

A Healthy Mind: Teen Mental Health

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Monday, February 8, 2021

Agenda

50 minutes of presentation:

- Mental health in adolescence
- Biosocial model
- Suicide facts & risk factors
- Warning signs
- Things you can do

Resources and Q&A

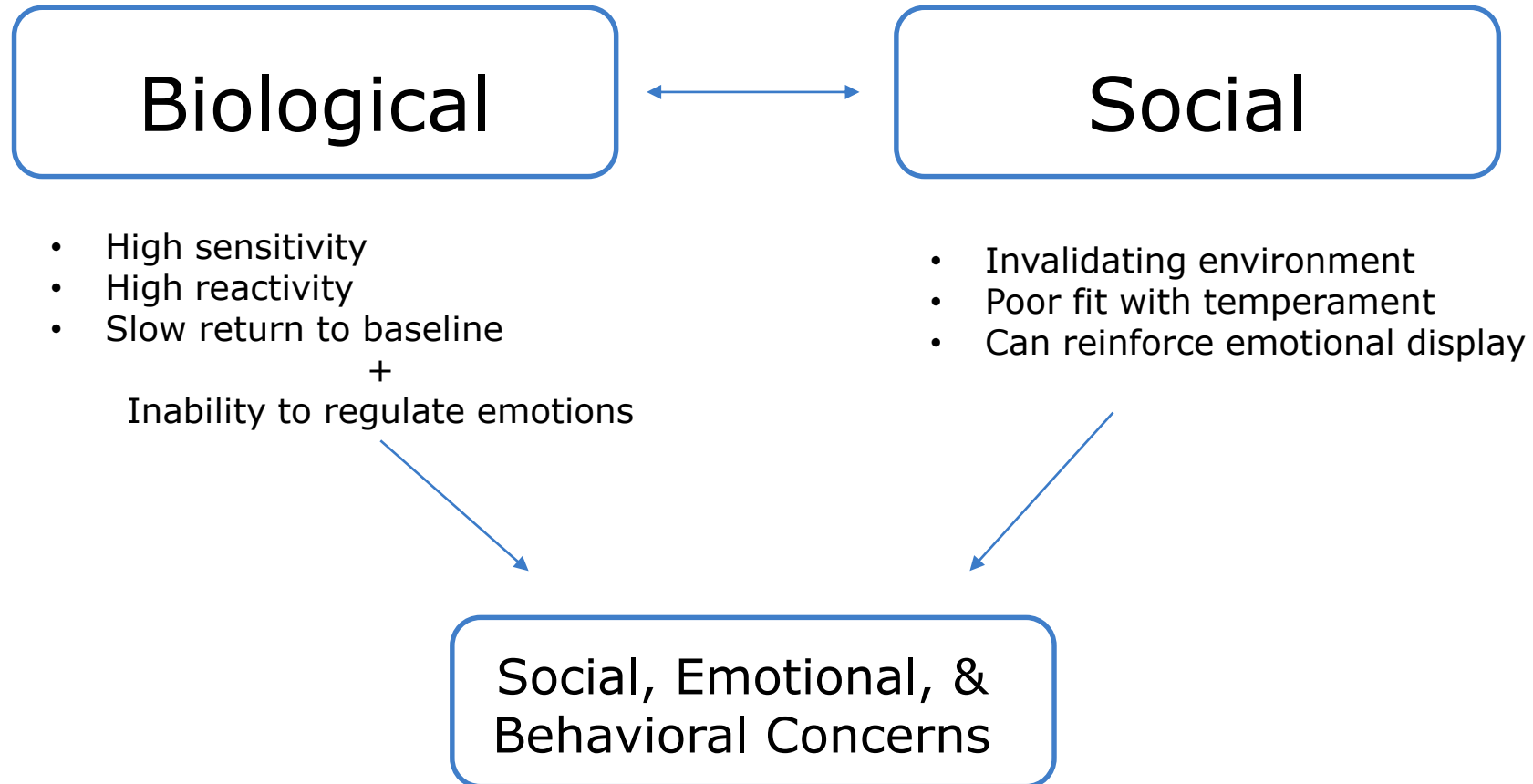


Adolescence

- The period from ages 10-19 is a unique & formative time
 - Physical, emotional & social changes increase vulnerability to mental health concerns



Biosocial Theory



Social, Emotional & Behavioral

- **1 in 6** U.S. youth aged 6-17 experience a mental health disorder each year
- **50%** of all lifetime mental illness begins by age 14
- Depression, anxiety, bipolar disorders, addiction, eating disorders, and learning differences can lead to thoughts of suicide.

