

# Let's Get Real About Youth Mental Health!



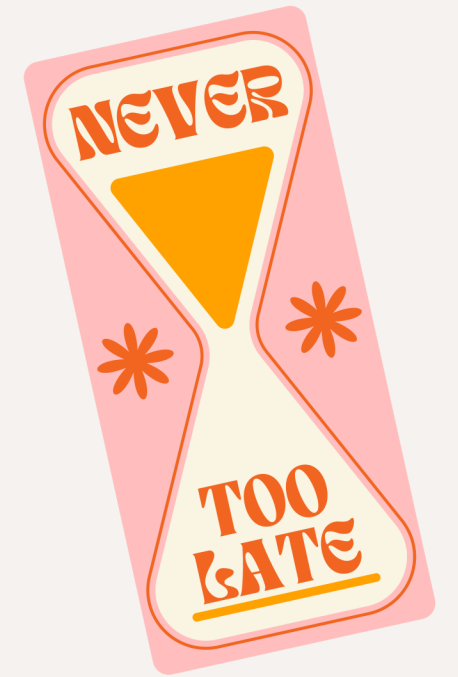
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# Agenda



1

**Youth Mental  
Health Statistics**

2

**Student  
Discussion About  
Mental Health**



3

**Importance of  
Communication  
and Connection**

4

**Resources for  
Parents and  
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# Youth Mental Health Statistics

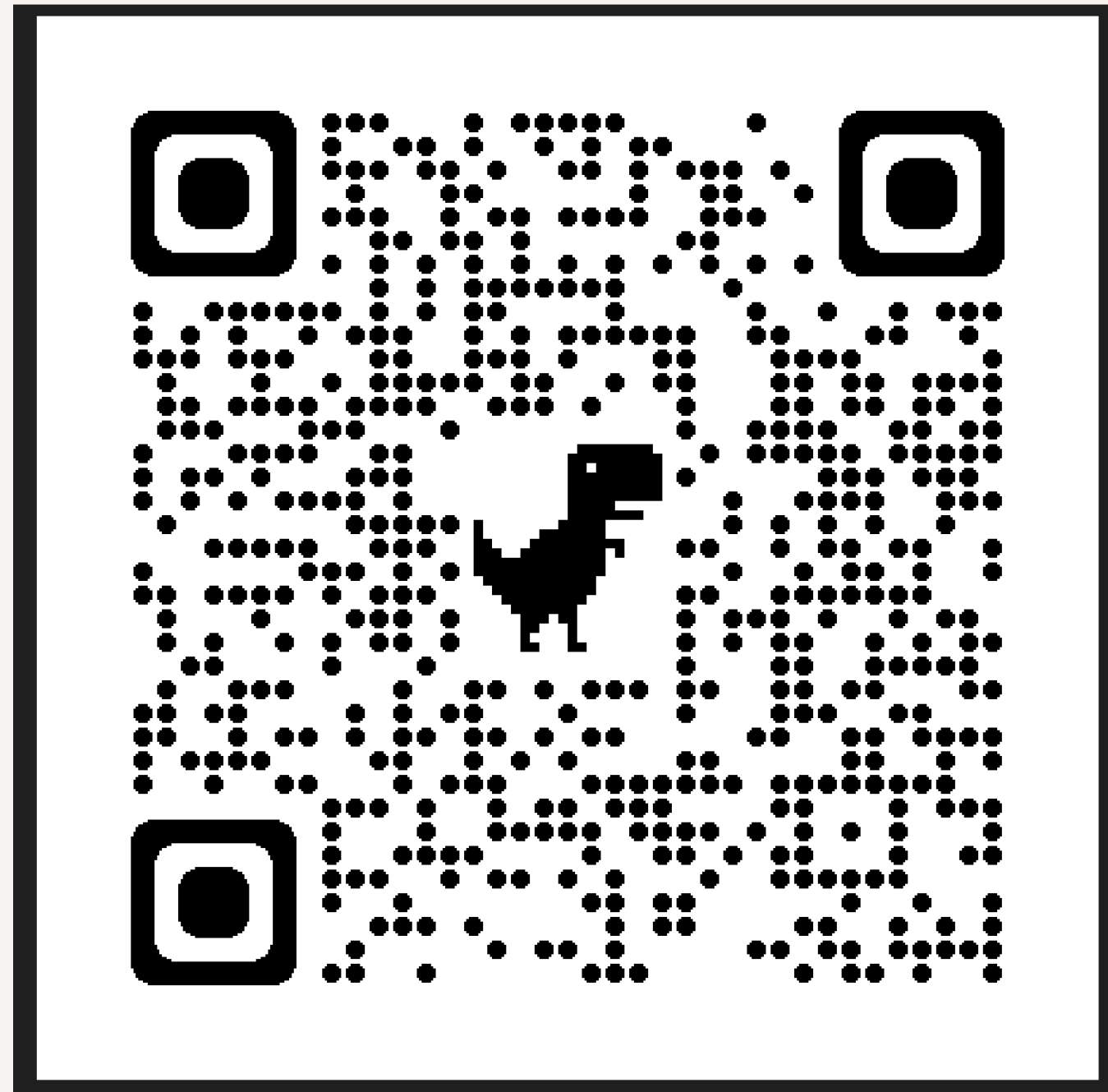




# Slido Interactive

## Slido.com

## #9642777



Please answer  
Slido Question 1





\* You are worthy \*

# Youth Mental Health is a Growing Problem

- More than 1 in 3 high school students had experienced persistent feelings of sadness or hopelessness in 2019, a 40% increase since 2009.
- In 2019, approximately 1 in 6 youth reported making a suicide plan in the past year, a 44% increase since 2009.

<https://www.cdc.gov/healthyyouth/mental-health/index.htm>







# Mental Health is a BIG Deal

More than feeling blue. It can impact many areas of a teen's life. Youth with poor mental health may struggle with **school and grades, decision making, and their health.**

Often go hand-in-hand with other health and behavioral risks like **increased risk of drug use, experiencing violence, and higher risk sexual behaviors.**

Because many health behaviors and habits are established in adolescence that will carry over into adult years, it is **very important to help youth develop good mental health.**







# APA Stress in America 2020 survey

- About 43 percent of teens surveyed in 2020 said their stress levels had gone up
- 45 percent said they had a hard time concentrating on schoolwork
- Many reported feeling less motivated

<https://summer.harvard.edu/blog/managing-stress-in-high-school/>



# Screen Time



Constant exposure to devices severely affect mental health:

- increase stress and anxiety
- sleep issues in both children as well as adults
- FOMO







## The Psychological health effects:

- suicidal tendencies
- symptoms of depression which are associated with digital device dependency
- screen-time-induced poor sleep quality
- content-influenced negativity





