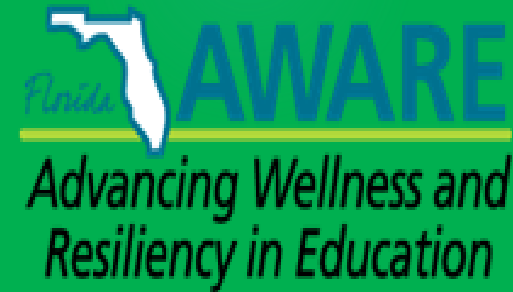




*Mental
Health*
awareness

Project Aware



▶ ACCESS

- ▶ Increase youth access to mental health services and supports within a data-based multi-tiered framework (e.g., ISF; Barrett, Eber, & Weist, 2013)

▶ AWARENESS

- ▶ Increase awareness of mental health issues within our youth, families, schools and communities

▶ EVIDENCE BASED PRACTICES

- ▶ Increase implementation of evidence-based culturally responsive mental health practices

Objectives

- Common mental health disorders
- Facts about mental health
- Typical development
- How to help
- Resources.

Youth Mental Health

Negative Indicators
(Mental Illness Symptoms)

Positive Indicators
(Well-Being)

Internalizing Problems, such as Anxiety and Depression

Disruptive Behaviors, such as Defiance, Rule Violations, Substance Use

Life Satisfaction and Positive Emotions, such as Happiness

Strong Social Relationships

Trauma and other environmental stressors

Thinking errors, behavioral withdrawal

Risky/unsafe settings

Inconsistent rules and expectations across settings

Building blocks of well-being, (gratitude, empathy, persistence)

Basic needs are met

Social and emotional skills

Healthy interactions and safe, nurturing settings (minimal bullying, high support)

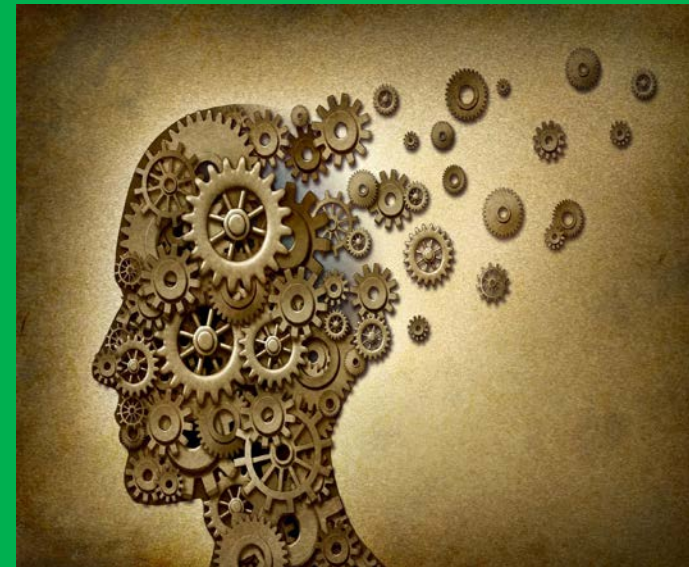
Risk Factors

Resilience Factors

What is a Mental Health Disorder?

A **mental disorder** or **mental illness** is a diagnosable illness that:

- Affects a person's thinking, emotional state and behavior
- Disrupts the person's ability to:
 - Work or attend school
 - Carry out daily activities
 - Engage in satisfying relationships.



What Are Some of the Disorders We Might Hear About?

- ADD/ADHD/ODD/OCD
- Anxiety Disorders
- Bipolar Disorder
- Depression
- Eating Disorders
- Substance Use Disorders

Percentage Of Youth Who Meet Criteria For A Mental Health Diagnosis

Anxiety	31.9%
Behavior Disorder	19.1%
Mood Disorder	14.3%
Substance Use Disorder	11.4%

Source: Journal of America Academy of Child and Adolescent Psychiatry.

Facts

- ▶ One in six school aged youth experience impairments in life functioning due to mental illness
- ▶ Most prevalent is ADHD, behavioral/conduct problems, anxiety, and depression.
- ▶ Half of mental illnesses emerge during or before adolescence, yet fewer than half with mental illness receive adequate treatment.

More Facts

- ▶ Suicide is the second leading cause of death for ages 10-24.
- ▶ LGBTQ teens are six times more likely to experience symptoms of depression than the general population.
- ▶ The earlier addressed the more likely the young person is to avoid onset or progression of a mental illness.

