

Children's Mental Health: The Whole Story (1 hour 49 minutes)

LEARNING CHAPTERS		Time Stamp
	Opening Scene and Case Scenarios <ul style="list-style-type: none"> • Narrator • Sara • Jacob • Ben 	0:00
Chapter 1	Introduction to Children's Mental Health Disorders	4:59
1A	<ul style="list-style-type: none"> • Diagnoses and Co-Morbidity 	5:19
1B	<ul style="list-style-type: none"> • Symptoms (emotions and behaviors) 	10:05
1C	<ul style="list-style-type: none"> • "Bad Days" 	14:03
1D	<ul style="list-style-type: none"> • The Family System 	18:58
Chapter 2	Risk Factors	25:28
2A	<ul style="list-style-type: none"> • Money and Job Stressors 	26:06
2B	<ul style="list-style-type: none"> • Adult Mental Illness 	29:15
2C	<ul style="list-style-type: none"> • Substance Use 	33:30
2D	<ul style="list-style-type: none"> • ACEs, Trauma & Toxic Stress 	36:22
Chapter 3	Multi-System Involvement	44:03
3A	<ul style="list-style-type: none"> • Systems Navigation 	44:30
3B	<ul style="list-style-type: none"> • School (Part A) 	46:35
	<ul style="list-style-type: none"> • School (Part B) 	53:37
3C	<ul style="list-style-type: none"> • Juvenile Corrections 	53:53
3D	<ul style="list-style-type: none"> • Hospitalization & Placements Out of the Home 	1:00:48
Chapter 4	What Works	1:06:47
4A	<ul style="list-style-type: none"> • Trained Workforce 	1:07:05
4B	<ul style="list-style-type: none"> • Therapy and Medication 	1:11:34
4C	<ul style="list-style-type: none"> • Family Education and Skills Work (Part A: Education & Peer Support) 	1:14:57
	<ul style="list-style-type: none"> • Family Education and Skills Work (Part B: Family Skills Work) 	1:16:23
4D	<ul style="list-style-type: none"> • Community Services, Informal Supports, and Resources 	1:18:20
4E	<ul style="list-style-type: none"> • Prevention and Early Intervention 	1:20:24
4F	<ul style="list-style-type: none"> • A Whole Family Approach to Wellbeing 	1:22:29
4G	<ul style="list-style-type: none"> • Integrated Care and Multi-System Care Coordination 	1:24:32
4H	<ul style="list-style-type: none"> • Understanding, Empathy, and Hope 	1:28:30
4I	<ul style="list-style-type: none"> • Policy and Process Barriers 	1:31:07
Chapter 5	Protective Factors	1:33:49
5A	<ul style="list-style-type: none"> • Family Strengths and Resilience 	1:34:20
5B	<ul style="list-style-type: none"> • Culture and the Uniqueness of Families 	1:36:56
5C	<ul style="list-style-type: none"> • Emphasizing the Positive 	1:41:09
	Final Messages	1:44:30