

BUILDING RESILIENCE THROUGH LIFE TRANSITIONS

SUPPORTING THE MILITARY TEEN

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ORION
BEHAVIORAL HEALTH NETWORK

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OBJECTIVES

- **Parenting Research:** Understand Styles and Attachment
- **Understanding Stress:** How it may affect teens with ADHD, ASD, or behavioral challenges.
- **Resilience:** Protective Factors and Traits
- **Parenting in Uncertainty:** Principles

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PARENTING RESEARCH



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PARENTING STYLES



Authoritarian

"Do what I say"



Authoritative

CollaboraTIVE
Attuned, Sensitive,
Timely, Predictive Care



Permissive

"Like me as a friend"



Uninvolved

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Helicopter Parent

Jackhammer Parent

Lawnmower Parent

I am here to help
Let me know...

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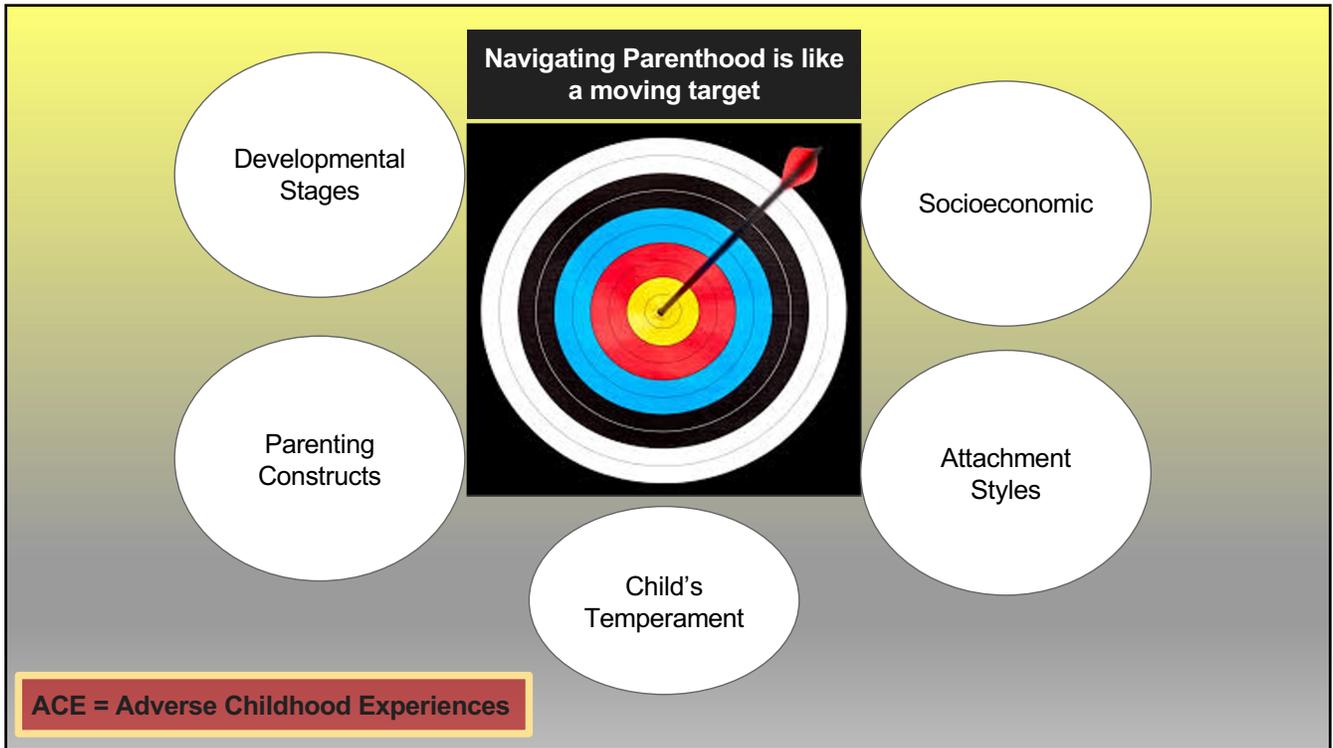
CHILDHOOD ATTACHMENT STYLES

