



Glade Run /Pine-Richland Partnership

Youth Mental Health Overview

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MENTAL
HEALTH
IS HEALTH

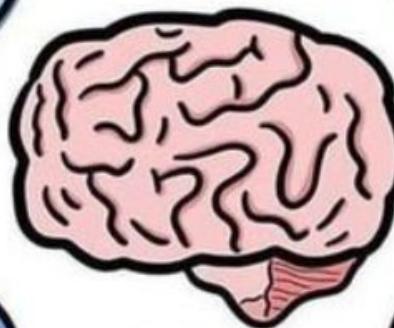
WHAT MENTAL HEALTH STIGMA SOUNDS LIKE

you're
faking
it!

can't you
just choose
to be happy?

try and
exercise!

other people
have it a lot
worse!



@gmf.designs

Depression in Youth

Common Triggers

- Changes/School and Life Transitions
- Conflict in the home
- Dealing with bullying – in person or electronic
- Dealing with medical issues- chronic disease
- Parental separation or divorce
- Academic stress, especially related to college admissions
- Athletic performance pressure
- Dating relationships, including negative peer relationships and breakups
- Sleep deprivation

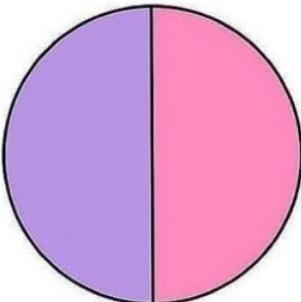


Anxiety in Youth

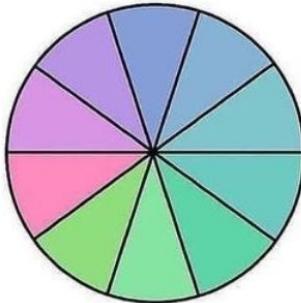
What people think anxiety is

@what.is.mental.illness

- Feeling of nervousness
- Worrying



What anxiety actually is



■ Trouble concentrating	■ Avoidance of feared situations
■ Trouble sleeping	■ Loss of appetite
■ Intrusive thoughts	■ Feelings of guilt & shame
■ Uncontrollable feeling of worry	■ A ton of physical symptoms
■ Increased irritability	
■ Restlessness & a feeling of being "on-edge"	

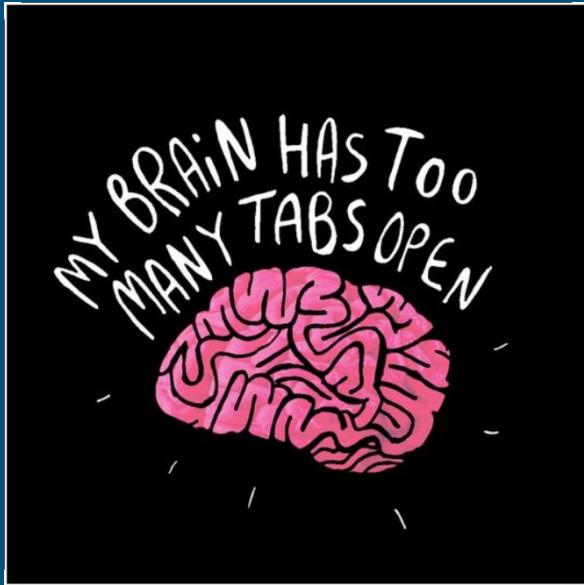
Attention Deficit Hyperactivity Disorder in Youth

Inattentiveness (difficulty concentrating and focusing)

- having a short attention span and being easily distracted
- making careless mistakes
- being unable to stick to tasks that are tedious or time-consuming
- appearing to be unable to listen to or carry out instructions
- constantly changing activity or task
- time management and organization issues

Hyperactivity and impulsiveness

- acting without thinking
- being unable to sit still, especially in calm or quiet surroundings
- excessive physical movement
- excessive talking and interrupting conversations
- being unable to wait their turn
- little or no sense of danger



Obsessive Compulsive Disorder OCD in Youth

Obsessive Compulsive Disorder is comprised of four distinct elements:
obsessions, compulsions, avoidances, distress.

Among kids and teens with OCD, the most common obsessions include:

- Fear of dirt or germs
- Fear of contamination
- A need for symmetry, order, and precision
- Religious obsessions
- Preoccupation with body wastes
- Lucky and unlucky numbers
- Fear of illness or harm coming to oneself or relatives
- Preoccupation with household items
- Intrusive sounds or words

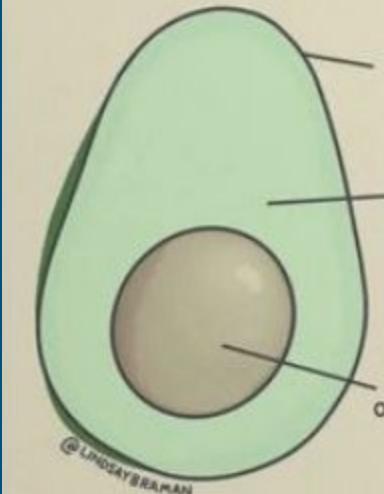
These compulsions are the most common among kids and teens:

- Grooming rituals, including hand washing, showering, and teeth brushing
- Repeating rituals, needing to move through spaces in a special way, or erasing, and rewriting
- Checking rituals to make sure that an appliance is off or door locking, and repeatedly checking homework
- Touching rituals
- Counting rituals
- Rituals to prevent harming self or others
- Ordering or arranging objects
- Hoarding and collecting things of no apparent value



Trauma

TRAUMA RECOVERY (AS ILLUSTRATED BY AN AVOCADO)



Outer Peel
What people on the outside see. (Often: some bumps but otherwise "fine")

Squishy Goo
Feelings. ALL The feelings.
(plus mental health symptoms, somatic symptoms, triggers, dissociation, etc)

The Pit
Traumatic memories + beliefs about self or world that are based in trauma & shame.

THE ANGER VOLCANO



Anger is neither a positive or a negative emotion. However it can be an uncomfortable emotion.



Anger is a secondary emotion which means there is some other emotion at play. It is important to challenge the anger to see what is behind it. These are common emotions hidden behind anger.

If anger is not controlled, it can "ERUPT" into violence or abuse.

Like the lava from a volcano that builds the island, anger has a purpose, anger indicates something is wrong.

If you are concerned that a young person you know is struggling

1. Observe and recognize behaviors
2. Let them know they are loved and supported unconditionally
3. Model healthy coping skills
4. Check in daily
5. Create a routine and set clear boundaries at home
6. Provide positive feedback and encouragement
7. Learn more
 - a. Family Physician
 - b. Mental Health Assessment
 - c. Youth Mental Health First Aid Training

