

## How To Deal With Problem Kids

Who's the first person you go to when you have a problem kid?

Is it your administrator?

Is it a fellow teacher?

Is it your partner?

It's a tough one.

I didn't go to any of them in my first year of teaching when I was faced with a tough problem kid.

I didn't want anyone to know that I had problems with my students.

It's a common rookie mistake.

I made a lot of those in my early years. I went to the one person I could trust. The one person I knew who wouldn't tell anyone on my staff.

I went to my sister.

My sister is a social worker. She has a masters in social work and has worked with the toughest kids in juvenile settings.

I was overwhelmed that first year of teaching with problem kids I never was taught how to deal with in teachers college. I was taught to teach, with the same-old, same-old techniques that worked with a majority of students from a different generation of students. I was never taught techniques to deal with mental health issues such as serious acting-out, temper tantrums, defiance, violence, bullying and worse.

Unfortunately, this expertise developed by mental health and juvenile justice staff never really made it out to the world of K-12 education. As my sister's career started to take her into other forms of social work away from problem kids, I needed someone with K-12 experience.

It was tough, but I found her.

Her name is Ruth Herman Wells, M.S.

Ruth has been a dear friend and mentor of mine for over 7 years.

She has been creating resources and running workshops across the USA and Canada with ready-to-use answers for aggressive, withdrawn, non-compliant, abused, unmotivated, at-risk and delinquent youth grades K-12 for over 20 years.

Ruth has helped create and manage many model youth programs including independent living, day treatment, mental health, juvenile justice and secure programs.

Her methods were not developed in an office far away from actual children, but in schools, day treatment programs, special ed classes, juvenile corrections sites, and residential treatment settings.

She (and my sister) are the people I went to when I faced tough mental health challenges in my classroom.

(My biggest regret is that I didn't go to them more often.)

Don't make the same mistake I did.

Seek help when you need it.

You'll be glad you did.

To learn more about Ruth, chat with her, download her free resources, subscribe to her newsletter and see her products, go to here: <https://www.youthchg.com/teachers-store/>

Ruth has a lot of free resources on her site and a free magazine subscription at:  
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