

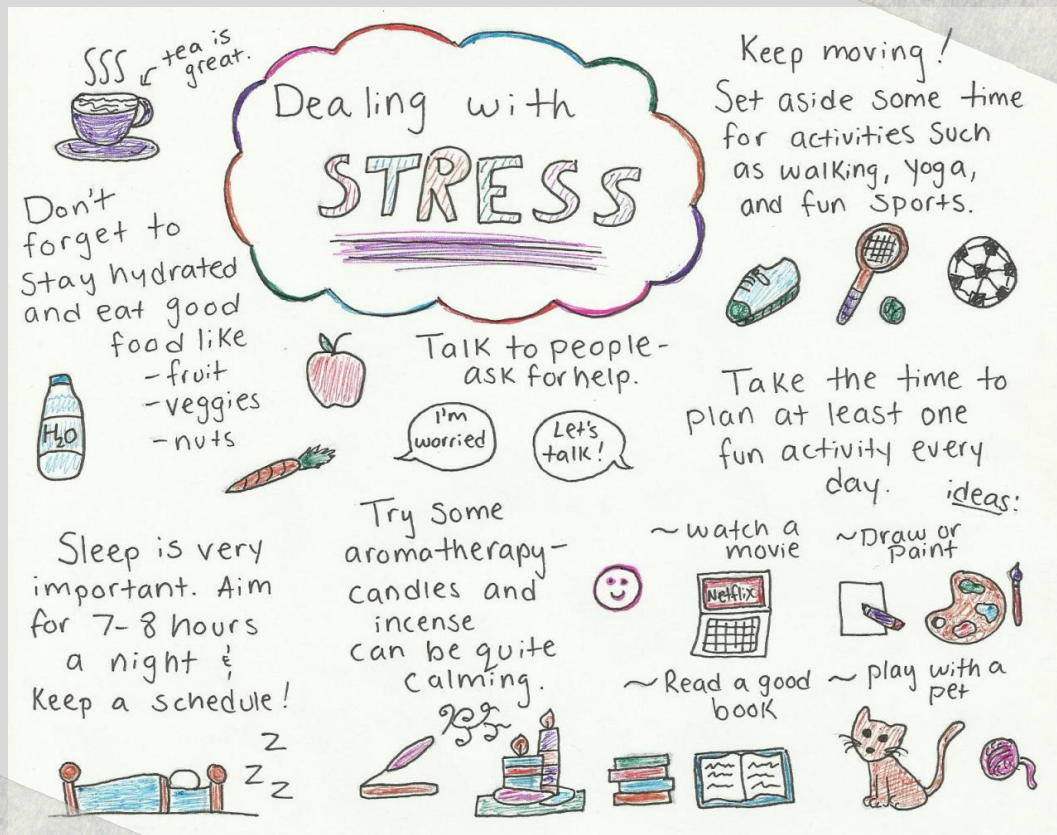
Navigating Behavioral Health

A coping skills resource guide for parents, guardians, and the community.



A Behavioral Health Treatment Program For Teens

Coping Skills and Strategies



If you are experiencing these signs and symptoms and noticing increased difficulty completing daily tasks, please ask your doctor for help, call a therapist, or if you are experiencing suicidal thoughts, please call 911 or the suicide hotline @ 1-800-273-8255, or go to your nearest emergency room.

Coping Skills Checklist

CALMING SKILLS

Designed to Help You Relax

- | | |
|--|--|
| <input type="checkbox"/> Deep breathing | <input type="checkbox"/> Carry a small object |
| <input type="checkbox"/> Explosion breaths | <input type="checkbox"/> Make a fist and then release the fist; repeat for two minutes |
| <input type="checkbox"/> Volcano breaths | <input type="checkbox"/> Progressive muscle relaxation |
| <input type="checkbox"/> Take a mindful walk | <input type="checkbox"/> Positive self-talk |
| <input type="checkbox"/> Yoga | <input type="checkbox"/> Drink cold water |
| <input type="checkbox"/> Imagine your favorite place | <input type="checkbox"/> Block out sounds with noise-cancelling headphones |
| <input type="checkbox"/> Have a mindful snack | <input type="checkbox"/> Create a zen garden |
| <input type="checkbox"/> 54321 grounding technique | <input type="checkbox"/> Trace a pattern |
| <input type="checkbox"/> Grounding self-talk about the present | <input type="checkbox"/> Name five things you notice with your senses |
| <input type="checkbox"/> Say the alphabet slowly | <input type="checkbox"/> Run water over your hands |
| <input type="checkbox"/> Remember the words to a song you like and then write down the song. | <input type="checkbox"/> _____ |
| <input type="checkbox"/> _____ | <input type="checkbox"/> _____ |
| <input type="checkbox"/> _____ | |

