

K.N.O.W. 2 Prevent
Youth Mental Health 101: Supporting Teens in
These Challenging Times

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A True Public Health Emergency

Deaths from alcohol, drugs and suicide in the US hit highest level since record-keeping began

Annual deaths since 1999:

Year	Total	Drugs	Suicide	Alcohol
1999	64,551	26,199	19,107	18,245
2019	151,045	47,173	68,049	35,823

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2018 County Executive Transition Report

Mental health, specifically depression and suicide, were rated as the top health concern and the number one need for the community (68%). Followed by:

- Drugs and alcohol use 63%
- Child health and wellness 36%
- Women's health and wellness 26%
- Environmental hazards 25%
- Obesity/weight loss issues 22%
- Diabetes 15%

The following are most needed to have a positive impact on the health of Westchester residents:




- Mental health services 64%
- Affordable and/or supportive housing 48%
- Drug and Alcohol Rehabilitation Services 45%
- Clean Air and Water 37%
- Safe childcare options 28%

Youth Mental Health First Aid by the Numbers

<p>1 in 5</p> <p>age 13-18 have a mental health diagnosis with severe impact</p>	<p>50%</p> <p>of all lifetime disorders begin by age 14</p>	<p>1/2</p> <p>of youth age 8-15 who need services do not receive them</p>
<p>70%</p> <p>of youth entering treatment for substance use have a co-occurring mental health disorder</p>	<p>2nd</p> <p>suicide rank in causes of death for youth age 15-24</p>	<p>14%</p> <p>of high school students have seriously considered suicide</p>

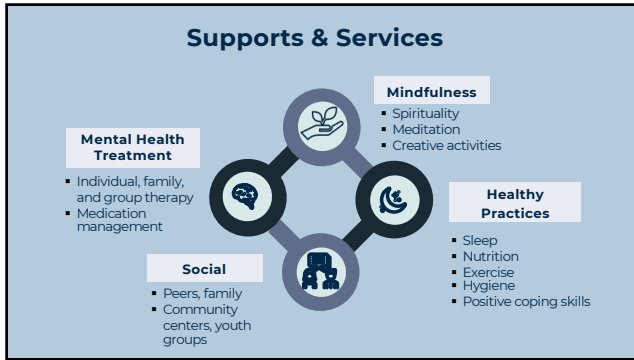
Ripple Effect of COVID
3 Pillars of Trauma Informed Care

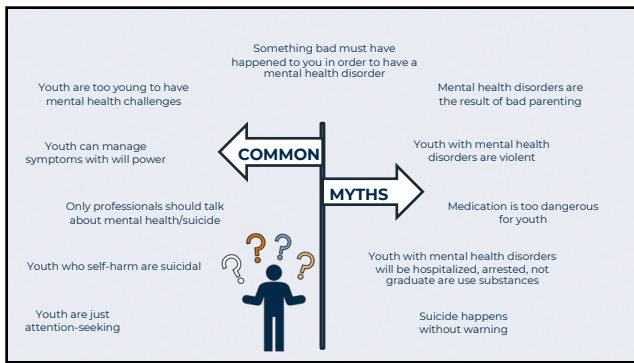
Families, schools, and communities play an integral role in supporting and assisting youth navigate the impact of COVID on their overall wellness. Goals include providing a sense of:

 <p>Connectedness</p>	 <p>Safety</p>	 <p>Self-regulation</p>
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"Said No Teen Ever"
 Mental Health First Aid
 National Council for Behavioral Health

<https://www.youtube.com/watch?v=OIIDqNSxIbs>





What is a Mental Health Disorder?

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

- affects a person's thinking, emotional state, and behavior
- consists of symptoms that are excessive, pervasive, and debilitating

- Work or attend school
- Engage in satisfying relationship
- Carry out daily activities

Disorders May Include:

- Anxiety (Generalized, Social, OCD, Separation)
- Major Depression
- Substance Use
- Attention Deficit Hyperactivity
- Oppositional Defiant
- Eating (Anorexia, Bulimia, Binge)
- Schizophrenia
- Conduct
- Bipolar
- Co-occurring

Risk Factors	Protective Factors
Genetics	Healthy practices
Seasonal changes	Spirituality
Ongoing stress/anxiety	Constructive recreation
Learned behavior	Familial and social support
Medical conditions	Feeling close to at least one adult
Trauma/ACEs	Problem solving skills
Environmental factors	Regular school attendance
Substance use	High self-esteem
Technology and social media	Ability to communicate effectively

