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## Mental Health Check-In Part 2 with Dr. Matt Zakreski & Debbie Reber // Webinar Chat

Hi from windy Oakland CA

Los Angeles, CA

Tucson, AZ, USA

Hi from CT!

Cincinnati Ohio!

Spokane, WA

Dr. Matt Zakreski from Succasunna NJ

Massachusetts, a state with no gifted ed :(

Columbus Ohio

Hi from Paradise Valley, AZ

Hi from NJ!

Ohio, but in the Bahamas right now

Austin, Texas

Hi from Mystic, CT

Hi from Natick, MA

Hi from PA

Hi from Bonney Lake, Washington

Philly

Portland, Oregon

Glad to be here , from Adams, NY

Hi from Milwaukee, WI

Hi from Toronto, Canada

Anchorage, AK

Lansing, MI

Aotearoa/New Zealand

Hi From New Zealand

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Needham, ma

Smyrna, GA

Malaysia!

Vancouver

Hi from MA!

Washington state, :-)

California

Hi from Dallas Texas

Twin Cities, Mn

Richmond VA

Montana

Vancouver BC

Seattle

My kids just refuses physical activity--thanks for the tip of forced choice! He is stuck just like you mentioned.

Stuck too!

Yes! Luckily, I've been able to get my son out for walks around the neighborhood the past few days.

Mine is a very lean teen with low energy--won't even take a walk or get outside. Tough.

walking for errands, meal, etc if they'll go

or treats for sure! 😊

For our child, fear /somatic complaints keep us from getting activated. Zero interests.

We go for "cat walks" i.e. what neighborhood pet can we encounter if we go for a walk. Works ~60% of the time now because my kid is onto me.

just changing it up yes!!!

That was really helpful, thanks. The activation piece . . .

Some enjoy going to the zoo

We sometimes do Night Walks with flashlights. More exciting.

So true, the resistance is a lot! and is always there. The resistance results in a lot of time

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spent in convincing. Any tips there?

I cannot see the where to post questions, is it related to settings?

Put your cursor on the black area near the video pics. You will see the Q and A icon.

I have had to stop lighting myself on fire out of desperation in order to be a source of light.

I wish schools would provide time to read in school.

Yes, literally the only thing my 13 year old wants to do is video game, all day, every day.

I think the issue is when they can't self-regulate and health and family life disappear.

It is not worth the level of disconnection it causes by being authoritarian/really strict there. It seems to be more about a way to self regulate. Some concerns about the level of catatonic eyes though have to be that line in the sand for us.

Same here. my 14 yr old plays games, but as soon as he ends, he is depressed. i am struggling to put hard stop.

3 hours is like nothing on a screen. Try 10!

I ask the kid to set his own limit. I'm to help if they need assistance stopping.

How do we help 2E kids whose entire school resources, homework are on computer. My daughter sits at our kitchen table "doing homework" all weekend when she is surfing YouTube. She is loudly resistant to any regulation or monitoring and gets really upset if she has to do homework on paper while other students work online. She is 15 and now says "I can't focus" but I can't figure out how to help her because she needs to get her schoolwork done.

Same here. Spends hours and just can't regulate/stay undistracted to get things done.

Earning more time approach does not work with PDA kids. Any other suggestions?

Me neither DEbbie!

My 12.5 year old boy spends a lot of time doing homework. Whenever I ask him to do anything else he will say he is doing school work. I don't think he gets that much homework

Same here... 3 hours is nothing. And agree... earning more time sounds great in theory but doesn't work with all kids...

In the name of doing homework, kids surf youtube, and other non-academic content. i wish we had low internet speed that doesn't support video etc

Dial up would be great at this point...

Norman Doidge talks about how neuroplasticity in the brain as well as our sense of connectedness is driven by peripheral vision....and screen time trains the eyes for focal vision.

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Each kid is so different too so there's no one right answer

My 8.5 year old PDA unschooled son uses screens to self regulate and also is fully capable of regulating himself so we don't do much limiting - except for YouTube, which led to super addictive behaviors. We've explained why we cut off YouTube unless we are using it together and he gets it. For other kids YouTube is fine but tablets are an issue. It so depends.

It is exhausting to make the kids stop the use of phone when their allocated time is over. It's always 2 minutes 5 minutes, almost done, and another hour is consumed. They don't stop if not prompted. my kids will consume 7 to 8 hrs if I don't prompt.

Dr. Devorah Heitner, author of Screenwise

Heidi Molbak is an educational consultant who specializes in placements for neurodivergent students needing more significant support

I like RO- DBT for Gifted!!

