

Supporting Youth Mental Wellness

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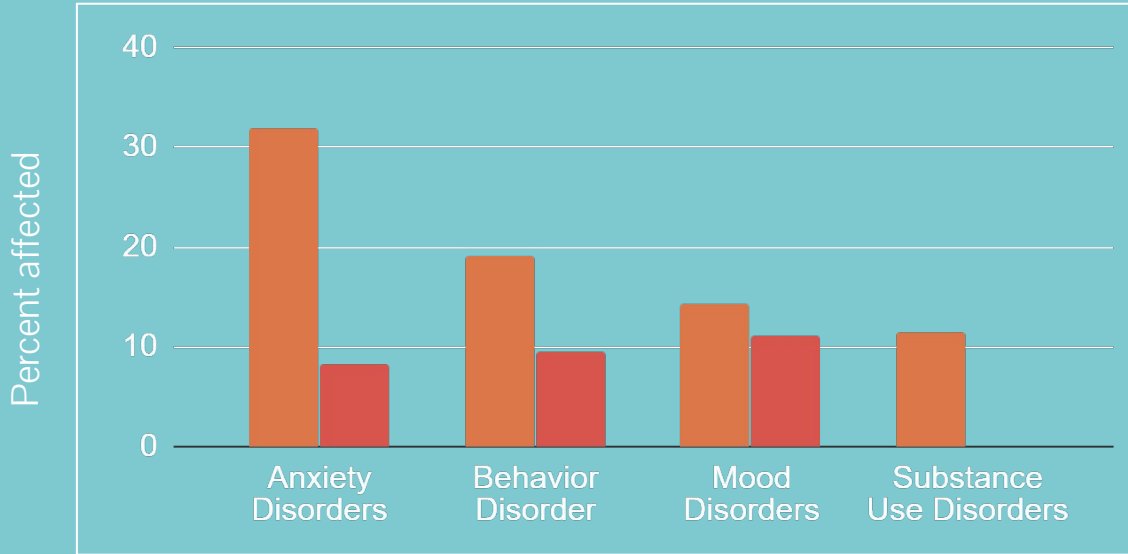
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An illustration of a hand holding a white marker, pointing towards a dark teal chalkboard. The chalkboard contains the text 'What do our students need?'. The background is a light teal color with white decorative lines on the left and right sides.

What do our students
need?

U.S. Youth with a Mental Disorder During Adolescence (Age 13-18)



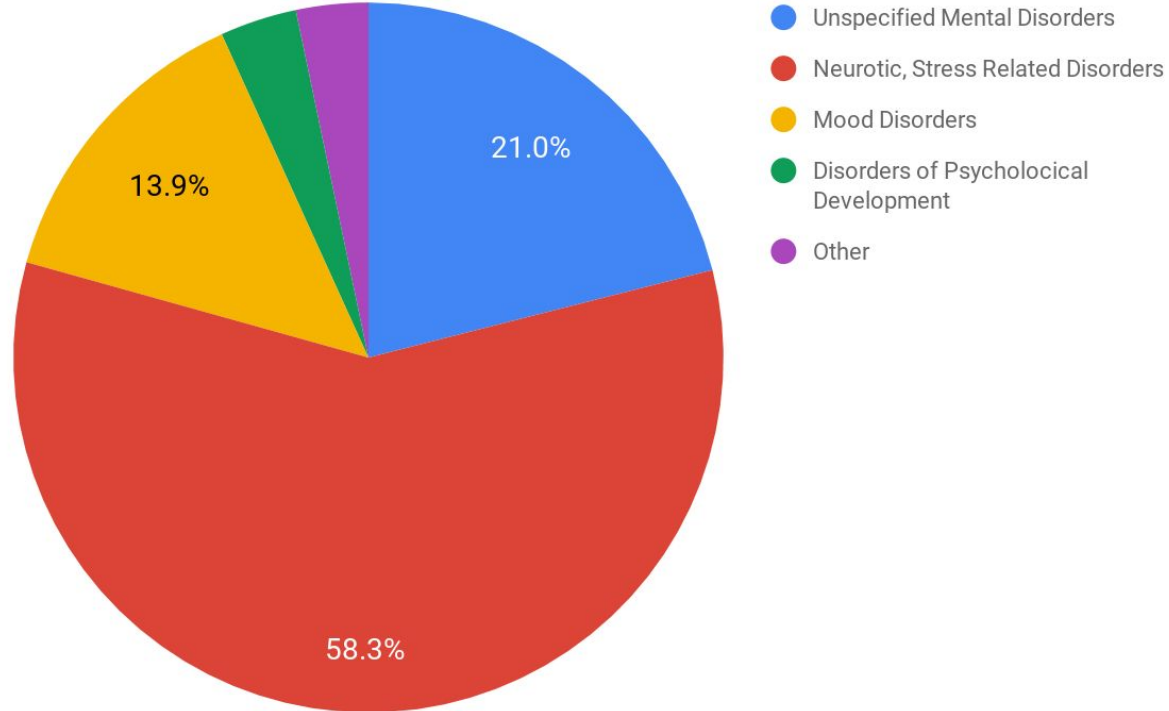
Orange represents prevalence %
Red represents with severe impact

