



Parent Advisory Council Meeting Presentation

## MISSION

To provide mental health and suicide prevention resources, support, advocacy, educational training, coaching, and counseling services through referrals.

## VISION

End the stigma associated with mental health for those who suffer in silence.

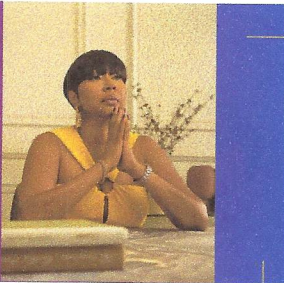
Parent Advisory Council Meeting



JOY INSIDE TEARS

## ABOUT US

JOY INSIDE TEARS was founded after the loss of my son to suicide in 2013. I became our mission to help others with suicide prevention and mental health. By sharing my story, I hope to break awareness of the stigma associated with mental illness and to encourage early intervention.



## RESOURCES

We offer mental health and suicide prevention resources from local, state, and government agencies to aid in early intervention and save lives, while improving the outlook for people who may suffer from mental health conditions.



## ADVOCACY

State Capitol Day with the American Foundation for Suicide Prevention



We advocate on behalf of families, individuals, groups, and community organizations to advance goals that help change or implement policies in mental health and suicide prevention. We connect with government officials locally and statewide.

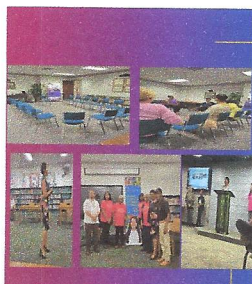
Suicide Prevention Awareness Month 2023



## SUPPORT

We are here to offer support to those who need to share and talk about mental health challenges. We hope that by having conversations and dialogue about the issue, we can help end the stigma associated with mental health and prevent suicide. We offer monthly community support meetings, youth mental health coaching services, and public speaking engagements.

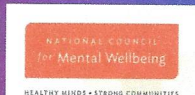
Parent Advisory Council Meeting



## EDUCATIONAL TRAINING



American Foundation for Suicide Prevention



HEALTHY MINDS • STRONG COMMUNITIES

NAMI Ending the Silence

## THANK YOU

JOY INSIDE TEARS

Parent Advisory Council Meeting

- Dr. Thade Halemba, MHA (Inc.)
- Certified Youth Mental Health Coach
- Certified Adult Mental Health First Aid Instructor
- Presenter for NAMI (National Alliance on Mental Illness) Georgia
- Presenter and Collaborator with AFSP (American Foundation for Suicide Prevention)



# Getting the Right Start



**YOU ARE  
NOT ALONE**

**ONE  
= SIX**

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

## WORRIED?

### *Tell Someone*

- Family member
- Close friend
- Teacher or professor
- Counselor or coach
- Faith leader

## WHAT TO SAY

- "I haven't felt like myself lately, and I don't know what to do. Can I talk to you about it?"
- "I'm worried about stuff that's going on right now, do you have time to talk?"
- "I'm having a really hard time; will you go with me to see someone?"

## WHAT TO DO

*Getting help early can  
keep you on the right track.*

1. Rule out other physical health conditions
2. Be honest about what you're feeling and be clear about what you want
3. Ask for help finding a therapist or mental health professional that works for you

## KEEP IN MIND

- It can take some time to get an appointment with a specialist, so do not wait.
- See if you can get an appointment sooner by asking or letting the specialist know if you are in crisis.
- While you wait, contact your local NAMI for additional supports and resources, including the NAMI HelpLine and support groups.





# Common **WARNING SIGNS** of Mental Illness

Diagnosing mental illness isn't a straightforward science. We can't test for it the same way we can test blood sugar levels for diabetes. Each condition has its own set of unique symptoms, though symptoms often overlap. Common signs and/or symptoms can include:

- ! Feeling very sad or withdrawn for more than two weeks
- ! Trying to harm or end one's life or making plans to do so
- ! Severe, out-of-control, risk-taking behavior that causes harm to self or others
- ! Sudden overwhelming fear for no reason, sometimes with a racing heart, physical discomfort or difficulty breathing
- ! Significant weight loss or gain
- ! Seeing, hearing or believing things that aren't real\*
- ! Excessive use of alcohol or drugs
- ! Drastic changes in mood, behavior, personality or sleeping habits
- ! Extreme difficulty concentrating or staying still
- ! Intense worries or fears that get in the way of daily activities



\*Various communities and backgrounds might view this sign differently based on their beliefs and experiences. Some people within these communities and cultures may not interpret hearing voices as unusual.

