

# TEEN MENTAL HEALTH



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- Proud mother of a University of Minnesota Golden Gopher, and a University of Wisconsin Badger
- Loves anything and everything outdoors – during all four Minnesota seasons
- Former parent educator
- Has been with Learners Edge for eleven years
- Lead Curriculum & Instruction Specialist at Learners Edge



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***The Y: We're for youth development, healthy living and social responsibility***

# What we will cover today

- Mental Health 101
- Statistics
- Warning Signs
- Substance abuse and mental health
- Bullying and mental health
- Suicide
- Myths and Stigma
- Self-care
- Resources

NEW YEAR'S  
*resolution:*  
PUT YOUR  
MENTAL HEALTH  
FIRST.

[ANXIETY](#)[BIPOLAR](#)[BODY DYSMORPHIA](#)[DEPRESSION](#)[EATING DISORDERS](#)[PSYCHOSIS](#)[RECOVERY](#)

# MENTAL HEALTH 101

[www.mentalhealthamerica.net/feelslike](http://www.mentalhealthamerica.net/feelslike)

Share now  
anonymously.

← Posted 2 years ago



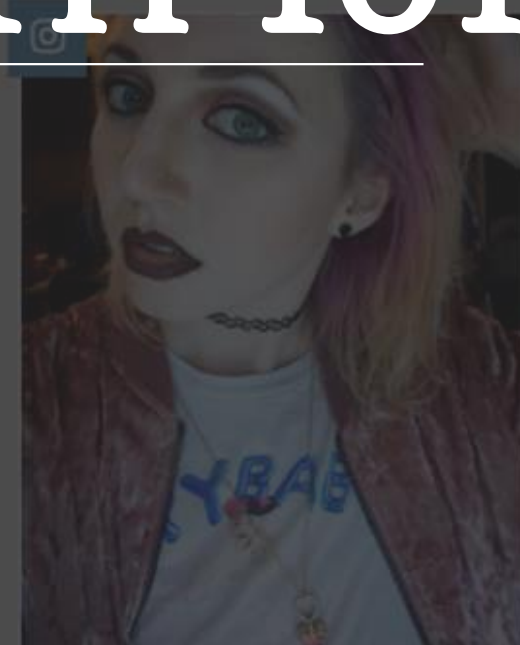
It's been such a busy few weeks and  
and further. It's taken all of my  
strength to keep my chin above  
water, even when the rest of me is  
sinking. But this week I've opened up  
to new people and felt valued by  
those I hold close. There's always  
going to be some sort of battle going  
on in my head - I think the key is to  
not make myself face it alone. Happy  
Friday, lovelies 💙

📷 Posted about a month ago



**Mental Health A...**

Follow on Instagram

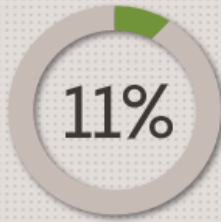




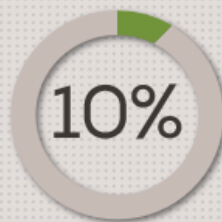
Fact: 1 in 5 children ages 13-18 have, or will have a serious mental illness.<sup>1</sup>



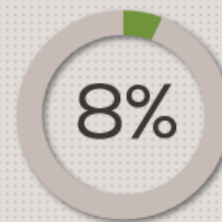
20% of youth ages 13-18 live with a mental health condition<sup>1</sup>



11% of youth have a mood disorder<sup>1</sup>



10% of youth have a behavior or conduct disorder<sup>1</sup>



8% of youth have an anxiety disorder<sup>1</sup>

## Impact



50% 50% of all lifetime cases of mental illness begin by age 14 and 75% by age 24.<sup>1</sup>

10 yrs The average delay between onset of symptoms and intervention is 8-10 years.<sup>1</sup>



37% 37% of students with a mental health condition age 14 and older drop out of school—the highest dropout rate of any disability group.<sup>1</sup>

70% 70% of youth in state and local juvenile justice systems have a mental illness.<sup>1</sup>



## Suicide



3rd Suicide is the 3rd leading cause of death in youth ages 10 - 24.<sup>1</sup>



90% 90% of those who died by suicide had an underlying mental illness.<sup>1</sup>

