DAVID LAWRENCE CENTERS FOR BEHAVIORAL HEALTH™

OUR MISSION

To provide **life-saving** and **life-changing** **behavioral health care through** education, prevention, intervention, and treatment **available to all.**

Youth Mental Health

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www.DLCenters.org

Learning Objectives

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By the end of this training, you will be able to:

- Increase your awareness of the youth mental health crisis in the U.S. and locally
- Recognize signs and symptoms of mental health concerns
- Understand the impact of risk factors with special consideration of substance use, social media and violence
- Identify prevention-focused tips and techniques to implement with youth
- Consider opportunities for Prevention Talks with youth
- Learn about the DLC resources for education, support and assistance

Knowledge Test

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Intense, excessive and persistent worry and fear about everyday situations.	Anxiety
Little to no control over the compulsive need for, and use, of a habit-forming behavior.	Addiction
Persistent feeling of sadness and loss of interest lasting a minimum of two weeks.	Depression
Emotional shock following a stressful event that may require professional treatment.	Trauma
The 10th leading cause of death in the U.S.; 2nd among ages 10-35.	Suicide

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The Concerns

Raising Awareness

- **The youth mental health crisis was declared a national emergency in 2021.**
- **1 in 5 children ages 13-18 suffer from a serious mental health diagnosis**
  - 50% of lifetime concerns develop by age 14; 75% by age 24
- **Early intervention yields the most successful outcomes, yet 60% of youth will go with no treatment at all, even when identified**
- **The average delay in treatment is 10 years!**
  - Secondary effects include academic challenges, interpersonal relationship problems, legal involvement and financial issues
- **SWFL is severely lacking in resources—one MH provider for every 930 people in Collier County compared to 1:590 across the state**

Shining the Light

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FYSAS 2022	Collier % Total	State % Total
Sometimes think life isn't worth it	31.4%	33.3%
At times, I think I am no good at all	47.9%	46.1%
I am inclined to think I am a failure	30.3%	30.7%
In the past year, have you felt sad MOST days?	44.2%	47.3%
Thought about completing suicide in the last year	33.0%	34.8%
Attempted suicide in the last year	6.9%	9.1%

Suicide rates have increased 37% over the last two decades

Over 6,500 young lives were lost to suicide in 2022

3 million youth experience serious thoughts of suicide each year

At DLC…

- Nearly 1,600 youth were provided assessment and outpatient services in fiscal year 2022-23; a 7% increase.

- 39% of youth receiving services at DLC have a primary diagnosis of Mood Disorder (bipolar and depressive disorders).
  - 21% have a diagnosed Adjustment Disorder and 11% have an Anxiety Disorder diagnosis

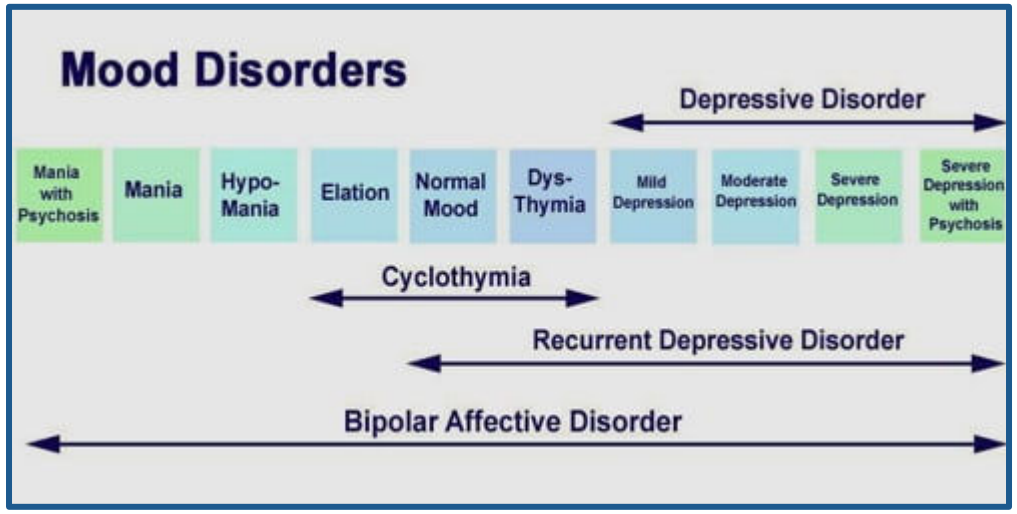
- Presenting problems included: increased isolation, bullying, low-self esteem, challenges within the home and a lack of support