Physical Characteristics

- Cardiovascular: rapid heart rate, chest pain, blushing
- Gastrointestinal: stomach pain, nausea, Musculoskeletal: muscle aches and pains, restlessness, shaking
- Appearance: change in hygiene, weight gain or loss.



Emotional Characteristics:

- Depressed mood, and or mood swings
- Excessive irritability
- Excessive anxiety or guilt
- Lack of inhibition
- Lack of emotion
- Helplessness or hopelessness

Behavioral Characteristics:

- Crying spells
- Withdrawal from others
- Loss of motivation
- Changes in energy level
- Neglect of responsibilities
- Risk taking



Thought Characteristics:

- Self-criticism or self-blame
- Pessimism
- Difficulty concentrating
- Racing thoughts
- Ridged thinking
- Indecisiveness or confusion

Warning Signs, Cont.

- Drastic changes in behavior, personality, eating or sleeping habits
- Unrealistic overwhelming fear, or worry that impacts daily activities
- Threats to harm self or others

Warning Signs

- Feeling sad for two weeks or longer
- Out of control or risk taking behaviors that can cause harm to self or others



Average Teen

- Prefers to spend time with friends; pulls away from family
- Privacy is demanded more often
- Childhood interests are set aside and exchanged for more teen like activities

Warning Signs

- Spending time alone; Doesn't want anyone around
- seems to be hiding something
- All activities are set aside and are not replaced with new activities



Risk Factors

- Stressful events
- Learned behavior
- Chemical imbalance
- Substance misuse and sensitivity
- Seasonal changes
- Ongoing stress
- Medical conditions
- Life threatening, or chronic illness.

Protective Factors

- Regular school attendance and academic performance
- Having a good social support system
- Community bonding
- Parental/familial support.
- Close relationship with at least one adult
- Involvement in Organized Sports

Protective Factors, Cont.

- Healthy practices
- High self-esteem
- Good problem solving skills
- Spirituality
- Avoiding alcohol, tobacco and other drugs
- Consistent home/family routine.

Most youth
pass through
adolescence
with
relatively little
difficulty
despite all of
these
challenges.



Resilience

The Courage to Come Back

Who Can Diagnosis A Mental Health Disorder?

Psychiatrist

Psychologist

Physician

Physicians Assistant

Nurse Practioner

Licensed Clinical Social Worker

Licensed Mental Health Counselor



Who Can Provide Professional Help?

School

- School Counselor
- School Social Worker
- School Psychologist
- School Nurse



Who Can Provide Professional Help?

Community

- Private Counselor
- Psychologist
- Physician
- Psychiatrist
- Support Groups
- Community Mental Health Agencies



Examples of Community Agencies

- 211
- Suncoast Center for Community Mental Health
- Directions for Living
- Personal Enrichment Mental Health Services (PEMHS)
- Family Resources
- Bethel Community Foundation
- JWB funded agencies
- Private Practitioners

Examples of Types of Treatment

- Individual counseling
- Family counseling
- Group counseling
- Peer counseling
- Case management
- Bio feed back
- Alcohol/drug treatment
- Residential treatment

Facts About Treatment

- All mental health disorders are treatable
- Although an individual receives treatment it does not mean that they will always be in treatment
- Even those who are resistant to treatment may see some improvement
- Majority of youth will only need outpatient care

Links Between Mental Wellness and School



- Earn better grades
- Better attendance
- Perform better on standardized test
- Have a positive attitude towards learning
- Have better relationships

What can I do to support until “help arrives”?

- Offer to listen
- Use I statements
- Validate feelings
- Promote self advocacy
- Refer to professional support



Youth Mental Health First Aid (YMHFA):

Let's make Mental Health First Aid as common as CPR.

- ▶ Mental Health First Aid is an 8-hour course that gives people the skills to help someone who is developing a mental health problem or experiencing a mental health crisis. The evidence behind the program demonstrates that it does build mental health literacy, helping the public identify, understand, and respond to signs of mental illness.
- ▶ Trainees are taught how to apply the 5-step action plan in a variety of situations such as helping someone through a panic attack, engaging with someone who may be suicidal, or assisting an individual who has overdosed. An important component of the Mental Health First Aid course is the opportunity to practice the intervention strategy rather than to just learn about it.
- ▶ YMHFA teaches typical adolescent development and risk & protective factors



Youth Mental Health First Aid (YMHFA)

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To register for a course or schedule a training for
your organization/community contact:

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Questions

