



Creating a healthier Marin together.

Community Mental Health Webinar: Teen Mental Health

April 21, 2021

Presenters

Jessica Colvin, MSW, MPH, PPSC
TUHSD Wellness Director

Kara M. Connors, MPH
Senior Program Coordinator for Suicide Prevention
County of Marin HHS

Michelle Mazza, LMFT #39319
Clinical Director
Mindfit DBT

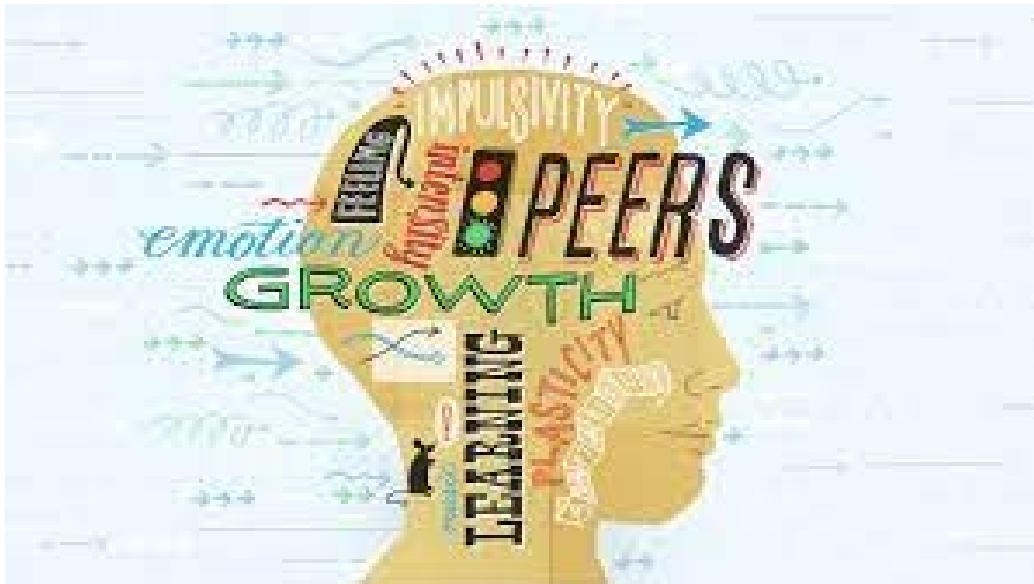
Heather Johnson, M.A., LMFT # 110668
Clinical Director- Marin
Huckleberry Youth Programs



