



# Teaching Channel™

A **K12** Coalition Company

## Teen Mental Health

[www.teachingchannel.com/k12-hub](http://www.teachingchannel.com/k12-hub)

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- Loves anything and everything outdoors – during all four Minnesota seasons
- Former parent educator
- Has been with Learners Edge for 12 years
- Lead Curriculum & Instruction Specialist at Learners Edge

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## Mental Health Director

- licensed professional counselor (LPC) with over 20 years experience working in the prevention, youth development and counseling field
- AKA The Happiness Fairy
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## La Crosse Area Family YMCA

- [www.laxymca.org](http://www.laxymca.org)

**The Y:** We're for youth development, healthy living and social responsibility

# What we will cover today...

- Mental Health 101
- Statistics
- Warning Signs
- Substance abuse and mental health
- Bullying and mental health
- Suicide
- Myths and Stigma
- Self-care
- Resources



# New Year's Resolution:

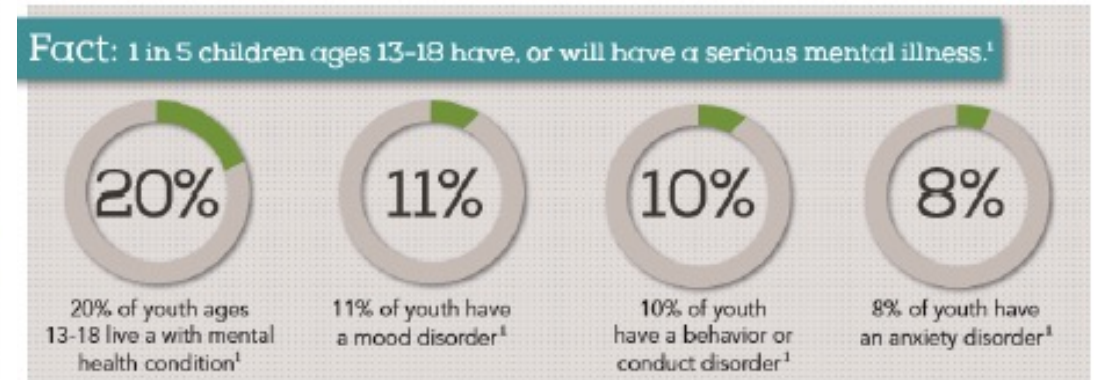
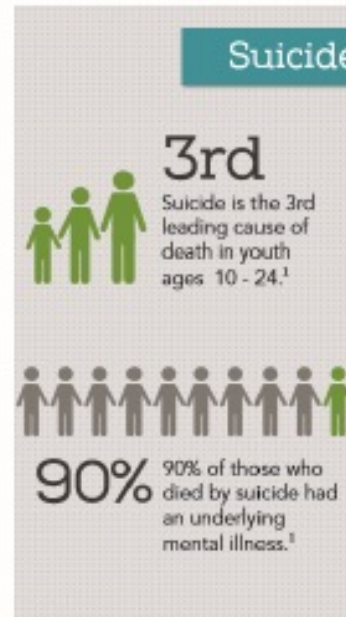
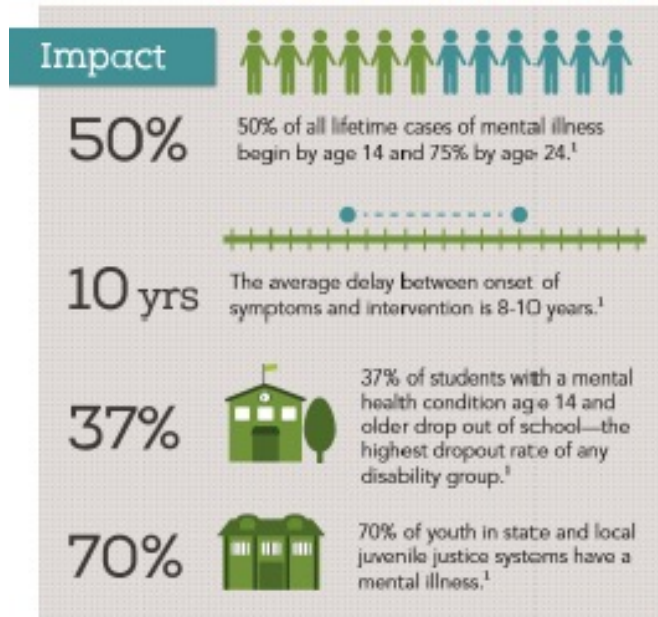
Put your mental health first.

# Mental Health 101

[www.mentalhealthamerica.net/feelslike](http://www.mentalhealthamerica.net/feelslike)



# Teen Mental Health Facts



# Youth Mental Health is Worsening and Access to Care is Limited

In a five year period, rates of severe youth depression **have increased** 5.9% to 8.2%

Over 1.7 Million youth with major depressive episodes **did not** receive treatment

That's enough to fill **every** major league baseball stadium on the east coast **TWICE**



# Warning Signs

## Warning Signs



Feeling very sad or withdrawn for more than 2 weeks (e.g., crying regularly, feeling fatigued, feeling unmotivated).



Trying to harm or kill oneself or making plans to do so.



Out-of-control, risk-taking behaviors that can cause harm to self or others.



Sudden overwhelming fear for no reason, sometimes with a racing heart, physical discomfort or fast breathing.



Not eating, throwing up or using laxatives to lose weight; significant weight loss or gain.



Severe mood swings that cause problems in relationships.



