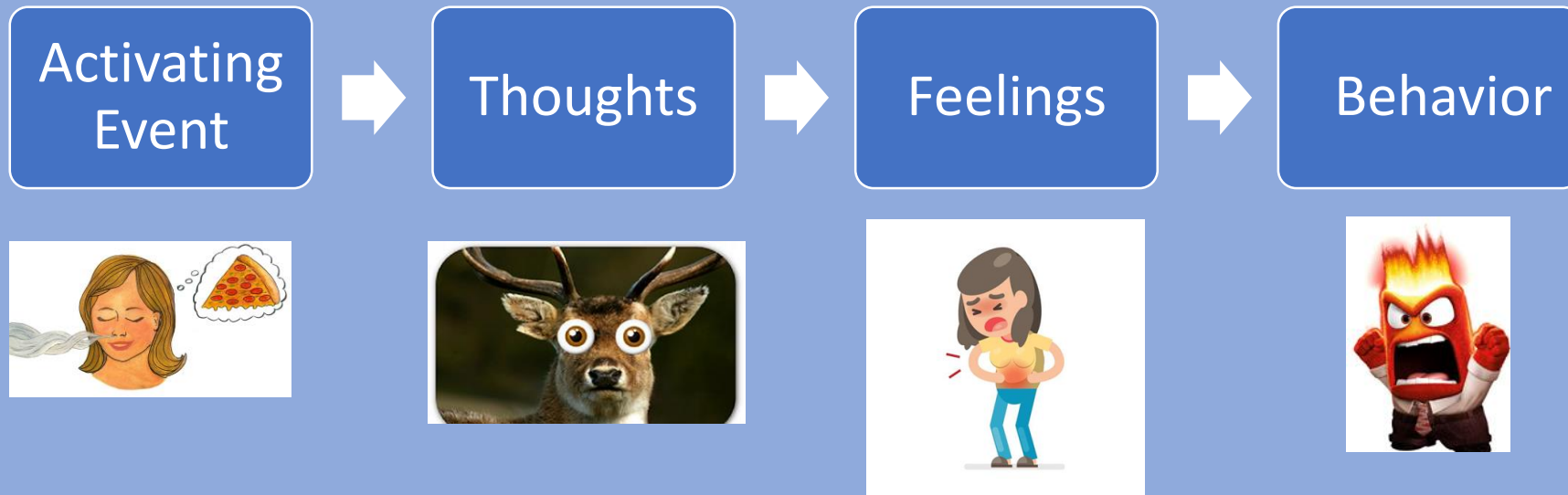
- Strong emotions
- Overreacting
- Aggression
- Ruminating
- Disturbed sleeping patterns
- Emotional withdrawal
- Isolation
- Protective of family and friends
- Behavior Regression
- Increased need for independence
- Self-absorption
- Loss of interest in life activities
- Pessimistic outlook on life
- Depression and feelings of hopelessness
- Difficulties with short-term memory, concentration and problem solving

When Pressured:

- Behaviors observed
 - Defiant
 - Non-compliant,
 - Shut down/ ignore
 - Refuse to respond
- What may be happening inside
 - Brain is frozen
 - Fight or Flight /Adrenaline



How Feelings influence Behavior





V's

Manipulation

Survival



Barry devises a way to get two lunches.

Emotion Dysregulation

Emotional dysregulation (ED) is a term used in the mental health community to refer to an emotional response that is poorly modulated, and does not fall within the conventionally accepted range of emotive response.



Learned skill

Do we tell the toddler who skins his knee “Get over it?”



Ways to Positively Influence Emotion Regulation.....

- Set limits with respect
- Provide Positive as well as Negative Consequences
- Be consistent
- Broken Record
- Regardless, Never-the-less



- Remain emotion neutral

"Don't make a permanent decision for your temporary emotion."

Provide Structure

CLEAR EXPECTATIONS

DEPOSIT TRASH
HERE



DO NOT PUT
METAL OR FOIL
IN THIS OVEN



LUNCHROOM RULES

1. Stay in your seat.
2. Talk quietly.
3. Eat your own food.
4. Clean your mess.
5. Say kind things.
6. Do not gossip.
7. Line up quickly and quietly.