DISTRACTION SKILLS

Designed to Distract You from Focusing on a Certain Stressor

- | | |
|--|---|
| <input type="checkbox"/> Write a story | <input type="checkbox"/> Design your own game |
| <input type="checkbox"/> Crossword/Sudoku/Word find puzzles Bake | <input type="checkbox"/> Plan a fun event for the future |
| <input type="checkbox"/> or cook with a friend or parent | <input type="checkbox"/> Start a new hobby or learn something new |
| <input type="checkbox"/> Do random acts of kindness | <input type="checkbox"/> Find ways to laugh |
| <input type="checkbox"/> Read a good book | <input type="checkbox"/> Your favorite things |
| <input type="checkbox"/> Clean | <input type="checkbox"/> Sort/organize something |
| <input type="checkbox"/> Play with a pet | <input type="checkbox"/> Spend time in nature |
| <input type="checkbox"/> Play a board game | <input type="checkbox"/> Go to a museum |
| <input type="checkbox"/> Play video games | <input type="checkbox"/> Do a crafting project |
| <input type="checkbox"/> Distraction by a screen | <input type="checkbox"/> Start a garden |
| <input type="checkbox"/> Hang out with friends or family | <input type="checkbox"/> _____ |
| <input type="checkbox"/> _____ | <input type="checkbox"/> _____ |
| <input type="checkbox"/> _____ | |

Coping Skills Checklist

PHYSICAL SKILLS

Designed to Help You Rebalance Your Energy

- ☐ Squeeze something
- ☐ Use a stress ball
- ☐ Shred paper
- ☐ Use bubble wrap
- ☐ Use a sand tray or use kinetic sand
- ☐ Jacob's ladder
- ☐ Hold a small stone
- ☐ Shuffle cards
- ☐ Make something
- ☐ Use a fidget
- ☐ Walk
- ☐ _____
- ☐ _____

- ☐ Exercise
- ☐ Dance
- ☐ Punch a thick pillow
- ☐ Play at the park
- ☐ Make an obstacle course
- ☐ Swing on a swing
- ☐ Jump on a trampoline
- ☐ Jump rope
- ☐ Do stretches
- ☐ Yoga
- ☐ _____
- ☐ _____

PROCESSING SKILLS

Designed to Help You Work Through Thoughts and Feelings and Challenging Situations

- ☐ Write down and name your feelings
- ☐ Match my feelings to a color
- ☐ Understanding triggers
- ☐ Write in a journal
- ☐ Challenge my negative self-talk
- ☐ In a perfect world....
- ☐ Write songs, poetry, music
- ☐ Draw
- ☐ Talk to someone I trust
- ☐ _____
- ☐ _____

- ☐ Create a playlist
- ☐ Write down what's bothering you and then crumple up the paper and throw it away
- ☐ Comic strip: what happened/what can I do next time
- ☐ I wish.....
- ☐ Write a letter to someone
- ☐ Use "I Statements" to tell someone how I feel
- ☐ What I can control vs. what I can't control
- ☐ Make a worry box...healthy and helpful things I can do when I start to feel anxious or stressed
- ☐ _____
- ☐ _____

Deep Breathing Exercises

These exercises are meant to help you calm down and relax when faced with stressful or overwhelming situations.

STEP 1

Inhale through the nose to a count of four, lungs should be completely full of air.

STEP 2

Hold the air in your lungs for a count of four.

STEP 3

Exhale through the mouth to a count of four, all of the air should be out of the lungs.

STEP 4

Hold the lungs in an empty state for a count of four.

STEP 5

Repeat steps one through four for a total of at least 5 minutes. If ready, you can increase to a count of 8.



Volcano Breaths

PRETEND YOUR HANDS AND ARMS ARE LIKE LAVA FLOWING. START WITH YOUR HANDS IN FRONT OF YOUR HEART, WITH PALMS TOUCHING. KEEPING YOUR HANDS TOGETHER, REACH STRAIGHT UP AND BREATHE IN. SEPARATE YOUR HANDS AND MOVE YOUR ARMS DOWN TO YOUR SIDES AND BREATHE OUT.