# Student Discussion about Mental Health

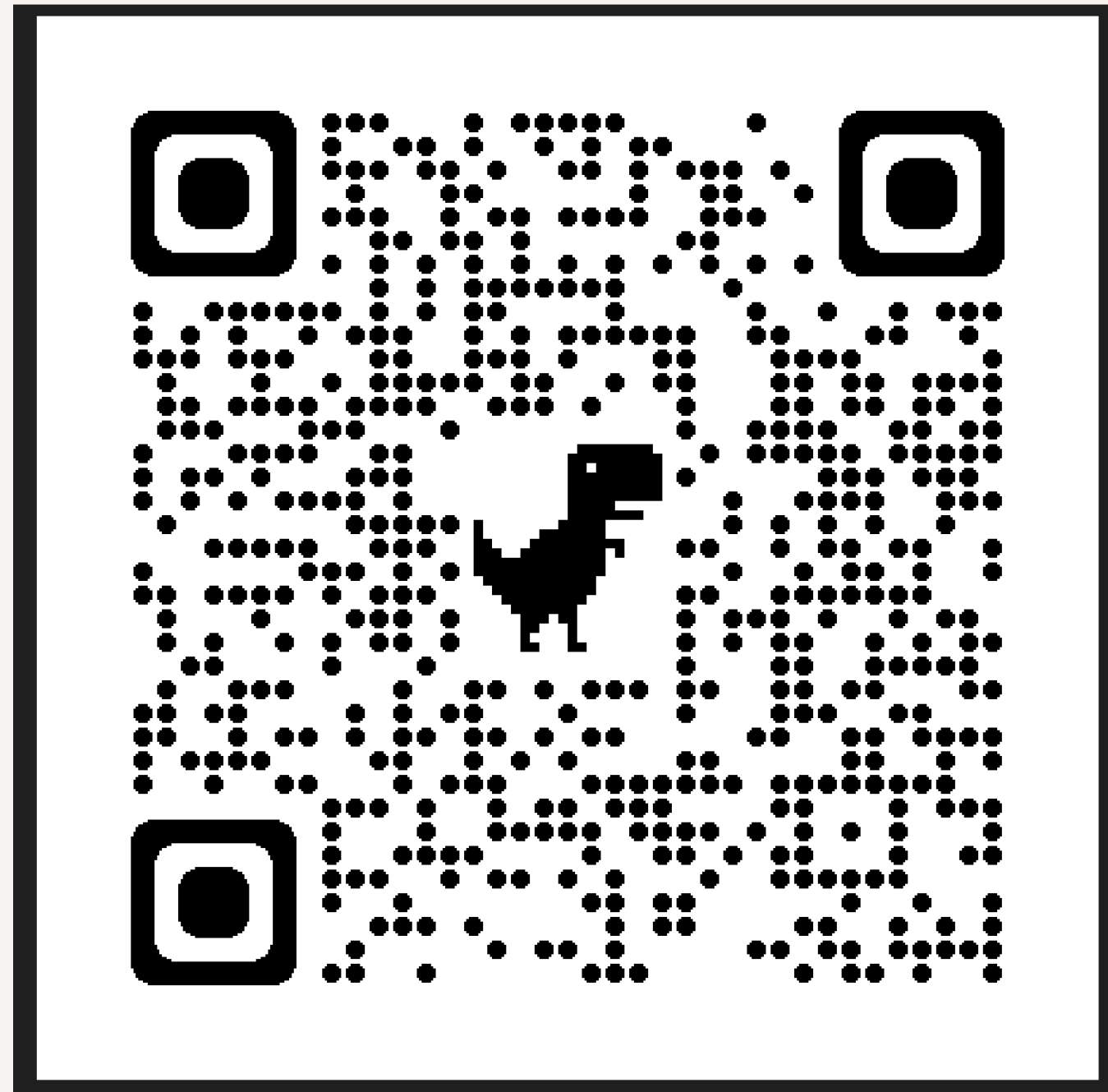




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Slido Question 2



# 83% OF TEENS SAID SCHOOL ITSELF WAS A MAJOR STRESSOR





# Sakshi Khurana: Research Fellow, Harvard's Weisz Lab for Youth Mental Health

Some of the common triggers of stress in teens:

- anxiety to perform well in academics (getting into a good college)
- peer pressure
- interpersonal relationships
- body image issues

<https://summer.harvard.edu/blog/managing-stress-in-high-school/>





# Parent/Guardian Stress



A new study found one of the main causes of stress for teens comes from pressures at home

Over **60 percent of teens indicate that they feel significant pressure** and distress from their parent/guardian's expectations of them to succeed


Parent/guardian concern over their **school grades, homework completion, and performance in extracurricular** activities is one of their greatest stressors.

This sense of pressure is intensified by technology that offers **24-hour monitoring.**

**“My grades are always in the back of my mind, and now my parents can go and look online anytime they want and question me about it.”**

The matter is not helped by the finding that the online data may not always **be accurate or up to date.**





**Parents fear their student will be left out or will not succeed in adulthood.**

- this fear is usually exaggerated but causes parents to be:

- overly attentive to their student's performance
- create unattainable goals

Students have more stress and greater anxiety by threats of

**punishment unless expectations** are met.





- Stress from academic expectations is compounded by the additional pressure we feel to **excel in extra-curricular activities**
- Students are encouraged to “**build credentials**” for their future college or job applications (performing in the band, participating in student government, athletics, etc)
- Students feel pressure from parents to “**stand-out**” at **whatever we are doing**





# Find Clubs/Activities for Mental Health Support



**Sources of Strength-students can apply to  
Sources to be a leader and join campaigns by  
coming to morning meetings**



