Smiling on the Outside, Crying on the Inside.

Where Do I Turn?
The Mask
Stepping out from the Shadows
“Drugs and alcohol are not my problem. Reality is my problem, drugs and alcohol are my solution.”

- Russell Brand

“Life is Hard”
Do You Want to Exist

or

Do You Want to Live?
Labels

A.D.D

Schizophrenia

Autistic

O.C.D.

Bi-Polar Disorder

Drug Addict

See the person
DVD
The most common form of mental illness that affects children and teenagers is:

a) Anxiety disorder
b) ADHD
c) Depression
d) Conduct disorder
6 Key Signs

1. Appearance
2. Performance
3. Substance related smells
4. Change in peer groups
5. Dark themes in their writing
6. Isolation or attachment
The Game Changer

- Establish relationships
  - Go beyond the classroom

If you think there is a problem, there probably is.
Which country is the largest per capita consumer of prescription opiate drug use in the world?

a) United States  
b) Canada  
c) United Kingdom  
d) Norway

* 21.7 million prescriptions for opioids in 2014
Tolerance

Experimentation ➔ Occasional ➔ Abuse ➔ Addiction
Who Am I?

Addiction: living outside of self to prevent going within
Who Am I?
How Are You Feeling?
What percentage of people choose to become an addict?

a) 100%
b) 71%
c) 39%
d) 0%

Take a deep breath...
Choice

But Allan...
They *choose* to break the law.
They *choose* to drive impaired.
They *choose* to be addicts.

I am just supporting their decision to be weak and dangerous to society. When is it going to stop being about addicts and when will it start to be about the *good* people and their needs?
Soul

Anger vs Compassion
Good luck in your approach. I must warn you...

The good will break your heart, kill your family, and fill our prisons. Each one is an individual case of failure. Failures made by a person making a veiled excuse for their problems and actions.
What percentage of people have addictions in their family?

a) 14%
b) 20%
c) 26%
d) 34%

Who feels the impact the most?
The child’s home environment

- Neglect and abandonment
- Chaos and Uncertainty
- Lack of healthy relationships

The 3 Rules:

1. Don’t talk
2. Don’t trust
3. Don’t feel
Self-harm

• Control and power

• Demi Lovato

• Look at me!!
“What are these scars from?”
“They’re battle wounds.” I replied.
She looked at me for a long time.
“Who were you battling?”
“Myself.”
Suicide is about an escape, not death
How Will You Respond?
Say and do everything you need so you don’t need to look back thinking, “I should have done more.”
Open the Door

“I don’t mean to pry but I just wanted to let you know that I am concerned. I just wanted to let you know that I would be more than happy to LISTEN if you ever need to talk.”

Our basic needs...
“You can’t possibly understand what I have gone through.”

“Help me to understand.”
Go Through The Middle

“Why does this keep happening to me?”

• 2 choices
  – Fight or give up
The Path Towards Healing

My Plan

Reality
Tools to Manage Pain

1. Walk
2. Talk
3. Write
“What if I Fall?”

“Oh darling, but what if you fly?”

- Erin Hanson
What is Strength?

- Allow yourself to feel
- Be with your pain, don’t run
- You are not alone
Hope
Surround yourself with others who speak your language

Talking facilitates healing
The Power of the Circle
Don’t Be a Victim

- Counselors
- Support groups
- Elders
- Traditional ceremonies
- Medications
- Natural alternatives
- Audio books
5 Commitments

1. Know your students not just as students, but as people

2. Look beneath the actions (ask why)

3. Create environment of trust, safety, and compassion

4. Open your door and when they speak... listen

5. Be aware of available resources
“Schools need to be a place where we learn to be human. We focus so exclusively on academic subjects that we forget schools have a responsibility for social and emotional development as well.”
Additional Resources

out from the shadows

@allankehler

* Classroom Activities & Blog

* Booth 409

www.outfromtheshadows.ca