Explosion Breaths

INVOLVES MOVING YOUR BODY UP AND DOWN AS YOU DO DEEP BREATHING. START IN A STANDING POSITION. BREATHE IN AS YOU CROUCH DOWN. THEN, JUMP UP, SPREADING YOUR ARMS AND LEGS AS YOU BREATHE OUT.



Mindfulness and Yoga

Mindfulness is being aware of what's happening in the present moment. This is most helpful if you have a hard time managing your thoughts and emotions. Mindfulness gives you the ability to allow your thoughts and emotions to come and go without judgement while spending time in the present moment.

TAKE A MINDFUL WALK

BEFORE YOU BEGIN, FOCUS YOUR MIND TO PAY ATTENTION TO YOUR SENSES. WHEN YOU ARE WALKING, YOU ARE GOING TO BE PAYING ATTENTION TO WHAT YOU HEAR, WHAT YOU SEE, WHAT YOU FEEL, AND WHAT YOU SMELL. PAY ATTENTION TO WHAT'S HAPPENING WITH YOUR SENSES. IF OTHER THOUGHTS COME INTO YOUR MIND, THAT'S OKAY; GO BACK TO THE PRESENT AND FOCUS ON YOUR SENSES AGAIN.

HAVE A MINDFUL SNACK

NEXT TIME YOU EAT A SNACK, DO SO IN A MINDFUL WAY. TAKE A MOMENT TO LOOK AT THE SNACK; NOTICE ALL THE DETAILS, HOW BIG IT IS, THE COLOR, IS IT SOFT OR HARD. SEE WHAT YOU NOTICE ABOUT THE SNACK THAT YOU DIDN'T NOTICE THE LAST TIME YOU ATE THE SAME SNACK.

YOGA

THE GOAL IS TO REDUCE STRESS AND BECOME MORE AWARE OF WHAT'S GOING ON AROUND YOU IN THE PRESENT. TRY TO DO A FEW SIMPLE MOVES DAILY.



Grounding Techniques

Grounding is a way to deal with overwhelming emotions. It's another way to practice staying in the present moment, not focusing on the past or the future.

5

LOOK. Look around for five things that you can see and say them out loud

4

FEEL. Pay attention to your body and notice four things you can feel and say them out loud.

3

LISTEN. Listen for three sounds and say them out loud.

2

SMELL. Say two things you can smell out loud.

1

TASTE. Say one thing you can currently taste out loud.

GROUNDING SELF-TALK

IF YOU ARE BY YOURSELF, FEEL FREE TO TALK OUT LOUD. IF YOU'RE WITH OTHER PEOPLE, YOU CAN DO THIS IN YOUR HEAD. NOTICE THE ENVIROMENT AROUND YOU AND FOCUS ON WHERE YOU ARE RIGHT NOW. WHAT DO YOU SEE, HEAR, SMELL AND FEEL? FOCUS ON TINY DETAILS.

5-4-3-2-1 GROUNDING

TAKES YOU THROUGH YOUR FIVE SENSES TO HELP REMIND YOU OF THE PRESENT. THIS IS A CALMING TECHNIQUE THAT CAN HELP YOU GET THROUGH TOUGH OR STRESSFUL SITUATIONS.

Progressive Muscle Relaxation

Dim the lights and turn off any distracting screens. Sit down or lie down in a comfortable position. If you feel comfortable, close your eyes. During this exercise, you'll be instructed to tighten muscles and then release the muscles to learn what it feels like being tense versus relaxed. If you feel uncomfortable, take a break and focus on your breathing.

First, begin by taking a deep breath and notice the feeling of air filling your lungs. Hold your breath for a few seconds.

(Brief pause)

Release the breath slowly and let the tension leave your body.

Take in another deep breath and hold it.

(Brief pause)

Again, slowly release the air.

Even slower now, take another breath. Fill your lungs and hold the air.

(Brief pause)

Slowly release the breath and imagine the feeling of tension leaving your body.

Now, move your attention to your feet. Begin to tense your feet by curling your toes and the arch of your foot. Pretend you're standing in sand, and you want to make deep footprints. Hold onto the tension and notice what it feels like.

(5 second pause)

Release the tension in your foot. Notice the new feeling of relaxation.