Jessica Colvin, MSW, MPH, PPSC
TUHSD Wellness Director

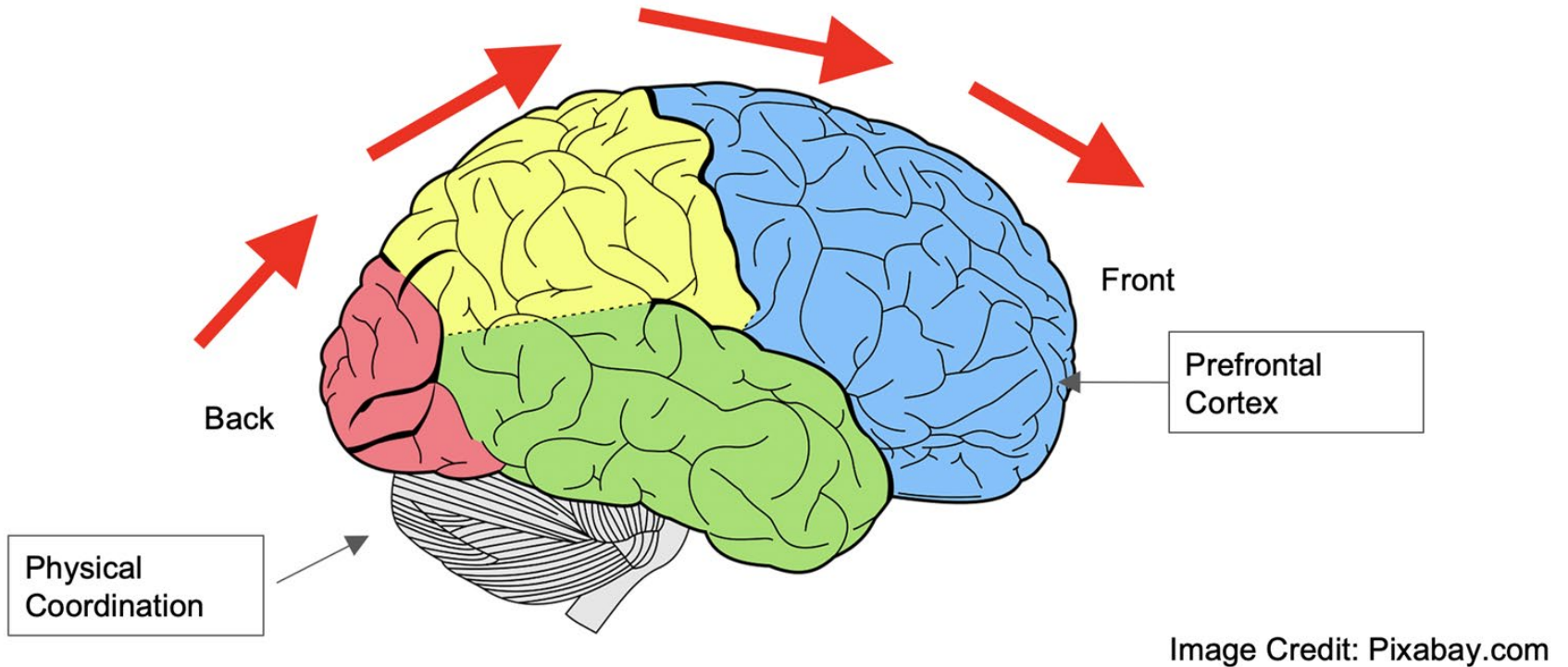


The Adolescent Brain: A Work in Progress



* Adapted from Stanford Tobacco Prevention Toolkit

The Adolescent Brain



The Adolescent (and Young Adult)



The Adolescent (and Young Adult) Brain



The Adult Brain



The Adult Brain

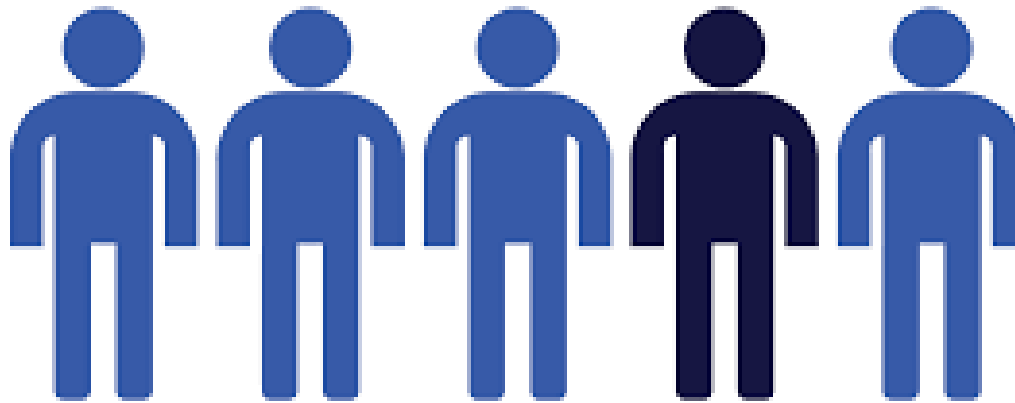


The Adolescent Brain: A Work in Progress



The Adolescent Brain & Mental Health

One in five teens have a mental health condition.