Best Predictors of how kids turn out

<p>CONTENT ENGAGED ON TASK</p> <p>SECURE</p>	<p>WITHDRAWN QUIET ANXIOUS</p> <p>AVOIDANT</p>	<p>ANXIOUS NOT FOCUSED INSECURE ASKING A LOT OF QUESTIONS</p> <p>AMBIVALENT</p>	<p>ANGRY DEPRESSED NOT FOLLOWING DIRECTIONS SHORT FUSE DIFFICULTY MAKING FRIENDS</p> <p>DISORGANIZED</p>
INSECURE			

Provide (not perfect) but predictable enough responses to their needs

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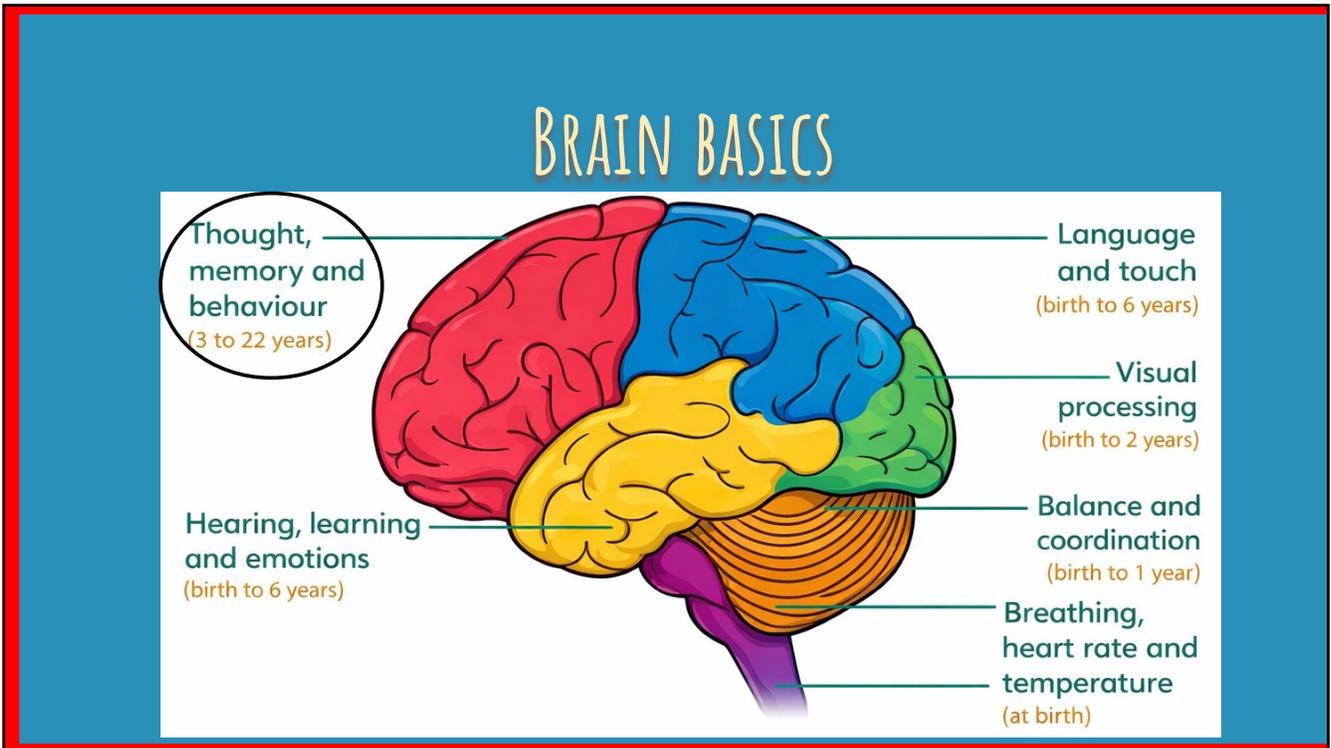


