Youth Mental Health

OST Community Meeting:
August 27, 2021
Join the Hawai‘i Afterschool Alliance for Hawai‘i CommUNITY Conference

October 20 - 22, 2021

Register Now!

HawaiiCommunityConference.org
The Hawai’i Afterschool Alliance wants to hear from you!

PROFESSIONAL DEVELOPMENT NEEDS SURVEY

As we plan professional development (PD) sessions for the 2021-2022 school year, we are looking for YOUR feedback.
IF/THEN® Collection: Resources to Support Girls in STEM

September 10th
Youth Mental Health

Amanda Martinez
Training Program Manager
Mental Health America of Hawai`i
Supporting Youth Mental Health

Presented by: Amanda Martinez, MPH
Training Program Manager for Mental Health America of Hawai‘i
Objectives

- Examine the impact of COVID-19 on mental health
- Review ways to support youth
- Discuss the importance of self-care
- Learn 2 new skills for addressing anxiety
- Identify available crisis resources
- Call to Action
Covid-19 and Mental Health

1 in 5 with COVID-19 diagnosed with anxiety, depression, or insomnia w/in 3 mo.

Increase in anxiety, depression, and sleep related issues

Re-entry anxiety and languishing
Over 8 in 10 Youth Screening Moderate to Severe Anxiety Since March 2020

Over 9 in 10 Youth Screening Moderate to Severe Depression Since March 2020

MHA National Online Screening Tool

http://mentalhealthhawaii.org/help/

- Coronavirus
- Current Events (news, politics, etc.)
- Financial Problems
- Loneliness or Isolation
Covid-19 and Adolescents

- Disrupted life rituals and peer interactions that can impact identity formation
- Grief can impact adult transitions and increase likelihood of depression
- Increase mental health and grief literacy
- Double dose: transition to work/education and grief
- Increase sense of belonging, focus on hope
Youth in Hawai‘i

- 12.93% at least one major depressive episode
- 4.04% substance use disorder
- 56.2% did not receive treatment

Source: Mental Health America, The State of Mental Health in America 2021 Report
# Causes of Fatal Injuries in Hawai‘i, By Resident Age Group, 2015-2019

<table>
<thead>
<tr>
<th>Age Group</th>
<th>0-14 yo (78)</th>
<th>15-29 yo (591)</th>
<th>30-44 yo (752)</th>
<th>45-59 yo (1,031)</th>
<th>60-74 yo (746)</th>
<th>75+ yo (916)</th>
<th>Total (4,114)</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>drowning 14</td>
<td>SUICIDE 252</td>
<td>SUICIDE 244</td>
<td>poisoning 394</td>
<td>poisoning 178</td>
<td>falls 556</td>
<td>SUICIDE 959</td>
</tr>
<tr>
<td>2</td>
<td>suffocation 14</td>
<td>mvc occupant 96</td>
<td>poisoning 195</td>
<td>SUICIDE 240</td>
<td>SUICIDE 163</td>
<td>suffocation 90</td>
<td>poisoning 849</td>
</tr>
<tr>
<td>3</td>
<td>homicide 11</td>
<td>poisoning 65</td>
<td>mvc occupant 69</td>
<td>drowning 61</td>
<td>falls 127</td>
<td>SUICIDE 65</td>
<td>falls 788</td>
</tr>
<tr>
<td>4</td>
<td>mvc pedestrian 11</td>
<td>mvc motorcyclist 43</td>
<td>homicide 53</td>
<td>falls 60</td>
<td>drowning 51</td>
<td>mvc pedestrian 34</td>
<td>mvc occupant 257</td>
</tr>
<tr>
<td>5</td>
<td>SUICIDE 8</td>
<td>homicide 31</td>
<td>drowning 43</td>
<td>homicide 60</td>
<td>suffocation 38</td>
<td>mvc occupant 29</td>
<td>drowning 217</td>
</tr>
</tbody>
</table>

*(Hawai‘i State Department of Health’s Emergency Medical Services and Injury Prevention System Branch, Galonis, 2017).*
Suicidality in Hawai‘i - Youth

1 out of 4 (M.S.)
1 out of 6 (H.S.)

Ideation

1 out of 6 (M.S.)
1 out of 7 (H.S.)

Plan

1 out of 8 (M.S.)
1 out of 10 (H.S.)