Next, begin to focus on your lower leg. Tense the muscles in your calves. Hold them tightly and pay attention to the feeling of tension.

(5 second pause)

Release the tension from your lower legs. Again, notice the feeling of relaxation. Remember to continue taking deep breaths.

Next, tense the muscles of your upper leg and pelvis. You can do this by tightly squeezing your thighs together. Make sure you feel tenseness without going to the point of strain.

(5 second pause)

And release. Feel the tension leave your muscles.

continued on next page

Begin to tense your stomach and chest. You can do this by sucking in your stomach. Squeeze harder and hold the tension. A little bit longer.

(5 second pause)

Release the tension. Allow your body to go limp. Let yourself notice the feeling of relaxation. Continue taking deep breaths. Breathe in slowly, noticing the air fill your lungs, and hold it.

(Brief pause)

Release the air slowly. Feel it leaving your lungs.

Next, tense the muscles in your back by bringing your shoulders together behind you or all the way up to your earlobes. Hold them tightly. Tense them as hard as you can without straining and keep holding.

(5 second pause)

Release the tension from your back. Feel the tension slowly leaving your body, and the new feeling of relaxation. Notice how different your body feels when you allow it to relax.

Tense your arms all the way from your hands to your shoulders. Make a fist like you're holding a stress ball and squeeze all the way up your arm. And hold it.

(5 second pause)

Release the tension from your arms and shoulders. Notice the feeling of relaxation in your fingers, hands, arms, and shoulders. Notice how your arms feel limp and at ease

Move up to your neck and head. Pretend to smell something terrible; wrinkle your nose and scrunch all the muscles in your face. Tense your face and your neck by distorting the muscles around your eyes and mouth.

(5 second pause)

Release the tension. Again, notice the new feeling of relaxation

Finally, tense your entire body. Tense your feet, legs, stomach, chest, arms, head, and neck. Tense harder, without straining. Hold the tension.

(5 second pause)

Now release. Allow your whole body to go limp. Pay attention to the feeling of relaxation, and how different it is from the feeling of tension.

Begin to wake your body up by slowly moving your muscles. Adjust your arms and legs.

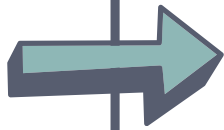
Stretch your muscles and open your eyes when you're ready.

Positive Self-Talk

It's so very easy for kids and adults to fall into the trap of talking negatively to ourselves. Sometimes we might say to ourselves, "this is awful. I'm not good at this. I'll never learn how to do it, or I stink." How we think and talk to ourselves influences the way we look at life. When you catch yourself thinking negatively, tell yourself to stop. Take a deep breath. Then change that negative self-talk into something positive.

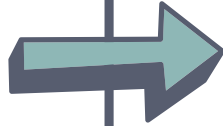
Negative to Positive Statements

This is awful.



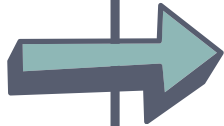
Let me focus on things that I can control and the things that are going well.

I'm not good at this.



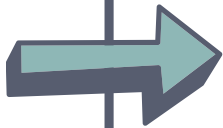
I'm just learning how to do this.

I'll never learn how to do it.



I haven't gotten it yet, but with practice I know I will learn how to do it.

I stink.



I just need to keep trying. Everyone struggles in the beginning.

Try using a journal -- jot down your negative self-talk, and then replace that negative self-talk with something more positive or realistic to your current situation.

Healthy Alternatives to Self-Harm

These are just some of the ideas for helping people delay or avoid self-harm. Some of these ideas are proven alternatives given by those who have a history of self-harming behaviors. For you, some ideas might seem ridiculous, but others might work. Different people find different things that help, and it isn't failure if you try something, and it doesn't help. Just remember to keep trying.

Feeling empty or unreal? Try

- Bite a lemon
- squeeze or bite ice
- focus on one thing -- sensory grounding
- cold bath or shower
- interact with people
- put finger in frozen food
- focus on how breathing feels

Feeling angry or frustrated? Try

- Squeeze or chew ice
- Rip up/slash paper
- punch a pillow
- Crank music and dance
- Run or walk
- Cry
- Take a cold shower

Guilty? Wanting to punish yourself? Try

- Draw on self with red pen or paint
- List 10 good things about yourself
- Do something nice for someone
- Punish by not allowing yourself to self-harm
- Draw on self, like a cut, with red food coloring

Feeling sad, upset or depressed? Try

- Soothing bath
- Read or watch a movie
- write, draw, cry, sing, play music
- Talk to friends
- Write down calm and content thoughts
- Wait @ least 15 minutes before acting



DISTRESS TOLERANCE

The goal of Distress Tolerance is to survive crisis situations without making them worse and to accept reality as it is in the moment.

