

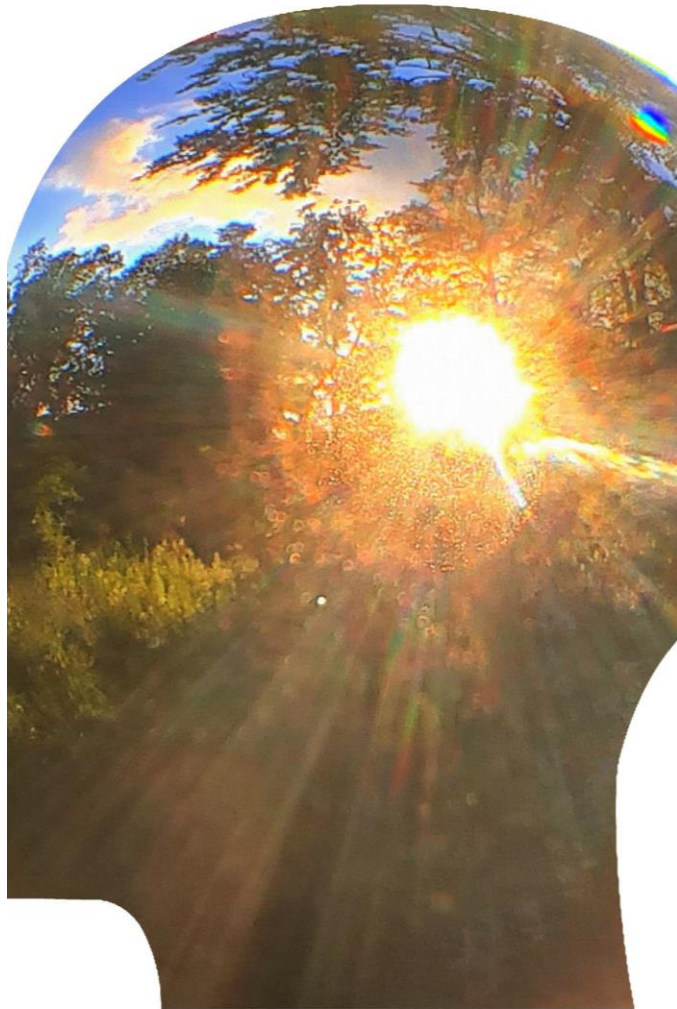


MENTAL HEALTH AWARENESS

PROMOTING WELLBEING AND UNDERSTANDING MENTAL HEALTH CHALLENGES



MENTAL HEALTH OVERVIEW



Presentation Overview

Youth Mental Health Focus

The presentation highlights youth mental health statistics and the impact on their well-being.

Signs and Disorders in Schools

Identifies signs of mental health issues and discusses trauma and mood disorders common in school settings.

Resilience and Protective Factors

Explores resilience, executive functioning, substance abuse trends, and protective factors in families and schools.

Actionable Strategies and Support

Concludes with strategies for promoting mental health and contact information for further assistance.



YOUTH MENTAL HEALTH STATISTICS

Prevalence of Mental Health Issues

Anxiety Prevalence in Youth

Approximately 30% of youth experience anxiety, indicating a significant mental health concern among young people.

