

## In This Issue

- Mental Health Awareness Month
- What is mental health vs. mental illness?
- Tips to Increase My Mental Health
- Prevalence of Mental Illness by Diagnosis
- Healthy U Community Fair
- REAL TALK: Fentanyl and its poisoning risk to kids
- A Growing Problem
- A Cure Out of Reach

# MENTAL HEALTH AWARENESS MONTH

Spring Branch ISD proudly supports

## May as Mental Health Awareness Month

1 in 5 U.S. adults experience mental illness each year



1 in 20 U.S. adults experience serious mental illness each year

1 in 6 U.S. youth aged 6-17 experience a mental health disorder each year



You are not alone. Millions of people are impacted by mental health each year.

For 24/7 assistance, call the Suicide Crisis Lifeline at 9-8-8

## Mental Health Awareness Month

Mental Health Awareness Month was established in 1949 to increase awareness of the importance of mental health and wellness in American lives and celebrate recovery from mental illness. Mental health plays a huge role in our overall health and well-being.

Our goal in recognizing this month is to engage our community and fight stigma, provide support, educate the public and advocate for policies. Together, we can support the millions of people affected by mental illness.

## What is mental health vs. mental illness?

Mental health reflects our emotional, psychological, and social well-being and affects how we think, feel, and act. It has a strong impact on the way we interact with others, handle problems, and make decisions. Mental health is important throughout every stage of life.

According to the Centers for Disease Control (CDC), mental illness affects the way people think, feel, behave, or interact with others. There are many different mental illnesses with different symptoms that impact people's lives in different ways. These can include but aren't limited to depression, anxiety, bipolar disorder, and schizophrenia.

Mental health and mental illness are increasingly being used as if they mean the same thing, but they are not. Everyone has mental health, just like everyone has health. Yet, not all people will experience a mental illness, but everyone will struggle with their mental well-being (i.e., their mental health) just like we all have challenges with our physical well-being from time to time.



## Why is mental health important for overall health?

Mental and physical health are equally important components of overall health. For example, depression increases the risk for many types of physical health problems, including diabetes, heart disease, and strokes. Similarly, the presence of chronic conditions can increase the risk of mental illness.



## Can your mental health change over time?

Yes, it's important to remember that a person's mental health can change over time depending on many factors. When the demands placed on a person exceed their resources and coping abilities, their mental health could be impacted. For example, if someone is working long hours, caring for a relatively someone is experiencing economic hardship, working long hours, or caring for a relative that may be experiencing poor mental health.

## 1 in 5 How common are mental illnesses?

Mental illnesses are among the most common health conditions in the United States.

- More than 1 in 5 U.S. adults live with a mental illness.
- Over 1 in 5 teenagers (ages 13-18) either currently or at some point during their life, have had a seriously debilitating mental illness.
- About 1 in 25 U.S. adults lives with a serious mental illness, such as schizophrenia, bipolar disorder, or major depression.



## What causes mental illness?

There is no single cause for mental illness. Several factors can contribute to risks for mental illness, such as:

- Adverse childhood experiences, such as trauma or a history of abuse (for example, child abuse, sexual assault, witnessing violence, etc.)
- Biological factors or chemical imbalances in the brain
- Having feelings of loneliness or isolation
- Stress-related to academic or athletic performance
- Bullying or inability to fit in with social circles
- Low self-esteem and self-worth (i.e. feelings of inadequacy)
- Social expectations and the desire to be or look a certain way
- Verbal, physical, or emotional abuse
- Traumatic experiences, such as an accident or the loss of a loved one
- Alcohol or substance abuse, which may stem from peer pressure
- Constant worry or anxiety about other life stressors
- An unstable home environment or unsafe living conditions
- Experiences related to other ongoing (chronic) medical conditions, such as cancer or diabetes-

# Tips to Increase My Mental Health:

## A SLEEP-HEALTHY BEDROOM



## CREATE COMFORT IN YOUR SPACE



## PRACTICE TIDINESS

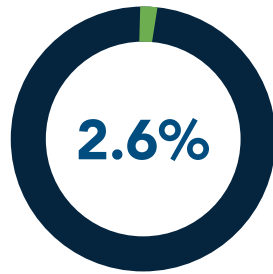




# Prevalence of Mental Illness by Diagnosis



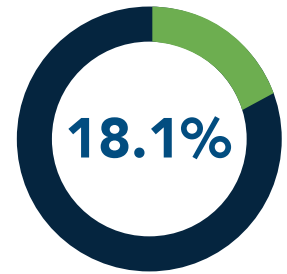
1 in 100 (2.4 million) American adults live with schizophrenia.



2.6% (6.1 million) of American adults live with bipolar disorder.



6.9% (16 million) of American adults live with major depression.



18.1% (42 million) of American adults live with anxiety disorders.

## SBISD's Focus on Mental Health



**Our Inaugural "HEALTHY U" COMMUNITY FAIR was a huge success!**

In honor of Mental Health Awareness Month, SBISD hosted its inaugural Mental Health and Wellness Community Fair with 300 attendees. Thank you to the 55 mental health and wellness vendors who provided resources to students, families, staff, and community members.



MD Anderson Cancer Center conducted an amazing live puppet show for the kids on the impact of tobacco. Additionally, Zumba, yoga, and exercise activities were enjoyed by many.



Free immunizations, health screenings, and lead testing were also provided. Spring Branch Middle School entertained everyone with a live orchestra performance and the healthy food demonstrations and food trucks were a hit! Participants left with great prizes.

We hope to see you next year!

## What's the danger for me and my kids?

Distributors are mixing fentanyl with other drugs like heroin, cocaine, and methamphetamine. Drugs laced with fentanyl cause addiction much faster, making it a cheaper option.