# TEEN MENTAL HEALTH FACTS

# YOUTH MENTAL HEALTH IS WORSENING AND ACCESS TO CARE IS LIMITED



IN A FIVE YEAR PERIOD, **RATES OF SEVERE YOUTH DEPRESSION** HAVE INCREASED

**5.9%**



**OVER 1.7  
MILLION**  
YOUTH WITH MAJOR  
DEPRESSIVE EPISODES  
**DID NOT**  
RECEIVE TREATMENT



THAT'S ENOUGH TO FILL  
**EVERY** MAJOR LEAGUE  
BASEBALL STADIUM ON  
THE EAST COAST **TWICE**





# WARNING SIGNS

## Warning Signs



Feeling very sad or withdrawn for more than 2 weeks (e.g., crying regularly, feeling fatigued, feeling unmotivated).



Trying to harm or kill oneself or making plans to do so.



Out-of-control, risk-taking behaviors that can cause harm to self or others.



Sudden overwhelming fear for no reason, sometimes with a racing heart, physical discomfort or fast breathing.



Not eating, throwing up or using laxatives to lose weight; significant weight loss or gain.



Severe mood swings that cause problems in relationships.



Repeated use of drugs or alcohol.



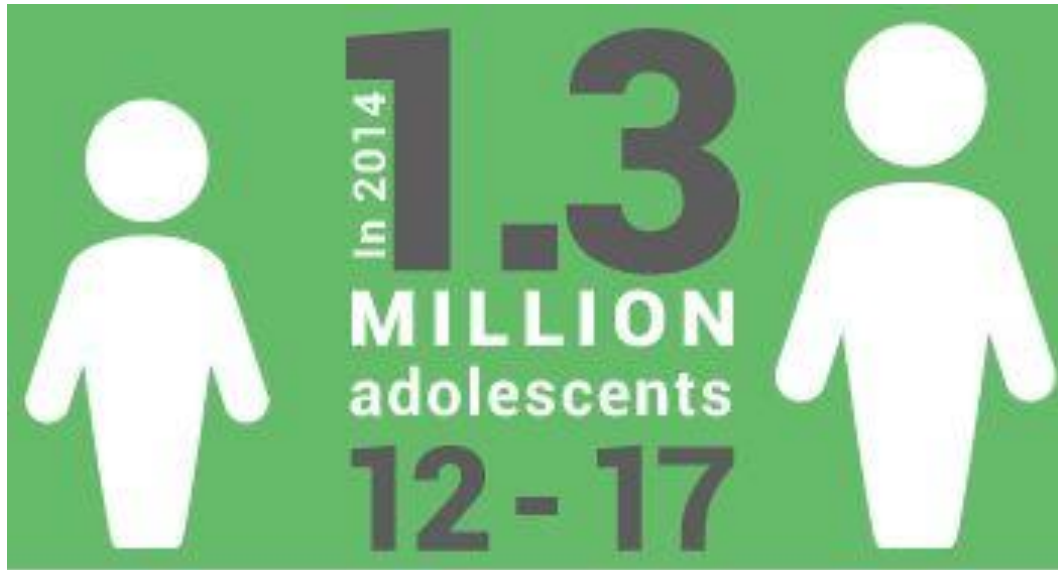
Drastic changes in behavior, personality or sleeping habits (e.g., waking up early and acting agitated).



Extreme difficulty in concentrating or staying still that can lead to failure in school.



Intense worries or fears that get in the way of daily activities like hanging out with friends or going to classes.



*Had a Substance  
Use Disorder*

**OR 1 IN 20**  
teens were in need  
of treatment for  
drugs and/or alcohol

# SUBSTANCE ABUSE AND MENTAL HEALTH

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# AS A RESULT OF BULLYING...

**30%**

SELF HARMED

**30%**

HAD SUICIDAL  
THOUGHTS

**20%**

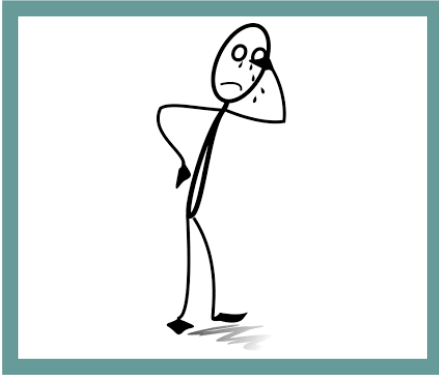
SKIPPED CLASS

**10%**

HAD A FAILED  
SUICIDE ATTEMPT

**10%**

ABUSED DRUGS  
AND ALCOHOL



# What, Where, Why?

**What:** 33% of students who reported being bullied, said they were bullied 1-2 times per month



**Where:** school hallway/stairwell, classroom, cafeteria, outside on the school grounds, on the school bus, or in the locker room—and 24% are cyber-bullied (middle school)