2022/23 CDC Data reports 9% of Adolescent Males had current, diagnoses

Depression Statistics

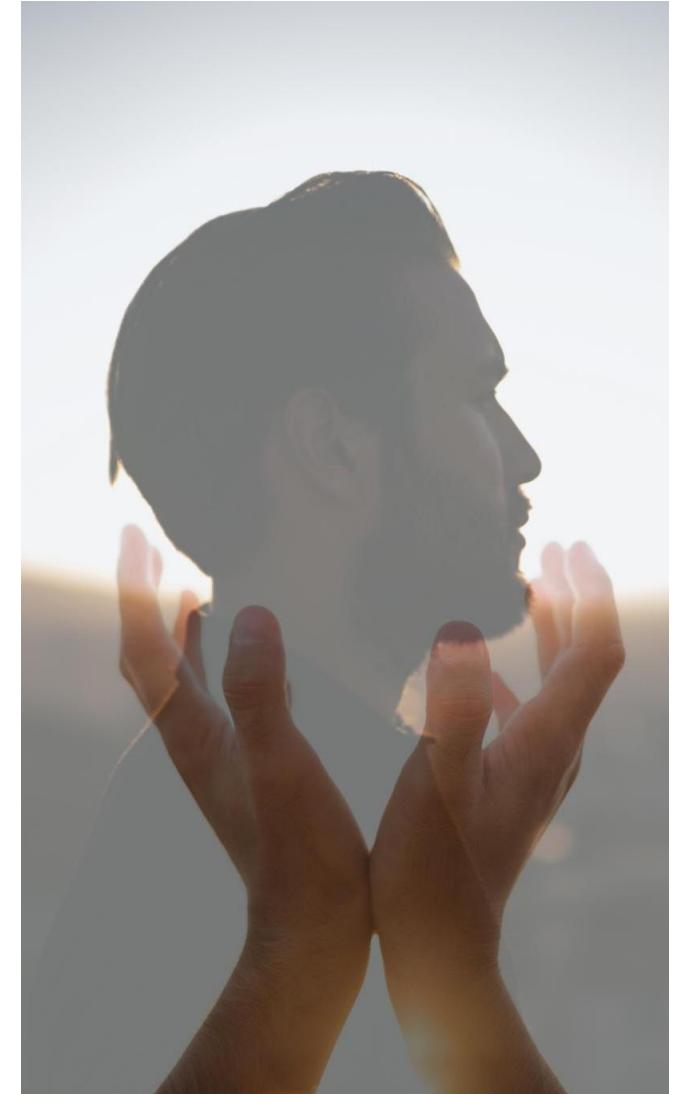
2021 SAMHSA Data reports 11.5% of adolescent males have had at least 1 major depressive episode, and 10-15% currently experience depressive symptoms.

Impact on Life and Education

Mental health challenges affect academic performance, social relationships, and overall well-being of young individuals.

Need for Awareness and Intervention

Early recognition and support from educators and caregivers are essential for addressing youth mental health issues.



Post-COVID Mental Health Trends

Increased Anxiety and Depression

Post-pandemic, 40% of youth experience disordered anxiety and 39% report feelings of depression, highlighting widespread mental health concerns.

Worsening Pre-existing Conditions

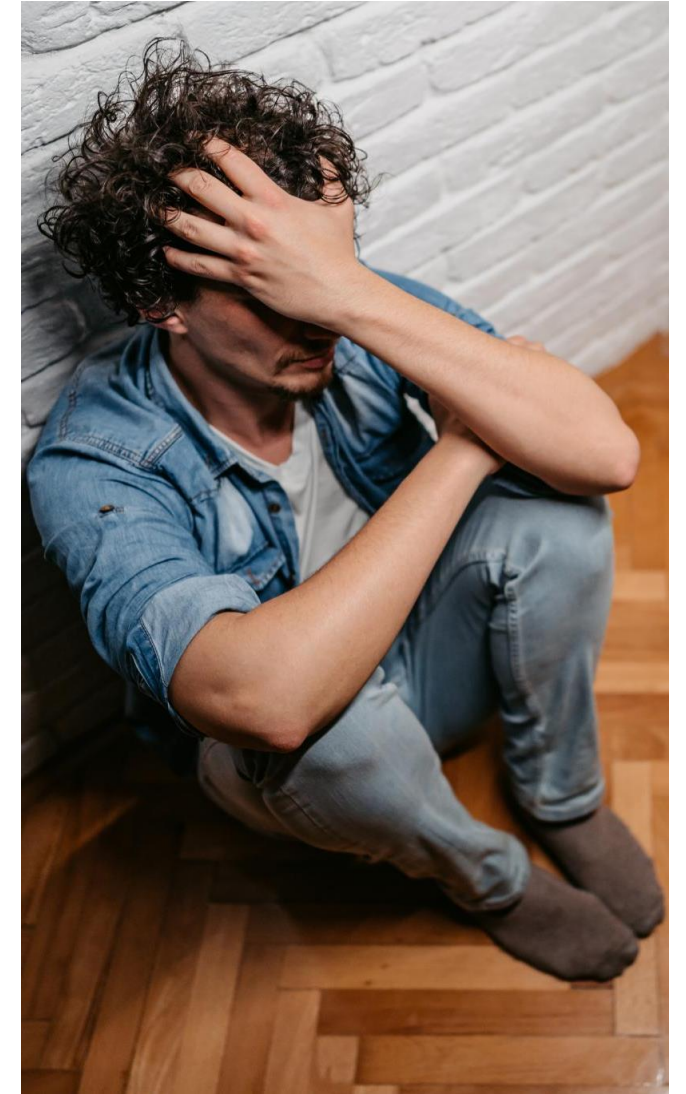
37% of young individuals report a worsening of existing mental health conditions following the pandemic.