## WORRIED ABOUT YOURSELF OR SOMEONE YOU CARE ABOUT?



If you notice any of these symptoms, it's important to ask questions



Try to understand what they're experiencing and how their daily life is impacted



Making this connection is often the first step to getting treatment

## KNOWLEDGE IS POWER



Talk with a health care professional



Learn more about mental illness



Take a mental health education class



Call the NAMI HelpLine at 800-950-NAMI (6264)

**50%**  
of all lifetime  
mental illness  
begins by age  
**14**

**75%**  
by age  
**24**

Data from CDC, NIMH and other select sources. Find citations for this resource at [nami.org/infstats](http://nami.org/infstats)

NAMI HelpLine  
800-950-NAMI (6264)

NAMI

NAMICommunicate

NAMICommunicate

[www.nami.org](http://www.nami.org)

**nami**  
National Alliance on Mental Illness



thinking

feelings

# Supporting

Families, Schools, and Faith Based  
Communities in Youth and  
Adolescent

## Mental Health

(Ages 8-24)

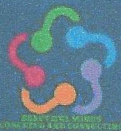
behaviour

Email

[Tracie@beautifulmindscoach.com](mailto:Tracie@beautifulmindscoach.com)

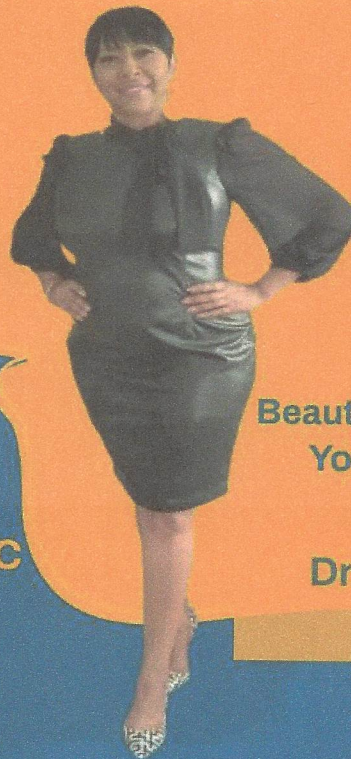
For a **FREE**  
consultation

**Certified Mental Health Coach | AACC**



Beautiful Minds Presents:  
Youth Mental Health  
Coaching with

Dr. Tracie Halcrombe,  
MHA., (h.c)





EDUCATION

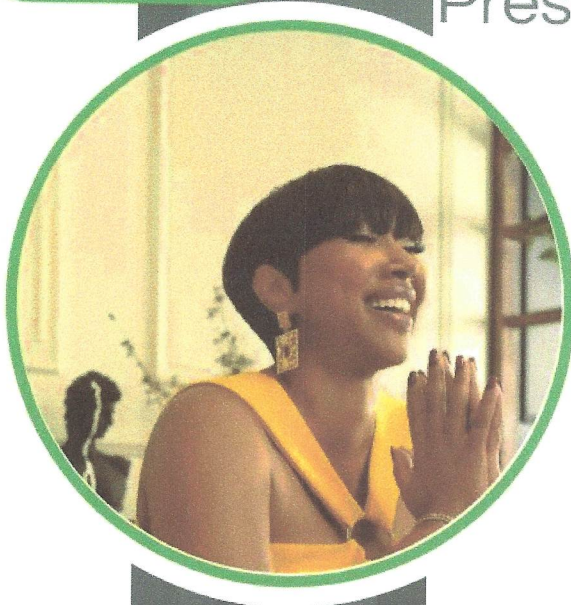
SUPPORT

# Meet

Dr. Tracie Halcrombe, MHA., (h.c)

---

Presenter/Facilitator/Instructor  
for:



\*NAMI  
National Alliance on Mental Illness

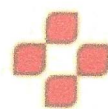
\*AFSP  
American Foundation for Suicide Prevention

\*Joy Inside Tears  
(Adult Mental Health First Aid)

Providing education programs and support  
free of cost to communities, families, students,  
and schools.

