

JOURNEY THROUGH INNER SPACE

MENTAL HEALTH 101

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Icebreaker

- Turn to your elbow buddy share
- Your name
- One thing you want to leave with from today's session





Welcome

Group Agreements

Learning is **social**—we will be learning from one another as a community.

Learning is **emotional**—we honor the emotions that we bring into this space as we engage in learning.

Learning is **cognitive**—we focus our attention and fully engage our minds.

We also recognize that—in varying ways—life experiences, bias, racism, geography, cultural backgrounds, age, gender, etc., can affect our learning experiences today.

During Today's Session You will Learn:

- The numbers related to mental health
- Signs that a young person is experiencing a mental health challenge
- Suicide warning signs
- Skills to help a young person in distress
- Resources for staff and young people

Mental Health vs Mental Illness

Mental Health-How we feel, think, and interact with the world

Mental Illness-Is diagnosed by a professional and causes mild to severe disturbances in thought and/or behavior, resulting in an inability to cope with life's ordinary demands and routines



CHILDREN

50%



Of all mental illnesses begin by age 14.*

1 in 5



Children** (age 0-11) experience a mental disorder in a given year

10%



Of children experience some impairment in daily functioning at home, in school or in the community due to mental health problems***

70%

Of youth in the juvenile justice system suffer from mental health disorders,****



27%

Of these youth experience disorders so severe that their ability to function is significantly impaired.****

*National Institute for Mental Health

**Federal Register

***US Department of Health & Human Services

****National Center for Mental Health and Juvenile Justice



Think-Pair-Share

- Think of a student in your program that may have exhibited some mental health challenges.
- Discuss the student with your table
- List the signs you noticed



Mental Health Signs to Lookout For

- difficulty at school.
- hitting or bullying other children.
- attempting to injure himself.
- avoiding friends and family.
- experiencing frequent mood swings.
- experiencing intense emotions
- obsessed with his or her weight, shape, or appearance.
- lacking energy or motivation.
- difficulty concentrating.
- difficulty sleeping, or is having a lot of nightmares.
- a lot of physical complaints.
- neglecting his or her appearance.
- eating significantly more or less than usual.

L.E.A.P. by Dr. Xavier Amador

LISTEN

EMPATHIZE

AGREE

PARTNER

<http://mhr4c.com.au/coping-strategies/the-leap-approach/>



Role
Play

Suicide Warning Signs True or False

If a student talks about wanting to commit suicide, no one can stop them

Suicide Warning Signs True or False

Suicide comes out of the blue

Suicide Warning Signs

- Talk about killing themselves
- Threaten to hurt themselves
- Talk or write about their death
- Make plans to access means of killing themselves by obtaining a weapon or medications
- Jump into risky behavior without caution
- Withdraw from friends, family and school work
- Depressive or hopeless behavior
- Talk about feeling trapped and wanting relief from the pain
- Giving away items
- Heightened sense of happiness

What If a Child Talks About Suicide

Step 1: Pay attention to the warning signs

Step 2: Depending on school policy or program policy engage in conversation or direct them to a mental health professional

Step 3: Encourage the student to talk

Step 4: Provide Support

Step 5: Inform parents and other supports

Step 6: Debrief and practice self care

Things To Consider in Programming

- Safety Planning
- Program Structure
- Students IEP
- Student Enrollment form
- Program Mental Health Policy
- Staff Training
- Self-care

Self-Care Check List



What Is Your Shooting Star?



Resources

Tips for Teachers and Afterschool Professionals

- <https://www.mentalhealthamerica.net/conditions/tips-teachers-ways-help-students-who-struggle-emotions-or-behavior>
- <https://classroommentalhealth.org/common-concerns/suicide/>
- <https://www.nasponline.org/resources-and-publications/resources-and-podcasts/mental-health/prevention-and-wellness-promotion/supporting-childrens-mental-health-tips-for-parents-and-educators>

Free mental health clinics in the state of Michigan

- <http://www.fcomi.org/find-a-clinic.html>