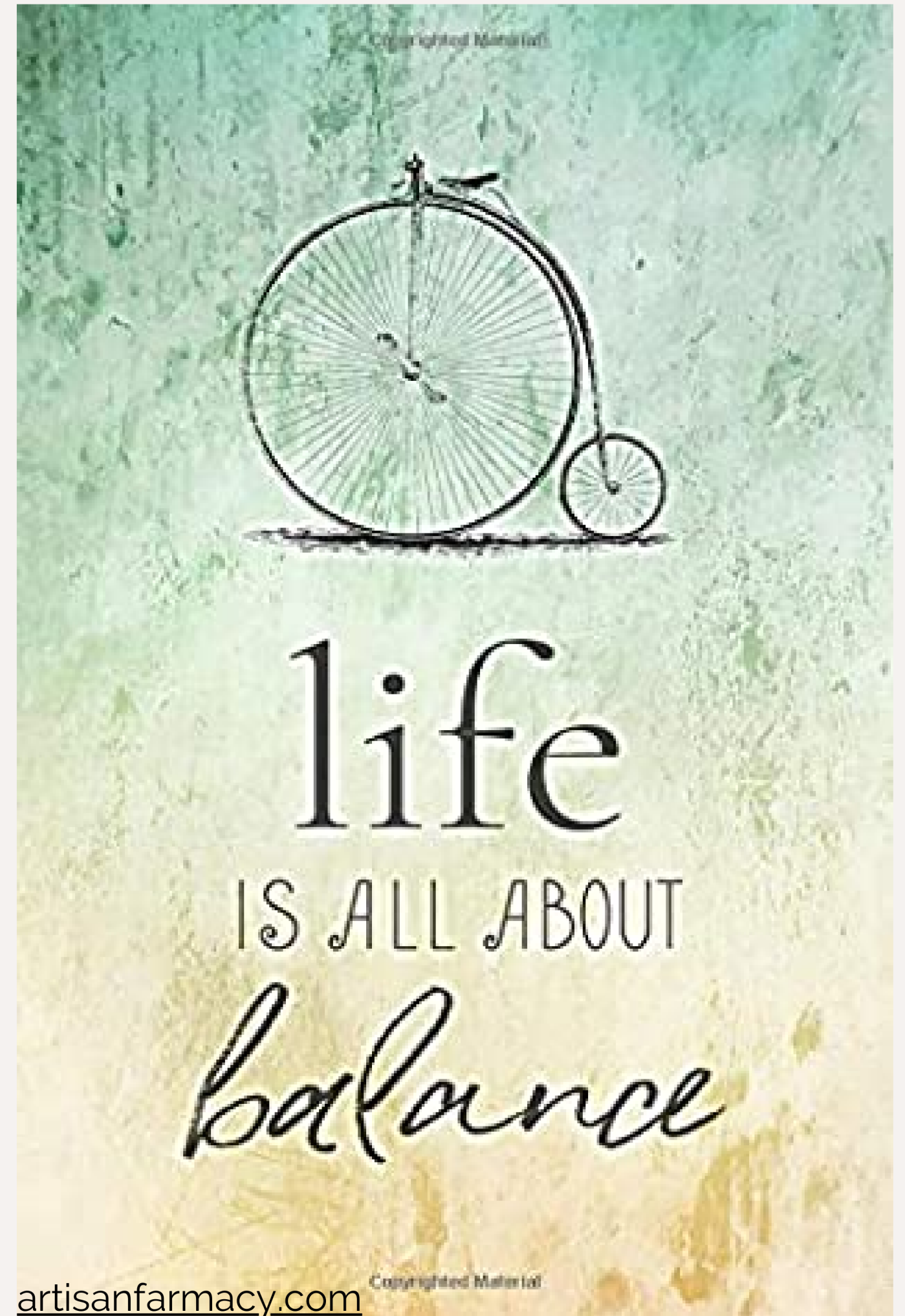
**PEER-students can apply to be a PEER and can  
request a PEER if they need support**





We can't add  
more hours to the  
day!

There is only so  
much time for  
academics,  
activities, peer  
relationships, etc  
AND SLEEP!





