

MAY 2022

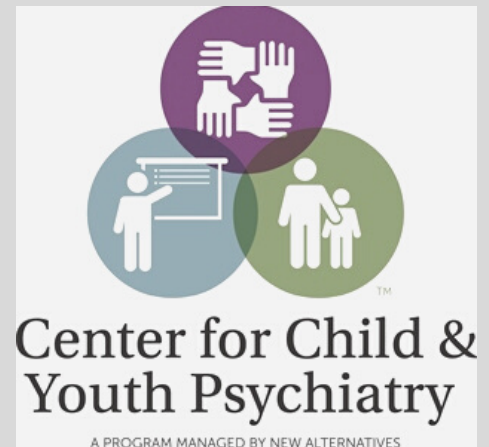
CCYP HAPPENINGS



Mental Health by the Numbers

NAMI (short for National Alliance on Mental Illness) states that millions of people in the U.S. are affected by mental illness each year. It's important to measure how common mental illness is, so we can understand its physical, social and financial impact – and so we can show that no one is alone. These numbers are also powerful tools for raising public awareness, stigma-busting and advocating for better health care.

- 1 in 5 U.S. adults experience mental illness each year
- 1 in 20 U.S. adults experience serious mental illness each year
- 1 in 6 U.S. youth aged 6-17 experience a mental health disorder each year
- 50% of all lifetime mental illness begins by age 14, and 75% by age 24
- Suicide is the 2nd leading cause of death among people aged 10-34



IN THIS ISSUE

Mental Health by the numbers

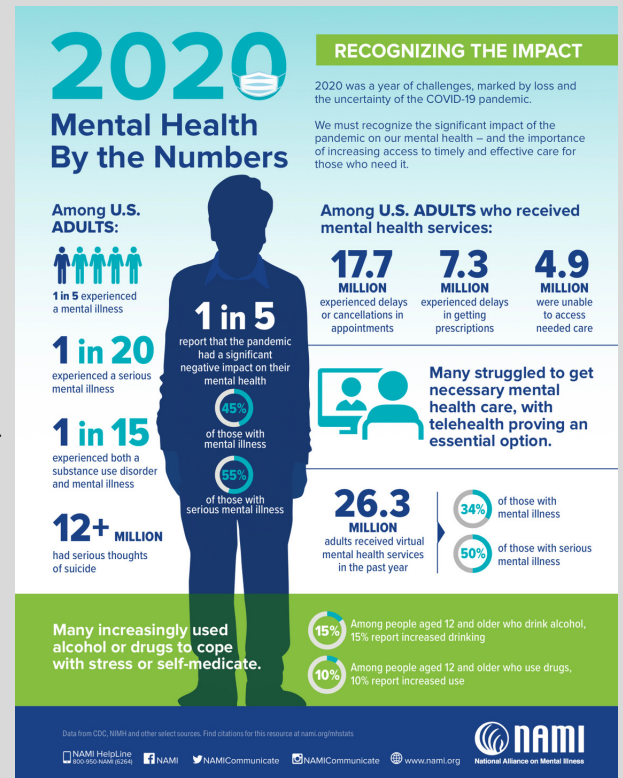
Mental Health Awareness month article by Dr Buccigross

Self care and mental health tips

Resources

Youth and young adults statistics

- Among U.S. ADOLESCENTS (aged 12–17):
 - 1 in 6 experienced a major depressive episode (MDE)
 - 3 million had serious thoughts of suicide
 - 31% increase in mental health-related emergency department visits
- Among U.S. YOUNG ADULTS (aged 18–25):
 - 1 in 3 experienced a mental illness
 - 1 in 10 experienced a serious mental illness
 - 3.8 million had serious thoughts of suicide
- 1 in 5 young people report that the pandemic had a significant negative impact on their mental health
 - 18% of adolescents
 - 23% of young adults
 - Nearly ½ of young people with mental health concerns report a significant negative impact
- 1 in 10 people under age 18 experience a mental health condition following a COVID-19 diagnosis
- Increased use of alcohol among those who drink:
 - 15% of adolescents
 - 18% of young adults
- Increased use of drugs among those who use:
 - 15% of adolescents
 - 19% of young adults



Mental Health Awareness by Dr Buccigross

Mental Health Awareness Month occurs each May and has been observed each year since 1949. Raising awareness of mental health helps to combat the stigma of mental illness and to encourage people to seek help from others such as family, community, and professional resources.

How much do you think about the topic of health? How much do you think about your personal health as well as the health of your family, friends, and neighbors? You probably think about your own health when you are sick. You probably worry about your family and friends when they are physically ill.

