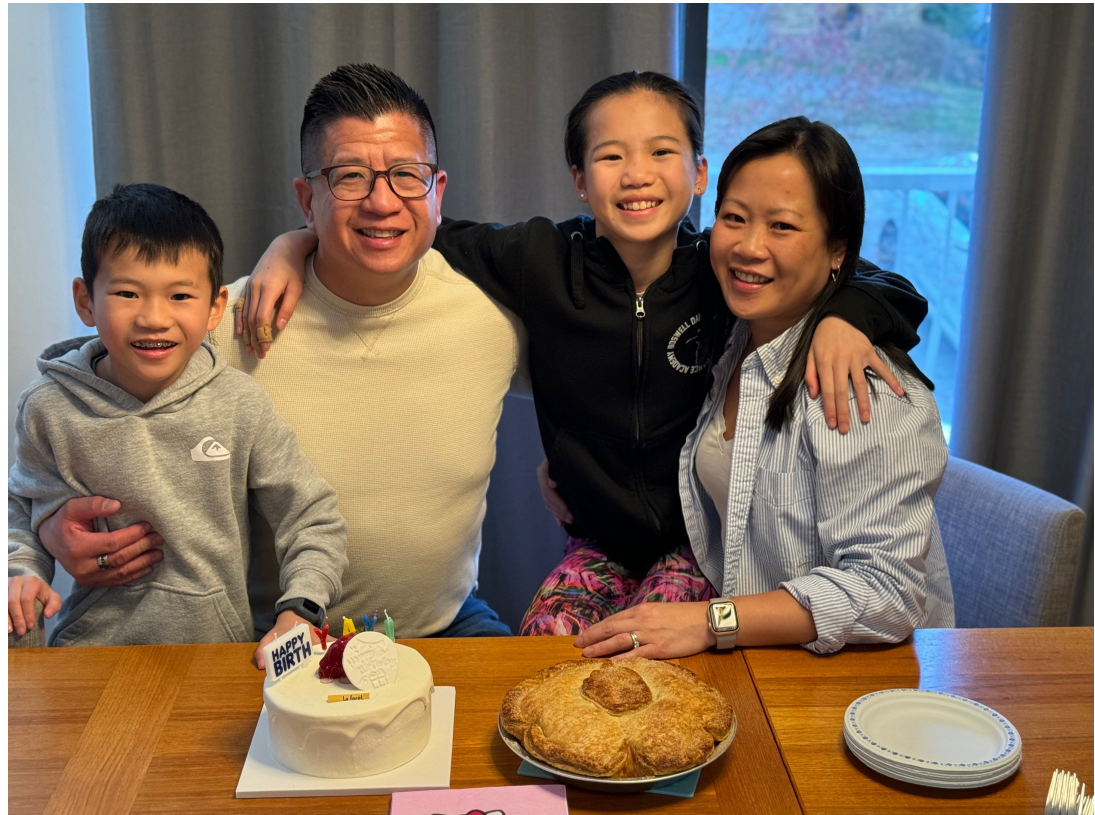


Mental Health, Social Media & our Kids

DR. DANIEL TO



- Husband to Michelle
- Father to Madeline Reine & Spencer Morgan
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- Instructor Trinity Western Teaching in Master of Arts Global Program,
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Public Health Agency of Canada

Mental Health is “the capacity of each and all of us to feel, think, and act in ways that enhance our ability to enjoy life and deal with the challenges we face. It is a positive sense of emotional and spiritual well-being that respects the importance of culture, equity, social justice, interconnections and personal dignity.”