Attempt

Source: Centers for Disease Control and Prevention, Youth Risk Behavioral Surveillance System, Hawaii, 2019
Protective Factors

- Self-Care & Coping Skills
- Faith or Spirituality
- Hope & Goals
- Healthy Diet & Exercise
- Access to Support

• Connections:
  ○ family
  ○ friends
  ○ peers
  ○ supportive adults

3x more impactful!
So what?
Warning Signs

Mood dysregulation for 2 weeks or longer
Anhedonia
Expressed suicidality
Negative impact on work or school
Social withdrawal, isolation
Daily activities disrupted
Relationships interrupted
Connect

Minimize feelings
Offer false reassurances
Keep it a secret
Make it about you
Don't worry alone

Connect

Listen with the whole body
Be non-judgmental
Ask direct questions
Be calm 🦆
Act your AGE (accepting, genuine, empathetic)
Use "I" statements
Know your organizational procedure
Support Plan

Who they talk to that helps them feel better
Who they can talk to about their stress
A list of providers with phone numbers saved in phone
A list of crisis resources saved in phone
What gives their life meaning?
What helps them feel better?
Self-Care for Youth

People
- friends, peers, classmates
- family
- teachers, counselors, coaches
- doctors/mental health professionals
- faith/religious leaders

Places
- favorite space at home
- at the beach or in the water
- favorite hike

Activities
- music, movies, art
- cooking, baking, eating
- physical activities
- rest, relaxation, SLEEP
- "me" time
- breathing
- meditation
What Has Given You Hope?

Respond at PollEv.com/amandam233

Text AMANDAM233 to 22333 once to join, then text your message.
Self-Care for You

- Stay present
- Practice mindfulness
- Use radical acceptance
- Validate your emotions
- Stay connected
- Don't overcheck

- Focus on the helpers
- Check on the essential workers and vulnerable in your circle
- Creature comforts
- Follow a schedule

- Schedule in self-care
- Use social media responsibly
- Identify online resources
- Invest in yourself
- Spend time in nature
CALL TO ACTION

Advocate.
Stand up to microaggressions.
Help normalize mental health in your community.

Take a screen. Share a screen. At: https://screening.mhanational.org/screening-tools/?ref=MHAHI

Build community resilience by building up your resilience. Learn a skill. Practice a skill. Share a skill.

Recommend psychoeducational trainings, support groups, and peer activities.
Crisis Resources

Mental Health America of Hawai‘i
Education and Advocacy Organization
O‘ahu: (808) 521-1846 | Maui: (808) 242-6461
mentalhealthhawaii.org

National Suicide Prevention Lifeline
24/7, free and confidential
1-800-273-TALK (8255)
suicidepreventionlifeline.org

SAMHSA
Substance Abuse and Mental Health Services Administration
National Disaster Distress Helpline
24/7 emotional support related to any natural or human-caused disaster
Call: 1-800-985-5990 or Text: TalkWithUs to 65746

Kokua Life
Free suicide prevention app for Hawaii

Domestic Violence Action Center
O‘ahu: (808) 531-3771
Toll Free: 1-800-650-6200
Text: (605) 956-5680
domestic-violenceactioncenter.org

Hawaii‘Coordinated Access Resource Entry System (CARES)
Hawaii‘s 24/7 crisis and referral line
O‘ahu: (808) 832-3100
Toll Free: 1-800-753-6879

Hawaii CARES

The TREVOR Project
National 24/7 hotline for LGBTQ Youth
Call: 1-866-488-7386
Text: START to 678-678
thetrevorproject.org

Child Welfare Services
Child Abuse or Neglect
O‘ahu: (808) 832-5300 | Toll Free: 1-888-380-3088
Child Trafficking
O‘ahu: (808) 832-1999 | Toll Free: 1-888-398-1188

HAWAI‘I PACIFIC HEALTH
Kapiolani Medical Center for Women & Children
24/7 Hotline: (808) 524-7273
satchawaii.org/contact
Crisis Resources

Child Abuse Reporting Hotline
Toll Free 1-888-380-3088

Child Trafficking Reporting Hotline
Toll Free 1-888-398-1188

Adult Protective Services Hotline:
CABU (808) 832-5115
East Hawaii (808) 933-8820
West Hawaii (808) 327-6280
Kauai (808) 241-3377
Molokai/Maui/Lanai (808) 243-9151

TrevorLifeline
Available 24/7:
1-866-488-7386
or text: START to 678-678
or chat available at thetrevorproject.org

National Human Trafficking Hotline:
24/7 Confidential
(888) 373-7888
or text: 233733
TTY 711

Trans Lifeline
Trans Lifeline is a grassroots hotline that provides peer support for the trans community.
Available:
10am-4am EST
1-877-565-8860

The SAGE LGTB Elder Hotline connects LGBT older people to friendly responders, who are certified in crisis response.
Available 24 hours a day, 7 days a week, in English and Spanish, with 189 language translations available.

Toll-free 1-877-360-LGBT (5428)
The COVID Coach app was created to support self-care and mental health during the COVID-19 pandemic. It is available on iTunes and Google Play.

The CBT-i Coach app is designed to help people experiencing symptoms of insomnia, who would like to improve their sleep. It is available on iTunes and Google Play.
FOLLOW US

FACEBOOK
@MHAHawaii

INSTAGRAM
@olivenaau
@mhaohawaii

YOUTUBE
@mhaofhawaii
WEBSITE
mentalhealthhawaii.org

EMAIL
info@mentalhealthhawaii.org

CONTACT NUMBER
(808) 521-1846 (Oahu)
(808) 242-6461 (Maui Co)
Q & A

Mahalo for joining MHAH today. Slides will be made available after the presentation via email.