Post-Traumatic Stress Symptoms

28-34% show symptoms of PTSD, reflecting the pandemic's traumatic psychological impact on youth.

Emotional Exhaustion and Irritability

There is a notable rise in irritability, insomnia, anger, and emotional exhaustion among young people post-pandemic.





THE IMPACT OF SCREEN TIME

1. **Statistic:** A recent CDC report (July 2021–December 2023) found that **50.4% of teenagers (ages 12–17) had 4 hours or more of daily screen time for non-schoolwork.**
2. **Correlation to Mental Health:** CDC reports have highlighted that teenagers with **4 or more hours of daily screen time** were significantly more likely to report symptoms of anxiety and depression compared to those with less screen time. This correlation points to the public health concern of excessive screen use.



IDENTIFYING MENTAL HEALTH CHALLENGES



Signs in School Settings

Cognitive and Emotional Signs

Students may show distracted thinking, intrusive thoughts, and difficulties with motivation and memory consolidation.

Social and Behavioral Indicators

Struggles in relating to others, managing emotions, and exhibiting school avoidance are common signs.

Academic Performance Impact

Disconnected thinking and poor academic results may indicate underlying mental health issues.

Importance of Early Recognition

Educators play a vital role in identifying signs to provide timely support and foster a positive learning environment.

Neurodevelopmental Disorders and Trauma

Impact on Youth Mental Health

Neurodevelopmental disorders and trauma-related conditions significantly affect the mental health of young individuals.

Definition and Immediate Trauma Response

Trauma is an emotional response to terrible events, with immediate reactions including shock and denial.

DSM-V Trauma-Related Disorders

DSM-V categorizes trauma-related disorders such as Reactive Attachment Disorder, PTSD, and Adjustment Disorders with fear-based and dissociative symptoms.

Importance of Understanding Disorders

Understanding these disorders is essential for providing effective mental health interventions and support.





**MENTAL HEALTH
DISORDERS AND
BEHAVIORS**

Executive Functioning Skills

Core Executive Skills

Executive functioning includes inhibition control, emotion regulation, working memory, and flexible thinking.

Impact of Deficits

Deficits in executive skills can negatively affect academic performance and social interactions.

14.5% of Adolescent Males have had or currently have a diagnosis of ADHD (2020-2022 CDC Data)

Support and Intervention

Structured support can enhance executive functioning and improve outcomes for youth with mental health struggles.

Foundation for Resilience

Executive skills are key for resilience and adapting to stressful environments with goal persistence.



Mood Disorders and Behavioral Indicators

Common Mood Disorders

Generalized Anxiety Disorder and Major Depressive Disorder frequently affect youth, impacting their daily lives and well-being.