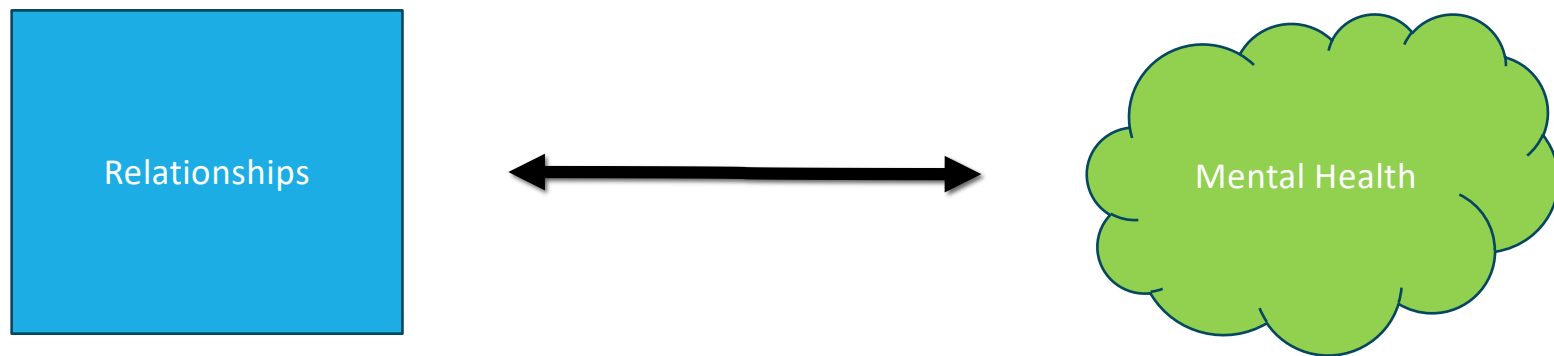
ISSUES

- Of Canadians ages 15+ who report having a mental health care need in the past year, one third state their needs were not fully met.
- An estimated 75% of children with mental health disorders do not access specialized treatment services
- 70% of mental health problems have their onset during childhood or adolescence
- 34% of high-school students indicate a moderate to serious level of psychological distress. 14% report serious levels (symptoms of anxiety and depression)

COSTS

- The economic burden of mental illness is about \$51 billion dollars per year in health care costs, lost productivity, and reductions in health-related quality of life
- Mental Illness can cut 10-20 years from life expectancy
- The cost of a disability leave for mental illness is about double that of a leave due to physical illness.
- 12 people die by suicide every day and more than 200 attempt every day.

Why mention mental health first?



The Teen Brain



Knowledge
Connection

CLICK ON LINK TO WATCH

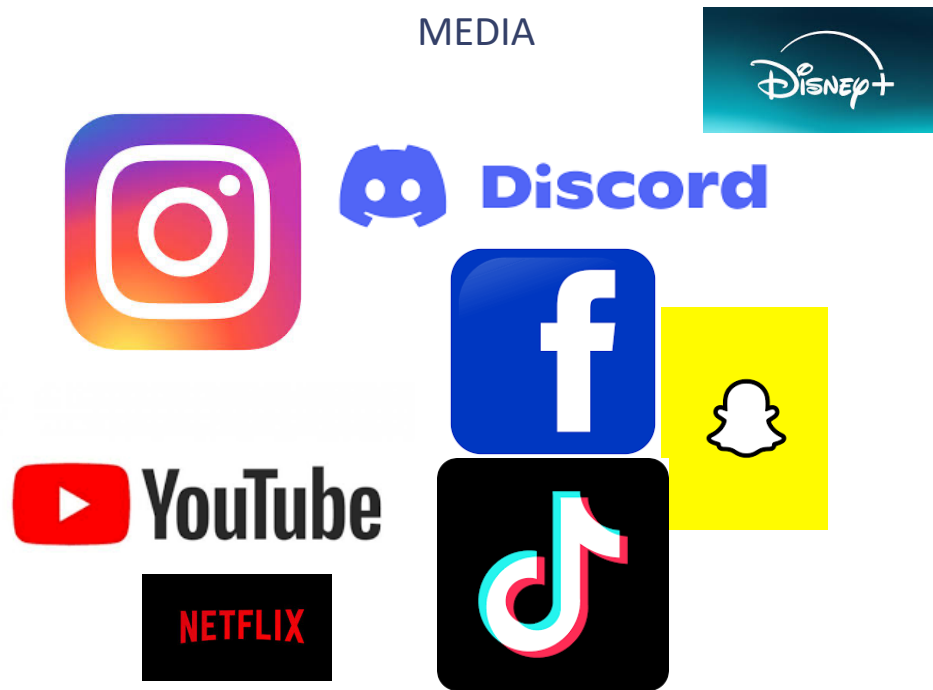
<https://www.youtube.com/watch?v=EGdlpaWi3rc&t=2s>

www.mentalhealthliteracy.org

A solid blue horizontal bar spanning the width of the page at the bottom.

