


Region 6 Behavioral Healthcare
Behavioral Health Prevention Opportunities


Prepared for Event at Elmwood Murdock
December 7, 2017



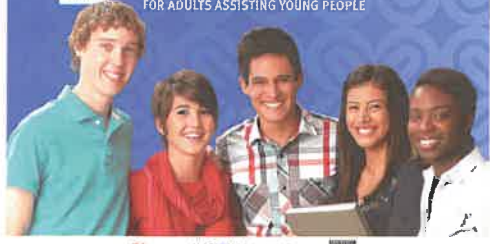
Behavioral Healthcare

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Youth Mental Health First Aid USA
FOR ADULTS ASSISTING YOUNG PEOPLE



THE MENTAL HEALTH COUNCIL OF AMERICA NATIONAL COUNCIL ON MENTAL HEALTH

What Is Mental Health First Aid?

Youth Mental Health First Aid is the help offered to a young person experiencing a mental health challenge, mental disorder, or a mental health crisis. The first aid is given until appropriate help is received or until the crisis resolves.

Mental Health First Aid does not teach people to diagnose or to provide treatment.

**Program Roadmap:
Part One**

- * What is Youth Mental Health First Aid?
- * Adolescent Development & Mental Health Problems in Youth
- * What you may see:
 - * Signs and Symptoms
 - * Risk Factors and Protective Factors
- * Mental Health First Aid Action Plan


**Program Roadmap:
Part Two**

- * Using the Mental Health First Aid Action Plan
 - * In Non-Crisis Situations
 - * In Crisis Situations

U.S. Youth with a Mental Disorder During Adolescence (Age 13-18)

Disorder	Prevalence (%)	With Severe Impact (%)
Anxiety disorders	31.9	8.3
Behavior disorders	19.1	9.6
Mood disorders	14.3	11.2
Substance use disorders	11.4	n/a
Overall prevalence (with severe impact)		22.2

- ### Typical Adolescent Development
- **Physical Changes**
 - Changes in hormones
 - Increases in height and weight
 - Becoming more focused on physical concerns
 - **Emotional Changes**
 - Can be quick to change
 - Feel more intensely
 - Can lead to risk taking and impulsive behavior
 - **Mental Changes**
 - Developing more abstract thinking skills
 - Using logic and reason more in decision making
 - Developing own beliefs
 - Beginning to question authority
 - **Social Changes**
 - May experiment with different levels of social and cultural identity
 - Peer influence increases
 - Notice sexual identity
 - Learn to manage relationships, including romantic relationships

- ### Resiliency
- * Most youth pass through adolescence with relatively little difficulty despite all of these challenges.
 - * When difficulties are encountered, youth tend to be quite resilient:
 - Thrive
 - Mature
 - Increase their competence
- 


- ### Signs and Symptoms
- Physical**
 - * Rapid heartbeat, nausea, aches and pains, dizziness
 - Emotional**
 - * Excess worry or guilt, irritability, hopelessness, mood swings
 - Thoughts**
 - * Pessimism, racing thoughts, memory, delusions, suicidal thoughts
 - Behaviors**
 - * Crying, withdrawal, neglect of appearance, substance use

Typical Stages vs. Symptoms

Examine the severity of the change

Typical Adolescence	Potential Warning Sign
Withdrawing from family to spend more time with friends	Withdrawing from friends, family and social activity
Wanting more privacy	Becoming secretive; need for privacy seems to be hiding something
Moving from childhood likes to teen pursuits	Losing interest in favorite activities and not replacing with other pursuits

- ### Protective Factors
- Healthy practices
 - High self-esteem
 - Good problem solving skills
 - Feeling of control in their own life
 - Spirituality
 - Avoiding alcohol, tobacco and other drugs
 - Consistent home/family routine
 - Parental/familial support
 - Monitoring of youth's activities
 - Regular school attendance and academic performance
 - Having a good social support system
 - Economic security
 - Availability of constructive recreation
 - Community bonding
 - Feeling close to at least one adult




QPR
For Suicide Prevention

Question, Persuade,
Refer

- * Gatekeeper training is a 1-2 hour program designed to teach community members and professionals the warning signs of a suicide crisis and how to respond.

Postvention




Training Professionals & Communities in
Suicide Prevention & Response


- The Connect Suicide Postvention is a 4-hour course designed to increase the capacity of a community or organization to respond effectively to a suicide death to reduce risk for additional suicides and promote healing for survivors of suicide loss.
- Postvention protocols for all become suicide prevention for others.
- Designed for social service organizations, schools, clergy, law enforcement, etc.

Trainings for MH Professionals


- Assessing and Managing Suicide Risk (AMSR)
AMSR is a one day workshop for behavioral health professionals on assessing suicide risk, planning treatment, and managing the ongoing care of the at-risk client.
- Collaborative Assessment & Management of Suicidality (CAMS)
CAMS provides a therapeutic framework for clinicians in assessing, treating and managing suicidal risk until it is resolved.




Partnership with the kim foundation



Metro Area
LOSS Team
Local Outreach to Suicide Survivors



13
MINUTES



Metro Area
Suicide Prevention Coalition

Reducing Access to Lethal Means






HOPE
Feeling Hopeless
or Depressed,
With Nowhere to Turn?

YOU ARE NOT ALONE
24 Hours a Day-7 Days a Week
There is HELP - There is HOPE
Call the National Lifeline
1-800-273-8255
Or text "HOPE" to 741741
to an Emergency Call 911

Supported by the Metro Area Suicide Prevention Coalition
Region 6 Behavioral Healthcare, and the State of Nebraska

Region 6 Behavioral Healthcare
Working together for a healthy Nebraska

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Region
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