



Adolescent Wellness and Mental Health

September 18, 2023

Student Services Department

Each of the 3 team rooms is comprised of an Administrator, 2 Secretarial Staff Members, Student Counselors, Social Worker and School Psychologist.



**Felicia Macfarlane, S.S.P.,
Ed.S. She / Her
Red Team**



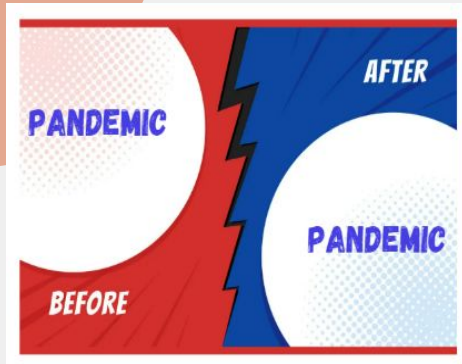
**Sandra Xi, Ed. S, NCSP
She/Her
Blue Team**

Our Goal Tonight is to Review/Discuss...

- **Mental Health and how it affects adolescence**
- **Illinois Youth Survey data**
- **Signs/Symptoms of Depression and Anxiety**
- **Protective Factors & Coping Skills**
- **Suicide Awareness & Prevention**
- **Local community & Conant High School mental health resources**



Importance of Mental Health



- Mental health includes our emotional, psychological, and social well-being.
- It affects how we think, feel, and behave.
- It also helps determine how we handle stress, relate to others, and make choices.

- **Adolescence is a crucial period for developing social & emotional habits, important for mental well-being.**
- **Looking after our mental health is equally important as taking care of our physical health**



Adolescent Development

Physical



- Puberty

Cognitive

- Perspective Taking
- "Self-Centeredness"
- Risky Behavior

Social

- Self-conscious
- Identity Formation
- Friendships



Illinois Youth Survey Results 2022

IYS Results

During the past 12 months did you ever:

	9th		10th		11th		12th	
	%	N	%	N	%	N	%	N
Seriously consider attempting suicide	12%	57	10%	40	10%	35	9%	26
Feel so sad or hopeless almost every day for two weeks or more in a row that you stopped doing some usual activities	32%	165	33%	141	40%	144	27%	82

WHAT IS ANXIETY?



0:01 / 1:24



Anxiety Recap

Signs and Symptoms...

- Physical: fatigue, sweating
- Behavioral: hypervigilance, irritability, restlessness
- Cognitive: racing thoughts, unwanted thoughts, difficulty concentrating
- Also: fear, nausea, insomnia, palpitations, excessive worry, trembling

Anxiety Disorders...

- Specific Phobia
- Social Anxiety Disorder
- Panic Disorder
- Agoraphobia
- Generalized Anxiety Disorder
- Separation Anxiety Disorder



TEDEd

Lessons Worth
Sharing



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Depression Recap

Depression is Different From Sadness or Grief

Sometimes we describe ourselves as being or feeling “depressed” after difficult times in life. But, being sad is not the same as having depression. Grief and depression can co-exist. For some, death of a loved one, losing a job, being a victim of a major disaster or physical assault can lead to depression.

Depression Can Affect Anyone

Several factors can play a role in depression including biochemistry, genetics, personality, and environment. Even a person who appears to have lived an 'ideal' life may have depression.

Depression is Among the Most Treatable Mental Disorders

Before treatment, a health professional should conduct a thorough diagnostic evaluation, including an interview and a physical examination. A combination of medication and therapy has been found to be the most effective treatment for patients.

Social Media and Youth Mental Health

95% of young people aged 13– 17 use social media

- Create a family media plan to help establish healthy technology boundaries that can include time limits, alternative activities to technology, safety rules, and acceptable content
- Create tech-free zones within the home
- Model responsible social media behavior
- Teach children about technology and empower them to be responsible online
- For more information visit US Department of Health and Human Services, Office of the US Surgeon General, Youth Mental Health

Protective Factors

Family

- Encouraging Parents
- Family Support
- Siblings that show they care

Community

- Safe Community
- Church/ Temple/ Mosque
- Trusted Neighbors
- Volunteer experiences

School

- Safe Learning Environment
- Daily School Attendance
- Trusted Teachers & Counselors
- Involvement in School Sports/Clubs
- Trusted Club Sponsors

Individual / Peer

- Self-Esteem
- Sense of Control
- Sense of Responsibility
- Supportive Friend Group

Addressing School Refusal at Home

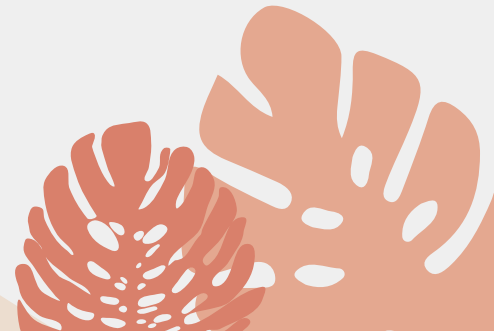


- Understand the reason
- Offer empathy
- Brainstorm solutions
- Make home boring
- Goals and rewards for attending
- Connect with student's counselor
- Contact the doctor

Some Coping Skills & Strategies



- Take a time-out, focus on yourself and wellbeing
- Coping Thoughts/Reframing
- Eat well-balanced meals
- Abstain from alcohol and caffeine
- Listen to music
- Journaling
- Get enough sleep
- Get daily exercise



Some Coping Skills & Strategies

- Seek out support
- Practice breathing exercises
- Acknowledge that you're doing your best
- Welcome humor
- Volunteer
- Start a Hobby
- Practice Mindfulness



Suicidal and Suicide Ideation



Suicide is the 2nd leading cause of death among young people age 10–24 and LGBTQIA+ youth are at significant increased risk.