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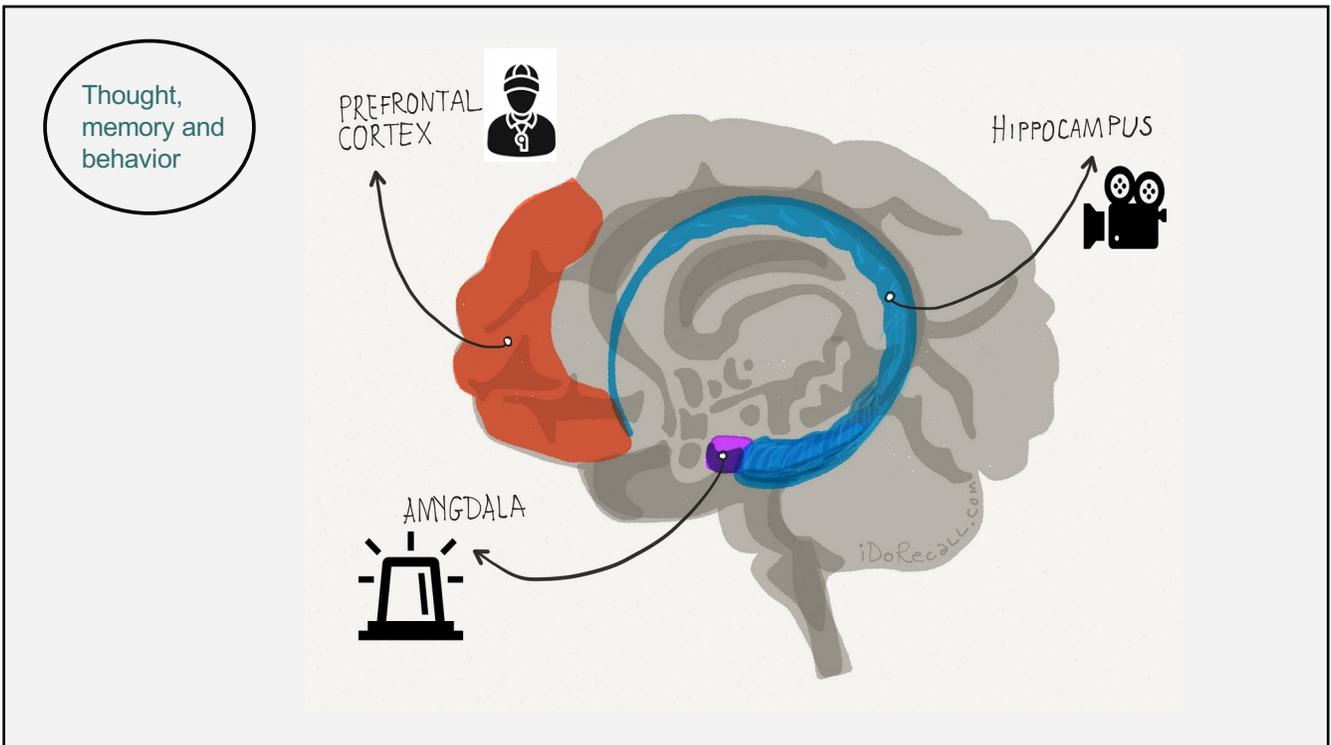
COURAGE TO BE IMPERFECT
COURAGE TO BE A PARENT

“Good parenting isn’t about getting it right every time. It’s about repairing, reconnecting, and trying again.”

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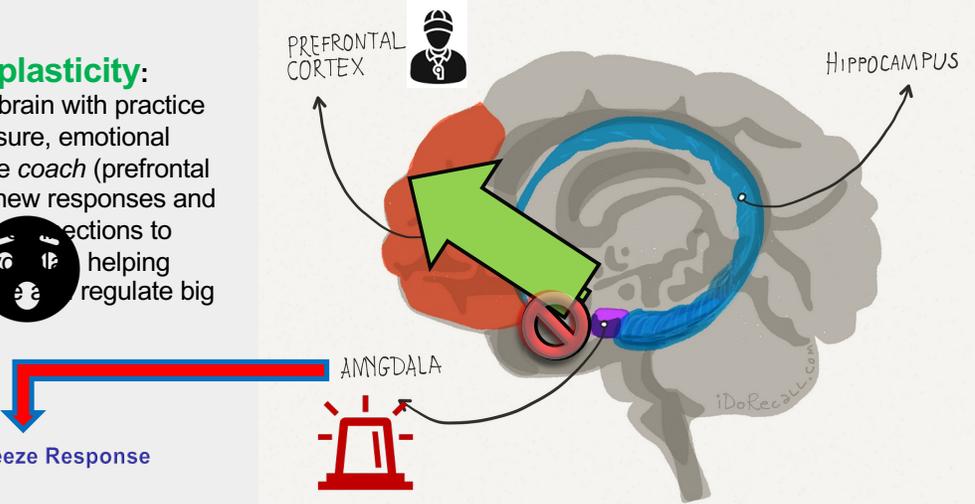
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Thought,
memory and
Behavior
(3-22 years)

