

Mental Health at GOC and Beyond:

What are we looking at and what can we do



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What is Mental Health and Wellness?

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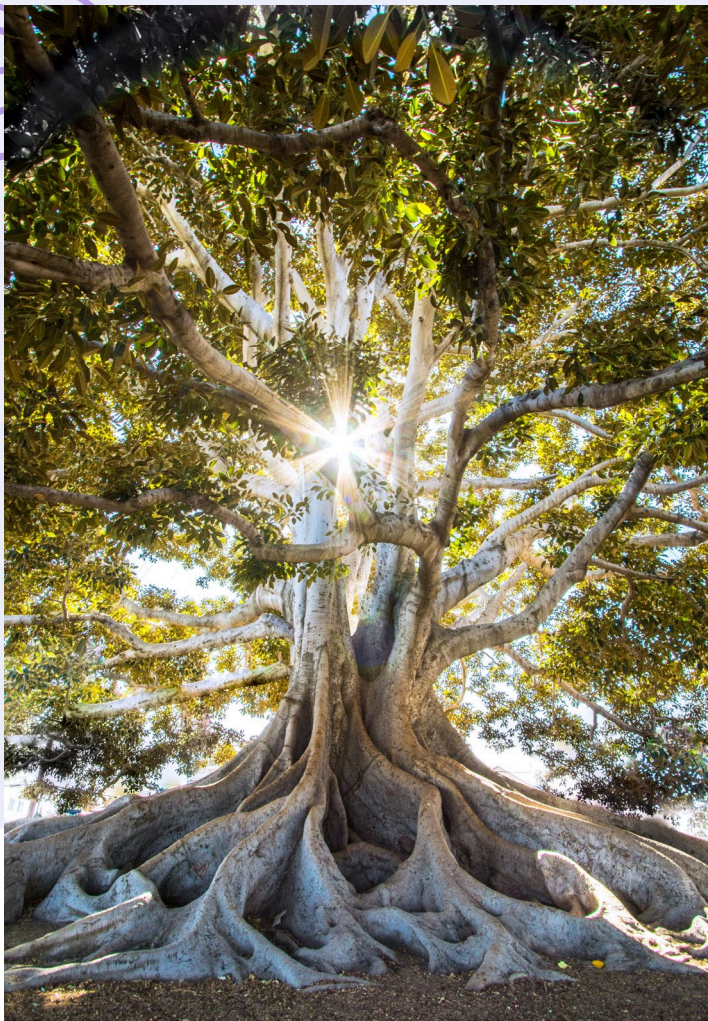


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What do trees need to live?

Now, what do trees need to thrive?



What do people need to live?

What do people need to thrive?



Mental Health

Mental health encompasses our emotional, psychological and social wellbeing. It is a state in which a person realizes their own abilities, copes with normal life stressors, works productively and contributes to their community.





Mental Health Disorder vs Mental Health Challenge

What is a mental health disorder?

A **diagnosable** disorder that affects a person's thinking, emotional state and behavior. The term mental illness can also be used.

What is a mental health challenge?

An umbrella term that includes when a young person is experiencing signs or symptoms.



