



Youth Led Webinar: Through Our Eyes

A Youths Perspective on Mental Health

Youth Voices:

Adriana Douglas and Michel'le Bailey



Webinar Housekeeping

- Everyone is in “listen-only” mode.
- Two listen options: phone or web (phone tends to be better!)
- Call in #:
- Type questions in "chat box" located in the sidebar to the right.
- If you are having technical difficulties please be sure to address the panelists and we will do our best to help you.
- The webinar is being recorded.
- Supporting materials will be available on our website within one week of this webinar.

Presentation Objectives

Upon completion of this webinar, participants will be able to:

- **Identify : Mental health in adolescents**
- **Describe :The many ways it effect adolescents and way to help lessen the negative affect**
- **Discuss : How adults can approach and create a comfortable space for adolescents**

Introductions



Adriana Douglas

CSBHA youth board
member



Michel'le Bailey

CSBHA youth board
member



Roll Call!

In the chat box to the right, type (be sure to address everyone)...

- Your first name
- Organization

California School-Based Health Alliance

The California School-Based Health Alliance is the statewide non-profit organization dedicated to improving the health and academic success of children and youth by advancing health services in schools.

Our work is based on two basic concepts:

- Health care should be accessible and *where kids are*
- Schools should have the services needed to ensure that poor health is not a barrier to learning.



INTRO:

We aimed to create a webinar that adults could understand and adolescents could relate to.

Adriana and myself have decided to share our perspective involving the mental health crisis. We believe that when heard from the mouths of adolescents that our empericals will be enough to show that adults and adolecents aren't that different and we hurt behind this.



CALIFORNIA
SCHOOL-BASED
HEALTH ALLIANCE

Putting Health Care Where Kids Are

What Is Mental Health?

Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make choices. Mental health is important at every stage of life, from childhood and adolescence through adulthood.



The ever-developing types of mental health illness:

- Anxiety & Panic Disorders.
- Bipolar Disorder.
- Depression.
- Eating Disorders.
- Schizophrenia.
- Substance Abuse & Addiction.

My experience: Michel'le

The lethargy I carried came from various aspects of my life:

1. School life: test anxiety and multiple classes
2. Home and family: chores and religion
3. Friends : social life
4. Activities and Clubs
5. Realization of growing up : things changing



Adolescents are juggling SO MUCH! We basically have full time jobs. We have so much on our plates that its no wonder we are the leading age group suffering from mental health illness.

Stigma Around Adolescents and Mental Health

Adriana:

From my experience around adolescents and mental health, I have come across youth who didn't want to get help because they were afraid of being made fun of.

There was a time when a friend spoke of problems she was having. I suggested she be open to receiving mental health counseling and the first thing that came out of her mouth was that she was "not crazy". That is when I knew I had to stamp out the stigma that surrounded mental health.



Awareness

- One in four people in the world will be affected by mental or neurological disorders at some point in their lives.
- Around 450 million people currently suffer from such conditions
- Placing mental disorders among the leading causes of ill-health and disability worldwide.
- According to the World Health Organization



1 in 4 MENTAL HEALTH
AWARENESS

Come Together:



When we understand more, we stand for more.

With adolescent recognition, we can reach out to many other's who may be going through changes that they do not understand. Then we'll be able to cut down the numbers of mental health cases found in adolescents, thus improving their daily lives, making them excel in any and everything that take part in.

Quick Facts

According to the NCCP “Mental health and social and emotional wellbeing – combined with sexual and reproductive health, violence and unintentional injury, substance use, and nutrition and obesity – form part of a complex web of potential challenges to adolescents’ healthy emotional and physical development.”

Testimonies

Female *Age 16 / High school junior

Claims to be very **stressed**, classes are hard, teachers do not seem to **understand** what students are going through- which is **confusing** to her who says “didn’t teachers go through the same process as students. School is **NOT LIFE**, we have many other things that we do outside of our academic careers that sometimes interferes with school. I just want some understanding.”

Male *Age 10 / 5th grade student

Tired from everyday activities, angry from teachers, parents, and siblings when they do not get him, mostly **mad everyday for unknown reasons**, feels **pressured**, only feels calm and happy when he spends his time alone.

What did our school/ wellness center do to provide help for students with mental- health

Our results are empirical and reveal that teenagers who speak up will have better chances of handling their mental health illness.

- The **school counselors and teachers** did a phenomenal job in listening attentively when it came voicing opinions, concerns, fears, and problems.
- **The Wellness Center** hired a **mental health counselor** that would be open to students anytime during school hours.



Hotlines:



HopeLine

You Talk. We Listen.

Call: 919-231-4525 or 1-877-235-4525

<http://www.hopeline-nc.org/>

What we advise:

Prevention and Intervention:

Together we can help to prevent and aid the mental health illness many are facing.

teen line

Call: 310-855-4673 or Text: teen to 839863

<https://teenlineonline.org/>

Teen Health & Wellness
real life · real answers

<http://www.teenhealthandwellness.com/static/hotlines>

Advice Column- For Adults

- Speak to adolescents as adults.
- Don't come on too strong, create a gateway to discussion.
- Give them a chance.
- Don't make adolescents feel like what they are going through is a problem.
- Don't pass judgement.
- Create a Safe – zone.
- Communication is key.
- Encourage adolescents to keep on trying instead of always putting them down if something does not turn out right.

More info on adolescent mental health

http://www.nccp.org/publications/pub_878.html

<http://www.speakupforkids.org/report.html>

<https://www.ymadvocacy.org/>

<http://www.mentalhealthcommission.ca/English/focus-areas/children-and-youth>



Thank you!

Reminder: All materials and a recording of this webinar will be available by the end of this week.