**Why:** physical appearance, race/ethnicity, gender, disability, religion, real or perceived sexual orientation

# Teachers

## DO

- Listen
- Follow-up with the student to see if the bullying has stopped
- Encourage peers to step in (when a peer steps in, over half of bullying stops)
- Ensure the school has an anti-bullying policy
- Enlist the help of parents and staff

## DON'T

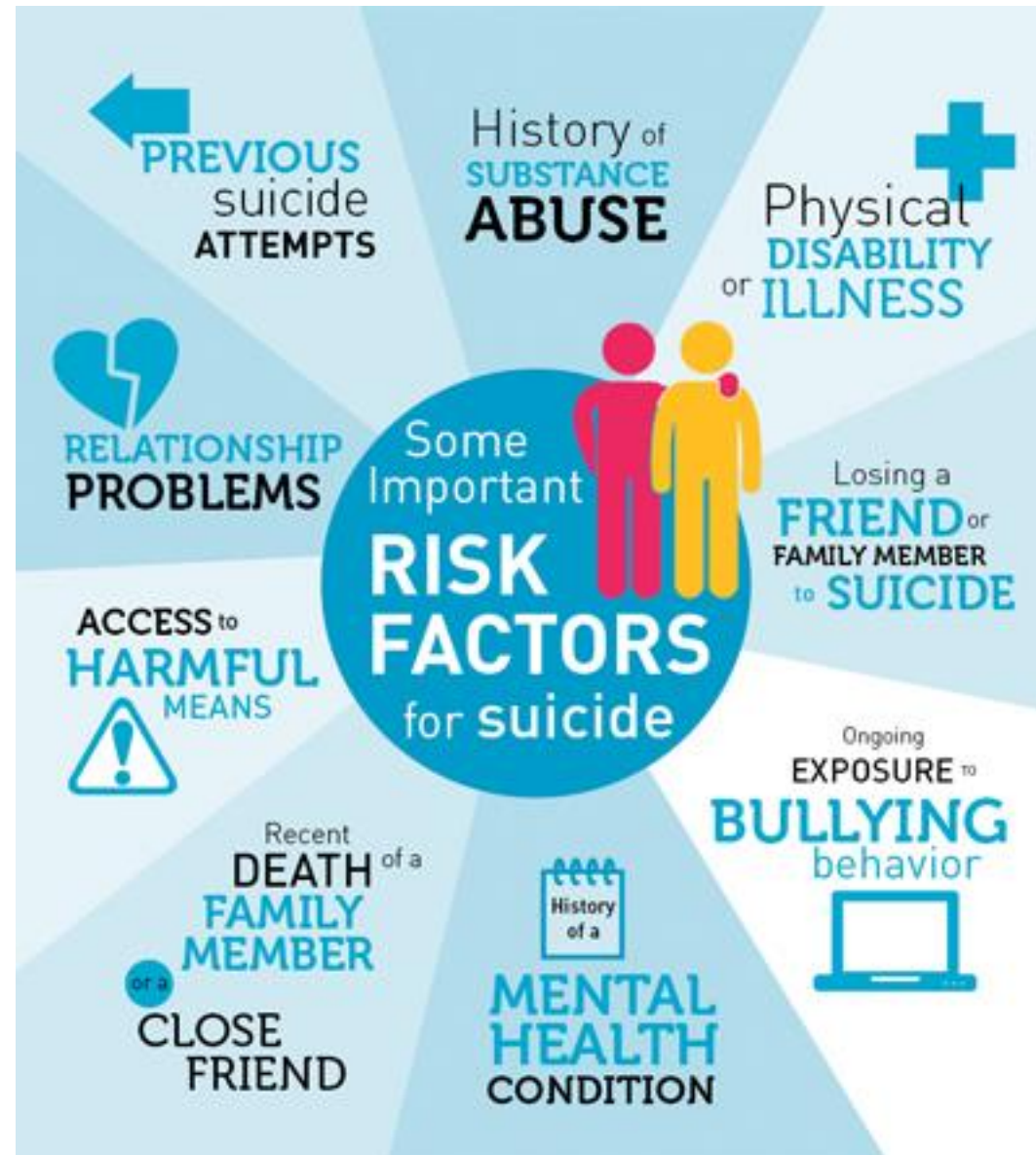
- Tell the student to solve the problem
- Tell the student it wouldn't happen if they acted differently
- Tell the student to stop tattling
- Ignore the problem