CCSU Admissions by Fiscal Year

- FY 2020-21 — 746
- FY 2021-22 — 879
- FY 2022-23 — 893
- Q1 + Q2 23-2024 — 335

**fiscal year runs July 1-June 30*

Common Disorders

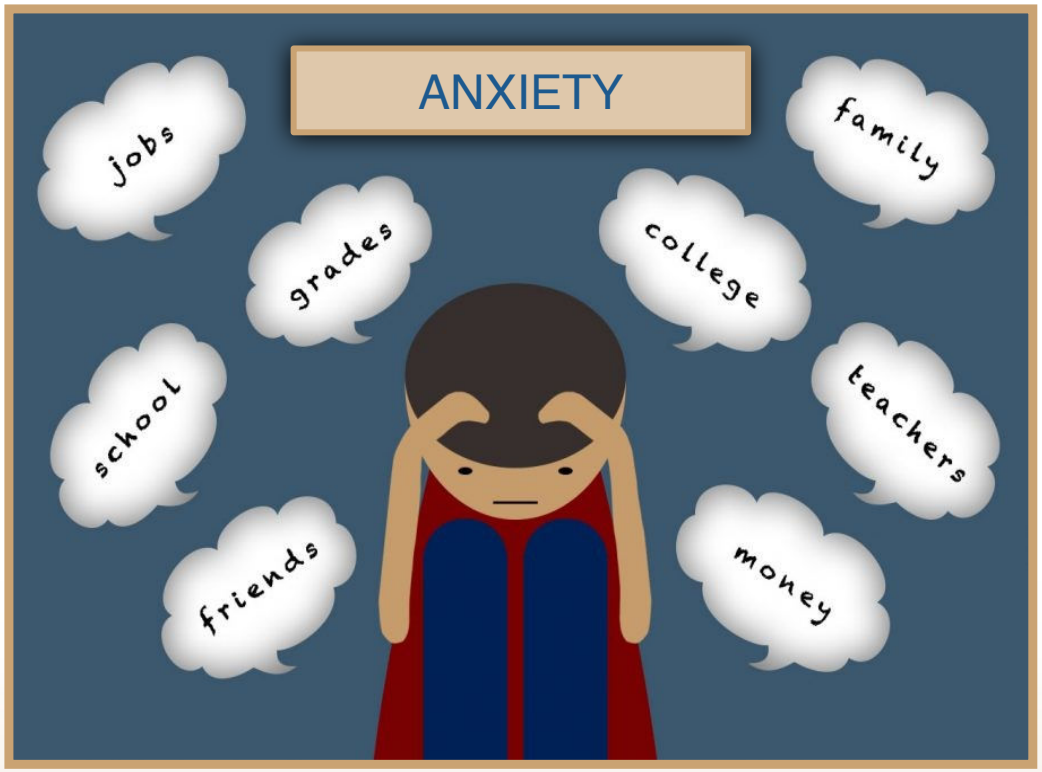


- A serious change in mood affecting emotions and thoughts—persistent, intense and difficult to manage
- Major depression—a depressed or irritable mood lasting at least 2 weeks
  - 15.08% of youth, ages 12-17, report suffering from at least one MDE in the last year
- Dysthymia—chronic, low-grade, depressed or irritable mood lasting at least 1 year
- Bipolar disorder—periods of persistently elevated mood followed by periods of depressed or flat emotional response

Common Disorders

- Just under 20% of young people experience an adjustment disorder
- This is a highly treatable condition and is often the result of a stressful event
  - a loss or death
  - a major life change
  - an unwanted move
  - a separation or divorce
- Adjustment disorders can cause significant problems in relationships, and work or school performance.

