

Up To Me (Parents): Starting the Conversation

Part 5 of 6

- How to Disclose -

Presented by:
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ROGERS
Behavioral Health

wise END
STIGMA
TOGETHER
one story at a time

Goals for today's presentation:

Learn

How to select a person to share one's story with and how to share that story in a way that honors your goal

Explore

Explore how to cope if the wanted response is not given

Consider

The delicate balance of sharing a loved one's story that honors both your loved one and your needs as a caregiver

Accommodations

Advocacy

What is your goal

Support for
your loved
one

Transparency

Support for
yourself

To whom might you disclose?



GOAL	RELATIONSHIP
For emotional support at school	School social worker or counselor
Accommodations in the classroom	Classroom teacher
Support for yourself	Friend, therapist, religious leader

Four questions to ask yourself in deciding if and what to share:

Will this help (or hurt) my child?



Will this help (or hurt) me and/or others I care about?



Have I included everything that I want to, including what is relevant?



Have I presented myself and my child with dignity?

Will this help (or hurt) my child?

First and foremost - what is in the best interests of my child?

How do the benefits and costs compare as it relates to my share?

Have I consulted with my child prior to sharing?

Will this help (or hurt) me and/or others I care about?

What impact might this have on me as the caregiver? What impact may this have on others I care for?

What are some of the benefits and costs to those who support my child?

Have I included everything that I want to, including what is relevant?

How have I incorporated what my child is comfortable with me sharing?

Including only what is relevant to the person you are sharing with - remember your goal

How do I incorporate my child's strengths when sharing my child's struggles?

Have I presented myself and my child with dignity?

Presenting you and your child's story as neither overly bleak nor overly positive.

Your child's challenges are only *part* of who they are and helping them cope with these challenges is only *part* of your role as their parent.



Up To Me (Part 3): Preparing to Share and Respond

Emotional Reactions



Helpful
Understanding
Caring Support
Sincere interest
Assistance



Hurtful
Disrespect
Denial
Punishment
Fear/Avoidance
Blame

Who seems like a good person for you to disclose to?

If you disclosed to them, and they unexpectedly gave you a hurtful reaction, what would an effective response be to them?



Up To Me (Part 3): Preparing to Share and Respond

Preparing for and Managing Unhelpful Reactions

- **Consider talking with someone who supports you about your disclosure before you disclose.**
- **Take a breath and allow yourself time to feel, process, and formulate your response to any hurtful or unhelpful reaction.**
- **Be kind to yourself by using positive self-talk.**
- **Walk away. Delay your response until you are ready or do not respond at all.**
- **Ask someone you already trust to help you think of effective responses.**
- **Remember that the person may be having a difficult time understanding what it has been like for you if they have not had a similar experience.**
- **Allow yourself to make mistakes in deciding to whom you should disclose. When you feel ready, review what went well, what didn't, and use what you learned in future opportunities for disclosure.**

Please join my colleague, Sharon M Dossett, next month as she discusses:

Your Child's Story

The application of this Up to Me material to support your loved one with sharing their own story.

Sharon will walk you through:

- ▶ How a parent or caregiver's story impacts the story their loved one generates of themselves
- ▶ How a parent or caregiver can support their loved one in integrating the concepts covered in this series into their own story



Questions?

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Thank you!