

Turning a New Leaf



Volume 15, Issue 3 - Promoting healthy relationships and personal growth from a Christian Perspective - Summer 2024

Back to School Edition!

Social Media Studies

How Social Media Affects Mental Health

Young adults and children can experience pressure just by viewing social media. Pressures like being in the best shape, being happy all the time, and being part of the latest trends in makeup or clothing. These pressures can lead to body image issues, depression, and anxiety.

Many young adults and children post videos of themselves dancing or doing their makeup. The number of likes, shares, and subscribers they get can create a feeling of instant gratification.

But what happens to that feeling when their next post fails to get as positive a response? Some may go to great lengths to feel that sense of belonging or acceptance — and that can fall apart with the very next post. For a maturing young adult, building an identity that is both accepted and feels like a natural fit is a huge developmental step. But doing this online can proverbially be like ‘building your house on the sand’.

The dangers of social media aren’t just the user against themselves. ‘Cyber bullies’ are very real threats as well. Warning signs your child is experiencing cyberbullying may include: acting withdrawn, an unexplained drop in grades, deleting social media, avoiding social events, or becoming upset or angry when using social media.

Sleep Math

Sleep needed to promote optimal health*

6-12 yrs old
9-12 hrs



13-18 yrs old
8-10 hrs



*As recommended by the American Academy of Sleep Science

It is important to keep bedtimes consistent throughout the school year.

It can be difficult for children to function the next day in school if they are tired from the night before. I understand things come up in our lives, however getting a good night's rest is particularly important.

Paruthi S, Brooks LJ, D'Ambrosio C, Hall W, Kotagal S, Lloyd R., Malow B, Maski K, Nichols C, Quan S, Rosen C, Troester M, Wise M (2016) Consensus statement of the American Academy of Sleep Medicine on the recommended amount of sleep for healthy children: methodology and discussion.
J Clin Sleep Med 2016;12:1549–61.

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New Leaf in the Community

Over the past few months, we've been out at community events, speaking with hundreds of people about what our mental health therapy ministry is here to do. Wherever these conversations take place, we find people in all different seasons: people searching for help, current clients thankful to have found a source of strength, grateful former clients, supporters who value our work enough to contribute and pray for us. It's encouraging that so many are happy to introduce someone they care about to us.

"For I know the plans I have for you," declares the Lord, "plans to prosper you and not to harm you, plans to give you hope and a future." - Jeremiah 29:11

Our ministry does not simply 'give' hope; but rather we help clients to find the hope their future already holds. We believe that all people are created in God's image and have immeasurable value, regardless of their life circumstances. Holding that belief, we can be sure that providing healing in our broken world will help that client, as well as their family, their friends, and the communities they contribute to.

Going out into our communities has been an invigorating blessing. It's fun to know that New Leaf has positively impacted people who don't even know it.

So thank you again to all who supported us at our dinner, or have spent time with us at any of these recent events. If you'd like to suggest we attend an event, or find out more about how to volunteer with New Leaf Resources, email marc@newleafresources.org

Pictured: Our Annual Dinner, Lansing's Good Neighbor Day Parade, Golden Hope Ministry's Camp HEALING Hearts, Demotte's Touch of Dutch Parade and Festival



Our Mission:

To promote healthy relationships, personal growth and healing through professional counseling, education, and consultation from a Christian perspective.

Intro to Adolescent Mental Health - for Parents



Mental health is our psychological, emotional, and social well-being that influences daily functioning including how we think, feel, and respond during all stages of life. (SAMHSA, 2023)

Most Common Mental Health Disorders in School Aged Children: Depression, Anxiety, Eating Disorders

Common Challenges Faced during Adolescence:
Body changes, hormones, developing an identity and independence, peer pressure, bullying/cyberbullying, substance use among peers, social media use

Getting Help for an Adolescent

Parents are working longer hours. Teachers, school counselors and social workers typically have limited time to meet with a child requesting help. With the ideal channels clogged, many adolescents turn to peers or social media for advice. Seeking help through these unprofessional routes can lead them to self medicate with all manner of unhealthy habits - from social media to drug use.

Parents should check in with their child and **ask** if they feel safe. They should also be checking their child's social media accounts, meeting their friends, and monitoring their wrists, inner thighs, and arms (common areas for self-harm). It can be easy to overlook changes during this busy season of parenting.

This sort of monitoring can help a parent know when a change shouldn't just be labelled "teenager stuff."

"My child would tell me" is a common thought; had by parents who spent their teen years never comfortable telling *their* parents much. Remember the shame, fear, and pressure adolescents feel during that time of biological changes, social pressure, and trying to meet expectations in school and activities. Monitoring your children well can sometimes be overwhelming for all involved, but it can make all the difference.

It is important that you have a known, dedicated support system. Identify safe people to talk with, and know who to call during a crisis and how to seek professional help. There are many safe people you can help your child identify: teachers, counselors, youth group staff, church leaders, family members, close family friends, or activity leaders. Break down that barrier, and help your child feel safe asking for help.

Know your child's support system and keep open communication going. Encouraging the use of a support system throughout adolescence can set your child up for a lifetime of handling their challenges in healthy ways.



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Back-to-School **Red Flags**



Prefer
eNewsletters?

Want to
save your
favorite
non-profit
some money?

sign up on our
website or follow
us on facebook!



Sept 14th
9-5pm at Bethel Church
3500 Glenwood-Lansing Rd, Lansing

Professionally Educational to:

- Managers, Supervisors
- Law Enforcement/Security
- Hospital/Care Staff
- Faith Leaders
- Teachers, Coaches

WHAT IT COVERS

- Common signs and symptoms of mental illness
- Common signs and symptoms of substance use
- How to interact with a person in crisis
- How to connect the person to help
- Content on trauma, addiction and self-care

The course teaches you how to apply the **ALGEE** action plan:

- Assess for risk of suicide or harm
- Listen nonjudgmentally
- Give reassurance and information
- Encourage Appropriate professional help
- Encourage self-help and other support strategies

Sign Up
under 'Events'
on our website or
follow the QR code:



What is Mental Health First Aid?

Mental Health First Aid teaches you how to identify, understand and respond to signs of mental illness and substance use disorders. This training gives you skills you need to reach out and provide initial support to someone who may be developing a mental health or substance use problem and help connect them to appropriate care.