STOP SKILL



STOP

Do not just react. STOP! FREEZE! Do not move a muscle! Your emotions may try to make you act without thinking. Stay in control!

TAKE A STEP BACK

Take a step back from the situation. Take a break. Let go. Take a deep breath. Do not let your feelings make you act impulsively.

OBERVE

Notice what is going on inside and outside you. What is the situation? What are your thoughts and feelings? What are others saying and doing?

PROCEED MINDFULLY

Act with awareness. In deciding what to do, consider your thoughts and feelings, the situation, and other people's thoughts and feelings. Think about your goals. Which actions will make it better or worse?

Intensity of Feelings

Feelings can have a range of intensity -- from mild to really strong. It's important to identify not only what sorts of feelings you have, but also the intensity of your feelings. Utilize the cards below to notice how your feelings might be changing throughout the day or during a stressful experience. Identifying what you're feeling, how much you're feeling, and when you're feeling is the first step to managing your emotions.



ENRAGED

FURIOUS

ANGRY

FRUSTRATED

ANNOYED



HOPELESS

MISERABLE

SAD

DISCOURAGED

UPSET



TERRIFIED

AFRAID

ANXIOUS

NERVOUS

UNSURE



OVERJOYED

EXCITED

HAPPY

CALM

PEACEFUL

My Safety Crisis Plan

Recognize My Warning Signs and Use My Coping Skills to Keep Myself Safe and Healthy

Triggers and Stressors

Behaviors, situations, and circumstances
that put me at emotional risk

Warning Signs

My behavior signals that show me I'm
growing more and more at risk

→

→

→

→

→

 call someone for help

Things to do...

healthy choices and behaviors

1.

2.

3.

4.

People to contact...

911

National Suicide Prevention Lifeline
www.suicidepreventionlifeline.org
1-800-273-TALK(8255)

Doctor's name and number:

BasePoint Academy: 972-325-2633

My Coping Skills

Ways I can remain calm and safe
IN THE MOMENT:

My support person can help me by:

Reminders

- Remove all unsupervised access to prescription medications, weapons, lethal medications, and other means of self-harm
- Take a deep breath and then react
- Take medications as prescribed -- do not change the dose or time unless directed by your doctor
- Don't hesitate to ask for help
- Don't isolate myself and/or stay away from people who care about me
- Don't stay in a high-risk situation

Name:

 Date:

Support Person Name:

 Date:

Suicide Risk Assessment



THE COLUMBIA
LIGHTHOUSE
PROJECT
IDENTIFY RISK. PREVENT SUICIDE.

	Past 1 Month
1) Have you wished you were dead or wished you could go to sleep and not wake up?	
2) Have you actually had any thoughts about killing yourself?	
If YES to 2, answer questions 3, 4, 5 and 6 If NO to 2, go directly to question 6	
3) Have you thought about how you might do this?	
4) Have you had any intention of acting on these thoughts of killing yourself, as opposed to you have the thoughts but you definitely would not act on them?	High Risk
5) Have you started to work out or worked out the details of how to kill yourself? Did you intend to carry out this plan?	High Risk
Always Ask Question 6	Life-time Past 3 Months
6) Have you done anything, started to do anything, or prepared to do anything to end your life? <i>Examples: Collected pills, obtained a gun, gave away valuables, wrote a will or suicide note, held a gun but changed your mind, cut yourself, tried to hang yourself, etc.</i>	High Risk

NATIONAL
SUICIDE
PREVENTION
LIFELINE
1-800-273-TALK (8255)
suicidepreventionlifeline.org

Any **YES** indicates that someone should seek behavioral healthcare.
However, if the answer to 4, 5 or 6 is **YES**, seek **immediate help**: go to the emergency room, call 1-800-273-8255, text 741741 or call 911. **STAY WITH THEM** until they can be evaluated.