Marin Adolescent Mental Health

California Healthy Kids Survey 2017-2018

% of Marin students reporting feeling chronically sad or hopeless for 2 weeks or more in the past 12 months

7th - 21%

9th - 29%

11th - 36%

% of Marin students ever having seriously considering attempting suicide

7th -9%

9th - 14%

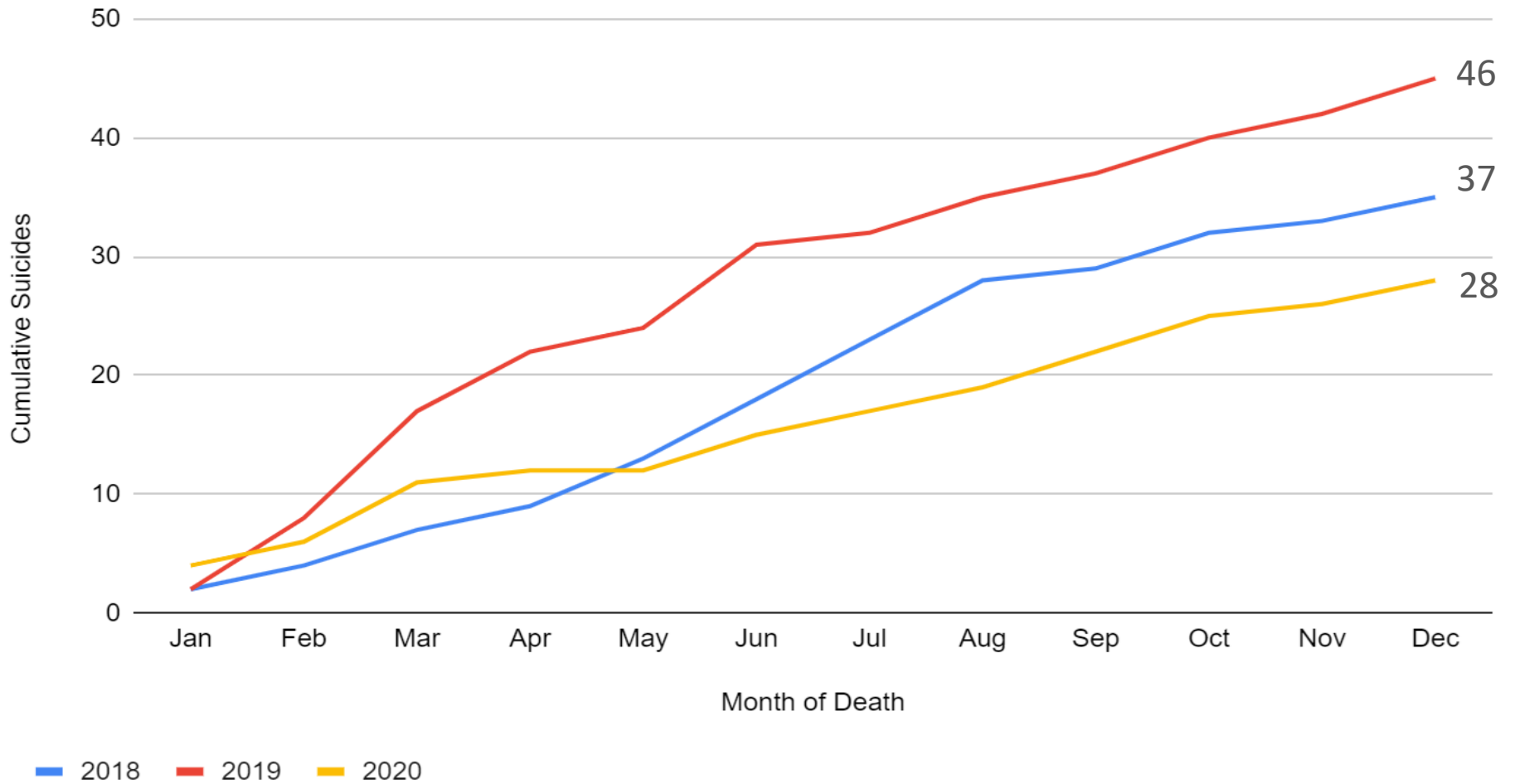
11th - 14%

Marin Mental Health

Community Health Needs Assessment (CHNA) 2019 shows suicide rates, medication for mental health issues and substance abuse treatment, among other issues, occur at a higher percentage in Marin County than in California in general. For example:

- The suicide rate per capita in California is 9.8; in Marin County the rate is 15.6.
- The percentage of **adults** in California taking daily medication for mental health issues is 11%; in Marin County it's 15%.
- The rate per capita of **teens** reporting binge drinking is 5.8 in California; in Marin County the rate is 16.2, The per capita rate of teens who have been high from drug use in California: is 38.3; in Marin County the rate is 48.7.
- Alcohol related arrests per capita in California: 1203; in Marin County: 1501.

