

SWIVEL to Success

Bipolar Disorder in the Classroom



A Teacher's
Guide to Helping
Students Succeed

Workshop Overview



Divided into four sections.

1. **Through their Eyes:** Understanding Your Student w/Bipolar Disorder
2. **Brain Matters:** How Bipolar Disorder Affects Learning, Development & School
3. **Make a Difference:** Interventions and Strategies for your Classroom
4. **Times of Challenge:** Tackling the Tough Topics

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Section 1: *Through their Eyes*

Understanding Your Student with Bipolar Disorder

Your View Matters



- What is your worst trait?
- How do you want to be identified?
- How will you identify your students with bipolar disorder?
- While our workshop may highlight some of the most difficult traits of students with bp ... never mistake this for who they are as a person.

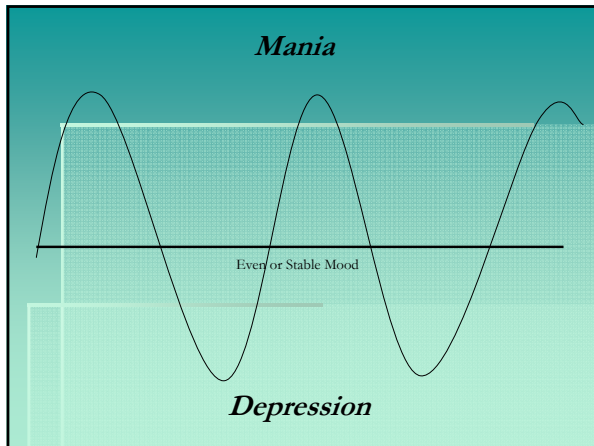
Steps to Success

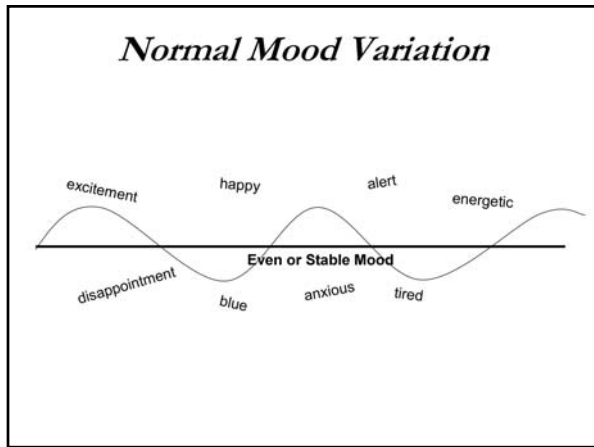
SWIVEL

- Shift your perspective
- Widen your view
- Identify the underlying cause
- Value the positives
- Educate yourself
- Learn how to help

What is Bipolar Disorder?

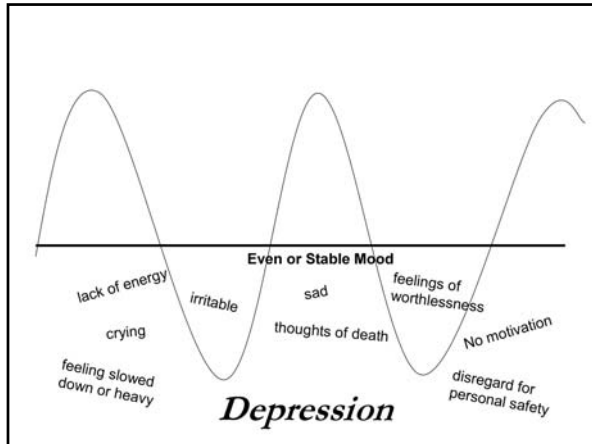
- Bipolar disorder is a treatable illness marked by extreme changes in :
 - Mood
 - Energy
 - Thoughts
 - Behavior
- Moods cycle between the opposite extremes of depression and mania. In children, cycles can occur very rapidly.