# What's the answer?

- survey the school
- ensure the school has a well-developed/well-advertised anti-bullying policy
- create a safe place for reporting
- train staff to intervene
- model respect
- monitor school spaces
- believe them
- counseling
- parents
- government









## Spread The Lifeline

[www.spreadthelifeline.com](http://www.spreadthelifeline.com)

If you or someone you know is having thoughts of suicide please call the National Suicide Prevention Hotline at 1-800-273-8255





LEARN HOW TO BE...

~~stigma~~free

3  
Steps

Live It!

Learn about mental health by educating yourself and others.

Share It!

Share StigmaFree on social media, strive to listen, tell your own story and see the person not the illness.

Show It!

Take action on mental health issues, raise awareness and make a difference.

[www.nami.org/stigmafree](http://www.nami.org/stigmafree)

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# Practice Self-Care



# World mental health day

Mental health (n):  
a state of emotional  
and psychological  
wellbeing.

**1 in 5**

One in five of us  
may have mental  
health issues



23% of females  
and 17% of males  
are likely to show  
signs of mental  
health problems

**23%**



**17%**



## How to improve your mental health

Give and  
accept support



Talk to friends  
and family



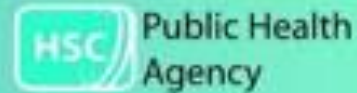
Do things that  
make you happy



Eat well and  
keep active



Want to find out more? Visit:  
[www.mindingyourhead.info](http://www.mindingyourhead.info)



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# References and Resources

- [www.cdc.gov/violenceprevention](http://www.cdc.gov/violenceprevention)
- [www.nami.org](http://www.nami.org)
- [www.mentalhealthamerica.net](http://www.mentalhealthamerica.net)
- [www.spreadthelifeline.com](http://www.spreadthelifeline.com)
- [www.pacer.org/bullying/resources/stats.asp](http://www.pacer.org/bullying/resources/stats.asp)
- [www.healthmagazine.com](http://www.healthmagazine.com)
- [www.samhsa.gov](http://www.samhsa.gov)
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- [www.guyland.net](http://www.guyland.net)
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- [www.slideshare.net/agibbsfsu/impact-of-aces](http://www.slideshare.net/agibbsfsu/impact-of-aces)
- [www.ditchthelabel.org/research-papers/the-annual-bullying-survey-2017/](http://www.ditchthelabel.org/research-papers/the-annual-bullying-survey-2017/)
- [www.google.com/search?q=ACE+questionnaire&oq=ACE+questionnaire&aqs=chrome..69j57.4115j0j7&sourceid=chrome&ie=UTF-8](http://www.google.com/search?q=ACE+questionnaire&oq=ACE+questionnaire&aqs=chrome..69j57.4115j0j7&sourceid=chrome&ie=UTF-8)

# Learners Edge Courses



## **854: Caring for the Mental Health of Your Students**

- This course explores the range of student mental health issues, both hidden and visible, in classrooms today, including behavior disorders, internalizing disorders, obsessive-compulsive disorder (OCD), post-traumatic stress disorder (PTSD), and related conditions such as substance abuse and suicide. Learn about the crisis in our schools surrounding mental health care for students, and make recommendations for improvement in your school or district. You will also explore suggestions for accommodation and modification for students who experience mental health disorders.



## **915: Caring for the Mental Health of the Young Learner**

- Educators experience a wide range of social and emotional issues when working with infants, toddlers, and young children. In this course, teachers will gain knowledge about early childhood mental health issues, the effect of ACEs (Adverse Childhood Experiences), and proactive strategies for good mental health. This thought-provoking course invites educators to think about our mental health care system and the ways in which we can provide support and advocacy for our youngest learners.







# QUESTIONS?

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[www.LearnersEdgeInc.com](http://www.LearnersEdgeInc.com)

# THANK YOU FOR JOINING US!

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