Cumulative Suicides by Year



**2020 data is preliminary and likely to increase as final cause death coding can take several months to approximately one year to resolve*

Data Source: VRBIS, CCDF 2016-2020, 2020 data accessed on 1/16/21

Kara M. Connors, MPH
Senior Program Coordinator for Suicide
Prevention
County of Marin HHS



Facts About Mental Health

- 50% of mental health issues are established by the age of 14, and 75% by age 24
- One in ten children and adolescents suffer with mental health
- Mental health does not discriminate. 1 in 5 adults across all races, ethnicities, and genders will struggle with mental health in their lifetime.
- 40 percent of the 60 million people suffering from mental illness go without treatment (NAMI, 2017).
- 80-90% of those who seek treatment for depression are treated successfully.



What is stigma?

Stigma is a mark of disgrace that sets a person apart from others. When a person is labelled by their illness they are no longer seen as an individual but as part of a stereotyped group. Negative attitudes and beliefs toward this group create prejudice which leads to negative actions and discrimination.

Why Stigma?

- Stigma often comes from lack of understanding or fear. Inaccurate or misleading media representations of mental illness contribute to both those factors (eg., *Joker*)
- While the public may accept the medical or genetic nature of a mental health condition and the need for treatment, many people still have a negative view of those with mental illness.

Types of Stigma

	Public	Self	Institutional
Stereotypes & Prejudices	People with mental illness are dangerous, incompetent, to blame for their disorder, unpredictable	I am dangerous, incompetent, to blame	Stereotypes are embodied in laws and other institutions
Discrimination	Therefore, employers may not hire them, landlords may not rent to them, the health care system may offer a lower standard of care	These thoughts lead to lowered self-esteem and self-efficacy: "Why try? Someone like me is not worthy of good health."	Intended and unintended loss of opportunity

Source: Adapted from Corrigan, et al.

Impact of Self Stigma

- Stigma and discrimination can contribute to worsening symptoms and reduced likelihood of getting treatment.
- Families receive lack of support and fear of disclosure.
- Leads to negative effects on recovery and:
 - reduced hope
 - lower self-esteem
 - increased psychiatric symptoms
 - difficulties with social relationships
 - reduced likelihood of staying with treatment
 - more difficulties at work

How do we stop stigma? *Conversation*

Try these simple tips for talking.

DO SAY

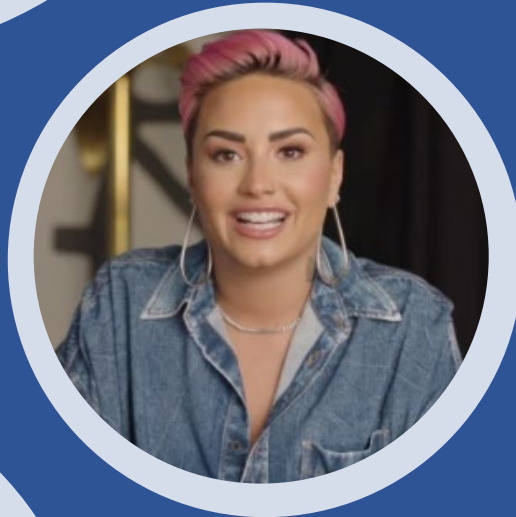
- "Thanks for opening up to me."
- "Is there anything I can do to help?"
- "How can I help?"
- "Thanks for sharing."
- "I'm sorry to hear that. It must be tough."
- "I'm here for you when you need me."
- "I can't imagine what you're going through."
- "People do get better."
- "Oh man, that sucks."
- "Can I drive you to an appointment?"
- "How are you feeling today?"
- "I love you."

DON'T SAY

- "It could be worse."
- "Just deal with it."
- "Snap out of it."
- "Everyone feels that way sometimes."
- "You may have brought this on yourself."
- "We've all been there."
- "You've got to pull yourself together."
- "Maybe try thinking happier thoughts."