School-Wide Expectations:

Respect yourself.
Respect others.
Respect your school.

Confetti Graphics

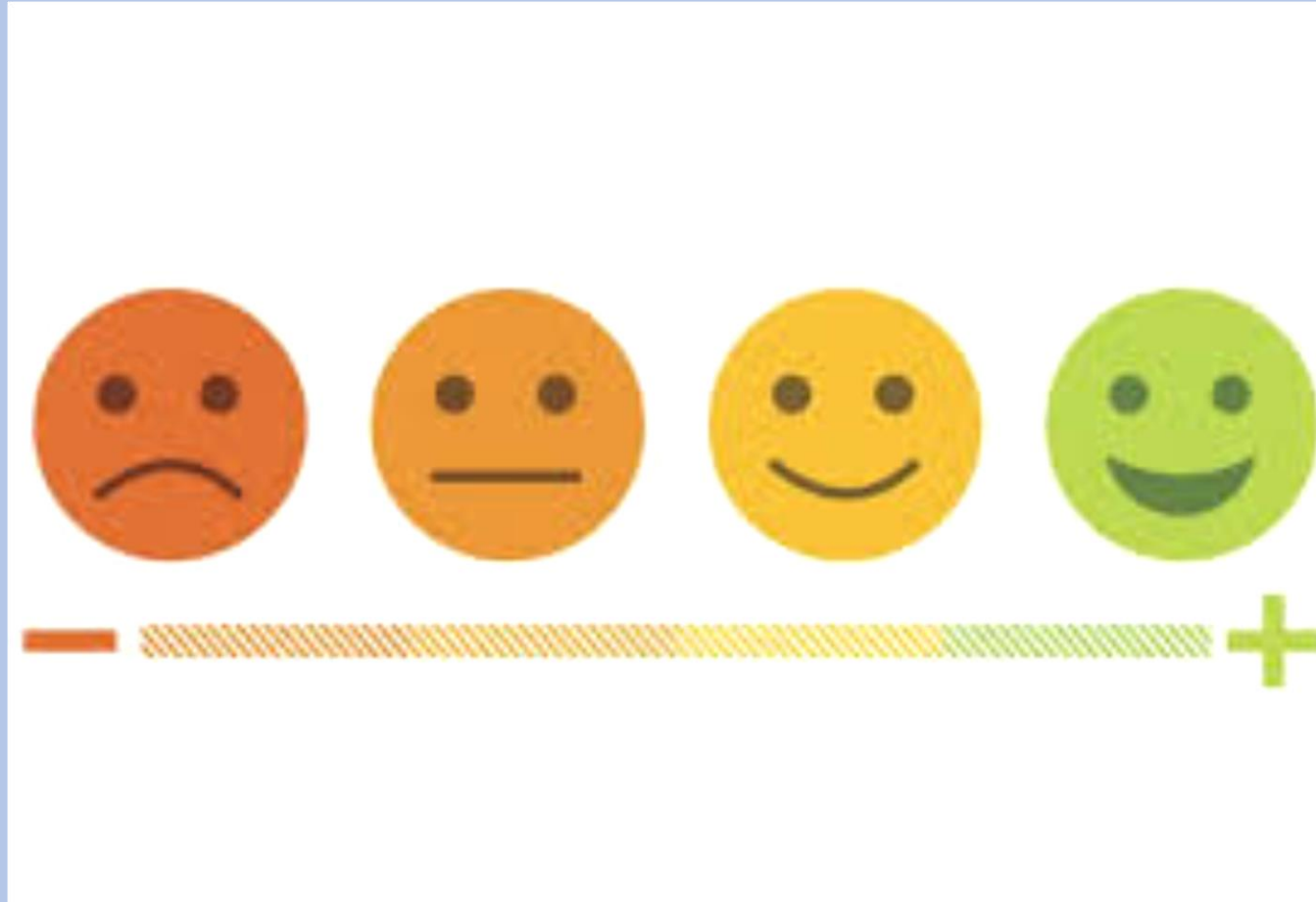
**HIGH
NOISE
AREA**

**WEAR
EAR
PROTECTION**

**FOOD AND
BEVERAGES
IN
LUNCHROOM
ONLY**

Learn to Regulate Emotions

-



Build Skills to Manage and Express Thoughts and Feelings



Breathing



BALLOON BREATHING

Step 1: Inhale Fully

Place your hands on your belly. Breathe in slowly through your nose to fill your lungs all the way to the top, as you feel your belly, abdomen and chest expanding out like a big balloon...