Behavioral Indicators

Indicators include sleep disturbances, social withdrawal, frequent crying, loss of interest, appetite changes, and school absences.

Severe Warning Signs

Self-harm and suicidal thoughts are serious symptoms requiring immediate professional help and support.

Importance of Early Intervention

Early detection and intervention are crucial for effective management and prevention of long-term harm.





SUBSTANCE ABUSE TRENDS

Teen Marijuana and Alcohol Use

Prevalence of Marijuana Use

Marijuana use among 10th and 12th graders remains high, with 18% and 22% reporting past month use respectively.

(16% of all high school students report use)

Alcohol Use Rates

Alcohol use among teens mirrors marijuana rates, highlighting its widespread use among youth.

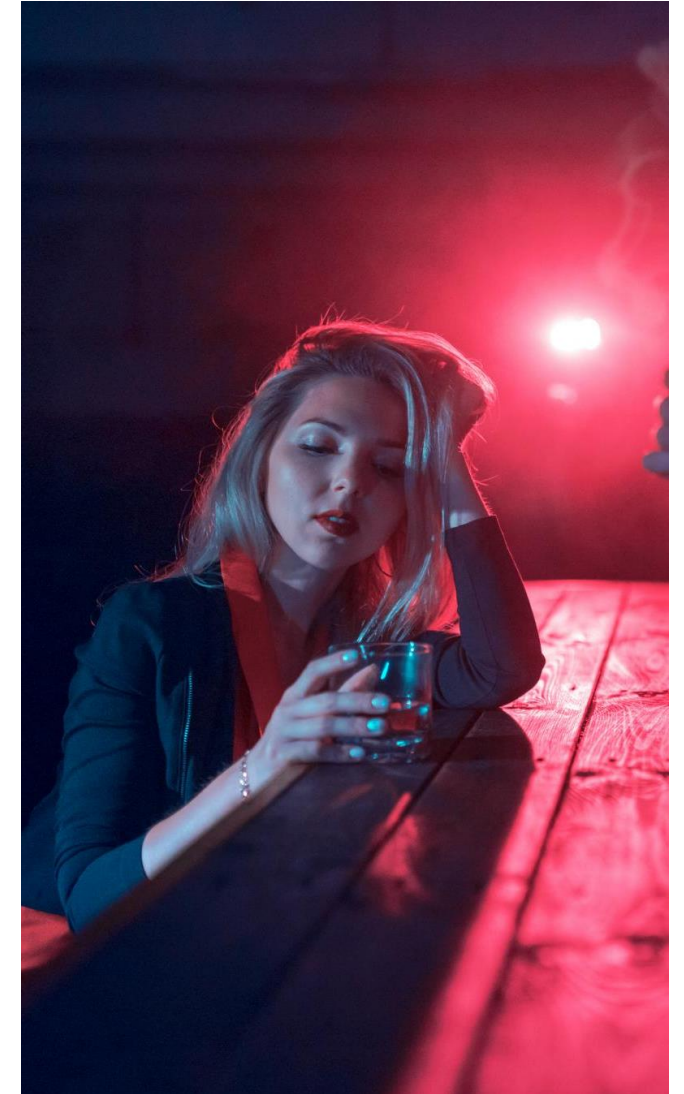
23% of High School Student report use (2021 YRBS data)

Rise of Vaping

Vaping has surged recently, especially among high school seniors, despite declines in other drug use.

Need for Education and Prevention

Growing trends emphasize the importance of targeted education and prevention strategies for youth substance abuse.



RESILIENCE AND PROTECTIVE FACTORS



Building Resilience

Definition of Resilience

Resilience is the ability to function competently under stress and recover from trauma effectively.

Key Traits Fostering Resilience

Traits like intrinsic motivation, optimism, empathy, responsibility, altruism, and fairness build resilience.