Common Disorders



- Anxiety is natural so it often gets dismissed until it worsens—needs to be managed, but is difficult
- Interferes with daily activities and often leads to avoidance and isolation
- Approximately 32% of youth struggle with an anxiety disorder—often a secondary diagnosis
- Diagnoses: Generalized Anxiety Disorder, Social Anxiety Disorder, Panic Disorder, Phobias, OCD, PTSD and more

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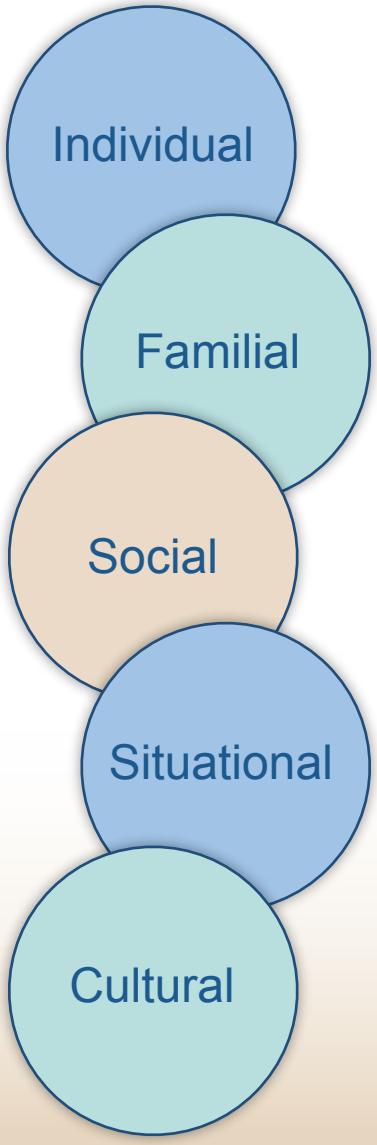
Identification

Risk Factors



- **Individual:** Low self-esteem, negative thinking style, risky behaviors, thoughts of harm, lack of emotion management and conflict resolution skills
- **Familial:** Family history of mental health and/or substance use challenges, divorced home or raised by single parent, harsh or inconsistent discipline, lack of parent support
- **Social:** Poor peer relationships, lack of support system, academic difficulties, perceived sense of not being accepted, societal stigma and influence, low socio-economic status
- **Situational:** Frequent moves, experiencing loss (of a loved one, a home, a job), financial challenges, unsafe living conditions/environment, medical challenges, legal issues
- **Cultural:** Mistrust with healthcare system, lack of access to services, civil unrest and tension, beliefs do not align with presenting challenge, selective acknowledgment of symptoms

ACEs

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Risk factors increase the likelihood of an Adverse Childhood Experience

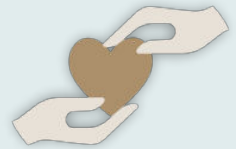
20.3%
of Collier high school students have experienced 4+ ACEs

1 in 6
adults report they experienced 4+ ACEs growing up

ACEs are linked to lifelong health conditions

Have empathy and compassion!

Reduce stigma!