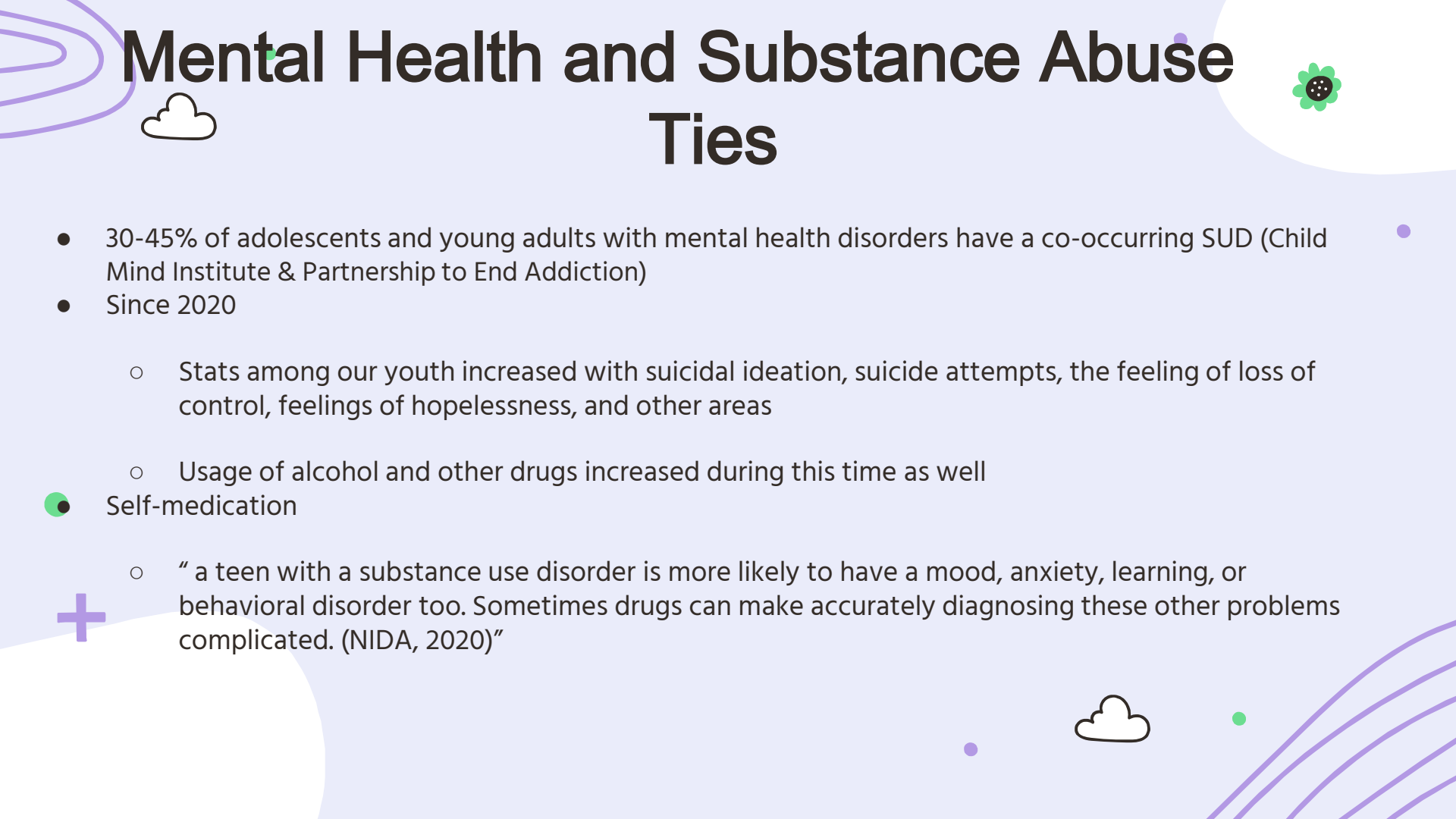
GOC Mental Health Stats

- Always feeling stressed: 20% MS & 32% HS
- Serious considering harming self in past year: 14% MS & 18% HS
- Considered suicide: 12% MS & 11% HS
- Why: Demands of school work and school grades and performance

- Experienced sudden overwhelming feelings of fear (within 30 days): 36% MS & 39% HS
- Anxiety that gets in the way of daily activities: 38% MS & 43% HS
- Know an adult at GOC they can talk to: 90% MS & 93% HS



Mental Health and Substance Abuse Ties



- 30-45% of adolescents and young adults with mental health disorders have a co-occurring SUD (Child Mind Institute & Partnership to End Addiction)
- Since 2020
 - Stats among our youth increased with suicidal ideation, suicide attempts, the feeling of loss of control, feelings of hopelessness, and other areas
 - Usage of alcohol and other drugs increased during this time as well
- Self-medication
 - “a teen with a substance use disorder is more likely to have a mood, anxiety, learning, or behavioral disorder too. Sometimes drugs can make accurately diagnosing these other problems complicated. (NIDA, 2020)”

Addressing Specific Conditions

Pathological Demand Avoidance (PDA)

- Extreme resistance to things perceived as a demand. Often avoid routine tasks through excuses, distractions or meltdowns.
- Respond better if you find what motivates them rather than confronting resistance.
 - Offer options: more likely to compromise
- Makes more progress and maintain it over time when they see their ideas are considered.

AuDHD

- Having both autism and ADHD, highlighting the experience of living with traits of both conditions, which can interact in complex ways.
- Symptoms of autism and ADHD can have a compound effect, intensifying challenges with attention, social interaction, and emotional regulation.
- Traits of the two can also pull kids in opposite directions, like craving order but being unable to organize, or wanting routine but acting impulsively.

It is important to seek professional help if you suspect your youth is suffering from any mental health challenge. Individual and family therapy can help create a plan to help your child in the best way.

Anxiety Disorders

- Anxiety is the most common disorder in children and adolescents.
- Many different types of anxiety:
 - Separation anxiety
 - Social anxiety
 - Generalized anxiety disorder
 - And more...

10 Tips to Help

- Don't try to eliminate anxiety. Best way to help overcome anxiety is to help them learn to tolerate it as well as they can.
- Don't avoid things just because they make a child anxious.
- Express positive – but realistic – expectations. Anxiety at its core is about difficulty tolerating uncertainty.
- Respect their feelings but don't empower them. Validating feelings doesn't mean agreeing with them.
- Don't ask leading questions.
- Don't reinforce their fears.
- Be encouraging.
- Try to keep the anticipatory period short. Hardest time is before it happens.
- Think things through with the youth. Sometimes it helps to talk through what would happen if fear came through and make a plan.
- Try to model healthy ways of handling anxiety.

What can we
do?