Download
Columbia
Protocol
app

The Columbia Protocol For Everyone

<https://cssrs.columbia.edu/the-columbia-scale-c-ssrs/families-friends-and-neighbors/>

How do you help someone who is suicidal? The first step in suicide prevention is awareness — knowing when someone is in crisis. That's often not obvious, because many people suffer in silence or give no sign that they might harm themselves. As a family member, friend, neighbor, or colleague, you can make a difference by using the Columbia Protocol — also known as Columbia-Suicide Severity Rating Scale (C-SSRS) — to help determine when someone is at risk for suicide and how to help.

The Columbia Protocol Community Card is the one best suited for use by family members, friends, and others who have a relationship with a person who may be at risk. It involves asking just three to six questions, but the answers provide enough information to determine whether someone needs help and if immediate action is needed. The questions' plain language also may make it easier for you to talk to someone who may be suicidal. Start the conversation now.

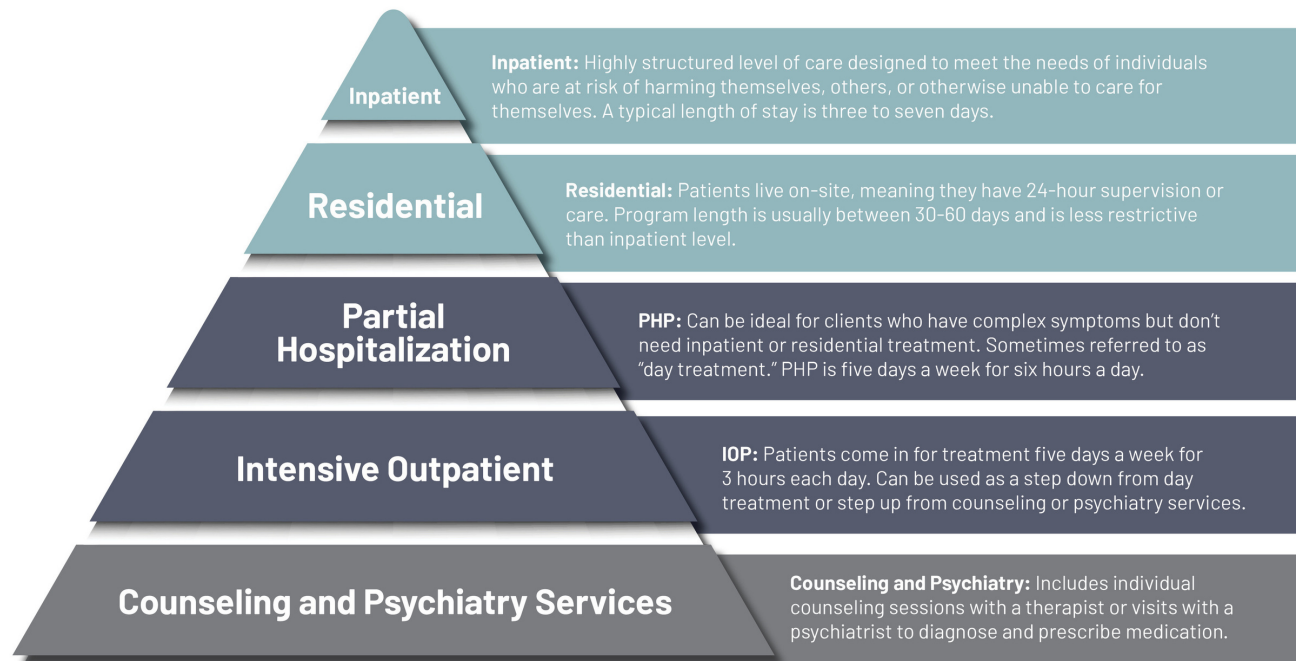


If you are experiencing these signs and symptoms and noticing increased difficulty completing daily tasks, please ask your doctor for help, call a therapist, or if you are experiencing suicidal thoughts, please call 911 or the suicide hotline @ 1-800-273-8255, or go to your nearest emergency room.



Levels of Care in Mental Health

BasePoint
ACADEMY



Offering Complimentary Same Day Assessments



Contact:

Direct Line: 972-325-2633

Email: admissions@basepointacademy.com

Fax: 972-675-7868



Locations:

713 W Broad St. Suite 200, Forney, TX 75126

4733 Medical Center Drive, McKinney, TX 75069

3900 Arlington Highlands Blvd. Suite 237, Arlington, TX 76018