Step 2: Exhale Fully

Now open your mouth and slowly blow all of the air back out of your lungs, letting your belly sink down flat, as if deflating that imaginary balloon. Repeat, but the next time close your mouth and practice breathing in, and out, through your nose, as you feel your belly expanding and shrinking.



Little Twisters Yoga.com

Listen and Validate

L.O.V.E.

A posture, or frame of mind, that's helpful to building and deepening a foundation of trust in your marriage.

L

>

LISTEN

Active, engaged listening is not just something you do with your ears. Your spouse will know you are truly listening when you listen with your entire being. You can show this by: making eye contact, leaning in, keeping your arms loose, asking clarifying questions, and restating what you've heard.

O

>

OPEN YOUR MIND

Put your initial judgments away and be willing to try, or entertain, something new. Concede that perhaps you don't have all the answers and that a new idea or point is worth consideration.

V

>

VALIDATE

In order to validate someone, you don't have to agree with him/her. Rather, you simply accept what he/she is feeling and seek to understand why he/she feels that way. It is possible to validate someone's feelings without accepting blame for those feelings. You're simply acknowledging that their feelings are real. The opposite of validation is judgment, rejection, and disregard.

E

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EMPATHIZE

Put yourself in your spouse's shoes. If you see/feel/hear from his/her perspective, how does this broaden and change yours? Empathetic statements are caring, relating, validating, and supportive. They are not dismissive, critical, under-responsive, blaming, critical, or problem-solving.

Role Model Good Behavior



Praise

vs

Criticism



to



Roll With Resistance



7 C's of Resiliency

Competence

"I can cope with this!"

- Focus on Strengths and competencies
- Empower to make Decisions

Confidence

"You are awesomesauce!"

- Offer Specific Praise (5-1)
- Build on small successes

Connection

Build a safe zone

- Build a sense of safety (emotional and Physical)
- Allow expression of ALL emotions/validation
- Foster Healthy Relationships

7 C's of Resiliency

Character

“Am I a good role model?”

- Demonstrate how Behaviors affect others
- Help to recognize self as a caring person

Coping

“I don't like your behavior but I still love you!”

- Model positive coping strategies
- Help develop positive coping skills
- Don't condemn for negative behaviors
- Understand risky behaviors and /or maladaptive strategies as attempts to cope

Control

“Would you like green beans or carrots today?”

- Help youth to recognize their role in life's events, where they have control and where they do not
- Help youth to achieve acceptance
- Discipline is about teaching, not punishing or controlling; use discipline to help child understand actions and consequences
- Love and nurturance is unconditional
- Youth will live up to or down to expectations

7 C's of Resiliency



Contribution

“PAY IT FORWARD!”

**BE THE PERSON THAT
MAKES OTHERS FEEL
SPECIAL. BE KNOWN FOR
YOUR KINDNESS AND
SYMPATHY.**

HEYMISSAWESOME.TUMBLR

- Model Generosity
- Create opportunities to contribute

IT TAKES A VILLAGE

1. Know kids will act like kids.
2. Set limits with respect, not criticism.
3. Be aware of developmental stages.
4. Know your kids temperament and personality.
5. Know when to talk and when to listen.
6. Understand that actions speak louder than words.
7. Recognize that connection, fun, and creativity are the best ways to promote positive behaviors and a cooperative attitude.



- ✓ Understand the many influencers of behaviors
- ✓ Ways to positively respond to unwanted behaviors
- ✓ How to build resiliency





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