



WellnessTogether.org
School Mental Health

Forming Stronger Relationships with Students and the School Community

Thursday, March 2, 2023

3rd Annual Mental Health Webinar Series



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Our Journey Today

- “What’s wrong with them?” vs. “What’s happened to them?”
- Who was your person?
- Being there vs. Being with
- Four Tools to Strengthen Communication and Relationships

**“People are the most
valuable thing on earth.”**

**“But what if they are also
the most dangerous?”**

Life's two Biggest Questions

Who am I?
&
What am I worth?

Life's two Biggest Questions

We get to answer those questions for our students.
Everyday.

The Trauma-Informed Shift



The Trauma-Informed Shift

What's wrong with that student?

The Trauma-Informed Shift

What's wrong with that student?
to
What's happened to that student?

The Impact of Supportive Relationships

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- If a student perceives a positive relationship is not a possibility, they will often settle for a negative one rather than nothing at all.

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Who was most positively influential for you growing up and why?

Share in the chat!

Being there vs. Being with

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Being there vs. Being with

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- People, especially students, know when we are somewhere else.

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- Ever drove home and realize you were on autopilot the whole time?
- People, especially students, know when we are somewhere else.
- When we are somewhere else, we are not at our best.

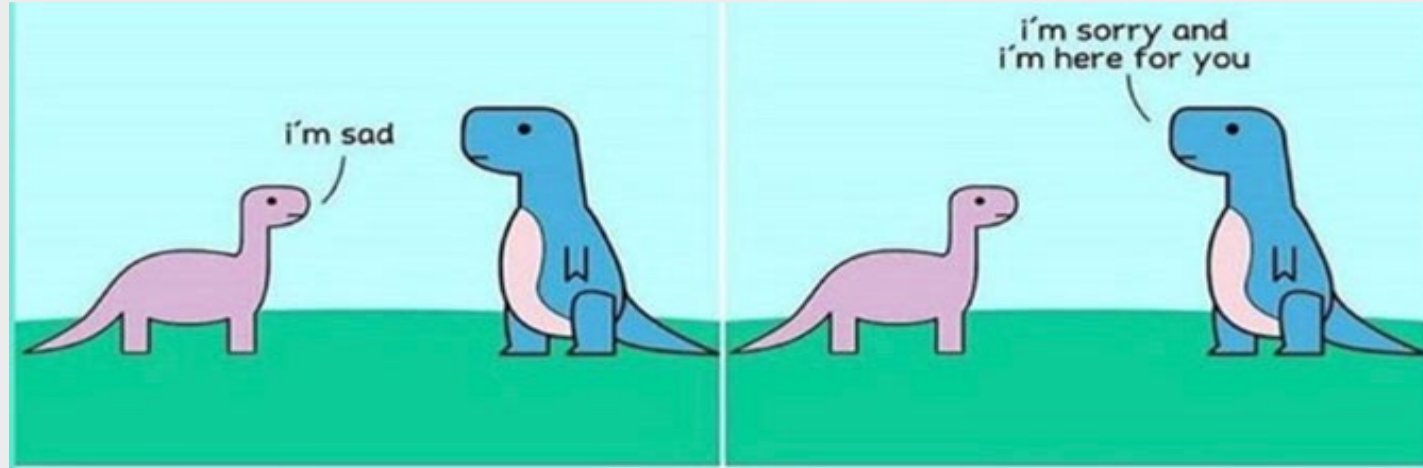


Being there vs. Being with

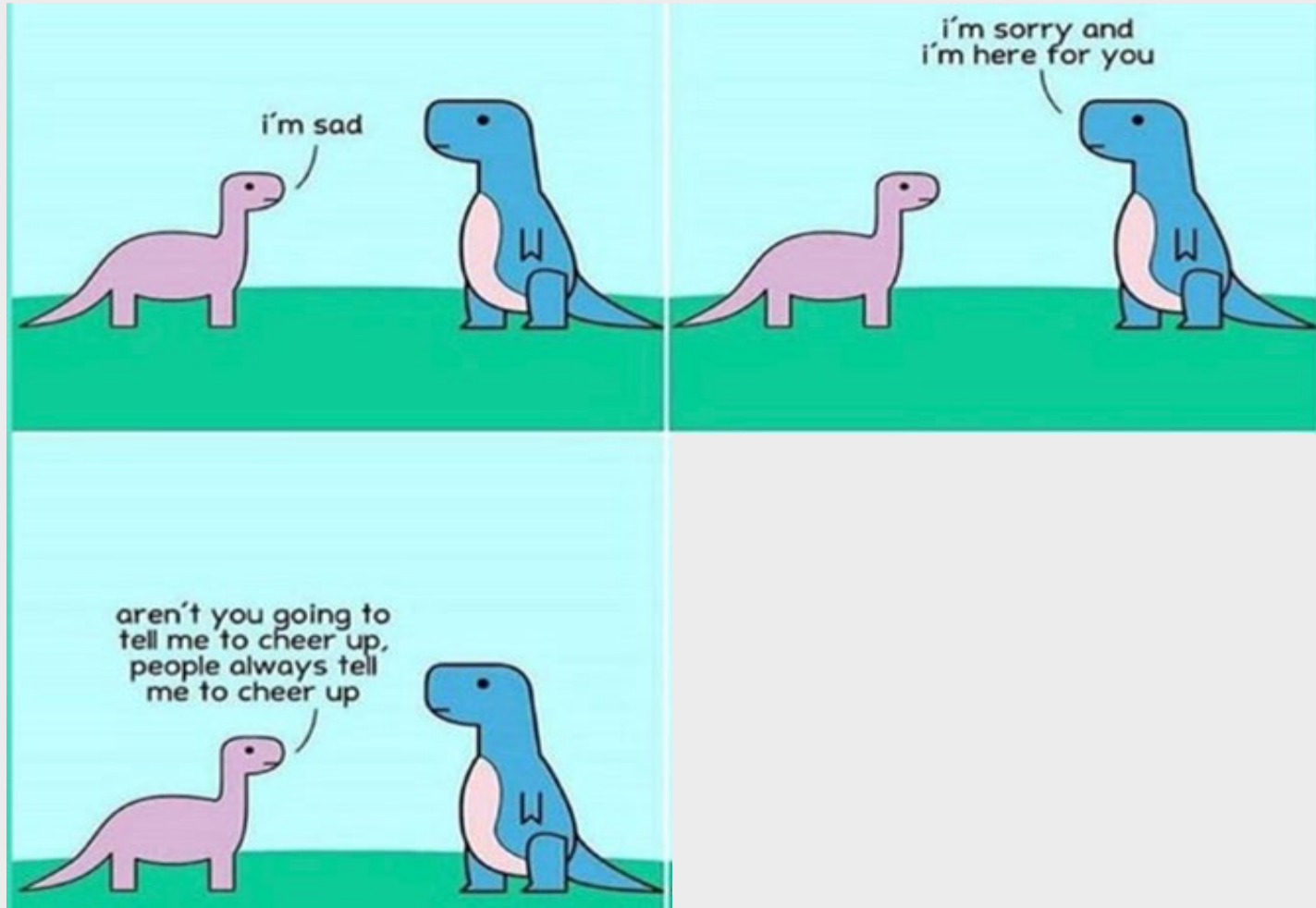
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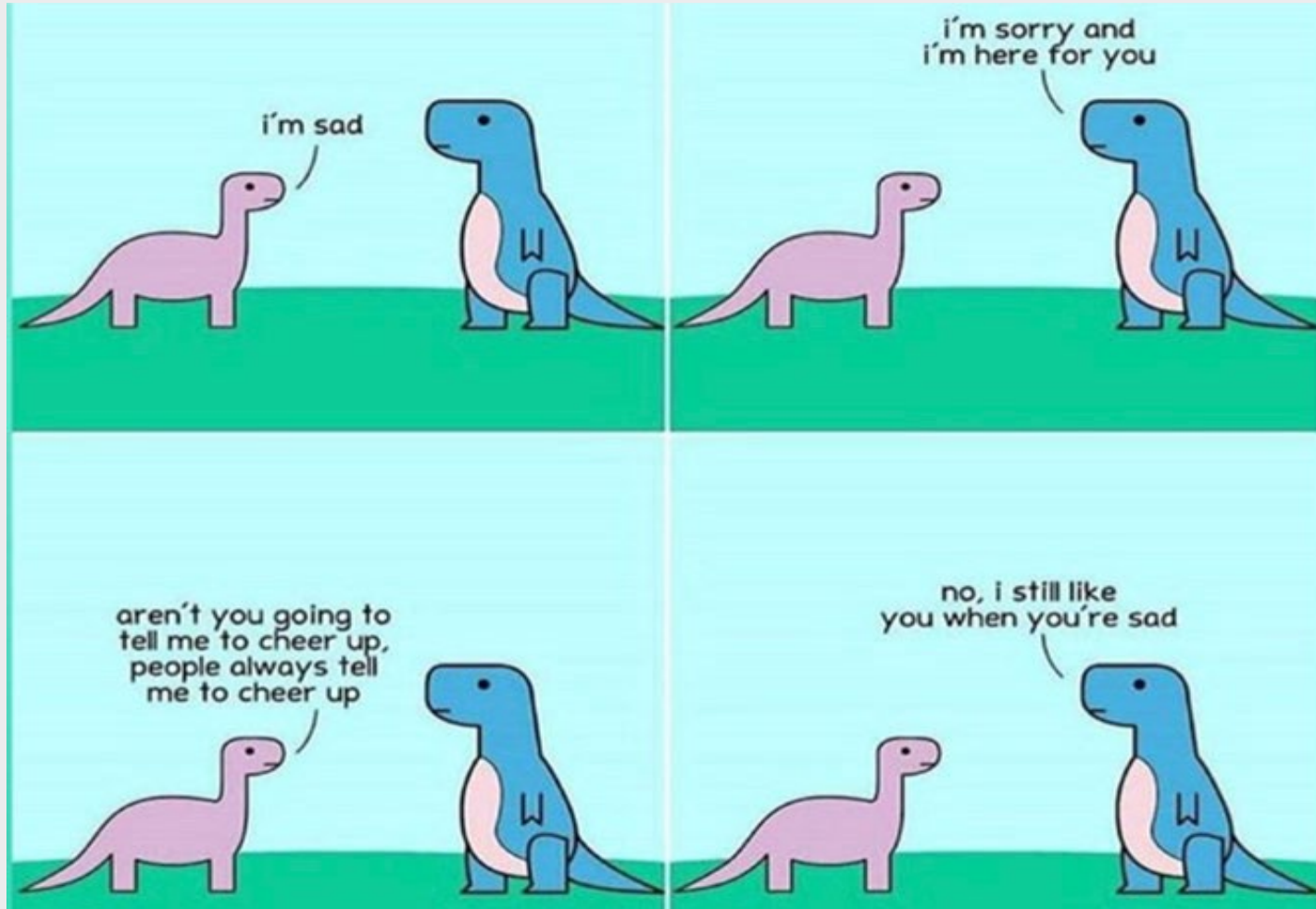
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Being there vs. Being with