“I found that with depression, one of the most important things you could realize is that you’re not alone. You’re not the first to go through it; you’re not the last to go through it.” ~ The Rock



The Power of Stories

Research shows that knowing or having contact with someone with mental illness is one of the best ways to reduce stigma.

When we know someone with mental illness, it becomes less scary and relatable.

About 3 in 4 young teens seeking information online about depression said they were looking for personal anecdotes from people who had suffered – they are more real and relatable.

Michelle Mazza, LMFT #39319
Clinical Director
Mindfit DBT

Heather Johnson, M.A., LMFT # 110668
Clinical Director- Marin
Huckleberry Youth Programs



How Do Parents Gain Capacity to Parent Teens

- Observe your feelings & history about mental health issues
- Observe your parenting style & how you respond to stressful situations
- Practice tolerating difficult emotions so you are prepared to support your child
- Normalize your need for support at all developmental stages
- Trust your gut
- You do not need to be an expert to ask your child about their experiences
- Model healthy management of stress and mental health issues
- Schedule positive activities to connect
- Create an environment where it is safe to share challenges
- Listen to understand not fix
- Change expectations, do not raise them

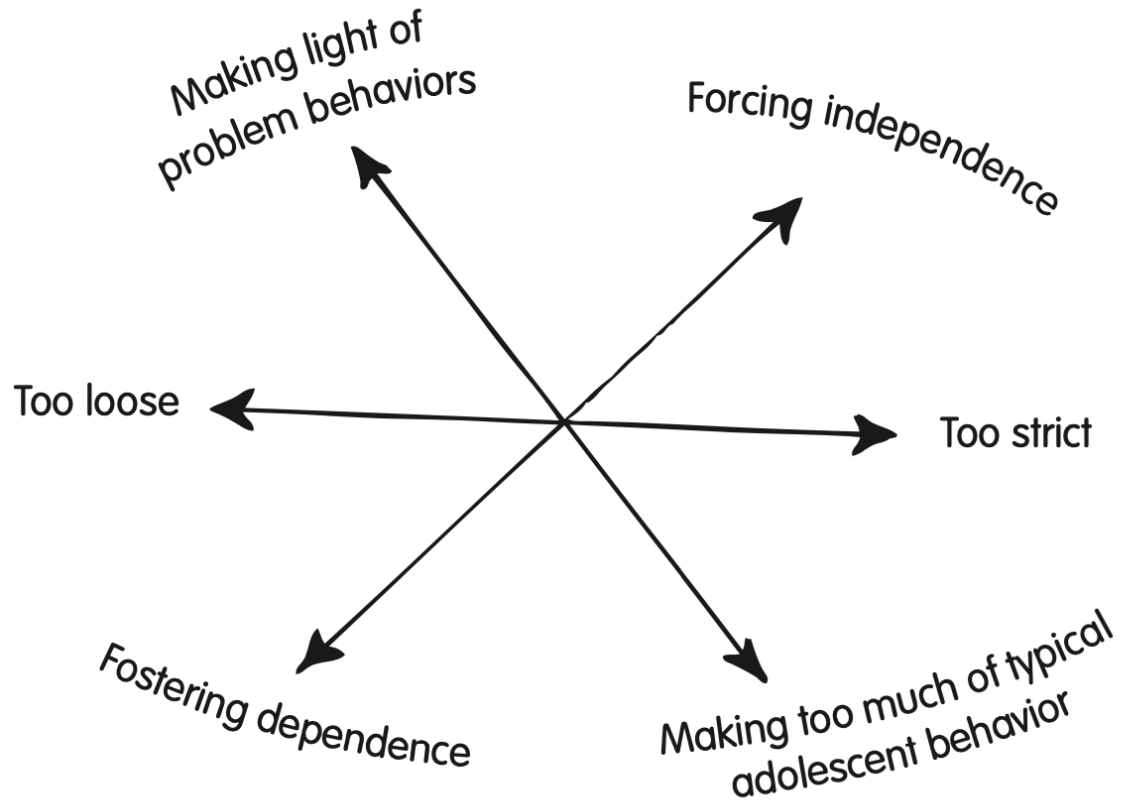
We All Need Support (not professional support)

- Normalize need for support at all child development stages (ex: baby group)
- Anytime you need a thought partner
- Not one and done - ongoing conversation (ex: please and thank you)
- Trust your gut
- You do not need to be an expert
- Minor Consent

How Do You Know Your Teen Needs Support?

