

Youth Mental Health



Hawai'i Afterschool Alliance
Learn • Advocate • Share

OST Community Meeting:
August 27, 2021



Join the
Hawai'i
Afterschool
Alliance for

'Aha Lōkahi



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.

The background of the slide is a composite of two underwater photographs. The top half shows a diver in a black wetsuit and mask, holding a camera, swimming in clear blue water. The bottom half shows a close-up of a coral reef with various types of coral and a yellow-striped snapper fish swimming to the right.

IF/THEN® Collection: Resources to Support Girls in STEM

September 10th



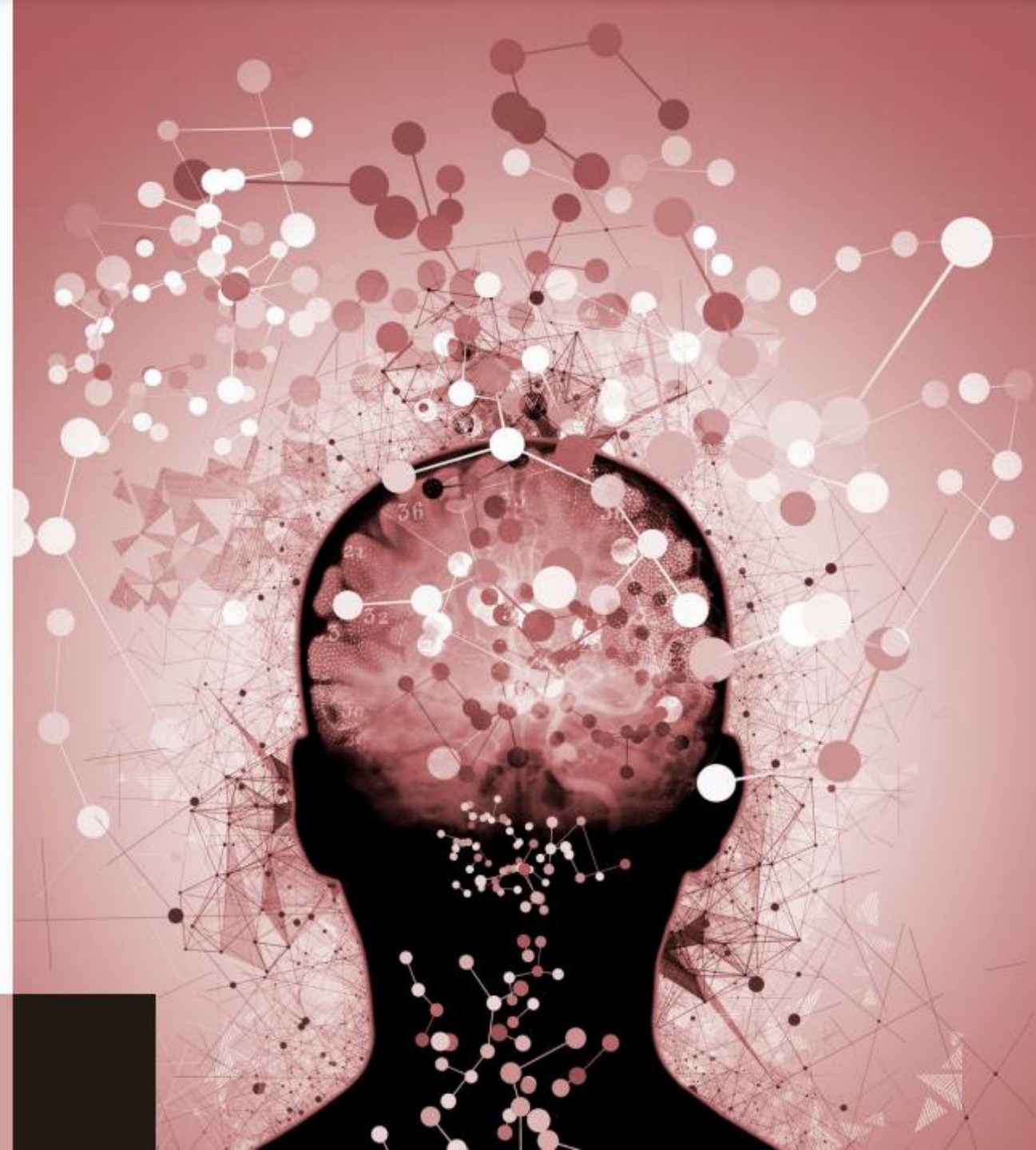
Youth Mental Health

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

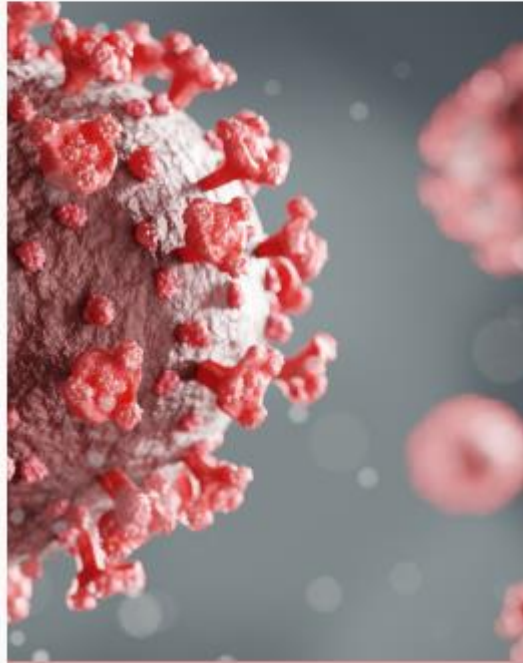


Objectives

- 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



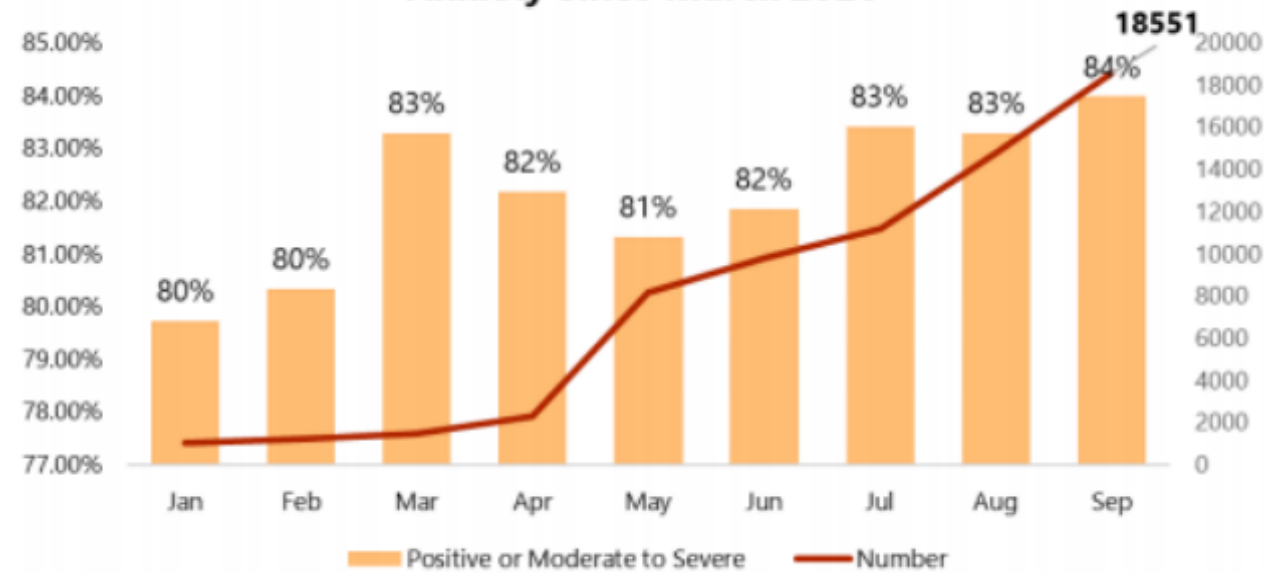
INCREASE IN
ANXIETY,
DEPRESSION,
AND SLEEP
RELATED
ISSUES

1 IN 5 WITH
COVID-19
DIAGNOSED
WITH ANXIETY,
DEPRESSION,
OR INSOMNIA
W/IN 3 MO.



RE-ENTRY
ANXIETY
AND
LANGUISHING

Over 8 in 10 Youth Screening Moderate to Severe Anxiety Since March 2020

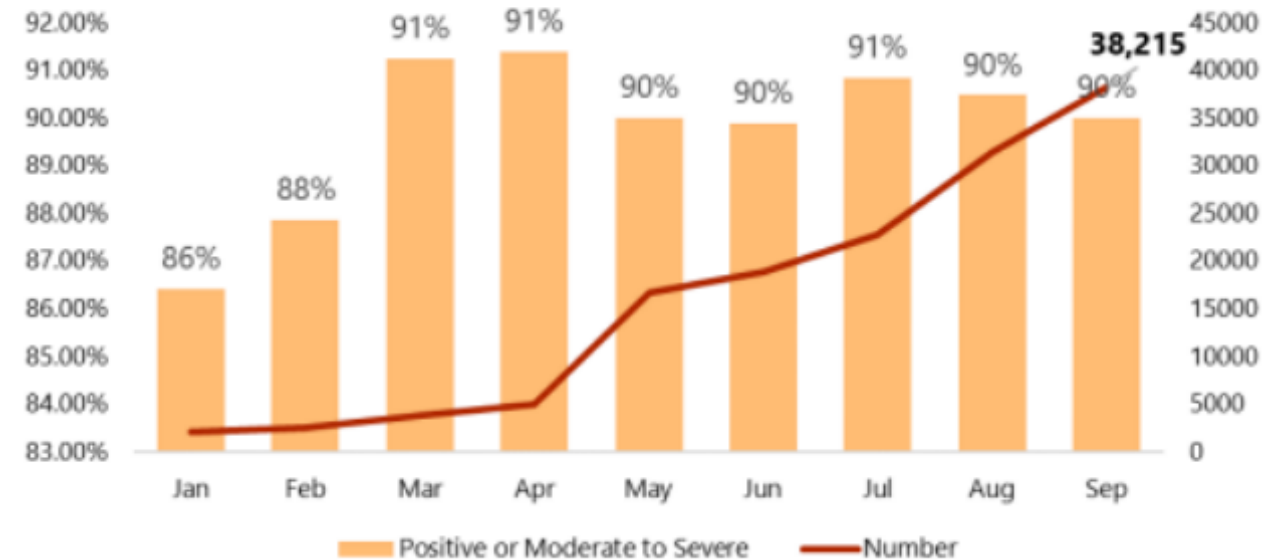


MHA NATIONAL ONLINE SCREENING TOOL

<http://mentalhealthhawaii.org/help/>

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

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



Covid-19 and Adolescents

DISRUPTED LIFE
RITUALS AND
PEER
INTERACTIONS
THAT CAN
IMPACT IDENTITY
FORMATION

DOUBLE DOSE:
TRANSITION TO
WORK/
EDUCATION
AND GRIEF

GRIEF CAN
IMPACT ADULT
TRANSITIONS
AND INCREASE
LIKELIHOOD OF
DEPRESSION

INCREASE
SENSE OF
BELONGING,
FOCUS ON
HOPE

INCREASE
MENTAL
HEALTH AND
GRIEF
LITERACY

Youth in Hawai'i

- 12.93% at least one major depressive episode
- 4.04% substance use disorder



- 56.2% did not receive treatment

Causes of Fatal Injuries in Hawai'i, By Resident Age Group, 2015-2019

PSHTF (2020 – v4)