Provide consistent and ongoing emotional support

10 Warning Signs

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1.) Sleep Changes

2.) Eating Changes

3.) Inability to Manage Emotions

4.) Withdrawn and/or Isolative

5.) Loss of Interest

10 Warning Signs

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6.) Decrease in Performance

7.) Engaging in Risky Behaviors

8.) Unable to Complete Daily Tasks

9.) Self-harm and/or Indications of Suicide

10.) Disconnect with Reality

Addressing Concerns

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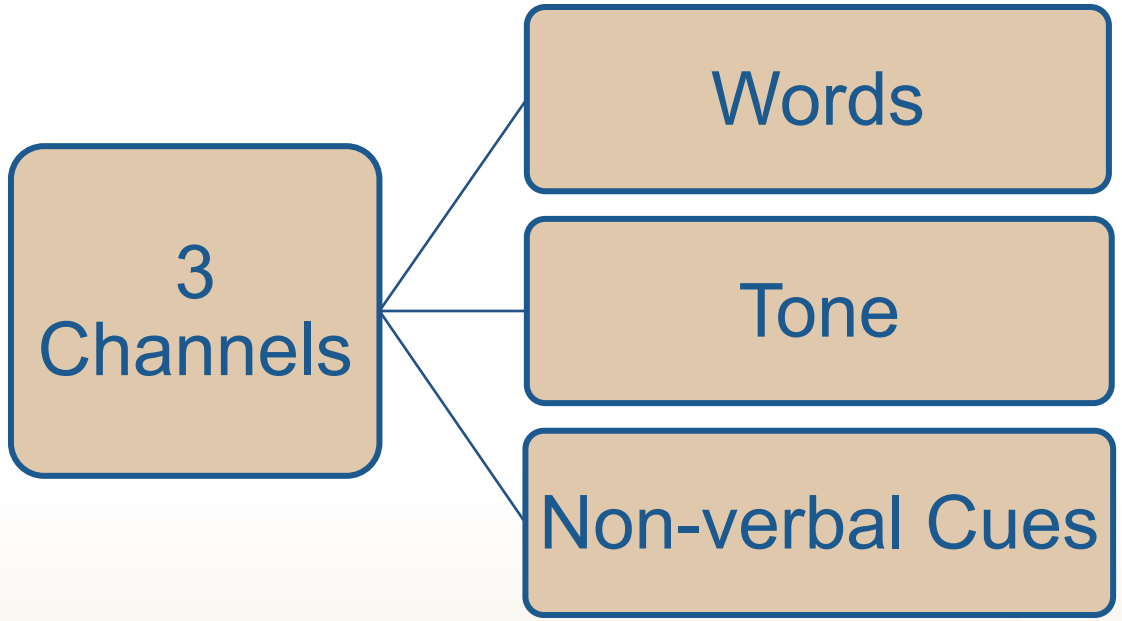
Be mindful of your approach!

- Plan to talk privately and where they are comfortable; foster a safe environment
- Dedicate time and limit distractions
- Be aware that you may be bringing up concerns they have not recognized themselves
- Understand they may not open up to you fully—continue to be support and consistent
- Use I-statements: “I have noticed...”, “I am concerned about…”

Supportive Communication

- **Effectively communicate across all channels**
  - Listen actively and nonjudgmentally
- **Provide reassurance and hope**
  - “I want to help; you are not alone.”
  - “I am here for you if you want to talk.”
  - “We will work through this together.”
- **Validate thoughts and feelings, as appropriate:**
  - “It is understandable to be upset.”
  - “It is natural for you to feel sad about this.”



Mental Health: Influences

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Emotion Overload

Exposure to posts and stories that increase feelings of sadness, anger, worry and fear warp perception of reality; society without joy

Brain Development

As youth experiment with substances they increase their potential for addiction—permanent neuropathways are developed

A Cycle of Violence

Having a history of violence is the greatest predictor of the potential for future violence

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Prevention

Building Coping Skills

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- What does it mean to *cope*?
  - To effectively deal with something difficult.
  - Not coping properly adds stress—mental, emotional and physical—which impacts our overall health.

- Coping strategies become skills!
  - Not meant to fix the problem; re-balance.
  - Identify things that can be done anytime, anywhere.
  - Encourage the use of coping skills at the earliest sign of a challenge.

Remind Youth to…

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- Stop, *Breathe*, Relax
- Control vs. Not Control
- The Basics of Health: Eat, Sleep and Exercise
- Prioritize Tasks
- Positive Affirmations
- Talk to Someone

Prevention Talks

- **Short, meaningful conversations held regularly are better then long, lecture-style discussions**
- **Utilize moments as they appear: watching a movie, listening to the radio, witnessing behaviors, etc.**
  - Use open-ended questions to gauge their understanding and opinions of the topic
- **Have conversations about the risks they will face before problems develop**
  - Better to hear the truth from you before being influenced by peers/media
- **Children as young as preschool age are exposed to images and language associated with these topics**

What We Provide

- Comprehensive Behavioral Health Service Provider
  - With over 40 programs, from Education to Crisis Services
- Convenient Care
  - Services can be accessed in-person or online
    - 6075 Bathey Lane, Naples, FL 34116
    - 425 N 1st St., Immokalee, FL 34142
    - Virtual Care: DLCenters.org
- Affordable Services
  - Most insurance providers accepted
  - Sliding scale based on income for those without health insurance
- Available for All
  - Services are provided to all ages and available in English, Spanish, Haitian-Creole and Portuguese, a Language Line is utilized for all others