UNDERSTANDING STRESS



Neuroplasticity:
Re-wiring the brain with practice (therapy, exposure, emotional regulation). The *coach* (prefrontal cortex) learns new responses and builds stronger connections to the *alarm* (amygdala) helping teens stay on track and regulate big feelings.



Fight, Flight or Freeze Response

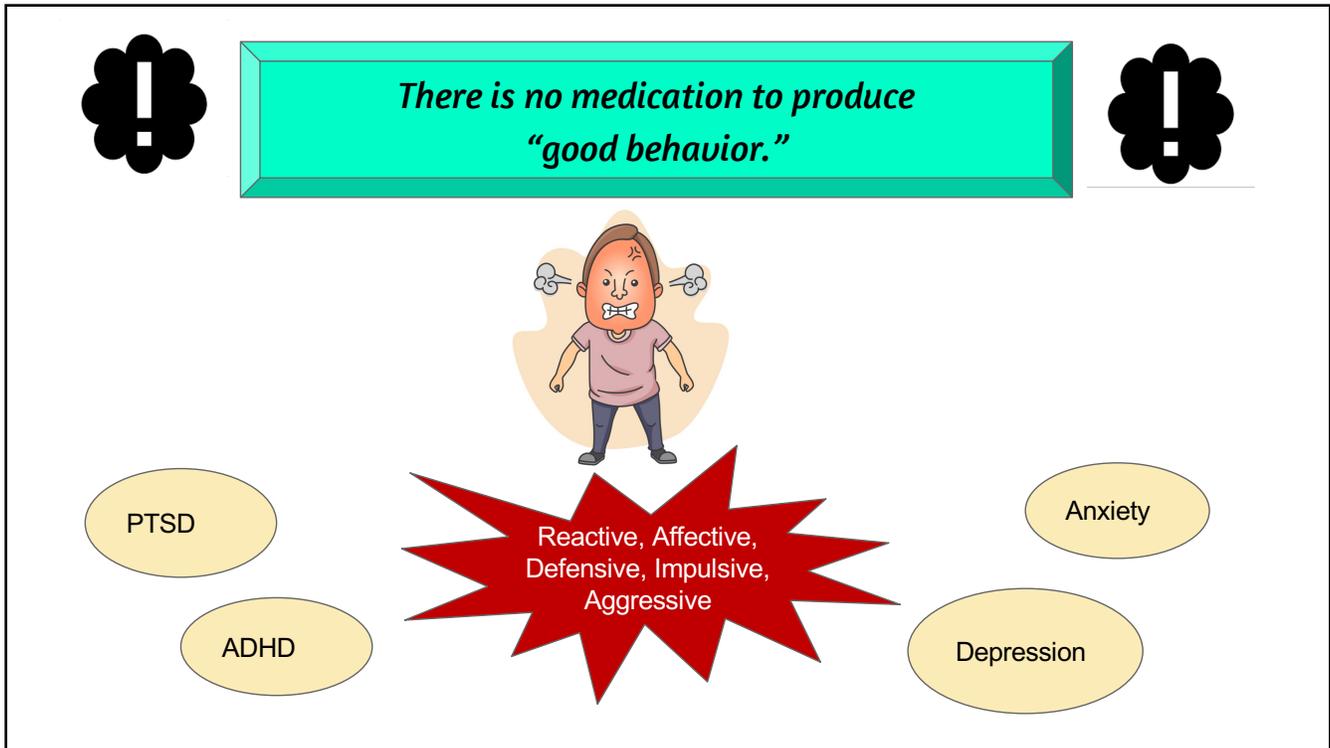
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Signs of emotional di**STRESS**