- Change in behavior (including sleep, appetite, mood, expression, social group, weight, appearance)
- Sadness
- Withdrawn
- Irritability
- Reduced desire to participate in preferred activities
- Improved mood after period of depression
- Substance use
- Preoccupation with death
- Trouble concentrating
- Expression of unworthiness or failures
- Giving away valued personal items
- Major life stressors (e.g. break-up, loss of friend group, troubles in school or at home, death in the family or friend group)
- Recent suicide in the community

Normalized Behavior vs. Cause for Concern



From *DBT® Skills Manual for Adolescents*, by Jill H. Rathus and Alec L. Miller. Copyright 2015 by The Guilford Press. Permission to photocopy this handout is granted to purchasers of this book for personal use only (see copyright page for details).

Approaching Teens: Balancing Acceptance **AND** Change

AND



Ways to Create Open Conversation

- **Tolerate a negative response and/or dismissal**

- **Validate your child's experience**

"That must have been challenging." "I can see that you didn't like that."

- **Consider the timing of initiating a conversation**

"I would like to talk to you, when do you have a break in homework?"

- **Use "I" Statements and avoid "You...." Statements**

"I'm concerned about...." vs. "You need to change your behavior."

- **Schedule positive activities together**

Family dinner, after-dinner walk, weekend hike, cooking together

- **Ask questions instead of making statements (aka lecturing)**

"How do you think we should approach this?" "What is your idea about solving this problem?"

- **Model self-disclosure of internal experiences**

"I had a challenging interaction with someone and I'm trying to figure out how to handle it."

- **Model taking time to calm down emotions before problem solving**

"I don't want to say anything I regret, so I'm going to calm down and will come back."

Additional Ways to Create Open Conversation

- Express **empathy** through reflective listening.
- Highlight discrepancy between **Teens'** goals and their and their current behavior or values
- Avoid argument and direct confrontation.
- Adjust to **Teens'** resistance rather than opposing it directly.
- Support Teen's agency and need for control.
- How can I help you with ____?
- Help me understand ____?
- How would you like things to be different?
- What are the good things about ____ and what are the less good things about it?
- When would you be most likely to ____?

Ask, Listen and Refer

There are people, places and ways to help prevent, intervene and respond in crisis

- Hot lines
- Warm Lines
- Crisis Intervention
- Doctor
- Schools
- County & Non-Profits
- Therapists, Groups, Treatments
 - Private insurance vs. medical
- Join Marin County Suicide Prevention Collaborative

Crisis Resources

- Marin Mobile Crisis: Call (415) 473-6392. From 8am-9pm daily, staff are available to walk you through how to keep your child safe, either over the phone or by coming to your home to evaluate your child. This is a free service.
- Call 911 or take your child to the nearest hospital. Hospital staff will evaluate if they are able to keep themselves safe.
- Safe and Sound: Call (415) 441-KIDS (5437) (Open 24/7)

Crisis Support

- Crisis Text line: Text “HOME” to 741741 (Open 24/7)
- Buckelew Suicide Prevention hotline: Call (415) 499-1100 (Open 24/7)
- California Youth Crisis Line: Call (800) 843-5200 (Open 24/7)
- The Trevor Project (LGBTQQIA+): Text “START” to 678678 or Call (866) 488-7386 (Open 24/7)
- National Suicide Prevention Lifeline: Call (800) 273-8255 (Open 24/7)
- MY3 - Free Safety Plan App
- Marin City Health and Wellness Center: Phone 415-339-8813: 630 Drake Ave., Marin City, CA 94954
- If you need a place to stay because you feel unsafe at home please call Huckleberry House at (415) 621-2929 (Open 24/7)

Resources

<https://sites.google.com/view/tuhsdremotelearning/virtual-tuhsd-counseling-wellness-center?authuser=0>

<https://sites.google.com/marinschools.org/mcoerethinkingschools/mental-health-wellness?authuser=0>