Symptoms of Depression

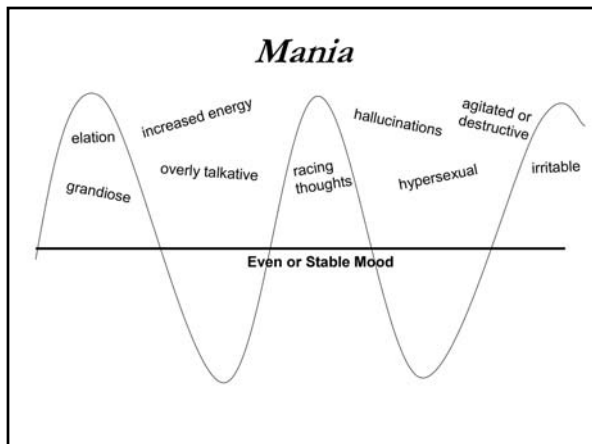
- Decreased energy levels
- Excessive crying
- Lack of motivation
- Feelings of worthlessness
- Disregard for personal safety
- Sad or irritable mood
- Feels slowed down or heavy
- Thoughts of death or suicide



Symptoms of Mania

- Increased energy levels
- Elated or irritable mood
- Easily distracted
- Grandiose thinking
- Racing thoughts
- Overly talkative
- Agitated or Destructive
- Hypersexuality
- Hallucinations

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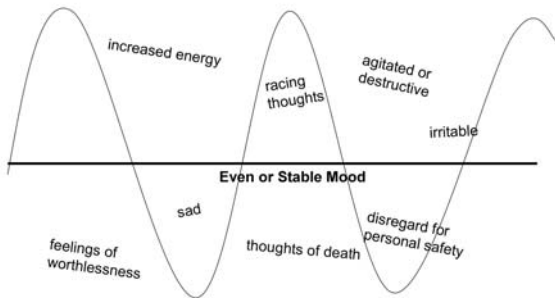


Mixed States

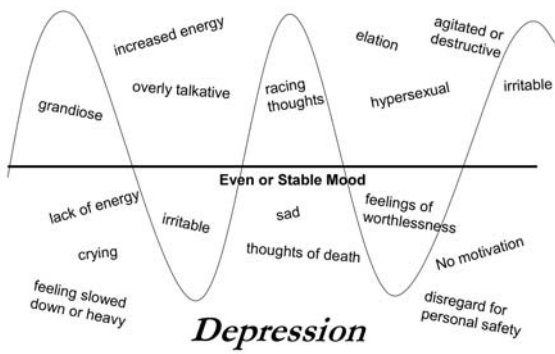
- Symptoms of both depression and mania at the same time
- Very dangerous state....thoughts of death with the energy to carry out the intent.

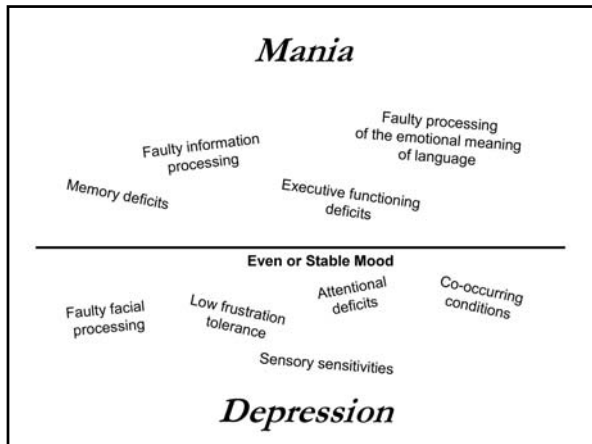
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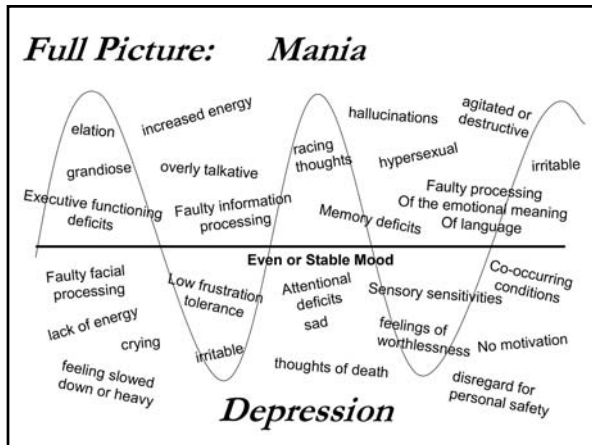
Mixed States