My family had good experience with a PHP in NJ

Just did a PHP program in NC for three weeks... and it was a complete waste of time.

I got a very bad review of php from a kid who did it and the family. the kid learned a lot of negative behavior in a group of kids who were at different levels of care

And ridiculously expensive as in the level of a surgery bill every day here for a min. of 14 days

I also got a good review of a place in NJ for php. but it is not close to where we live.

This is all excellent advice! Especially, researching treatment options: PHP/ IOP etc. I wish I heard this a few months ago. I will be researching more in case it is needed again in the future!

What should I look up to research the online group therapy that you mentioned?

We have school trauma so I'm wary of most formal settings but especially therapeutic programs - aren't they all deeply rooted in ABA?

I think you may have meant to ask me...

In our experience PBIS = ABA, but again we are working through trauma based on that

Independent Educational Consultants Association

Good tip Dr. Matt

I agree, from a professional perspective the concern about trauma - having worked in state hospitals and having young adult patients that were treated in nationally recognized programs as adolescents.

<https://www.iecaonline.com/>

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Are there any recommendations for handling the adderall shortage problem? Our kiddo has tried probably 50 med/ cocktails is past, that is the only one that seems to work. Since we can not get it and he is off meds for days, or we try to substitute meds, he's off kilter and having other symptoms. No guidance from Dr or Pharmacies

Eye Movement Desensitization and Reprocessing (EMDR)

IFS internal family system saves us here... it's amazing

There are a lot of good studies that EMDR works much faster than CBT

Connection is really what matters... definitely

Thank goodness for EMDR and a good therapist for a PDAer in crisis.

But yes agreed that the determining factor for success in therapy of any kind is TRUST and the relationship with the therapist

On a neurophysiological level, lateral eye movements recruit the parasympathetic nervous system

There is actual encoding of proteins that happens in the brain during EMDR - I find this is not very well understood

How serious should we take cutting behavior?

Tilt Podcast Episode #271 - Suicide and Suicidal Ideation in Neurodivergent Teens & Children, with Dr. Matt Zakreski <https://tiltparenting.com/2021/11/02/teen-suicidal-ideation/>

And it is okay to tell them you're scared?

Such good advice! Thank you

Thank you for saying that.

Stanford has an amazing first year program for autistic/ND incoming students.

Totally agree re: the smaller, the better

I'm also a big fan of community colleges- diverse, smaller school, great starting platform.

From experience ours took a 1.5 years as a GAP year and now they are doing SO MUCH BETTER and really holding their own in challenging classes they chose.

That's great to hear, Valerie!

And Stanford and MIT have programs for neurodivergent kids.

Has anyone done a mid-high school gap year for a gifted kid with severe anxiety?

And I was just introduced to Landmark College a couple of days ago for their programs for neurodiversity.

If only public high schools would adopt the best practices in the freshman ND programs.

Kate, totally!

So true about high schools and even middle schools and for some of our kids this even starts/the trauma etc in grade school—How could even a carton of milk from grade school be traumatic? only they can tell us

love that tip for a soft landing. So helpful as that is what we were thinking but not entirely sure.

I think friends in any educational setting is a potent accommodation for transitions.

And the kids think that if it is hard then it has more value. They rarely appreciate or lean-in to the things they find easy.

And a real surprise can be that even after all of the work to make sure they graduate that they have no interest in actually walking in the procession and may not even be sure they graduated in this continuing state or trauma.

It's hard not to let the SAT score determine where they go/apply. My son landed at a lovely small school in Maine and is doing well.

Linda Murphey - Declarative Language

Eliza Fricker - The Family Experience of PDA

<https://tiltparenting.com/2022/10/18/parenting-child-pda/>

PDA North America Conference in Chicago

Harry Thompson - PDA emissary

And it is virtual as well and will be recorded and available for 14 days after the conference

Motivational interviewing

I'd love to know more about how to do motivational interviewing with my kid. examples of what to ask etc.

Well said!!! Thank you both so much!!

Thank you for your time this evening.

What a wonderful conversation again. Thanks Dr. Matt!!!

Thank you

So so grateful....

Thank you

Thank you Dr. Matt and Debbie!

Thank you for round #2!

Thank you and thank you for addressing the PDA questions.

Thank you so much!

Thank you both, so very grateful as well. This is so important!!

Thank you Dr. Matt and Debbie!

Thank you so much! so grateful Dr Matt and Debbie

Thank you so much. This has been SO incredibly helpful.

Thank you both!!

Thank you both so much for this conversation

Thank you so much! It does help to hear about these things, reminding us we are not alone!