

DC College Access Program



Crisis Management

Parent Workshop #6





Objectives

- Learn and become aware of what causes stress in your son's life.
- Learn to understand the feelings of vulnerability teenagers face.
- Learn where to get resources to assist your child in times of crisis.





What is a Crisis?

- What is a crisis for you?
 - Involuntary loss of job
 - Injury to you or your child
 - Sudden death in the family
 - Terrorist attack
 - War
 - Natural Disaster (Hurricane, earthquake, etc.)
 - Home Fire
 - Legal Trouble
 - Divorce





What is a Crisis?

- What is a crisis for your son?
 - Parental Divorce
 - Break-up with girlfriend
 - Bullying
 - Getting expelled/suspended from school
 - Legal Trouble
 - Resisting negative peer pressure (gangs, drugs, etc.)





Why the Difference in Crisis Definition?

Your son's world is framed by what happens within his high school and on social media. He is focused on the present and how situations immediately impact them.





Is My Son in Crisis?

- When your son is dealing with a crisis in his life he may display some of the following behaviors:
 - Anxiety and feelings of guilt
 - Poor concentration and distractibility
 - Physical pain (headaches, muscle pains, etc.)
 - Antisocial behavior
 - Significant change in energy level
 - Poor school performance
 - Peer problems





How to Handle Crisis

- Identify the cause of the crisis.
 - Ask him what is going on?
 - Use open ended questions
 - Describe the signs he is displaying.
- Determine the severity of the situation.
 - How long has this been going on?
 - Is the situation causing physical harm?





How to Handle Crisis

- **GET HELP!!!**
 - Use local resources to help (i.e. school, government services, police etc.)
- **Help him create possible solutions**
 - Ask what outcome would you like to see?
 - What actions can help you achieve that?
 - Evaluate the pros and cons of each option with him





How to Handle Crisis

- Be Empathetic
 - This is a key component to helping him through a crisis. Empathy is not feeling sorry for him rather, recognizing and validating his feelings.
 - Try to view the situation through his eyes.
- Counseling
 - Some students in crisis may benefit from talking to licensed counselor.
- DC-CAP Community Resource Guide
 - Contact your son's DC-CAP Advisor





We are here to help

- Seneca Scarborough, Capital City Advisor
202-807-9767
seneca.scarboro@dccap.org
- Trayon Brady, Coolidge Advisor
202-671-6098
trayon.brady@dccap.org
- John Wiley, Dunbar Advisor
202-724-4181
john.wiley@dccap.org
- Kenneth Barton, Roosevelt Advisor
202-576-6130
kenneth.barton@dccap.org
- Ajamu Clark, Wilson Advisor
202-724-9507
ajamu.clark@dccap.org





Contact Information

If you have questions or concerns, please contact us:

District of Columbia College Access Program (DC-CAP)

Alpha Leadership Project

1400 L Street NW, Suite 400

Washington, DC 20005

<http://alphadev.dccap.org>

Matthew Avery – ALP Director

matthew.avery@dccap.org

(202)783-3851



Keadrick Peters – ALP Coordinator

keadrick.peters@dccap.org

(202) 783-2716

