



Transcending Into Triumph

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TEEN MENTAL WELLNESS

D	G	E	S	N	N	R	G	T	R	H	I	A	S
A	A	C	C	R	E	I	O	A	R	N	R	E	A
O	D	O	S	D	N	E	I	R	F	M	M	S	X
I	E	M	I	S	S	B	S	I	A	A	M	O	A
P	P	M	A	S	S	O	Y	I	G	I	I	C	W
S	R	U	Y	D	O	J	E	O	N	T	A	I	I
O	E	N	A	D	E	L	E	V	O	I	L	A	T
N	S	I	N	G	D	D	A	W	G	O	A	L	H
J	S	C	X	A	I	G	A	T	R	C	L	M	D
E	I	A	I	V	I	O	I	C	I	O	O	E	R
Y	O	T	E	I	P	P	D	W	S	O	U	D	A
W	N	I	T	O	E	O	S	A	S	I	N	I	W
I	S	O	Y	S	X	I	S	T	M	R	E	A	A
I	E	N	O	E	C	A	N	G	R	Y	E	W	L

VIDEO GAMES
SOCIAL MEDIA
ANXIETY
ISOLATION
ANGRY

COMMUNICATION
WITHDRAWAL
DEPRESSION
JOB
FRIENDS

<https://thewordsearch.com/puzzle/1435805>

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Adolescent Mental Health during the Coronavirus

As many schools for the 2020-2021 academic year open virtually, many parents and educators are paying careful attention to their students' mental health. Just as with the abrupt ending of the 2019-2020 school year, students face several unprecedented challenges, including remote learning devices, logins and passwords, and the absence of face to face peer contact. Although not often high on a parent's list of student priorities, peer socialization is a major consideration for healthy mental wellness.

With at least 6 full months of separation and in some cases isolation from their friends, mental health practitioners are seeing an increase in anxiety, intermittent anger disorder, depression, substance abuse, and suicidal ideation diagnoses. In any regular transition period from out of school to a new school year, parents can observe students who become more oppositional, angry, and withdrawn. Specifically,

parents may see an increase in student resistance to adult logic and reasoning. This resistance can both worry, anger, and confuse parents all at the same time

Some of the signs that an adolescent is suffering mental health distress include frequent and intense crying spells, intense and chronic irritability, separation and isolation from family, decreased motivation and compliance to authority, words and behaviors suggesting suicide, including participation in group chats and video games focusing on suicide and death, and substance use.

As many students are in some form of virtual learning program, this extends the time until students can essentially "return to their jobs" of school and peer socialization. This delay also extends the feelings of isolation that teens experience when separated from their friends. Although it may not be the most

important reason, peer socialization, specifically face to face interaction is particularly important to healthy adolescent development.

While the above symptoms can all be very scary behaviors to parents, regardless of whether the student has previously demonstrated these behaviors or not, there are some very significant activities and strategies that parents can employ to support their teens positive mental health during the Coronavirus pandemic.

Some of these strategies include keeping a regular school and sleep schedule; have transition times or activities to separate the academic and home portions of the student's day, incorporate physical exercise (such as gardening or lawncare) and learning a new skill. It is important to remember that when something is taken away, it is replaced with something else. It is important to make the replacement a healthy

Community Spotlight

This weeks' community spotlight is on **Don Murrays BBQ-2-GO**. Don Murray's BBQ-2-GO Food truck is available throughout the year to serve Eastern NC barbeque to residents, with delivery available through Uber Eats and Door Dash food delivery services. <https://www.facebook.com/Don-Murrays-BBQ-2-Go-840477382983190>



Black History Trivia....

The last recorded American slave ship arrived in 1860. Although slaves burned the original ship, its wreckage was found in May 2019. Many direct descendants of the slaves brought over on this ship still live in the nearby town founded by its freed slaves. Where am I?

Answer in next edition....

Volume 1 Issue 1 answer...
Wilmington, NC

Services and Service Areas

Provided Services:

- **TF-CBT**
- **Depression**
- **Anxiety**
- **Attention Deficit/
Hyperactivity**
- **Substance Abuse**
- **Faith-Based
Counseling**
- **Telehealth**
- **Internship
Program**
- **Supervision for
Licensure**
- **Workshop
Presentations**
- **Consulting
services
for Branding and
effective practice
management**

Populations Served:

- **Adults**
- **Adolescents**
- **Children ages 4
and up**
- **Seniors**
- **Couples**
- **Families/
Groups**



What Did You Just Say? Talking Teen

Adolescence is a time of change. The human body and brain is in a constant fluctuation of growth and adjustment. As any parent, older sibling, or educator can attest to, communication with teenagers is like speaking two different languages. Adolescence is that final stage before adulthood. As such, it is a time of confusion and transition and quite often a scene of strong opposition and conflict. One of the major complications with communicating with adolescents is the language. Many parents and other adults discourage and dismiss adolescent vernacular, in particular the current slang. This practice of dismissiveness may not only impair communication between adolescents and adults, but a mis-understanding of language can damage some relationships. Another complication is listening. Very often a parent or other adult is heard telling a teen how he or she “never listens.” Statements like these can be challenging and damaging because it can make the adolescent feel boxed into a corner marked “*submission*.” This statement may be interpreted by some teenagers to mean to either do exactly as instructed or that the problem is the teen. Unfortunately, verbal assertions of brute force often push adolescents away from the directions the adults have designated as correct. Although that is harsh, the bigger tragedy is that the adults often compound this issue by blaming the adolescent for not listening and placing blame for the resulting situation on the teen. One indisputable fact is that listening is important. It is indeed how we learn. However, adults have a tendency to forget that children are always listening and sometimes the lessons that they learn are not the ones we intended to teach. For example, chronic yelling and belittling language toward teens teaches bullying behavior and that the loudest person is the boss person. Insufficient comprehension of teen language teaches the importance of only learning and placing value on those things which interest us and not those things that help us. Imitation is said to be the greatest form of flattery...until our adolescents are imitating the negative behaviors of their parents, guardians, and educators. Communication with adolescents occurs the same way it does with other children and adults in both verbal and non-verbal means. For example, paying attention to our teenager’s friends, engaging in an interactive activity with our teen, or a genuine hug are non-verbal ways to communicate interest and care. Listening to hear and not to respond is also a crucial non-verbal communication strategy. Similarly, chronic yelling, disparaging comments are very vocal measures which communicates a very different message. Our adolescents may communicate differently; however, their words and their silence definitely communicate something and it is up to us as adults to make sure that we listen, and respond appropriately each time. Wait....what did you just say?

Community Engagement

*Free Counseling Clinic

-8/29; 9/5; 9/12; 9/19; 9/26
9am-5pm virtual or in office available.

*Transcending Trauma & Abuse

-a support resource for survivors of relationship abuse which teaches the necessary tools for coping with the trauma in a healthy way

*Hungry Hungry Hopkins

-a monthly program to share kindness in our community by making bagged lunches to support and feed local homeless residents

Call (919) 646-1950 or use the contact us now feature on our website:
<https://transcendinglimitscounseling.com>