Internalizing	Externalizing
<ul style="list-style-type: none"> Academic problems Difficulty sleeping Difficulty concentrating “Shutting down” Social withdrawal Somatic problems Excessive time in social media or games Self-harming behaviors 	<ul style="list-style-type: none"> Moodiness and defiance Alcohol and drug use Extreme sensitivity to criticism High level of physiological arousal / startle reflex Reckless or self-destructive behavior Violence or "acting out"



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MISUNDERSTANDING OF ADHD, ANXIETY, AUTISM

<u>ADHD</u>	<u>Anxiety</u>	<u>Autism Spectrum Disorder</u>
<ul style="list-style-type: none"> • Brain matures later in self-control areas • Lag in timing, not a broken brain 	<ul style="list-style-type: none"> • Alarm system overly sensitive • Threat response, not weakness 	<ul style="list-style-type: none"> • Different wiring for sensing & social processing • Support regulation, don't "fix"

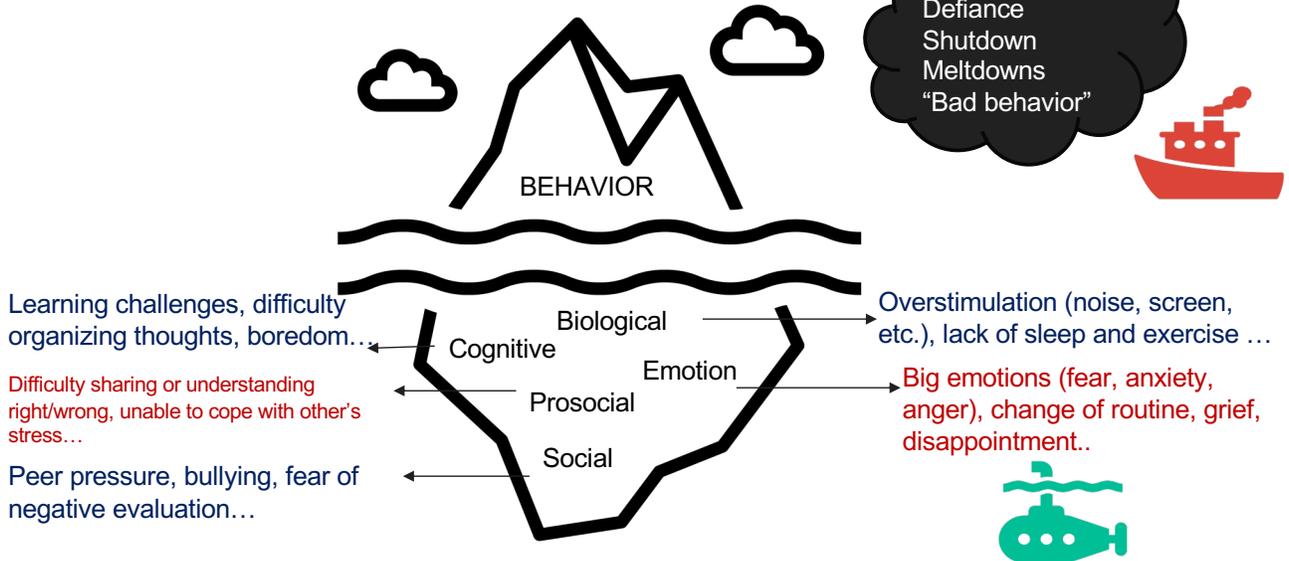
Brain differences are not character flaws.

About 3 in 10 children with ADHD have anxiety.

About 4 in 10 children with autism also have ADHD symptoms

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Behavior is **purpose-driven**, even if it doesn't seem to make sense



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COACHING THE TEEN BRAIN



SELF REGULATION

Over time, the child's own coach brain learns to notice feelings, use coping tools, and calm the alarm without as much outside help.

CO-REGULATION

A calm adult "lends their nervous system" to a dysregulated child. We use voice, body, and presence to help their alarm settle.