<https://www.marinschools.org/cms/lib/CA01001323/Centricity/Domain/154/Crisis%20Response%20Support%20English.Spanish.pdf>

<https://sites.google.com/marinschools.org/mcoerethinkingschools/mental-health-wellness/social-emotional-video-series>

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

<https://www.marinhealthyouthpartnerships.org/lets-talk-booklet>

Kara M. Connors, MPH
Senior Program Coordinator for Suicide
Prevention
County of Marin HHS



Closing Message

- Importance of continuing the conversation with your teens, family and friends
- See each other as resources and share stories
- Build safe and inclusive community for mental health
- Listening is a great door opener
- Stay connected
- **MAY IS MENTAL HEALTH AWARENESS MONTH - PARTICIPATE IN EVENTS**



MAY IS MENTAL HEALTH AWARENESS MONTH

2021 Virtual Events and Offerings

Marin County Behavioral Health and Recovery Services

- **May 1st - 2nd - 10 am - 12 pm - Mental Health Youth Summit.** During these two interactive and youth-led sessions, participants will learn about demystifying mental health, suicide prevention, and how to support themselves and their peers with mental health struggles. Guest speaker: Kelechi Ubozo, author, poet, mental health activist.
- **May 4th - 9-11 am - Board of Supervisors Proclamation**
- **May 4th - 7 pm - Suicide Prevention Awareness for Parents and Teens.** Hosted by PEI program, Jewish Children and Family Services. Speaker Tim Lea, Outreach and Education Coordinator for Suicide Prevention, Buckelew Programs will discuss with parents what to do if your child, or their friend, is in distress. Teens welcome.
- **May 4th, 11th, 18th, 25th - 3pm - NAMI Marin Story Telling Series.** A Five-Part Series featuring people with lived experience with mental health challenges.
- **May 5th - 2 pm - Marin County Suicide Prevention Collaborative.** This monthly meeting will address mental health and progress by the Community Teams advancing the suicide prevention strategic plan.
- **May 6th - 10 am - "The Practice of Self Compassion."** Speaker: Oren Jay Sofer. Participants will learn self-compassion practices, motivate oneself from a place of kindness rather than criticism, combat caregiver fatigue, and cultivate self-appreciation and resilience. (Marin County employees only).
- **May 13th - 5 pm - "Breaking the Silence: A Conversation with Men and Boys About Mental Health."** Leaders across the life span from Marin share ways they cope with distress and thoughts they have for engaging men and boys in our community for improved well-being.
- **Now thru May 15. What Helps Me Youth Art Campaign.** Youth in Marin are invited to tell their story of emotions and mental health through art.
- **May 19th - 6pm. Healing Drum Circle.** Hosted by Multicultural Center of Marin. Special drum circle to uplift your energy, boost your immune system and shift your mind into the present moment.
- **May 20th - 12 pm - "Safety Planning for Those in Distress: Implications for LGBTQ+ Youth and Adults."** Speakers: Vanessa Blum, PhD, BHRS, and Tim Lea, Buckelew Programs Suicide Prevention Program, share how safety planning can reduce distress and foster resilience.
- **May 22nd - 9am - Youth Mental Health First Aid Training.** Facilitators: Maria Rea, LMFT and Christina Fass, ABSNP. This training gives adults who work with youth the skills needed to reach out and provide initial support to youth (ages 6-18) who may be developing a mental health or substance use problem and help connect them to care.
- **May 24th - 2 pm - "Building a Safe Community For Older Adults in Marin: A Suicide Prevention Training."** Presenter: Kara Connors, MPH, BHRS, will share how to care, respond and connect an older adult to support.
- **May 25th - 11 am - AFSP Talk Saves Lives.** Learn more about how to help those who are reaching for a new day.
- **May 26th - 1 pm - "Addressing Trauma through Decolonizing Mental Health."** Moderator: Vanessa Blum, PhD, BHRS. The past year revealed and magnified inequalities that exist in marginalized communities. Panelists will discuss the ways in which trauma impacts people of color through the lens of decolonizing mental health as a way to liberate and empower the communities we serve and ourselves in the process.