Supporting Resilience Development

Supportive relationships and structured environments promote mental health and help build resilience.

Family and School Protective Factors

Family Supportive Factors

Families promote resilience through shared activities, open communication, available resources, and supportive adult relationships.

Family Structure and Predictability

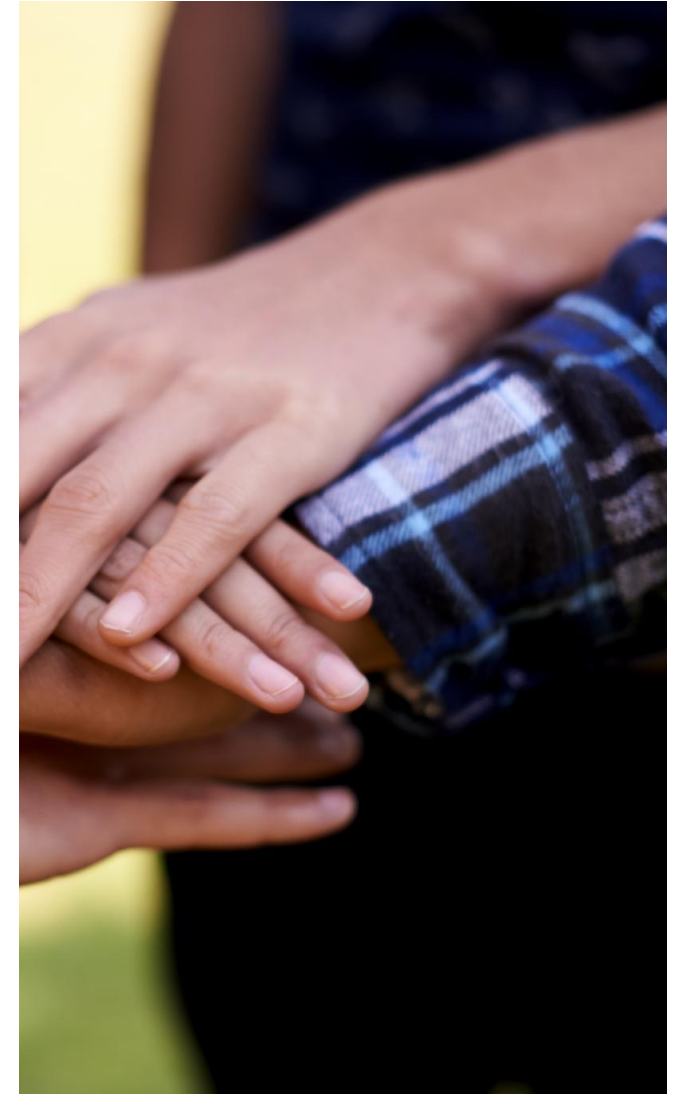
Structure, rules, and predictability within families contribute to a stable and supportive environment for youth mental health.

School Protective Environment

Schools support mental health by addressing academic and emotional needs and providing a safe environment.

Community and Emotional Support

Healthy community activities in schools foster social connections and emotional well-being among youth.





SUPPORT STRATEGIES

Therapy and Predictability

Importance of Predictable Routines

Consistent daily routines provide stability and support youth mental health by creating a predictable environment.

Benefits of Therapy

Therapy enhances emotional regulation, coping skills, and communication for improved mental health outcomes.

Types of Therapy

Different therapies like cognitive behavioral, trauma-focused, and family therapy address unique mental health needs.

Encouraging Participation

Promoting therapy involvement alongside routine maintenance significantly improves youth mental health outcomes.





Contact Information and Resources

Access to Help

Providing clear contact information ensures individuals can reach mental health professionals when needed.

Crisis Intervention Services

Crisis intervention services offer immediate support to prevent escalation of mental health issues.

Educational Resources

Providing educational materials helps families and students understand mental health and available support.

Building Support Networks

Creating a network of support improves the effectiveness of mental health initiatives in communities.