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Being there vs. Being with



Being there vs. Being with



Being there vs. Being with



“Remember
what it was like
when you were
growing up.”

Being there vs. Being with

How to practice:

Being there vs. Being with

How to practice:

**Take at least 1 minute and
follow your breath**



Four Tools to Strengthen Communication and Relationships

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Tool #1: Dr. Ruby Payne's 3 Voices

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- **Child Voice- “Me language”**
 - Defensive, victimized, emotional, whining, losing attitude, strongly negative, non-verbal

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Tool #1: Dr. Ruby Payne's 3 Voices

- **Parent Voice- “Should Language”**
 - Authoritative, directive, judgmental, evaluative, win-lose mentality, demanding, punitive, sometimes threatening

Four Tools to Strengthen Communication and Relationships

Tool #1: Dr. Ruby Payne's 3 Voices

- **Adult Voice- “Choice Language”**
 - Non-judgmental, free of negative non-verbal, factual, often in question format, attitude of win-win

The 3 Voices

By Dr. Ruby Payne

****Handout available
with slides***

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Child

Defensive, victimized, emotional, whining, losing attitude, strongly negative, non-verbal.

- Quit picking on me.
- You made me do it.
- I hate you.

Parent

Authoritative, directive, judgmental, evaluative, win-lose mentality, demanding, punitive, sometimes threatening.

- You shouldn't do that.
- Life's not fair. Get busy.

Adult

Non-judgmental, free of negative non-verbal, factual, often in question format, attitude of win-win.

- In what ways able to resolve?
- What are choices in this situation?

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Tool #2: Find the Hidden Meaning

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Guess the true message under these statements:

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- “I don’t care if you give me detention!”

Four Tools to Strengthen Communication and Relationships

Tool #2: Find the Hidden Message

Guess the true message under these statements:

- “F 🤪 🤪 🤪 this school! I hate it here.”
- “I don’t care if you give me detention!”
- “You guys just want to get me in trouble.”

Four Tools to Strengthen Communication and Relationships

Tool #2: Find the Hidden Message

Guess the true message under these statements from staff or family members:

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Tool #2: Find the Hidden Message

Guess the true message under these statements from staff or family members:

- “Why can’t you guys just deal with my kid?”
- “That’s never going to work for her.”
- Staff: “I’m already doing twice as much!”

Four Tools to Strengthen Communication and Relationships

Tool #3: Open Dialogue

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- Communicate your ground rules:
 - Anger is okay. Aggression is not. (Assertiveness)
 - Use “I” Statements (I am feeling ____ when ____.)

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- Active listening and validation
- Offer a future time to revisit the issue (Choice)

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- Tool #1: The Three Voices
- Tool #2: Find the Hidden Message
- Tool #3: Open Dialogue
- Tool #4: Create Agreements

QUESTIONS & RESPONSE



WellnessTogether.org
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Grateful to serve students & families with you!

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