22.2%

Overall prevalence (with severe impact)

Source (s): Journal of the American Academy of Child and Adolescent Psychiatry, National Institutes for Mental Health

Diagnosis Prevalence at CDLN



Impact of Trauma and What We See

Childhood Trauma

- Aggressive & Violent behaviors
- Drug & Alcohol use
- School suspension & poor academic performance
- Self-harm behaviors
- Defiant & Oppositional behaviors
- Poor social relationships
 - Withdrawn
- Poor family interactions and relationships
 - Etc

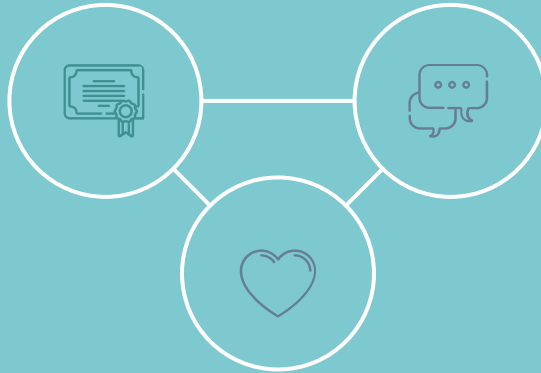
Trauma Informed Principles

- Safety
 - Ensuring physical and emotional safety, setting boundaries, routines, relaxed environment, predictability, communication = trustworthiness
- Choice
 - Offering options, including students in decision making
- Collaboration
 - Teamwork
- Trustworthiness
 - Follow through, integrity, accountable, positive role model
- Empowerment
 - Positive encouragement and support, investment

Healing Trauma

Positive experiences

and relationships can be a buffer for bad experiences



Healthy relationships

can help you “live” through stressful situations

Caring connections

counter adversity and serve as protective factors

What kind of relationships exist at your school?

- ☐ Staff with Staff
- ☐ Staff with Students
- ☐ Students with Students

How Are We Helping?

01

BH Partnerships

Meeting students and families
in the community

02

#YourLifeMatters - YLM

Peer lead, peer supported

03

NAMI - Ending The Silence

- For students
- For School Staff
- For Families

04

Text, Talk, Act

Unique way to reach young people and
get them talking about mental health.



National Alliance on Mental Illness

nami Ending the Silence



The goal of NAMI ETS is to create a generation of students who are well-positioned to end the silence and stigma surrounding mental illness.

- **Free of cost to schools and communities**
- *NAMI Ending the Silence for Students*: 50-minute presentation designed for middle and high school students that includes warning signs, facts and statistics and how to get help for themselves or a friend. Research has shown that NAMI Ending the Silence for Students is effective in changing middle and high school students' knowledge and attitudes toward mental health conditions and toward seeking help
- *NAMI Ending the Silence for School Staff*: 1-hour presentation for school staff members that includes information about warning signs, facts and statistics, how to approach students and how to work with families
- *NAMI Ending the Silence for Families*: 1-hour presentation for adults with middle or high school aged youth that includes warning signs, facts and statistics, how to talk with your child and how to work with school staff