Know the difference

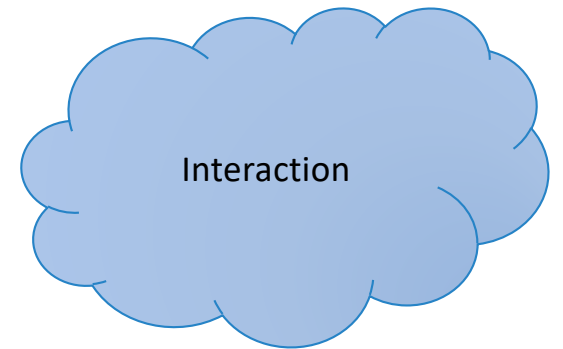
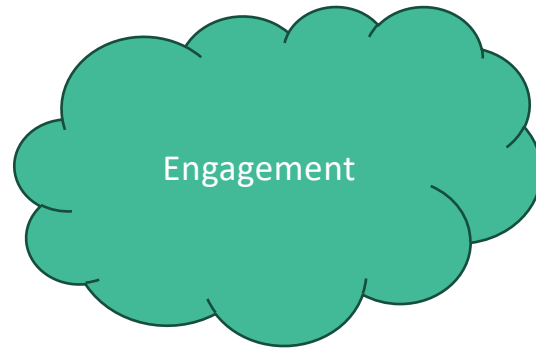
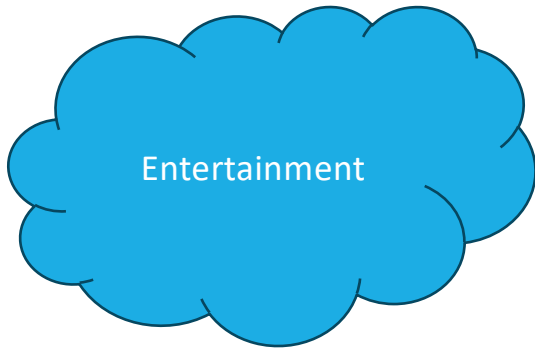
MEDIA



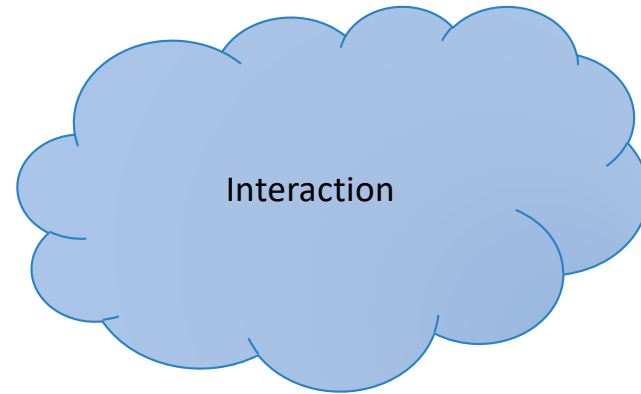
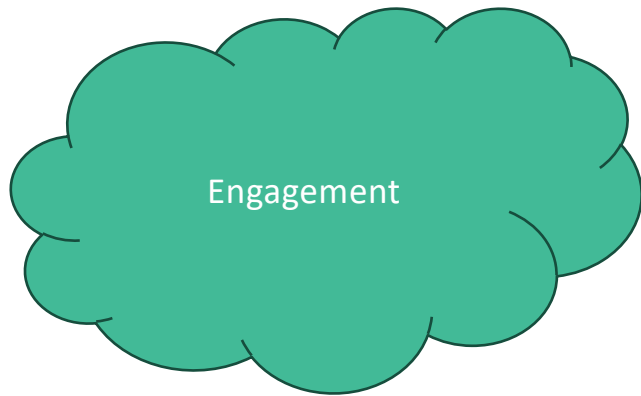
MEDIUM