# Importance of Communication and Connection

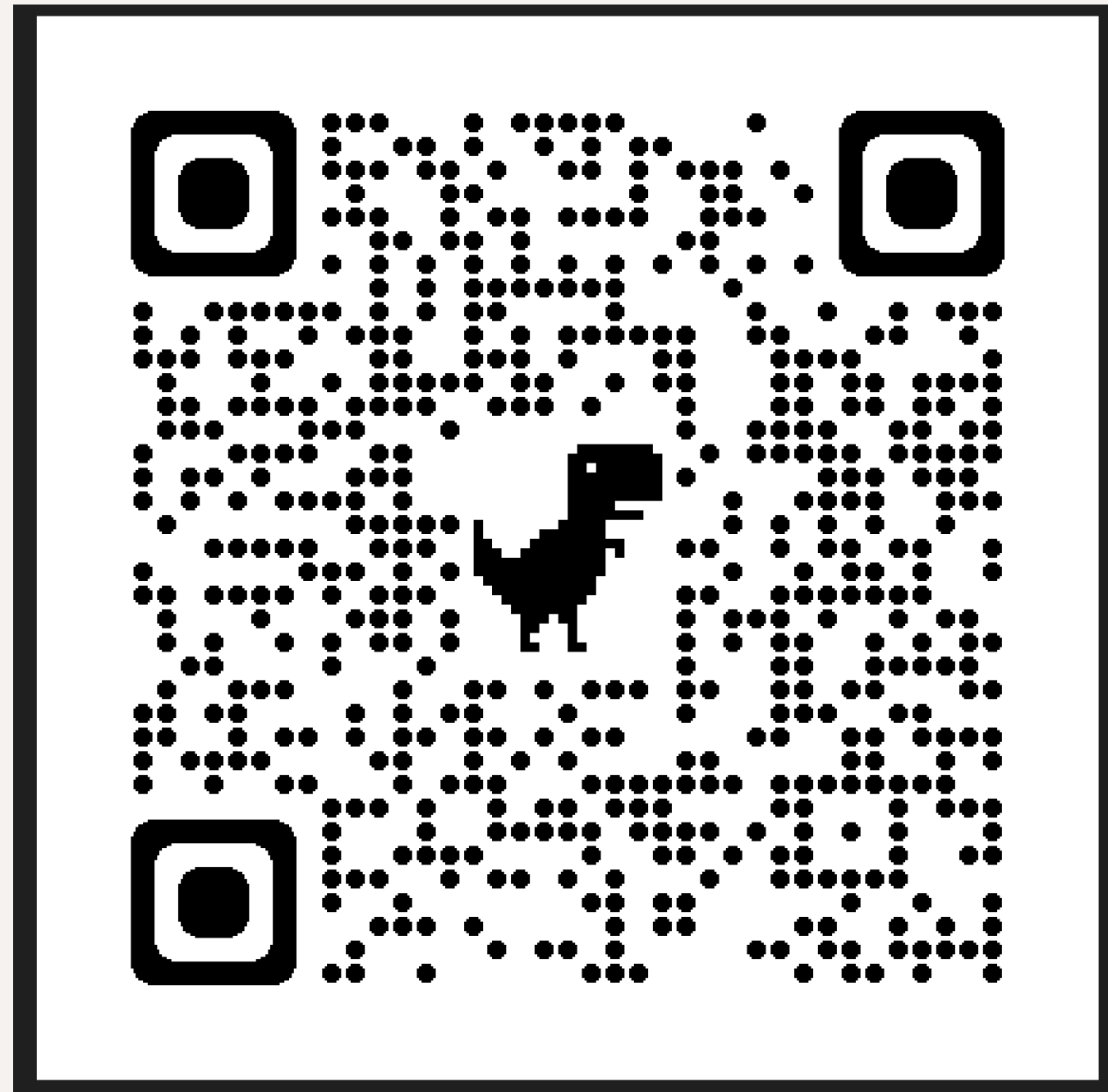




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Please answer  
Slido Question 3





# The Good News



TEENS ARE RESILIENT, AND WE KNOW WHAT WORKS TO SUPPORT THEIR MENTAL HEALTH: **FEELING CONNECTED TO SCHOOL AND FAMILY**



01

Helping students feel **connected to school/family** enhances mental health.

02

Building strong bonds and relationships with adults and friends at school, at home and in the community provides youth with a sense of connectedness.

03

The feeling of connectedness is important and can **protect adolescents from poor mental health, and other risks like drug use and violence.**

04

Youth need to know **someone cares about them.** Connections can be made virtually or in person.