Ideation

- Thinking about or planning a suicide

Suicide

- Act of intentionally causing one's own death
- 

Many Factors Contribute to Suicide Risk

- Previous suicide attempt
- History of depression and other mental illnesses
- Serious illness such as chronic pain
- Criminal/legal problems
- Job/financial problems or loss
- Impulsive or aggressive tendencies
- Substance misuse/ abuse
- Current or prior history of adverse childhood experiences
- Sense of hopelessness
- Violence victimization and/or perpetration

Warning Signs



1. **THREATENING OR VOICING** they want to hurt themselves, kill themselves, or die
2. **LOOKING** for a way to end their lives (i.e. buying a gun, researching online)
3. **SAYING GOOD-BYE**
Posting on social media, giving away their possessions, writing a note



Warning Signs Cont'd

4. **RISK-SEEKING** behavior
5. Talking about feelings of **HOPELESSNESS**
6. **SELF-HARM**
7. Agitation or **UNCONTROLLABLE ANGER**
8. Dramatic changes in **PERSONALITY** or **MOOD**
9. Increased use of **DRUGS** or **ALCOHOL**
10. Talking about being a **BURDEN**
11. **WITHDRAWING** from family, friends, or society
12. Feeling trapped in **UNBEARABLE PAIN**



When Talking about Suicide

Helpful

Let the person talk and listen without judgment

Reassure them that treatment and help are available

Tell them that suicidal feelings are temporary

Harmful

Minimizing the problem or shaming the person

Telling a person that their experience is “not that bad”

Preaching about suicide being right or wrong

CHS Mental Health Resources

- Team Room Model
- Counseling Support
- Classroom Outreach/Guidance Curriculum
- Support Groups



SUICIDE PREVENTION & AWARENESS MONTH

The CHS Student Services and Wellness departments will be providing different learning opportunities through Erika's Lighthouse, a nationally recognized suicide awareness program, and sharing out information through Schoology.

Call or text 988 to access the Suicide Prevention Lifeline.

to learn more about erika's lighthouse, please visit their website

september is
Suicide Prevention Awareness Month



Safety Concerns and Threats

|| PAUSE < PREV | NEXT >



Emergency Info



Report a Safety Concern



Accessibility Assistance



Infinite Campus Portal



Schoology



Student Readiness Plan



Staff Directory



Daily Announcements

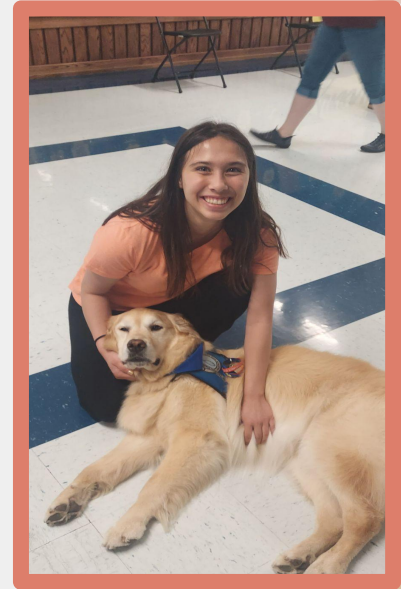


- Walk for Wellness: Cougar Mental Health Day
- Community Resource Fair
- Collaboration with Community Supports
- Bring Change 2 Mind Club

Mindfulness



Visiting Comfort Dogs



Starting the Conversation about Mental Health

Try Leading Questions:

Can you tell me more about how you are feeling?

Have you had feelings like this in the past?

I'm here to listen. How can I help you feel better?

Do you feel like you would like to talk to someone about how you are feeling?.

I'm worried about your safety. Do you have thoughts of harming yourself or others?

Helpful to use:

Communicate in a straightforward manner

Discuss the topic when your child feels safe and comfortable.

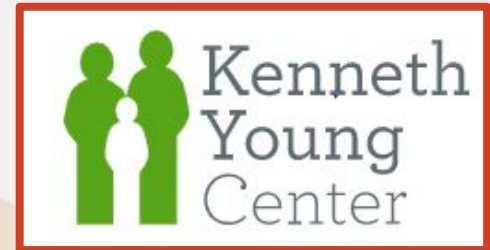
Watch for reactions during the discussion and slow down or back up if your child looks confused or upset.

Listen openly and let your student tell you about their feelings and worries.

Local Mental Health Community Resources

- ➡ Many local Counseling Services
- ➡ Local Hospitals offer Free Mental Health Intake Assessments
- ➡

Kenneth Young Center is our local area mental health



Questions / Discussion



References:

Center for Disease Control and Prevention

<https://www.cdc.gov/suicide/factors/index.htm>

National Alliance on Mental Illness

<https://nami.org/Home>

National Institute of Mental Health

<https://www.nimh.nih.gov/health/statistics/major-depression#:~:text=Figure%20%20shows%20the%20past,population%20aged%2012%20to%2017.>

The Trevor Project

<https://www.thetrevorproject.org/resources/article/facts-about-lgbtq-youth-suicide/>

Substance Abuse and Mental Health Services Administration

<https://www.samhsa.gov/mental-health/how-to-talk/parents-and-caregivers>

US Surgeon General

<https://www.hhs.gov/surgeongeneral>



October Conant Community Meeting

Fall Fest

Saturday, October 28

12:00pm–2:00pm



**Thank You &
Good Night**