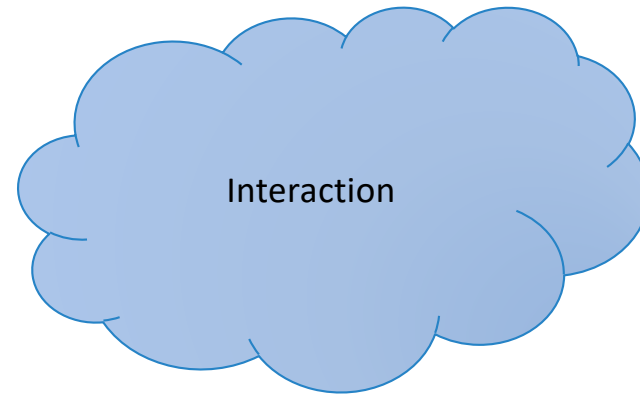
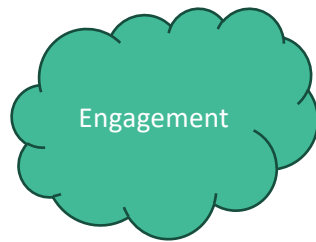
Know the difference



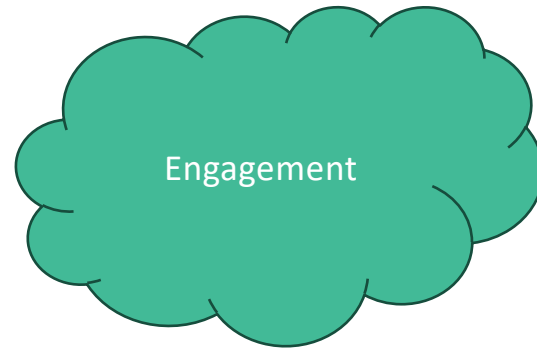
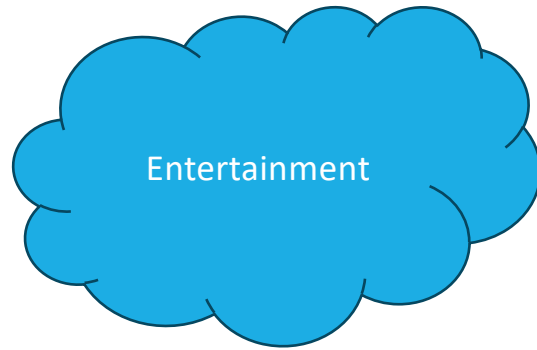
Today - we are mainly dealing with

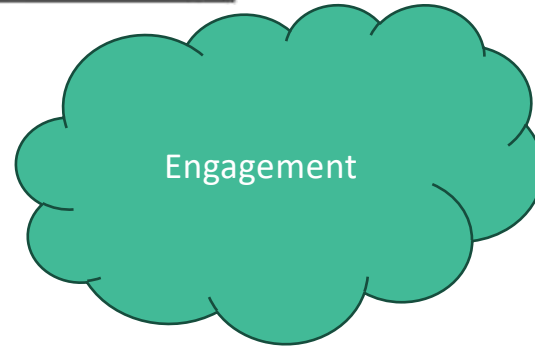
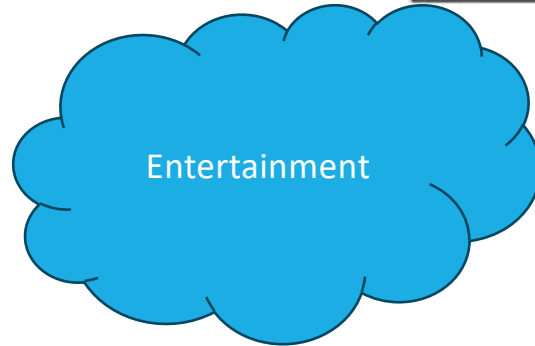


And really, the key issue for youth is
the level of:

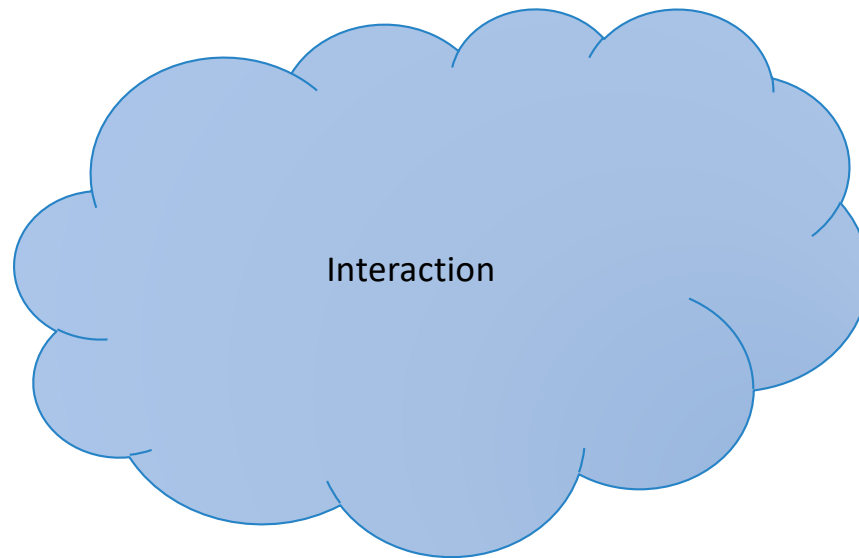


It's quite easy to.....

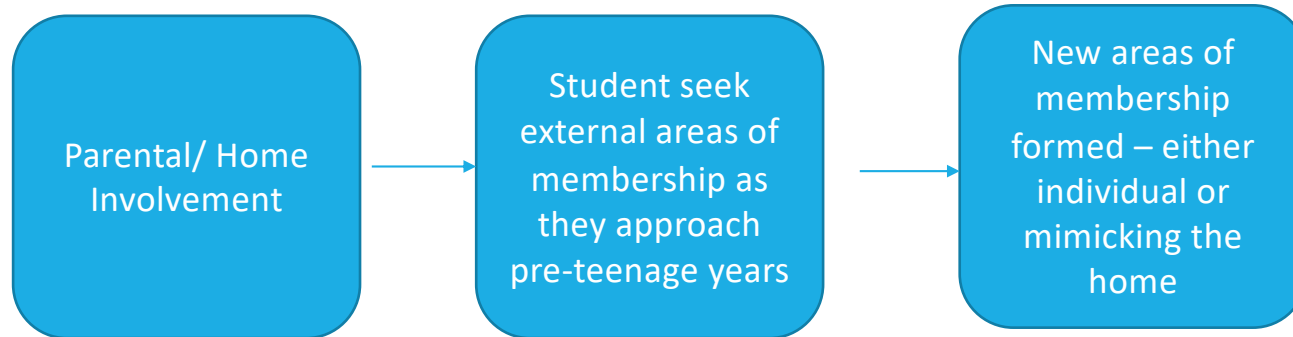




Hardest thing to deal with is:



Where do kids seek a connection???



From Dr. Daniel To
Ed.D Thesis, 2017

An iceberg floating in the ocean. The tip of the iceberg is above the water line, and the much larger base is submerged below. The sky is blue with some clouds, and the water is a deep blue.

90% behavior seen,
10% of issue

What is wrong with this person?

What has this person
been through?

Behaviors

Rules

Beliefs

Values

Our view of what “should” be

10% of behavior
unseen,
90% of issue is
unseen or root
causes (ACEs)



Causal Link to Digital Stress (and other disorders related to body image/ image)



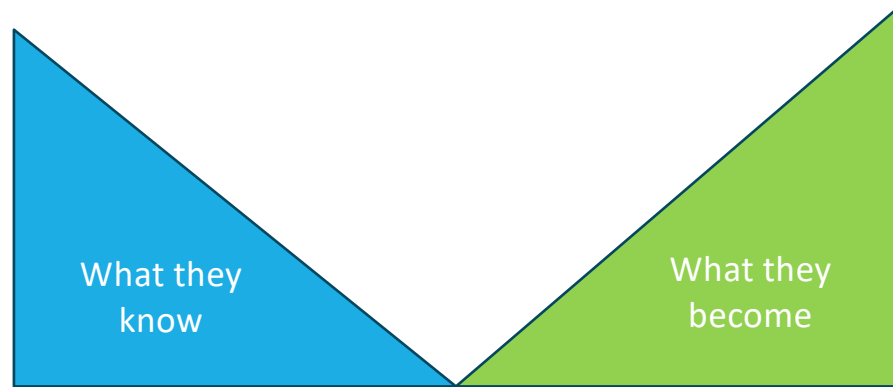
So...essentially....