Utilize a “**mentoring**” type of relationship with your teen

Mentoring is:

- an **advising role** where the teen is encouraged to try their best, help is offered without an overbearing presence
- involves setting a **good example** for your teenager to follow
- being present in order to **reinforce success** and encourage positive behaviors while their **actual performance is left to them**



# Pitfalls to watch out for:



1. Minimizing feelings
2. Always saving them from failure
3. Expecting perfection
4. Making sure they always feel "comfortable"
5. Not setting parent/child boundaries (friend)
6. Not taking care of **yourself**





# Youth Who are Mentally Strong:



1. **Empower** themselves ("All I can do is try my best.")
2. **Adapt** to change (name their emotions)
3. Know when to say "no" (set boundaries)
4. Own their **mistakes**
5. Celebrate other people's success
6. Fail and try again
7. **Persist**







# FOSTER CONNECTION AND SUPPORT



- Create rituals of communication
- Make sure your teen has **downtime**
- Encourage **healthy media habits**
- Make sure your teen is getting enough **sleep** - and some **exercise**
- Try to make your home a **judgement-free safe haven**
- Pay attention to your own mental health


<https://www.health.harvard.edu/blog/the-mental-health-crisis-among-children-and-teens-how-parents-can-help-202203082700>



# IDEAS FOR PARENT QUESTIONS TO CHECK IN ON MENTAL HEALTH



[https://www.nami.org/NAMI/media/  
NAMI-Media/PDFs/10-Question-  
Tuesday\\_English\\_2022.pdf](https://www.nami.org/NAMI/media/NAMI-Media/PDFs/10-Question-Tuesday_English_2022.pdf)



**10 Questions On A DAY SWEET**

### Weekly Check-In for Parents/Caregivers with their child/children!

Ask any of the following questions to develop practical strategies with your child on how to best support their mental health

*\*\*you can tailor the questions to fit your child's needs.*

<ul style="list-style-type: none"><li>■ What's your favorite way to relax or de-stress?</li></ul>	<ul style="list-style-type: none"><li>■ What has been your favorite part of the week so far?</li></ul>
<ul style="list-style-type: none"><li>■ How are things going with your friends?</li><li>■ What is something cool you talked about or did recently to connect with them?</li><li>■ What is something fun you have planned soon with your friends?</li></ul>	<ul style="list-style-type: none"><li>■ Do you feel like you have too many responsibilities?</li><li>■ Do you think you are managing your time well?</li><li>■ What could support you?</li></ul>
<ul style="list-style-type: none"><li>■ What has been taking up most of your mental energy these days?</li></ul>	<ul style="list-style-type: none"><li>■ What new activities, music or hobbies do you want to try?</li></ul>
<ul style="list-style-type: none"><li>■ Do you feel anxious? If so, what leads to that feeling, and what does anxiety feel like to you?</li></ul>	<ul style="list-style-type: none"><li>■ What's something exciting that you're looking forward to?</li><li>■ What is something that you are absolutely dreading?</li></ul>
<ul style="list-style-type: none"><li>■ Who or what is inspiring you the most right now?</li></ul>	<ul style="list-style-type: none"><li>■ I love you and care about you. What's the best way to regularly connect about mental health and wellness?</li><li>■ What is one thing I can do right now to encourage you?</li></ul>





# Parent<sup>2</sup>/Guardian and Teen Resources





# Utilize LCPS Resources

- Unified Mental Health Team: School Counselors, School Psychologist, School Social Worker, Student Assistance Specialist
- Provide support at school and can provide referrals or educational information as well

<https://www.lcps.org/mentalhealthservices>





# Know the Signs to Look For:

What are the symptoms of a mental illness? If a friend or loved one doesn't seem themselves, how do you spot the difference between a bad mood and something more serious?



Feeling anxious  
or worried



Feeling depressed  
or unhappy



Emotional outbursts



Sleep problems



Weight or appetite  
changes



Quiet or withdrawn



Substance abuse



Feeling guilty or  
worthless



Changes in behaviour  
or feelings

## 9 Symptoms of Mental Health Concerns



<https://www.healthdirect.gov.au/nine-signs-of-mental-illness-infographic>



988 has been designated as the new three-digit dialing code that routes callers to the National Suicide Prevention Lifeline