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SUPPORTING OUR TEEN WITH ADHD, ANXIETY, AUTISM

ADHD

- Externalize structure
- Mindfulness & Self Awareness
- Cognitive Behavioral Therapy (CBT)
- Coping Tool Building

Anxiety

- Gradual Exposure
- Scheduled Worry
- Deep Breathing / Grounding Techniques
- CBT: Reframing (challenge "what if" thoughts with "so what" evidence)

Autism Spectrum Disorder

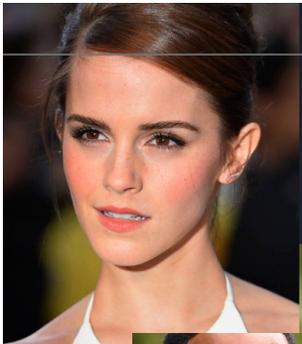
- Clear direct language (no sarcasm)
- Predictable routine
- Visual Communication Tools



Emotional Regulation: "co-regulate"



A diagnosis is not your identity – One can be limitless



RESILIENCE

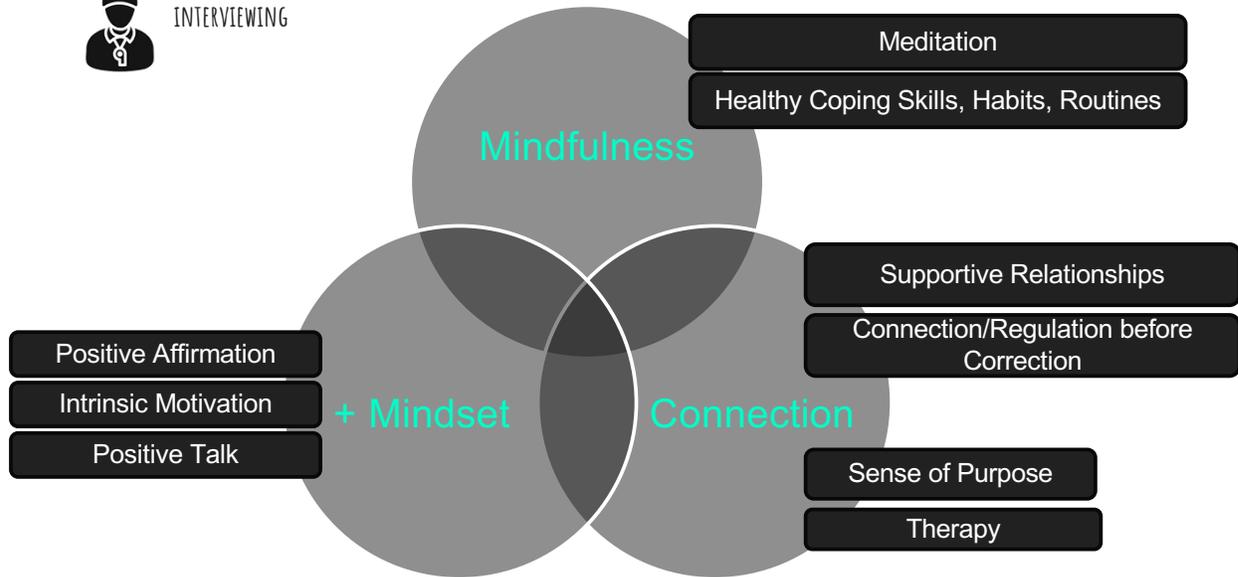


the capacity to recover, adapt, and keep going after stress or setbacks

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BUILDING RESILIENCE



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WHAT RESILIENCE IS NOT

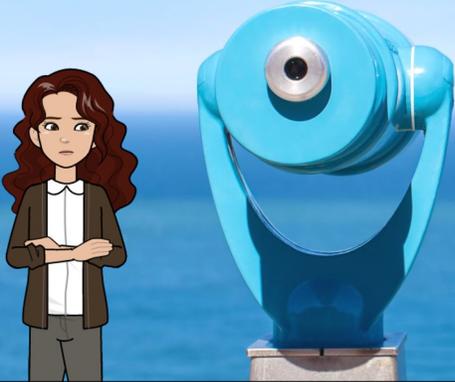
- Never feeling stress or sadness
- "Tough it out" alone
- Always positive / never sensitive
- Something you "have" or don't