If you would like to host an in person or virtual  
presentation at your school, youth/adult  
group, or organization with Dr. Tracie  
Halcrombe, contact 706-407-1260 for details  
on individual programs.





**Mental Health FIRST AID**

from NATIONAL COUNCIL FOR MENTAL WELLBEING

## MENTAL HEALTH FIRST AID

### WHY MENTAL HEALTH FIRST AID?

Mental Health First Aid (MHFA) teaches you how to identify, understand and respond to signs of mental health and substance use challenges among adults.

On average,

**130**

people die by  
suicide every day.

*Source: American Foundation  
for Suicide Prevention*

From 1999 to 2019,

**841,000**

people died from  
drug overdoses.

*Source: Centers for Disease  
Control and Prevention*

Nearly

**1 IN 5**

in the U.S. lives  
with a mental illness.

*Source: National Institute  
of Mental Health*

### WHO NEEDS TO KNOW MENTAL HEALTH FIRST AID

- Employers.
- Police officers.
- Hospital staff.
- First responders.
- Caring individuals.

### WHAT IT COVERS

- Common signs and symptoms of mental health challenges.
- Common signs and symptoms of substance use challenges.
- How to interact with a person in crisis.
- How to connect a person with help.
- Expanded content on trauma, substance use and self-care.

### THREE WAYS TO LEARN

- **In-person (2nd Edition)** – Learners receive their training during a 7.5-hour, Instructor-led, in-person session.
- **Blended** – Learners complete a 2-hour, self-paced online course, and participate in a 4.5- to 5.5-hour, Instructor-led training. This Instructor-led Training can be:
  - » A video conference.
  - » An in-person class.

Learn how to respond with the Mental Health First Aid Action Plan (**ALGEE**):

- A**ssess for risk of suicide or harm.
- L**isten nonjudgmentally.
- G**ive reassurance and information.
- E**ncourage appropriate professional help.
- E**ncourage self-help and other support strategies.

#### Sources

American Foundation for Suicide Prevention. (n.d.). *Suicide statistics*.  
<https://afsp.org/suicide-statistics/>

Centers for Disease Control and Prevention. (n.d.). *Drug overdose deaths*. <https://www.cdc.gov/drugoverdose/deaths/index.html>

National Institute of Mental Health (NIMH). (n.d.). *Mental illness*.  
<https://www.nimh.nih.gov/health/statistics/mental-illness>

To find a course or contact a Mental Health First Aid Instructor in your area, visit [MHFA.org](https://MHFA.org) or email [Hello@MentalHealthFirstAid.org](mailto:Hello@MentalHealthFirstAid.org).





# Your Language Matters

The words you use matter. You can better reach youth, break down negative stereotypes and give teens hope by choosing words that are more relatable and promote understanding.

This simple but caring approach may help youth feel more comfortable and willing to talk openly about mental health and to reach out for support early.

Your presentation will resonate more effectively and honestly by choosing the best words for your audience. Included here are suggested words and phrases to help teens be more open and receptive to your message.

It only takes one person to make a difference. Lead by example. Be that person.

A person is not their mental health condition. You wouldn't say someone "is cancer," so we wouldn't say someone "is bipolar." Use words like "has," "lives with" or "experiences" instead. Talk about mental health in a way that encourages hope and empowers youth. Words like "brain disorder/disease," "mentally ill" and "suffers from" can be intimidating to teens and give the illness the power.

## Tips for Talking to Youth

### Consider saying

### Instead of

Mental health condition

Brain disorder or brain disease

Mental health

Mental illness

My daughter has bipolar disorder

My daughter is bipolar

Person with a mental health condition

Consumer, client or patient

Lives with, has or experiences

Suffers from, afflicted with or mentally ill

## Tips for Talking About Suicide

### Consider saying

### Instead of

Suicide attempt/ attempted suicide

Failed suicide or unsuccessful attempt

Died by suicide/ suicide death

Successful or completed suicide

Took their own life

Committed suicide

Died as the result of self-inflicted injury

Chose to kill him/herself

Disclosed

Threatened

When talking about suicide, consider other meanings your words may have. For example, "committed suicide" implies that suicide is a crime. You can help eliminate the misunderstanding and stigma that prevent people from speaking up and getting support by choosing words that are more clear and neutral.



**NAMI** Ending the Silence

National Alliance on Mental Illness



Created October 2015