Mania







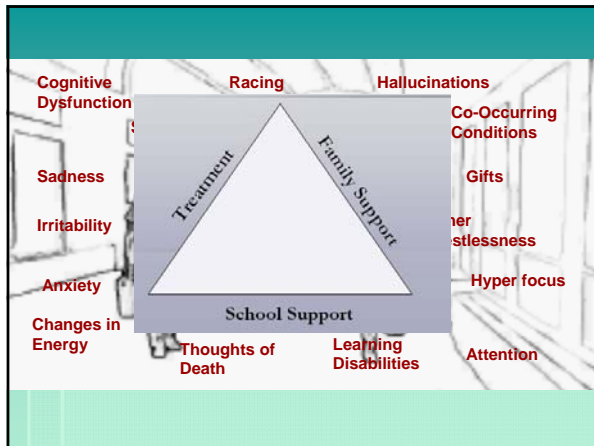


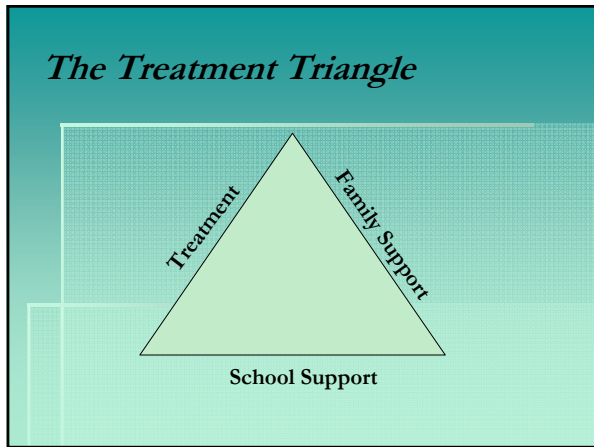
Do You Have Tunnel Vision?

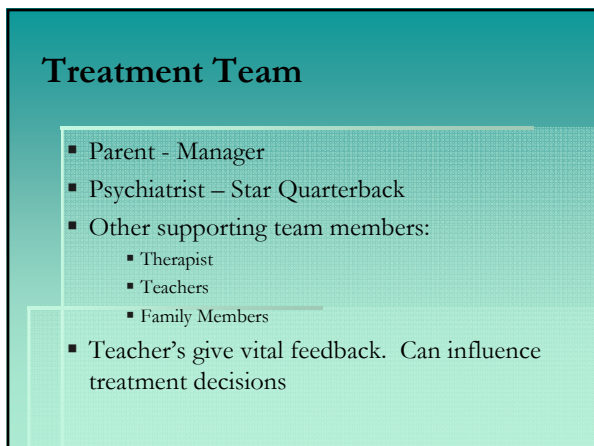


Behavior

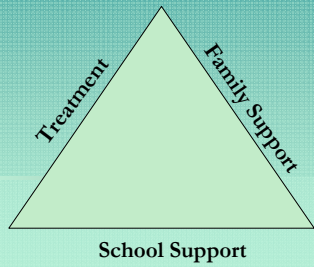








The Treatment Triangle



Handout

Dealing with Parents

- Stages of Grief
 1. Dealing with a catastrophic event
 2. Learning to cope
 3. Moving into advocacy
- How teachers can help
 1. Remove feelings of blame
 2. Acknowledge denial and anger as normal to grief process
 3. Communicate empathy and compassion
 4. De-stigmatize
 5. Emphasize early intervention and treatment
 6. Provide resources

Review on section 1:

Understanding Your Student
with Bipolar Disorder

Q and A