Be the trusted adult in a young person's life.

Be mindful and build genuine connections.

Understand that being a young person in this day
and age is HARD, don't dismiss their feelings.

Tips For Talking & Listening to Your Teens

Keep conversations short, informal, and frequent.

Have solid goals for the conversation and make your position clear.

You don't have to be an expert to know where to get the facts.

Be prepared for the conversation to change over time.

If you notice something's different, ask your child about it.

Have a "code word" for risky situations.

Be ready to listen to your child, too.

If your child tells you they are struggling, support them.



Coping and Resilience

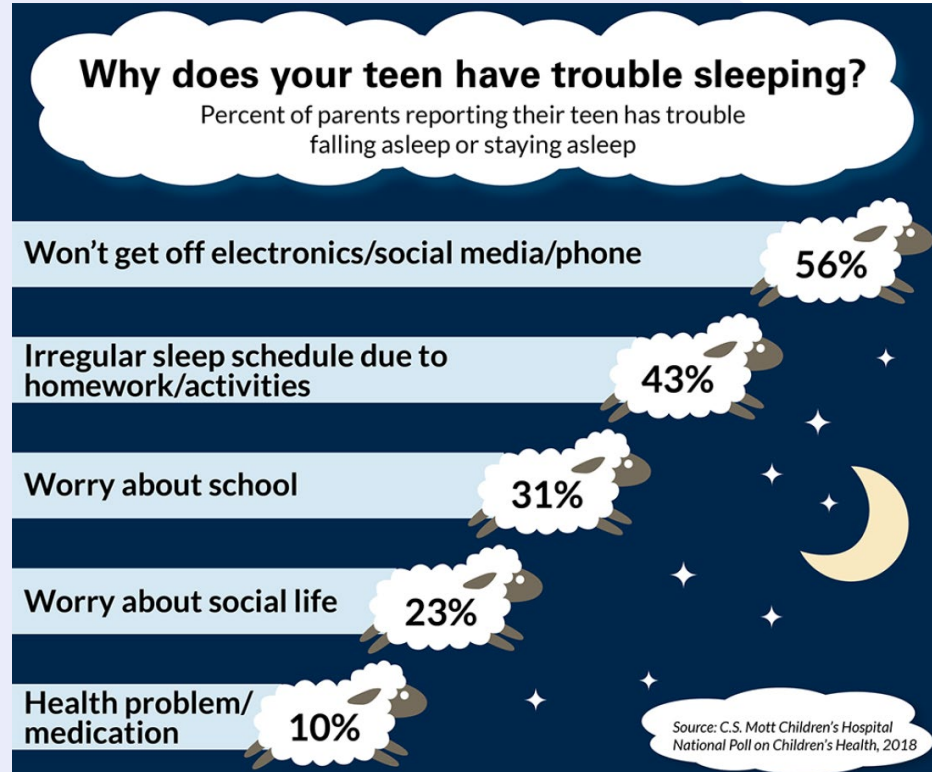
Strategies to work with youth

- ✓ Identify people that are support systems in your life
 - ✓ Personal, Work, Educational, and Top Supporter
- ✓ Practice Self-Compassion
 - ✓ Be Mindful (and not judgmental)
 - ✓ Remind them you are not alone
 - ✓ Be kind to yourself (how would you treat your best friend?)
- ✓ Prepare for hardship and academic non-successes
- ✓ Get involved outside of academics
- ✓ Meditate
- ✓ Accept help
- ✓ Positive Self-talk
 - ✓ "I can do hard things!"



SLEEP

- ✓ 8 – 10 hours a night
- ✓ 7-10 report not sleeping enough
- ✓ Limit Caffeine
- ✓ Links to increased stress and anxiety
- ✓ Switch off or remove devices
 - ✓ Media curfew
- ✓ Physical Exercise helps sleep



State and National Crisis Lines

988 – Can call or text.

**Georgia Crisis and Access Line
(GCAL)** – 800.715.4225

TrevorLifeline – 866.488.7386
and text “START” to 678678





Local and Other Resources

- **View Point Health:**
www.myviewpointhealth.org | 678-209-2411
- **Alianza Terapéutica Latina (ATL):**
770-449-5259
- **The Progress Place:**
www.progressplace.net | 678-894-0288
- **National Alliance on Mental Illness (NAMI):** www.namiga.org | www.namigwinnett.org
- **Child Mind Institute:**
www.childmind.org
- **Operation Parent:**
www.operationparent.org
- **GUIDE, Inc.:**
www.guideinc.org/mhresources

Other Handy Resources

Insight Timer – free app with meditation and guided breathing

CALM app– paid subscription

GOC Counseling Center – Reach out to your counselors – they have resources!



Future Trainings and Resources



GUIDE, Inc.

working together for safe and healthy communities

QPR Classes

(online and in-person)



Youth Mental Health First Aid Classes (online and in-person)



To schedule, send an email to prevention@guideinc.org

Thanks!

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