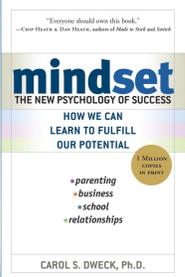
PARADIGM SHIFT

(IM)PERFECT PARENT
MISBEHAVIOR
NEGATIVE BIAS

MINDSET LENS

GROWTH VS FIXED MINDSET
SELF TALK
INTRINSIC VS EXTRINSIC





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GROWTH MINDSET STATEMENTS - PARENT

Instead of saying this:	Say this:
You are a good boy	Thank you for your help setting the table
I'll bet you are the smartest	You seem to really enjoy learning
That is a problem, I think we should do X, Y, Z	Boy that is a problem. How are you going to handle it? (varies per age)

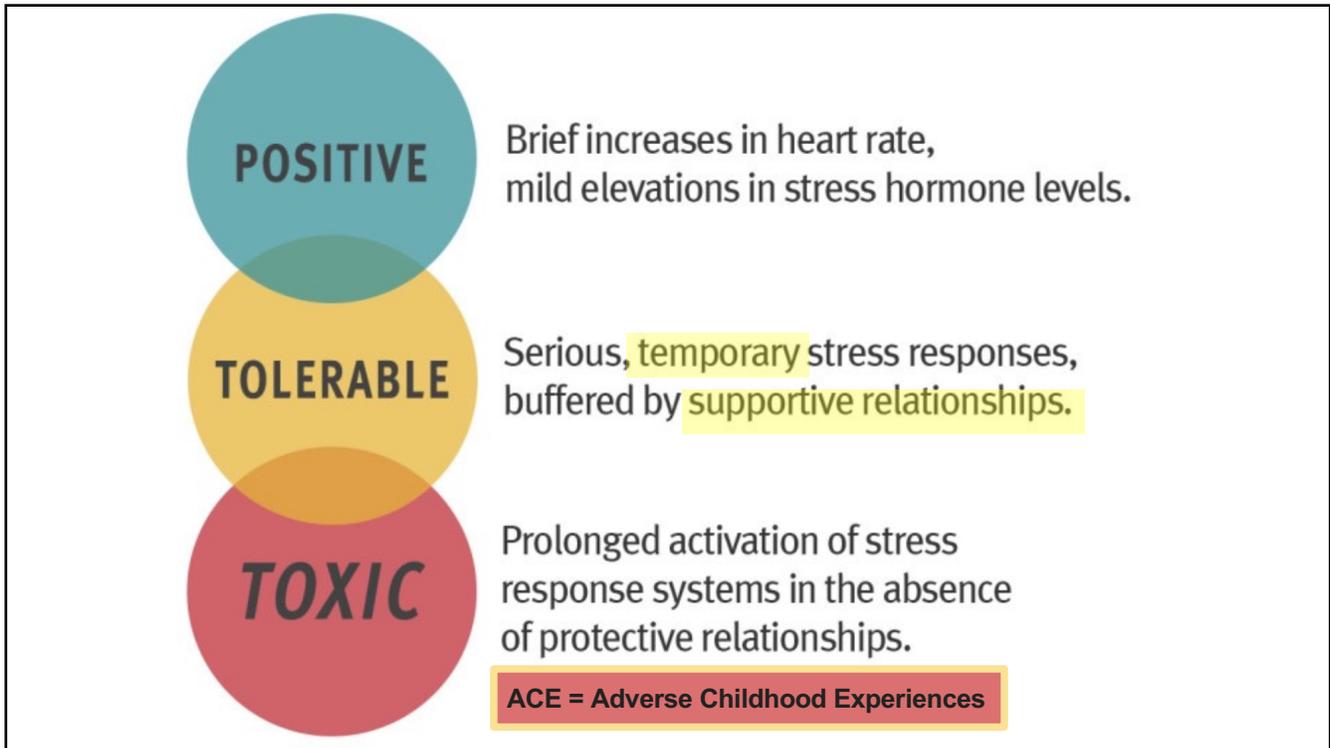
PARENT: I encourage growth mindset with my words.

GROWTH MINDSET STATEMENTS - KID

Instead of saying this:	Say this:
I won't try because I might fail.	If I fail, I can learn from it and try again!
I am not good at this.	Most things new are hard. With practice I can get this!
I am afraid I will make a mistake.	Mistakes are opportunities to learn.