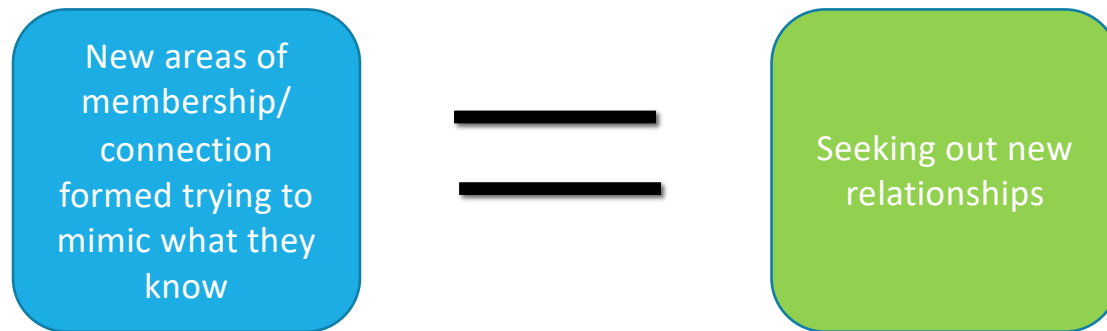
So...essentially....



So...essentially....



Where do kids seek a connection???



From Dr. Daniel To
Ed.D Thesis, 2017



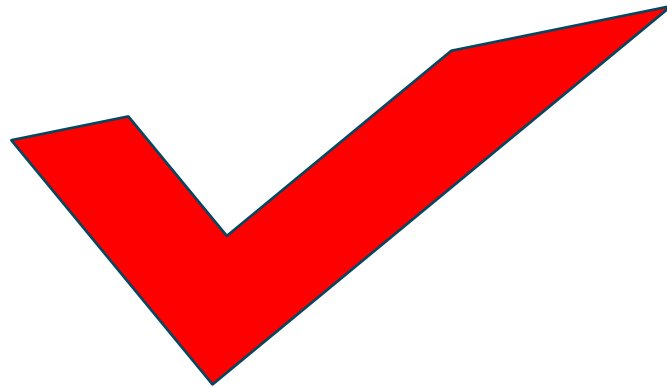
And this will happen either...



Reality Check

ONLINE RELATIONSHIPS ARE EASIER

- Feel connected faster (7-10 interactions)
- Easier to hide true self/ promote idealized version of self
- No need to worry about “social norms”