	0-14 yo (78)	15-29 yo (591)	30-44 yo (752)	45-59 yo (1,031)	60-74 yo (746)	75+ yo (916)	Total (4,114)
1	drowning 14	SUICIDE 252	SUICIDE 244	poisoning 394	poisoning 178	falls 566	SUICIDE 959
2	suffocation 14	mvc* occupant 95	poisoning 195	SUICIDE 240	SUICIDE 163	suffocation 90	poisoning 849
3	homicide 11	poisoning 65	mvc* occupant 59	drowning 61	falls 127	SUICIDE 65	falls 788
4	mvc* pedestrian 11	mvc* motorcyclist 43	homicide 53	falls 60	drowning 51	mvc* pedestrian 34	mvc* occupant 257
5	SUICIDE 8	homicide 31	drowning 43	homicide 50	suffocation 38	mvc* occupant 29	drowning 217

(Hawai'i State Department of Health's Emergency Medical Services and Injury Prevention System Branch, Galanis, 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

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 **PolleEv.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

A group of young men are skateboarding in a park. One person is performing a high jump over a ramp, while others are on the ground. The scene is bright and sunny, with trees in the background. A semi-transparent white box covers the left side of the image, and a semi-transparent maroon box is at the bottom left.

SKILLS LEARNING AND SHARING

DEEP BREATHING AND THE DIVE RESPONSE

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



Hawai'i Poison Hotline
Resource for management of poison exposure, assistance with identification of unknown medications, and severe overdoses.



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

**Hawai'i Coordinated
Access Resource Entry
System (CARES)**

Hawai'i's 24/7 crisis
and referral line
O'ahu: (808) 832-3100
Toll Free: 1-800-753-6879



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

CRISIS TEXT LINE |

Crisis Text Line of Hawai'i
Free 24/7 support at your fingertips
Text ALOHA to 741741
crisistextline.org



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 66746

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



Kokua Life
Free suicide prevention
app for Hawaii



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



**Domestic Violence
Action Center**
O'ahu: (808) 531-3771
Toll Free: 1-800-690-6200
Text: (605) 956-5680
domesticviolenceactioncenter.org



Sex Abuse Treatment Center
Kapiolani Medical Center for Women & Children
27/7 Hotline: (808) 524-7273
satchawaii.org/contact

Crisis Resources

THE TREVOR

TrevorLifeline
Available 24/7:
1-866-488-7386

or text START to 678-678

or chat available at
thetrevorproject.org

**NATIONAL
HUMAN
TRAFFICKING
HOTLINE**

**National Human
Trafficking Hotline:
24/7 Confidential
(888) 373-7888**

or text 233733

TTY 711



State of Hawaii
Department of Human Services

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

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



Department of Human Services
Social Services

**Adult Protective Services
Hotline:**

Oahu (808) 832-5115
East Hawaii (808) 933-8820
West Hawaii (808) 327-6280
Kauai (808) 241-3337
Molokai/Maui/Lanai
(808) 243-5151



Trans Lifeline is a
grassroots hotline that
provides peer support for
the trans community.

Available:
10am-4am EST

1-877-565-8860

sage Advocacy &
Services for
LGBT Elders
We refuse to be invisible!

**The SAGE LGBT Elder Hotline
connects LGBT older people to
friendly responders, who are
certified in crisis response.**

Toll-free 1-877-360-LGBT (5428).

**Available 24 hours a day, 7 days a
week, in English and Spanish, with
180 language translations
available.**



COVID COACH



The COVID Coach app was created to support self-care and mental health during the COVID-19 pandemic.



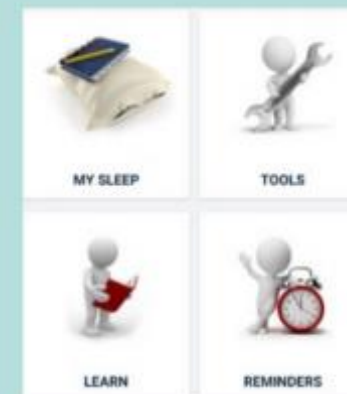
It is available on iTunes and Google Play.



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.



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INSTAGRAM
@livenaau
@mhahawaii



YOUTUBE
@mhaofhawaii



New! GET CONNECTED

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.