Signs & Symptoms

COGNITIVE

Slow processing speed, short-term memory deficit, difficulty using abstract thinking, inability to sustain attention and follow directions, impaired judgement, apathy, unable to multi-task, struggling to make decisions, impulsivity, neglect of personal hygiene and nutrition

PHYSICAL

Chest pain, difficulty breathing, headaches, dizziness, stomach or muscle aches and pains, nausea, eating and sleeping more or less, changes in appearance, extreme fatigue

EMOTIONAL

Excessive irritability and anger, depressed mood, lack of emotion or affect, mood swings, low self-esteem, oversensitivity, excessive worry, feeling helpless or hopeless, suicidal thoughts and feelings

BEHAVIORAL

Crying spells, becoming secretive or lying, withdrawal, bullying, neglect of responsibilities, loss of motivation, slow movement, talking rapidly, restlessness, changes in energy level, obsessive or compulsive behaviors, avoidance or phobic behaviors, self-harming

MENTAL

Difficulty concentrating, rigid thinking, racing thoughts, suspiciousness and paranoia, frequent self-blame, odd ideas, lack of insight, rumination, suicidal thoughts and feelings

SOCIAL

Withdrawal, avoidance, drop in school or work functioning, promiscuity, increased screen time (video games, texting, social media), inappropriate relationships with peers, gang activity

Talking About COVID: Be Honest & Accurate

- 01 Ask what they already know, think, and feel
- 02 Explain simple health and safety steps
- 03 Encourage sharing of thoughts and feelings, asking questions, etc.
- 04 Correct any misinformation
- 05 Answer questions truthfully without giving any unnecessary or age-inappropriate details

Effectively Communicating with Youth

Be aware of body language and facial expressions

Give the young person hope

Be comfortable with silence

Be helpful with language without telling them how they feel or "should" feel

Have realistic expectations

Stay genuine and respectful

Be honest

Be confident and reassuring

Provide practical help and information

Use humor when appropriate

Don't try and "fix" the problem

Don't make promises you can't keep

Don't criticize or blame

Acknowledge your limits

Helpful Things to Say

A lot of things are still the same

You are not alone

I care about you and want you to be safe

Part of our job is to keep ourselves safe and healthy

You are safe

This is weird and different

I'm here for you

I'm worried about you

We are all working together to fight this

I've notice that... It seems like...

I don't know that answer, let's find out together

Here's what we can do...

Other Ways to Help

- Stick to a normal schedule and routine as much as possible
- Encourage and model healthy coping skills
- Add elements of fun
- Practice reframing – "I can't hang out with my friends to "I am being safe"
- Emphasize your consistent support and commitment to their overall well-being
- Normalize and validate thoughts and feelings
- Empower – give them a sense of control
- Keep communication lines open – "walk and talk"
- Be familiar with available resources
- Practice your own self-care

What is Youth Mental Health First Aid (YMHFA)?

Youth Mental Health First Aid teaches you how to identify, understand and respond to signs of mental illness and substance use disorders in youth. This 6-hour training gives adults who work with youth the skills they need to reach out and provide initial support to children and adolescents (ages 6-18) who may be developing a mental health or substance use problem and help connect them to the appropriate care

Curriculum

- Common signs and symptoms of anxiety, depression, eating disorders, ADHD, and substance use
- Risk and protective factors
- Typical v. atypical adolescent development
- Warning signs of suicidal thoughts and behaviors, non-suicidal self-injury, or other harm
- 5-step ALGEE action plan
- How to interact with a child or adolescent in crisis and connect them with help
- Expanded content on trauma, addiction and self-care and the impact of social media and bullying

Potential YMHFA Training Dates

JAN	FEB	MARCH	APRIL	MAY
05	07	08	05	06
10	14	16	08	12
15	21	24	12	18
20	27		16	24
25				

Practice Your Own Self-Care

Be realistic and set boundaries



Q&A – Open Forum

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Resources for LGBTQ+ youth and families:

WJCS Center Lane: <http://www.wjcs.com/center-lane-lgbtq-youth-and-community-education-center/>

PFLAG Westchester: <https://pflagwestchester.org/>

YWCA: <https://ywcawpcw.org/>

LOFT: http://www.loftgaycenter.org/westchester_pride

The Trevor Project: <https://www.thetrevorproject.org/>

GLSEN: <https://www.glsen.org/>

Supporting Black LGBTQ+ Youth: <https://conta.cc/3h49FIS>

Honoring Transgender Awareness Week: <https://conta.cc/3kEuo0g>

Coming Out – Celebrate & Support LGBTQ + Youth: <https://conta.cc/3dwETRd>