Repeated use of drugs or alcohol.



Drastic changes in behavior, personality or sleeping habits (e.g., waking up early and acting agitated).



Extreme difficulty in concentrating or staying still that can lead to failure in school.



Intense worries or fears that get in the way of daily activities like hanging out with friends or going to classes.

# **Substance Abuse And Mental Health**



# As a result of bullying...

- **30%** self harmed
- **30%** had suicidal thoughts
- **20%** skipped class
- **10%** had a failed suicide attempt
- **10%** abused drugs and alcohol

# What, Where, Why?

- **What:** 33% of students who reported being bullied, said they were bullied 1-2 times per month
- **Where:** school hallway/stairwell, classroom, cafeteria, outside on the school grounds, on the school bus, or in the locker room—and 24% are cyber-bullied (middle school)
- **Why:** physical appearance, race/ethnicity, gender, disability, religion, real or perceived sexual orientation

# Teachers

## Do

- Listen
- Follow-up with the student to see if the bullying has stopped
- Encourage peers to step in (when a peer steps in, over half of bullying stops)
- Ensure the school has an anti-bullying policy
- Enlist the help of parents and staff

## Don't

- Tell the student to solve the problem
- Tell the student it wouldn't happen if they acted differently
- Tell the student to stop tattling
- Ignore the problem

# What's the answer?

- survey the school
- ensure the school has a well-developed/well-advertised anti-bullying policy
- create a safe place for reporting
- train staff to intervene
- model respect
- monitor school spaces
- believe them
- counseling
- parents
- government

# Some Important Risk Factors for Suicide

- History of abuse
- Physical disability or illness
- Losing a friend or family member member to suicide
- Ongoing exposure to bullying behavior
- Mental health condition
- Death of a family member or a close friend
- Access to harmful means
- Relationship problems
- Previous suicide attempts



# Thirteen Reasons Why



# Spread The Lifeline

[www.spreadthelifeline.com](http://www.spreadthelifeline.com)

If you or someone you know is having thoughts of suicide please call the National Suicide Prevention Hotline at 1-800-273-8255

# Facts and Myths



# Learn How to be Stigma Free!

## 3 Steps:

- **Live It!** Learn about mental health by educating yourself and others.
- **Share It!** Share StigmaFree on social media, strive to listen, tell your own story and see the person not in the illness
- **Show It!** Take action on mental health issues, raise awareness and make a difference

# Practice Self-Care

Why your OWN self-care is critical to your students....you should take that vacation and, also get some sleep.



# World mental health day

Mental health (n): a state of emotional and psychological wellbeing.

**1 in 5** One in five of us may have mental health issues

23% of females and 17% of males are likely to show signs of mental health problems

23%

17%

## How to improve your mental health

- Give and accept support
- Talk to friends and family
- Do things that make you happy
- Eat well and keep active

Want to find out more? Visit: [www.mindingyourhead.info](http://www.mindingyourhead.info)

HSC Public Health Agency

# References and Resources

- [www.cdc.gov/violenceprevention](http://www.cdc.gov/violenceprevention)
- [www.nami.org](http://www.nami.org)
- [www.mentalhealthamerica.net](http://www.mentalhealthamerica.net)
- [www.spreadthelifeline.com](http://www.spreadthelifeline.com)
- [www.pacer.org/bullying/resources/stats.asp](http://www.pacer.org/bullying/resources/stats.asp)
- [www.healthmagazine.com](http://www.healthmagazine.com)
- [www.samhsa.gov](http://www.samhsa.gov)
- [www.changedirection.org](http://www.changedirection.org)
- [www.bookscrolling.com/the-best-books-about-mental-health-and-mental-illness/](http://www.bookscrolling.com/the-best-books-about-mental-health-and-mental-illness/)
- [www.guyland.net](http://www.guyland.net)
- [www.anxiouslass.com/kids-bullied-at-school/](http://www.anxiouslass.com/kids-bullied-at-school/)
- [www.slideshare.net/agibbsfsu/impact-of-aces](http://www.slideshare.net/agibbsfsu/impact-of-aces)
- [www.ditchthelabel.org/research-papers/the-annual-bullying-survey-2017/](http://www.ditchthelabel.org/research-papers/the-annual-bullying-survey-2017/)
- [www.google.com/search?q=ACE+questionnaire&oq=ACE+questionnaire&aqs=chrome..69i57.4115j0j7&sourceid=chrome&ie=UTF-8](http://www.google.com/search?q=ACE+questionnaire&oq=ACE+questionnaire&aqs=chrome..69i57.4115j0j7&sourceid=chrome&ie=UTF-8)

# Teaching Channel Courses

## **854: Caring for the Mental Health of Your Students**

This course explores the range of student mental health issues, both hidden and visible, in classrooms today, including behavior disorders, internalizing disorders, obsessive-compulsive disorder (OCD), post-traumatic stress disorder (PTSD), and related conditions such as substance abuse and suicide. Learn about the crisis in our schools surrounding mental health care for students, and make recommendations for improvement in your school or district. ([Learn More](#))

## **915: Caring for the Mental Health of the Young Learner**

Educators experience a wide range of social and emotional issues when working with infants, toddlers, and young children. In this course, teachers will gain knowledge about early childhood mental health issues, the effect of ACEs (Adverse Childhood Experiences), and proactive strategies for good mental health. This thought-provoking course invites educators to think about our mental health care system and the ways in which we can provide support and advocacy for our youngest learners. ([Learn More](#))



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**Thank you for joining us!**