Source: <https://www.nami.org/Support-Education/Mental-Health-Education/NAMI-Ending-the-Silence>

Local Contact: Judi Maikoff @ jmaikoff@namisa.org



YOUR LIFE MATTERS

Suicide Awareness & Prevention Peer Support Club

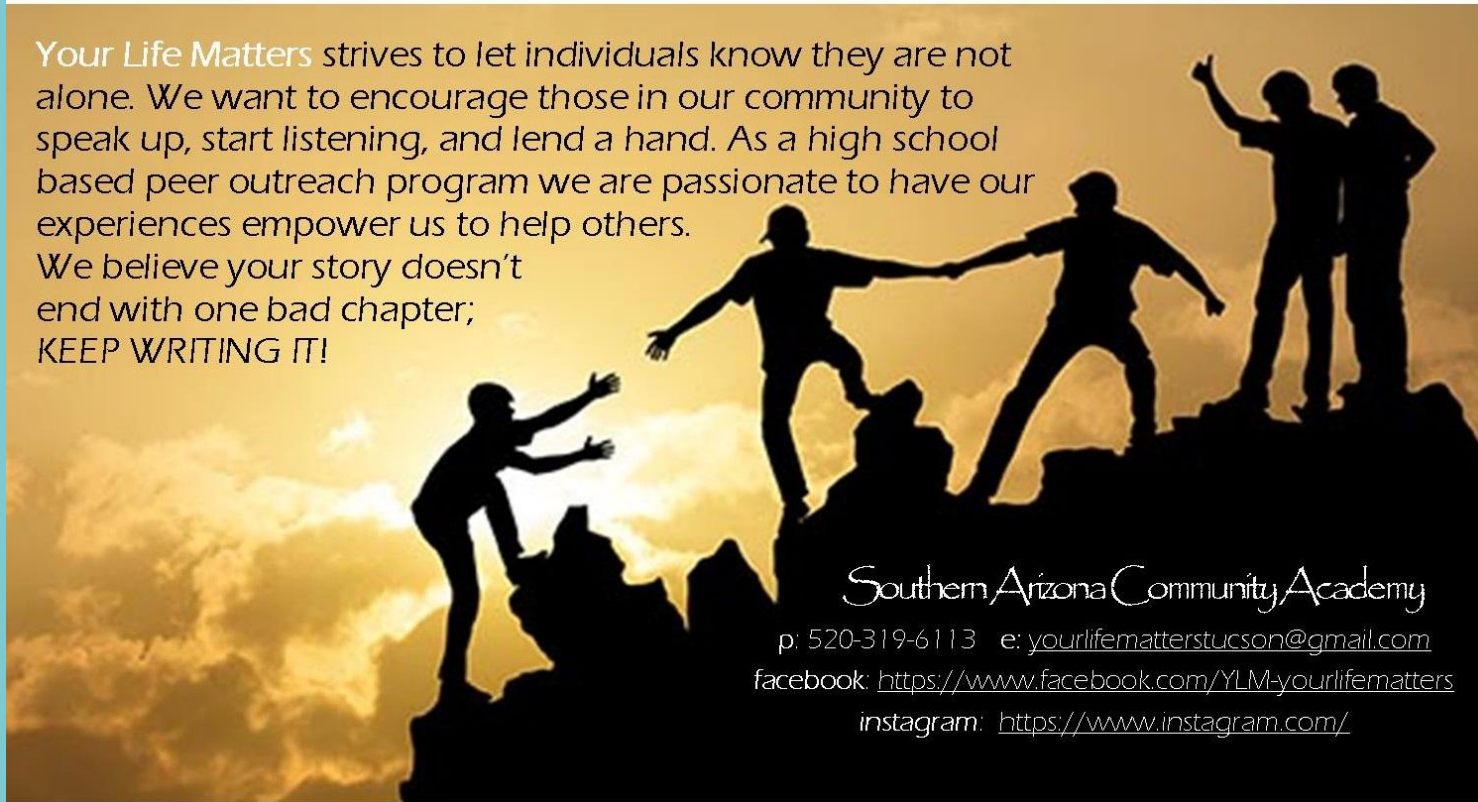
Topics Discussed:

- Mental Health Issues
- Bullying
- Social Media
- Self Harm
- Toxic Relationships
- Suicide Ideation
- Warning Signs & Symptoms
- Coping Skills & Strategies
- What to do in a crisis situation
- Community & School Outreach

Local YLM Contact

Cyndi Cubillas
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Your Life Matters strives to let individuals know they are not alone. We want to encourage those in our community to speak up, start listening, and lend a hand. As a high school based peer outreach program we are passionate to have our experiences empower us to help others. We believe your story doesn't end with one bad chapter;
KEEP WRITING IT!



Southern Arizona Community Academy

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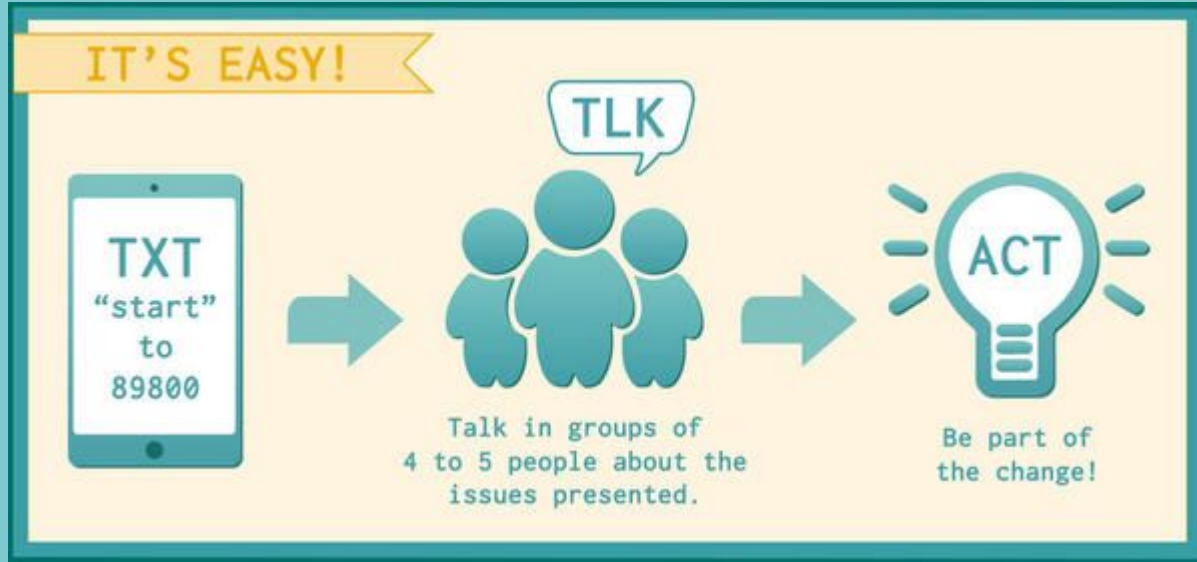
facebook: <https://www.facebook.com/YLM-yourlifematters>

instagram: <https://www.instagram.com/>



Local TTA Contact:

Raquel Goodrich
Raquel@texttalkact.com



TEXT, TALK, ACT includes discussion questions, videos, polling questions and social media interactions, delivered via text messaging.

Source: <https://www.texttalkact.com/>


National Resources

- **National Suicide Prevention Hotline:** 24/7 helpline for adults and youth struggling with feelings of suicide, 1-800-273-8255
- **Lifeline Suicide Prevention & Crisis Chat:** 24/7 helpline and chat for adults and youth struggling with feelings of suicide, 1-800-273-8255
- **The Trevor Project:** 24/7 helpline for LGBTQ+ youth, 1-866-488-7386
- **National Eating Disorders Association:** helpline and chat for youths and adults struggling with eating disorders, 1-800-931-2237 or Text “NEDA” or “SIGNS” to 741741
- **Jason Foundation:** free training for educators to support youth in leading conversations about mental health awareness
- **NAMI (National Alliance on Mental Illness):** promotes advocacy, education, and support for those affected by mental illness





Thank you!



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