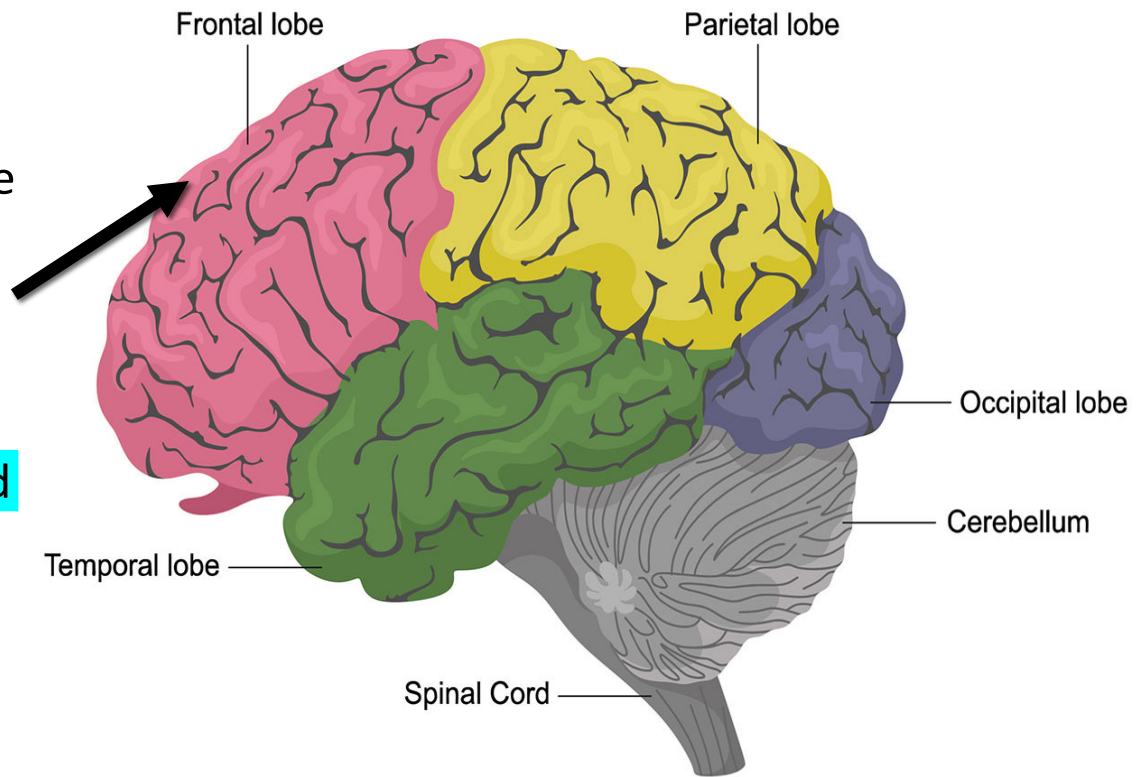


Human Brain Anatomy

CHECK OUT THESE FACTS!


- Brains are wired uniquely
- Social media sites and games uses the wiring of brain to promote usage
- It can give us direct hits of dopamine that some brains seek out (some more than others)
- Important to have boundaries around usage

-- Coralee Curby – School Psychologist




Picture from John Hopkins Medicine

Some of the positives of online relationships

1. Help spark offline relationships
 2. Help enhance existing offline relationships
 3. Help spark relationships for those who are isolated/
unable
 4. Help with collaboration
 5. Help people stay connected when connecting is not
possible
- 

Some of the dangers of online relationships

1. Greater Anonymity
 2. Few non-verbal social cues
 3. Can be a great distraction
 4. Easier for Misunderstandings to occur
 5. Sometimes online chatter can create barrier
 6. Eventually can be less fulfilling/ more aggravating
- 

The reality is....

It's a tool, not life

It's technology, not necessity

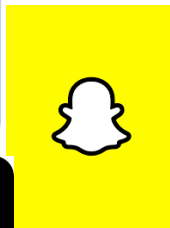


These are tools

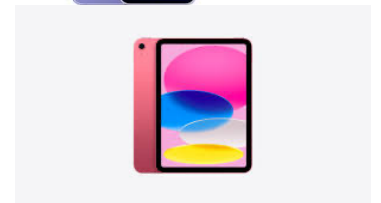
MEDIA



Discord



MEDIUM



#1 RECOMMENDATION?

The number- and quality- of relationships in a child's life

Rebuilds trust, confidence, sense of security, reconnecting to love through strong social network that surrounds and supports –

THIS MEANS YOU



Resilience Building Blocks
A SENSE
OF BELONGING



Bruce Perry MD, PhD



Have the conversations with your child

Surrey Schools Mental Health Videos Here:

<https://surreyschools.ca/page/12345/students-families>



All Mental Health Videos Parent Guide



After you have viewed the videos, you may want to engage your child/ children in a discussion about them. For example, you can ask them:

- 1) What are some things you learned in the video?
- 2) How did the video make you feel?
- 3) What are some questions you have after watching the video?
- 4) In addition to us (as your parents/ guardians), who else could you talk to about these topics?
- 5) What is something you learned in the video that you did not know before?
- 6) After watching the video – what can you teach me? As your parent, what is important for me to know?

Dr. Daniel M. To

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X @DanielToSD36 | to_d@surreyschools.ca

Slides and Resources at: <https://www.surreyschools.ca/mentalhealth/>

Example of Great Parent Resources:

<https://studentmentalhealthtoolkit.com>

<https://keltymentalhealth.ca>

<https://foundrybc.ca> (click on Supporting Others, then Family and Caregivers)

Other References

1. *Two social lives: How differences between online and offline interaction influence social outcomes* Alicea Lieberman¹ and Juliana Schroede
2. *Connecting with close friends online: A qualitative analysis of young adults' perceptions of online and offline social interactions with friends* Riley A. Scott *, Jaimee Stuart, Bonnie L. Barber
3. *Americans Find It Easier To Relate To Strangers Online Than Those In Real Life, New Study Claims* Dr. Hura Anwar
4. <https://www.bdperry.com> (Bruce Perry's Website)