

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 1999:

Year	Total Deaths	Drug Deaths	Suicide Deaths	Alcohol Deaths
1999	64,591	28,195	19,460	15,128
2019	151,045	73,990	47,173	35,823

SOURCE: U.S. Department of Health and Human Services, National Vital Statistics System. Analysis of data from National Center for Health Statistics, CDC.

2018
County Executive
Transition Report

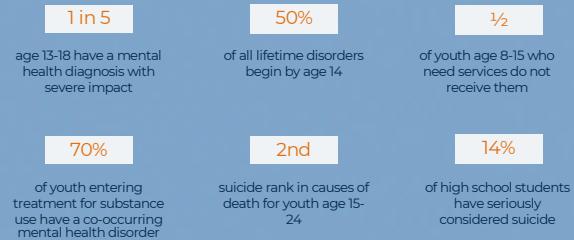
Mental health, specifically depression and suicide, were rated as the top health concern and the number one need for the community (68%). Followed by:

- 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



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:



Connectedness



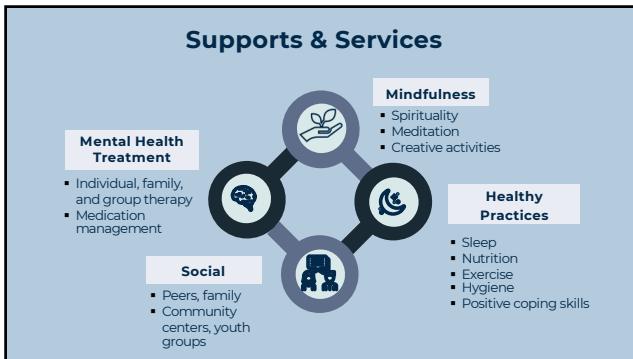
Safety

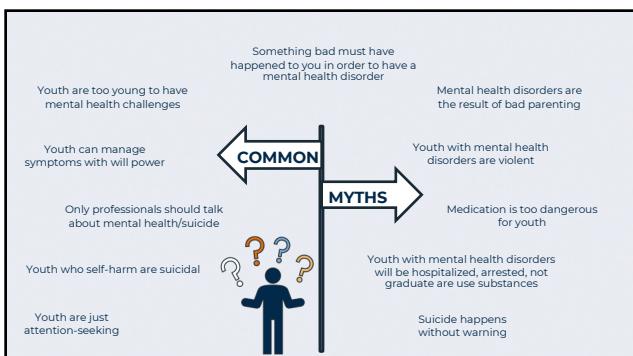


Self-regulation

"Said No Teen Ever" Mental Health First Aid National Council for Behavioral Health

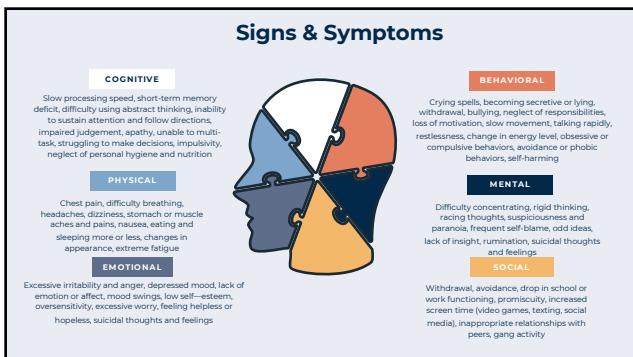
<https://www.youtube.com/watch?v=OIIIdqNSxlbs>

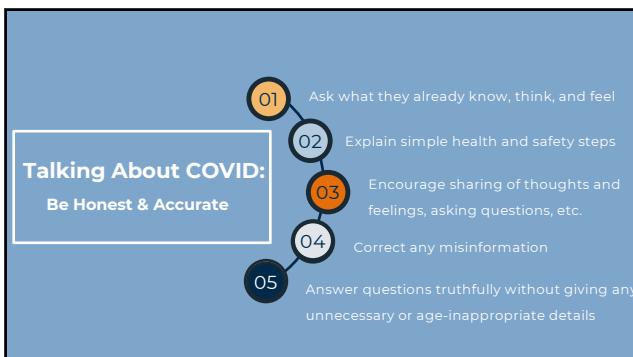






Risk Factors	Protective Factors
Genetics	Healthy practices
Seasonal changes	Spirituality
Ongoing stress/anxiety	Constructive recreation
Learned behavior	Familial and social support
Medical conditions	Feeling close to at least one adult
Trauma/ACEs	Problem solving skills
Environmental factors	Regular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











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	27	16	24
25				

Practice Your Own Self-Care

Be realistic and set boundaries

Reach out to support system

Self-compassion

Seek out mental health treatment

Engage in enjoyable activities

Prioritize healthy choices

Mindfulness

Take physical and mental breaks

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://ywcaawpcw.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>