# IDEAS TO FACILITATE MENTAL HEALTH AT HOME

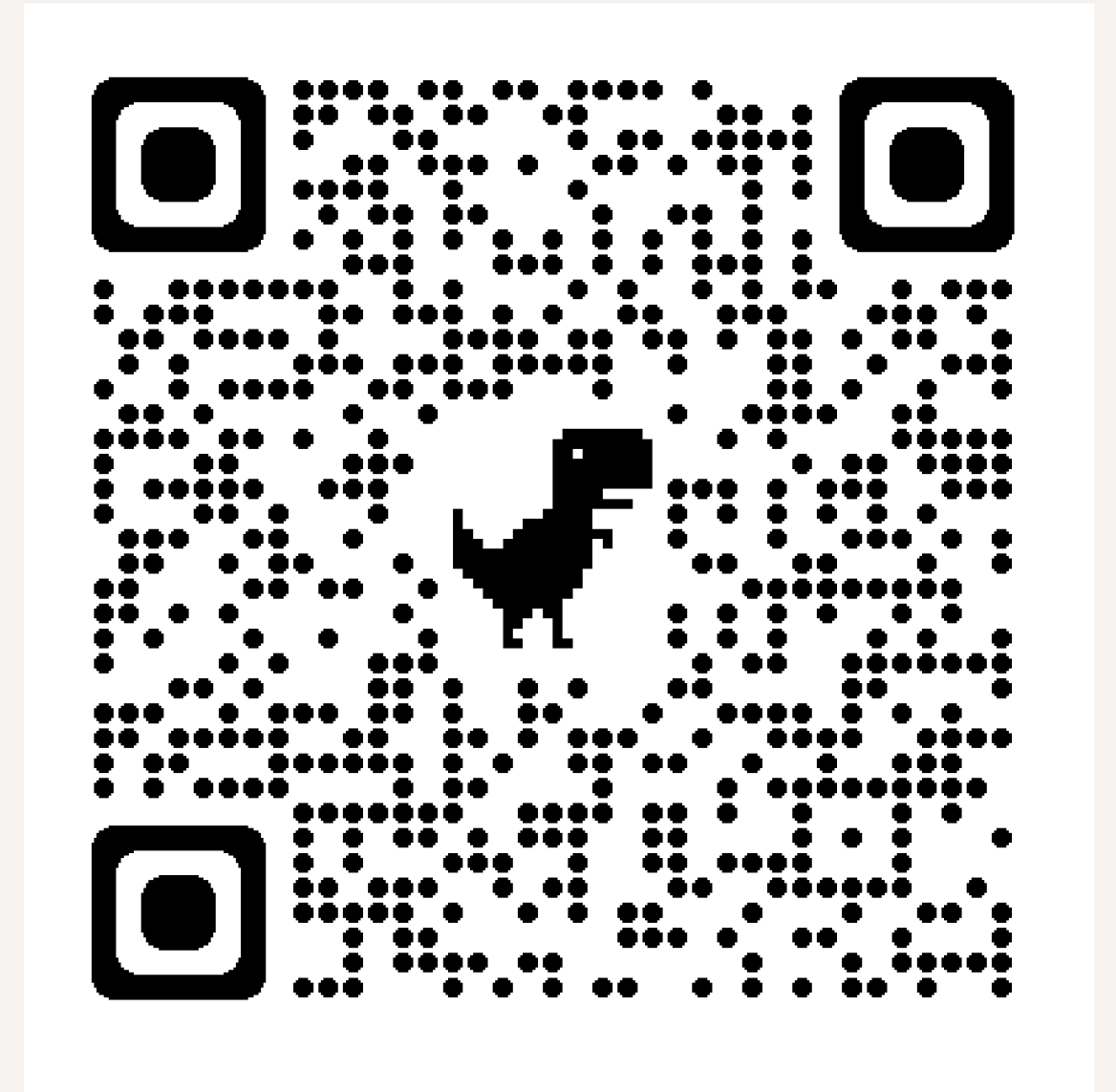


- Communicate **openly and honestly**
- Supervise to facilitate **healthy decision-making**.
- Spend time enjoying **shared activities**
- Become **engaged in school** activities and help with homework when requested
- Volunteer at school **(PTSO)**
- Communicate regularly with **teachers and administrators** to stay up to date

# NAMI Basics

NAMI Basics is a six-session education program for parents, caregivers (ages 22 and younger) who are experiencing mental health symptoms. 99% would recommend the program to others.

<https://www.nami.org/Videos/NAMI-Basics-OnDemand>







Thank you!



Q & A Time





# Resources:



Mental Health Talk for Caregivers

Mentally Strong Kids

Youth Mental Health Project

CDC Youth Mental Health Statistics

How to Tell Your Parent/Guardian You Need Help

Signs to Watch For

10 Questions to Start the Conversation

NAMI (Basics Course and other information)

LCPS Mental Health Resources