Suicide

- Most people who are suicidal don't actually want to die. They just can't see any other way to end their pain
- Suicide is the **2nd** leading cause of death for youth ages 12-18
- Each day in our nation an average of over **3,703** attempts by young people grades 9-12
- **4 out of 5** teens who attempt suicide give clear warning signs
- **1 in 5** high school students in our county reported seriously considering suicide in the past 12 months

Risk Factors

GENERAL

- Mental health condition
- Aggression
- Gender
- Home environment
- Community Environment
- School environment
- Previous attempts
- Cultural factors
- Family history/stresses
- Self-harm behavior
- Situational crises

ELEVATED

- **Perfectionistic**
- **LGBTQ**
- **Learning Disabled**
- **Isolated**
- **Trauma history**
- **Substance use**

Myths

- People who talk about suicide won't really do it
- People who want to die will always find a way
- Most suicides happen around the winter holidays
- If you talk about suicide, you are giving ideas
- Most suicides happen "out of the blue."
- People who attempt suicide are just trying to get attention

Warning Signs can Include:

- **Talking About Dying:** any mention of dying, disappearing, jumping, shooting oneself or other types of self harm (direct or indirect)
- **Recent Loss:** through death, divorce, separation, broken relationship, self-confidence, self-esteem, loss of interest in friends, hobbies or activities previously enjoyed.
- **Change in Personality:** sad, withdrawn, irritable, anxious, tired, indecisive, apathetic.
- **Change in Behavior:** can't concentrate on school, work or routine tasks.
- **Change in Sleep Patterns:** insomnia, often with early waking or oversleeping, or nightmares.

ACT: Acknowledge, Care, Treatment

- **A**cknowledge: Take it seriously, and listen.
- **C**are: Take the initiative, and show and/or voice your concern.
- **T**reatment: Get professional help immediately.

How to Start the Conversation:

- Mention the things that are concerning you.
 - “You have been acting really down lately” or “You’ve been missing a lot of school and seem distracted when you are here.”
- Be direct.
 - “Have things gotten so desperate, that you are thinking about suicide?” or “Have you ever thought of killing yourself?”
- Listen and remain calm.
- Assure the person that help is available and treatment works.

How to Access Professional Support:

- Pediatrician/primary care doctor
- School-based therapist, school psychologist
- Another trusted adult
- <https://www.scfhp.com/for-members/find-a-doctor> (Medi-Cal/Healthy Kids)
 - Call
- [psychologytoday.com](https://www.psychologytoday.com) (“Find a therapist”)
- Phone number on private insurance card

What to do in a Crisis

- Call 9-1-1
- Go to the nearest emergency room
- Call mobile crisis hotline
 - Uplift Mobile Crisis: (408) 379-9085

ASPIRE Program at El Camino Health

- Intensive outpatient programs for youth (11-25 years of age)
- Curriculum of Dialectical Behavioral Therapy (DBT) skills
- 8-12 weeks @ 3-5 days per week
- Family component in all programs
- Call 866-789-6089 for a free initial evaluation



LIFE WORTH LIVING

Tools

- **S**: Social connectivity (not social media)
- **E**: Exercise
- **E**: Education (not necessarily Calculus...)
- **D**: Diet
- **S**: SLEEP

Tools

- Distress Tolerance
- Helpful when experiencing strong emotion(s)
- Goal to use biology (parasympathetic nervous system) to trigger a decrease in emotional activation.
- TIPP:
 - Temperature
 - Intense exercise
 - Paced breathing
 - Progressive muscle relaxation