This is especially risky when people taking drugs don't realize they might contain fentanyl as a cheap but dangerous additive. Possibly taking stronger opioids than their bodies are used to may lead to an overdose. It's impossible to tell by sight, smell, or taste.

Not even drug dealers can tell which pills are laced with the poison until it's too late.

## How are kids getting fentanyl?

According to a recent article in the New York Post, "The deadly drug has been found in vape pens on high school campuses in recent months."

There is a growing concern that middle school, high school, and college-aged kids are being targeted by criminals who make fentanyl pills disguised as oxycodone, Adderall, and Xanax."

Youth are targeted online through social media platforms like Snapchat, Instagram, TikTok, and YouTube. Buying drugs is as easy as posting a series of specific emojis on social media to signal your interest in a sale.

# REAL TALK: Fentanyl and its poisoning risk to kids.

There is a new mental health epidemic caused by fentanyl. Symptoms of anxiety, a false sense of wellbeing, mental and mood changes are all side effects of the drug. It is important to educate our youth on the dangers of fentanyl and mental health. Often drug usage is a result of mental health concerns that are being temporarily masked. The fentanyl poisoning crisis is affecting all income levels, races, ethnicities, and genders. It's not just "those troubled kids" - athletes, straight "A" students, band and drama kids are dying too often, even middle school-aged kids. Someone who thought they were simply experimenting by taking an everyday prescription pill may unknowingly end up taking something laced with a lethal amount of fentanyl. It's happening across America and Texas.

- Fentanyl is a synthetic opioid that is 50–100 times more potent than morphine, and is often lethal with as little as 2 milligrams
- Over 71,000 Americans died from fentanyl in 2021, an increase of 23 percent from the previous year
- Over that same period, Texas saw an 89 percent increase in fentanyl-related fatalities, with data showing 1,672 deaths in 2021 as compared to 883 in 2020
- These are significant increases since 2018 when there were 214 fentanyl-related deaths in Texas
- Drug traffickers disguise pills that include dangerous fentanyl to look like legitimate prescription drugs, and even candy to target children
- Fentanyl is impacting individuals with and without substance use disorders

## | Oxycodone



## | Xanax®



## | Percocet®



## | Adderall®





# A GROWING *problem*

While opioid-related overdose deaths have been steadily climbing throughout the nation—resulting in more than 841,000 deaths in the U.S. since 1999—the trend has been further exacerbated by the outgoing COVID-19 pandemic.



Texas saw a roughly **87%** increase in the number of annual opioid overdose deaths since 2019, rising from 1,452 deaths in 2019 to 2,628 in 2021.\*

\*DATA DOES NOT INCLUDE THE MONTH OF DECEMBER.



of the **71,000** drug overdose deaths that occurred in the U.S. in 2019 involved opioids.

Roughly **4 out of 5** illegally manufactured pills seized by the U.S. Drug Enforcement Agency in 2021 contained lethal doses of fentanyl.

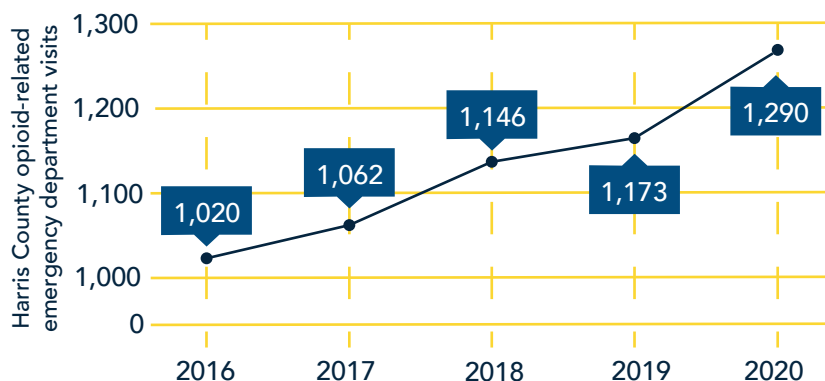


## *A cure* OUT OF REACH

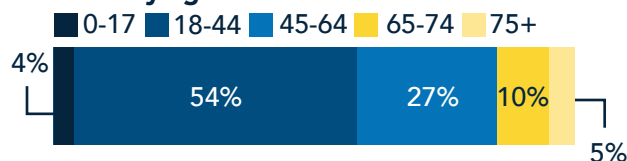
While the rate of opioid prescriptions in Harris County has slowed over time, opioid-related emergency department visits rose through 2020. Opioid overdose deaths statewide nearly doubled during the pandemic with experts citing a lack of access to care as a barrier.

### OPIOID-RELATED EMERGENCIES RISE

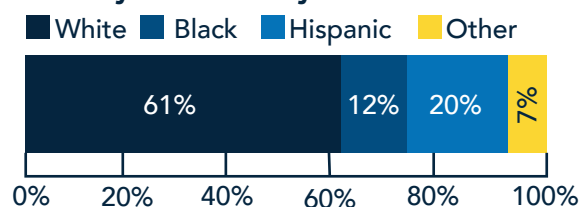
Opioid-related emergency department visits in Harris County rose roughly 26% from 2016 to 2020. Statewide, most opioid-related emergencies are among white individuals between the ages of 18-44.



#### Visits by age in Texas



#### Visits by race/ethnicity in Texas



**References** Source: National Center for Chronic Disease Prevention and Health Promotion, Division of Population Health Source: [NaturalHigh.org](https://www.naturalhigh.org/risks-of-fentanyl-poisoning/) <https://www.naturalhigh.org/risks-of-fentanyl-poisoning/> Source: Mental Health of America <https://mhanational.org/surroundings/healthy-home-environment>