KID: I can change my mindset with my words.

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PARENTING IN UNCERTAINTY

Parents play a central role by providing support and care that is crucial to their child's recovery

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- Connection before correction
- Structure = safety
- “Pick your battles”

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MUST DO: Non-Negotiable

- Safety, Health, Guiding Values
- **Ex: Taking car at night in the snow**

NEGOTIABLE: Willing to Compromise

- Choices, Flexibility
- **Ex: Taking the car if finished homework and chores**

LET GO: Low Stacks

- Not Worth the Battle
- **Ex: When to do chores in the morning or afternoon (regardless before take car)**

What's
Non-Negotiable
vs
Let Go

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Evidence Based Parenting Teen Programs



Parent Management Training (PMT) ages 2-17 years old

- <https://online.yale.edu/courses/everyday-parenting-abcs-child-rearing>
- www.alankazdin.com

Triple P (such as Teen Triple P) ages 0-16 years old

- <https://www.triplep-parenting.com/us/triple-p/>

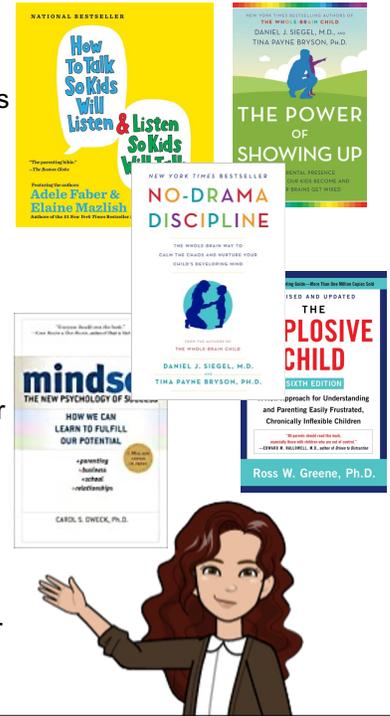
Collaborative & Proactive Solutions (Ross Greene) ages 4-14 years old

- <https://cpsconnection.com/what-is-cps/>

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Books

- The Power of Showing Up: How Parental Presence Shapes Who Our Kids Become and How Their Brains Get Wired by Daniel Siegel
- Difficult Conversations by Douglas Stone, Bruce Patton, Sheila Heen
- Mindset: The New Psychology of Success by Carol Dweck
- Grit: The Power of Passion and Perseverance by Angela Duckworth
- The Explosive Child: A New Approach for Understanding and Parenting Easily Frustrated, Chronically Inflexible Children by Ross W. Greene
- Wise Minded Parenting: 7 Essentials for Raising Successful Tweens + Teens by Laura Kaster
- Freeing Your Child from Anxiety, Revised and Updated Edition: Practical Strategies to Overcome Fears, Worries, and Phobias and Be Prepared for Life — from Toddlers to Teens by Tamar Chansky
- No-Drama Discipline: The Whole-Brain Way to Calm the Chaos and Nurture Your Child's Developing Mind by Daniel J. Siegel & Tina Payne Bryson
- The Whole-Brain Child: 12 Revolutionary Strategies to Nurture Your Child's Developing Mind by Daniel J. Siegel & Tina Payne Bryson
- How to Talk So Kids Will Listen & Listen So Kids Will Talk by Adele Faber & Elaine Mazlish



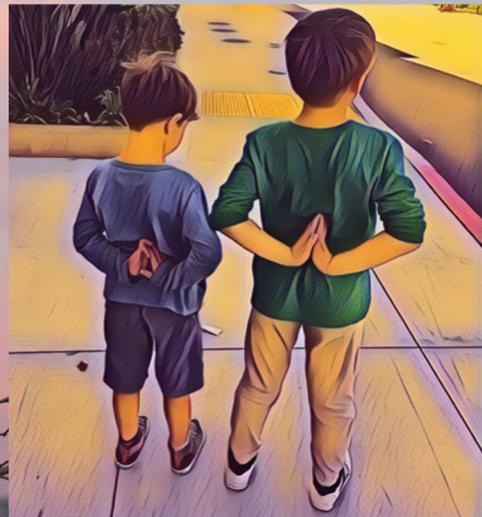
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