



Glade Run /Pine-Richland Partnership Youth Mental Health Overview

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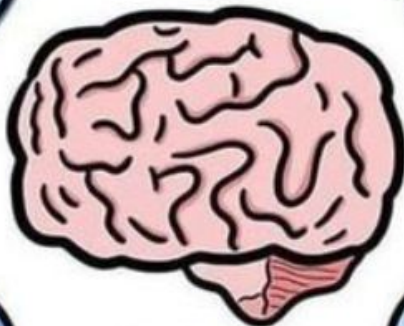


MENTAL
HEALTH
IS HEALTH

WHAT MENTAL HEALTH STIGMA SOUNDS LIKE

you're
faking
it!

can't you
just choose
to be happy?



@gmf.designs

try and
exercise!

other people
have it a lot
worse!

Depression in Youth

Common Triggers

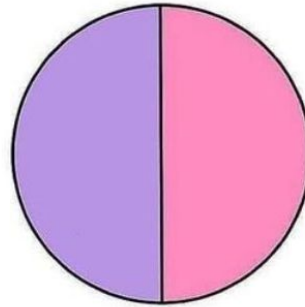
- Changes/School and Life Transitions
- Conflict in the home
- Dealing with bullying – in person or electronic
- Dealing with medical issues- chronic disease
- Parental separation or divorce
- Academic stress, especially related to college admissions
- Athletic performance pressure
- Dating relationships,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



Anxiety in Youth

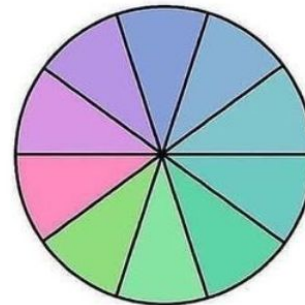
What people think anxiety is

@what.is.mental.illness



- Feeling of nervousness
- Worrying

What anxiety actually is



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

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:

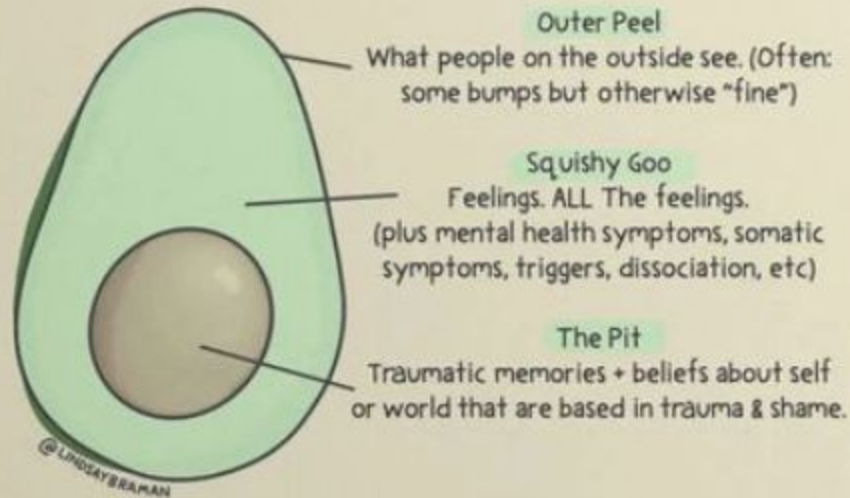
- Fear of dirt or germs
- Fear of contamination
- A need for symmetry, order, and precision
- Religious obsessions
- Preoccupation with body wastes
- Lucky and unlucky numbers
- Fear of illness or harm coming to oneself or relatives
- Preoccupation with household items
- Intrusive sounds or words

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)



THE ANGER VOLCANO

ANGER

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

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.

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.

Helpless		Rejection
	Fear	
Embarrassed		Frustration
	Envy	
Disappointment		Overwhelmed
	Guilt	
Injustice		Jealousy
	Shame	

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