MENTAL ILLNESS

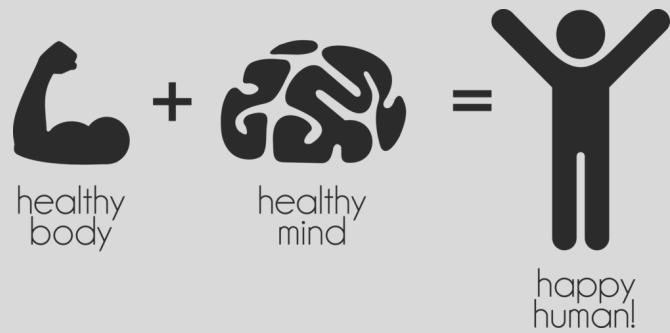
THE STIGMA	THE REALITY
● Incapable	● Just a person like you
● Lazy	● Multifaceted and complex
● Unreliable	● Going through a tough and difficult time
● Not a productive member of Society	● Trying to do the best they can
● Burden	● Have abilities and aspirations that are valuable to the world!
● Violent	
● Attention seeking	
● Unpredictable	

↓

TheMindsJournal

MIND JOURNAL

How about the topic of mental health? Do you think much about your own mental health or the mental health of your family, friends, and neighbors? You are probably more likely to try to take care of your physical health than to think much about your mental health. You are probably more likely to try to take care of your physical problems than to take care of your stress and mental concerns.



If you answered “yes” to any of the questions in the preceding paragraph about mental health, you may be in denial about mental and emotional problems.

The Mayo Clinic suggests a number of steps a person can take to confront personal denial of emotional and mental problems:

- Honestly examine what you fear.
- Think about the potential negative consequences of not taking action.
- Allow yourself to express your fears and emotions.
- Try to identify irrational beliefs about your situation.
- Journal about your experience.
- Open up to a trusted friend or loved one.

Once you are more open and honest with yourself, you may be more willing to address your own concern about the issue of stigma attached to mental illness and your fears of criticism and rejection. Stigma is dangerous in that it not only can cause people to feel ashamed of something beyond their control, but also can prevent people from seeking necessary help.

The National Alliance on Mental Illness (NAMI) suggests a number of ways that you can fight your fear of stigma:

- Talk Openly About Mental Health Educate Yourself And Others
- Be Conscious Of Language
- Encourage Equality Between Physical And Mental Illness
- Show Compassion For Those With Mental Illness
- Educate Yourself And Others
- Choose Empowerment Over Shame
- Be Honest About Treatment
- Let The Media Know When They’re Being Stigmatizing
- Don’t Harbor Self-Stigma



Benefits of mental health education

- 1 Provides a better understanding of the effects of mental illness
- 2 Helps eliminate the negative stigma around mental health
- 3 Makes it easier to identify signs of mental illness
- 4 Students have more tools to help others cope

Seeking help for your child or children poses other “issues” which may again lead to denial and avoidance of dealing with childhood mental health disorders. The research teaches us that childhood mental health disorders are very common, but often go untreated.

While one in seven children suffer from a mental health disorder, less than two-thirds of those children are brought by parents to professionals for mental health assessment and treatment.

Just as adults can struggle with their own personal issues of denial and fear of stigma regarding mental health problems, parents and caregivers can struggle with fear of failure and expectations of criticism by others for the mental health problems of their children.

To complicate the matter, children can also resist engaging in mental health professional services due to their own lack of understandings of mental health problems, embarrassment about emotional and behavioral problems, and fear of stigma.

If parents and caregivers perceive the child to be experiencing unusual and persistent problems and if the parents and caregivers can overcome their fears, self-doubts, and concerns about stigma, then the parents and caregivers can begin the journey of pursuing assessment and treatment resources for the child. The next steps may include, but are not limited to the following:

- Talking to the child’s pediatrician
- Understanding the insurance coverage
- Navigating the mental health care system
- Finding the right health care professional
- If necessary, getting a second opinion
- When indicated, seeking an educational assessment and necessary accommodations from the school district

Please support Mental Health Awareness Month by fighting stigma every day, week, and month and encourage family, friends, and others to do the same.

See next page for additional ideas, information, toolkits, and other resources.

5 Action Steps for Helping Someone in Emotional Pain

- ASK**
“Are you thinking about killing yourself?”
- KEEP THEM SAFE**
Reduce access to lethal items or places.
- BE THERE**
Listen carefully and acknowledge their feelings.
- HELP THEM CONNECT**
Save the National Suicide Prevention Lifeline number 1-800-273-8255.
- STAY CONNECTED**
Follow up and stay in touch after a crisis.

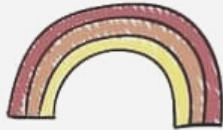
National Institute of Mental Health
www.nimh.nih.gov/suicideprevention

*Click on the image for more information on these 5 steps

What To Do If You Think You Have a Mental Illness

- Talk to a physician
- Physician may refer you to a mental health professional
- Try an online screening tool, but be sure to discuss results with a professional

Self-Care & Mental Health for Kids



Share your own feelings to encourage self-awareness.

for Kids



Set aside time for low-stress or solo activities.



Find social groups that help them feel like they belong.



Focus on articulating feelings.

"I am angry."
"I am sad."

Encourage journaling and diaries.



Practice self-care for yourself to set the standard.

Encourage your child to focus on the moment.



Establish a self-care routine.



Recognize toxic stress events.

Blessing Manifesting

Cultivate interests and hobbies.

Resources

National Suicide Prevention Lifeline

1(800)273-8255

If you need help with a behavioral health crisis or know someone who does, call the Access & Crisis Line

1(888)724-7240

<https://www.nami.org/Get-Involved/Awareness-Events/Mental-Health-Awareness-Month>

<https://www.aha.org/mental-health-awareness-month>

<https://www.mhanational.org/mental-health-month>