





## What warning signs to look for?



There's often a lot of mood swings and emotional episodes that comes with adolescence, and it can be hard to know when a behavior is a part of growing up and when it is more serious. Some warning signs that your child may be struggling with are:

- ◆ Feeling very sad or withdrawn for more than two weeks
- ◆ Self-harm or thoughts of self-harm
- ◆ Overwhelming anxiety
- ◆ Severe mood swings
- ◆ Excessive alcohol or drug use
- ◆ Difficulty concentrating or staying still
- ◆ Drastic changes in behavior
- ◆ Excessive sleep or lack of sleep
- ◆ Loss of appetite or binge eating
- ◆ Inability to cope with daily problems or stress

 Division of Rehabilitation Services (DRS) provides individualized vocational rehabilitation (VR) to assist eligible individuals with disabilities to get and keep jobs.

### How Can VR counselors help?

- Participate in transition planning with you and school district.
- Work with your child and school district to obtain work experience through Project Skills.
- Assist with assistive technology and other disability related expenses for training or employment.
- Provide career guidance and vocational counseling.

For information on the nearest DRS office, go to <https://dhs.sd.gov/rehabservices/> or call (605) 773-3195.

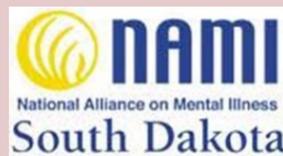
 SOUTH DAKOTA DEPT. OF LABOR & REGULATION The Workforce Training for Young Adults Program through the SD Department of

Labor & Regulations (DLR) can assist students who have barriers to employment by offering assistance in completing education and providing work experiences and training.

This program can work with students to explore careers, expand their education and work skills and prepare youth for securing employment that allows for future advancement.

To learn more about the Workforce Training Program, local job service offices can be found at <https://dlr.sd.gov/localoffices/default.aspx> or call (605) 773-3101.

**NAMI**, the National Alliance on Mental Illness, is the nation's largest grassroots mental health organization dedicated to carrying out the mission to improve the lives of persons affected by mental illness.



NAMI Signature programs to educate and support families and youth are:

- ◆ Family-to-Family Education Program - A free 12-week course for family caregivers of individuals with severe mental illnesses.
- ◆ Basics – A free, 6-week educational program for parents and family caregivers of children and teens who are experiencing symptoms of a mental illness or have been diagnosed.
- ◆ Connection Support Group - A free, peer-led support group for adults living with mental illness.
- ◆ Family Support Group - A peer-led support group for family members, caregivers and loved ones of individuals living with mental illness.
- ◆ Ending the Silence - A 50 minute informative presentation for middle and high school students on youth mental health information, along with a young adult with a mental health condition who shares their journey of recovery.

For information on the nearest NAMI local affiliate, go to [www.namisouthdakota.org](http://www.namisouthdakota.org).



## from Young Adults to Parents

- Understand the difference between introverts and extroverts. Introverts need less social time than extroverts do. Don't pressure introverts to spend a lot of time with other people. It may be too much for them right now.
- ◆ Remember that having a mental illness can be exhausting. You may be concerned that your teen is always on the couch, but your teen may be recharging from just making it through the day.
- ◆ Help your teen meet other young people who live with a mental illness through a support group or class. It can be easier to 'be yourself' when you are with someone who has similar experiences with what you are going through.
- ◆ If young adults do not have friends, they are very aware of that already. Try not to make them feel bad about it by telling them to go out and find some.
- ◆ Encourage your young adults to become involved in a volunteer organization, hobby, sports or a job, but don't push to hard. As they regard their health, they will naturally start to get out and get more involved.

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 \* *Every child deserves a CHAMPION—*  
 \* *An adult who will never give up on them.*  
 \* *Who understands the power of connection.*  
 \* *And insists that they become the best they can possibly be!*  
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### Finding Adult Mental Health Providers

Identifying the right mental health provider for young people can be a challenge, especially when it is the first time and there is no referral assistance. It can also be challenging when a transition takes place, such as moving to a new town and/or going to college. Family support at this time is vital, assisting them in understanding that there are options when selecting a provider and that they can change to other providers until there is a good fit. Young people need to be encouraged to ask questions and disagree if they do not like a treatment plan.

There are 11 community mental health centers located across South Dakota that are able to provide a wide spectrum of services to both adults and youth. Main offices are located in Pierre, Rapid City, Sioux Falls, Lemmon, Huron, Watertown, Aberdeen, Yankton, Mitchell, Brookings and Winner, with satellite offices existing in a number of surrounding communities. For more information, go to: [https://dss.sd.gov/formsandpubs/docs/BH/cmhc\\_flyer.pdf](https://dss.sd.gov/formsandpubs/docs/BH/cmhc_flyer.pdf)

It is important to note that some mental health providers work only with youth and when teens transition into adulthood, new providers need to be identified to meet their needs. During this transition, the current provider should work with the family to identify new provider options and assist in the referral process. The provider should also assist the family in preparing for the change in services.