

Mental Wellness

Youth Awareness

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Why discuss *Mental Wellness*

As a Licensed Professional Counselor who has over 25 years in Child Welfare and a Youth Worker in First Jurisdiction Illinois, I am concerned about the level of awareness that youth have as it relates to mental health.

It is necessary to know the facts about mental health in general and be properly equipped to respond if faced with a condition that requires attention.

What to Expect

- ▶ Examine definitions of mental health
- ▶ Discuss causes and statistics
- ▶ Interactive Scenario
- ▶ Offer a challenge

ROOM EXPECTATIONS

- Be respectful of each other
- Ask and Answer questions
- If for any reason you become uncomfortable, please alert the room monitor

What is Mental Health/Mental Wellness

A person's state of emotional well-being. It's the personal feeling of contentment and life satisfaction despite the problems, challenges, and disturbances of life.

Mental health is something that people have the ability to control; to work for and achieve.

Mental health is just as important as physical health

Physical health vs. Mental health

Physical health is important to the complete health of an individual; this includes everything from overall well-being to physical fitness.

A state of physical well-being in which the individual is able to perform daily activities without problems.

Physical health vs. Mental health

Physical health is something that is generally monitored by a healthcare professional

Mental health is something that is generally assessed by a mental health professional

Mental Illness

A dysfunction within the brain that negatively affects someone's thoughts, emotions, and/or behaviors

Interferes with his/her ability to live a full life in society.

It does NOT mean that you are “crazy”

What Impacts Mental Wellness?

➤ Environmental Stressors

- ▶ Traumatic events

- ▶ Emotional harm

What Impacts Mental Wellness

- Social Media/Entertainment

- ▶ Cyberbullying

- ▶ Negative content

What Impacts Mental Wellness?

- Genetics
- Bio-chemical imbalances
- Lifestyle Choices
 - ▶ Substance use/abuse
 - ▶ Risky behaviors

Warning signs of mental illness

(This is not an exhaustive list, please refer to resource entitled *Mental Health Facts*)

- ▶ Trying to harm or kill oneself or making plans to do so
- ▶ Not eating, significant weight loss or gain
- ▶ Severe mood swings that cause problems in relationships
- ▶ Intense worries or fears that get in the way of daily activities

Mental Health Statistics

According to the National Alliance on Mental Illness (NAMI)

- ▶ 1 in 5 youth ages 13-18 have, or will have a serious mental illness
 - ▶ 20% of youth ages 13-18 live with a mental health condition
 - ▶ 11% of youth have a mood disorder
 - ▶ 10% of youth have a behavior or conduct disorder
 - ▶ 8% of youth have an anxiety disorder

Mental Health Statistics

Mental Health Facts CHILDREN & TEENS

Fact: 1 in 5 children ages 13-18 have, or will have a serious mental illness.¹



20% of youth ages 13-18 live with a mental health condition¹



11% of youth have a mood disorder¹



10% of youth have a behavior or conduct disorder¹



8% of youth have an anxiety disorder¹

Impact

50%



50% of all lifetime cases of mental illness begin by age 14 and 75% by age 24.²

10 yrs



The average delay between onset of symptoms and intervention is 8-10 years.³

37%



37% of students with a mental health condition age 14 and older drop out of school—the highest dropout rate of any disability group.⁴

70%



70% of youth in state and local juvenile justice systems have a mental illness.⁵

Suicide

3rd

Suicide is the 3rd leading cause of death in youth ages 10-24.⁶



90%

90% of those who died by suicide had an underlying mental illness.⁷

Warning Signs

- ⚠ Feeling very sad or withdrawn for more than 2 weeks (e.g., crying regularly, feeling fatigued, feeling unmotivated).
- ⚠ Severe mood swings that cause problems in relationships.
- ⚠ Trying to harm or kill oneself or making plans to do so.
- ⚠ Repeated use of drugs or alcohol.
- ⚠ Out-of-control, risk-taking behaviors that can cause harm to self or others.
- ⚠ Drastic changes in behavior, personality or sleeping habits (e.g., waking up early and acting agitated).
- ⚠ Sudden overwhelming fear for no reason, sometimes with a racing heart, physical discomfort or fast breathing.
- ⚠ Extreme difficulty in concentrating or staying still that can lead to failure in school.
- ⚠ Not eating, throwing up or using laxatives to lose weight; significant weight loss or gain.
- ⚠ Intense worries or fears that get in the way of daily activities like hanging out with friends or going to classes.

4 Things Parents Can Do



Talk with your pediatrician



Get a referral to a mental health specialist



Work with the school



Connect with other families

¹ This document cites statistics provided by the National Institute of Mental Health. www.nimh.nih.gov

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 National Alliance on Mental Illness
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SCENARIO

Your friend is not acting like their old self. They seem really down, and have been doing strange things that you have never seen them do before. They are not doing well in school, and sometimes they are friendly but other times they blow-up and are mean.

They recently told you that they felt that the people that they knew would be better off without them being around and was having very bad thoughts. After they tell you this, they ask you not to tell anyone else about what they said.

WHAT WOULD YOU DO?

Speak UP! Seek Help!

Parent

Pastor

Youth
Worker

Teacher

Counselor

Challenge

PROMOTE A CULTURE OF KINDNESS

For the next 5 days...

Be kind to someone

smile

Make someone feel included

Listen

Give praise to someone you know

Say “hello”

Give someone a compliment

What will you do?

SOURCE

GOD IS OUR HELP

“ I will lift up mine eyes unto the hills, from whence cometh my help. My help cometh from the Lord, which made heaven and earth.”

Psalm 121:1-2 (KJV)

Resource

- ▶ FJI Mental Health Resource Team (Lauriereedlpc@gmail.com)
- ▶ NAMI- National Alliance on Mental Illness (NAMI.ORG) 1-800-950-NAMI
 - ▶ NAMI FaithNet promotes the vital role of spirituality in the recovery journeys of many who live with mental health conditions
- ▶ National Suicide Prevention Lifeline 1-800-273-8255
- ▶ Become more informed about mental health by visiting these websites:
 - ▶ Teenmentalhealth.org
 - ▶ Mentalhealth.gov
 - ▶ Healthypeople.gov
 - ▶ NIH.gov (research-based information)

References

Peterson, T. (2019, July 2). *Mental Health Definition: What is Mental Health?*. Retrieved from <http://www.healthypeople.com>

<http://www.nami.org>