



Youth Mental Health First Aid in the Community

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Where Do We Stand?

Many of us do not know how to recognize when a young person is experiencing a mental health issue

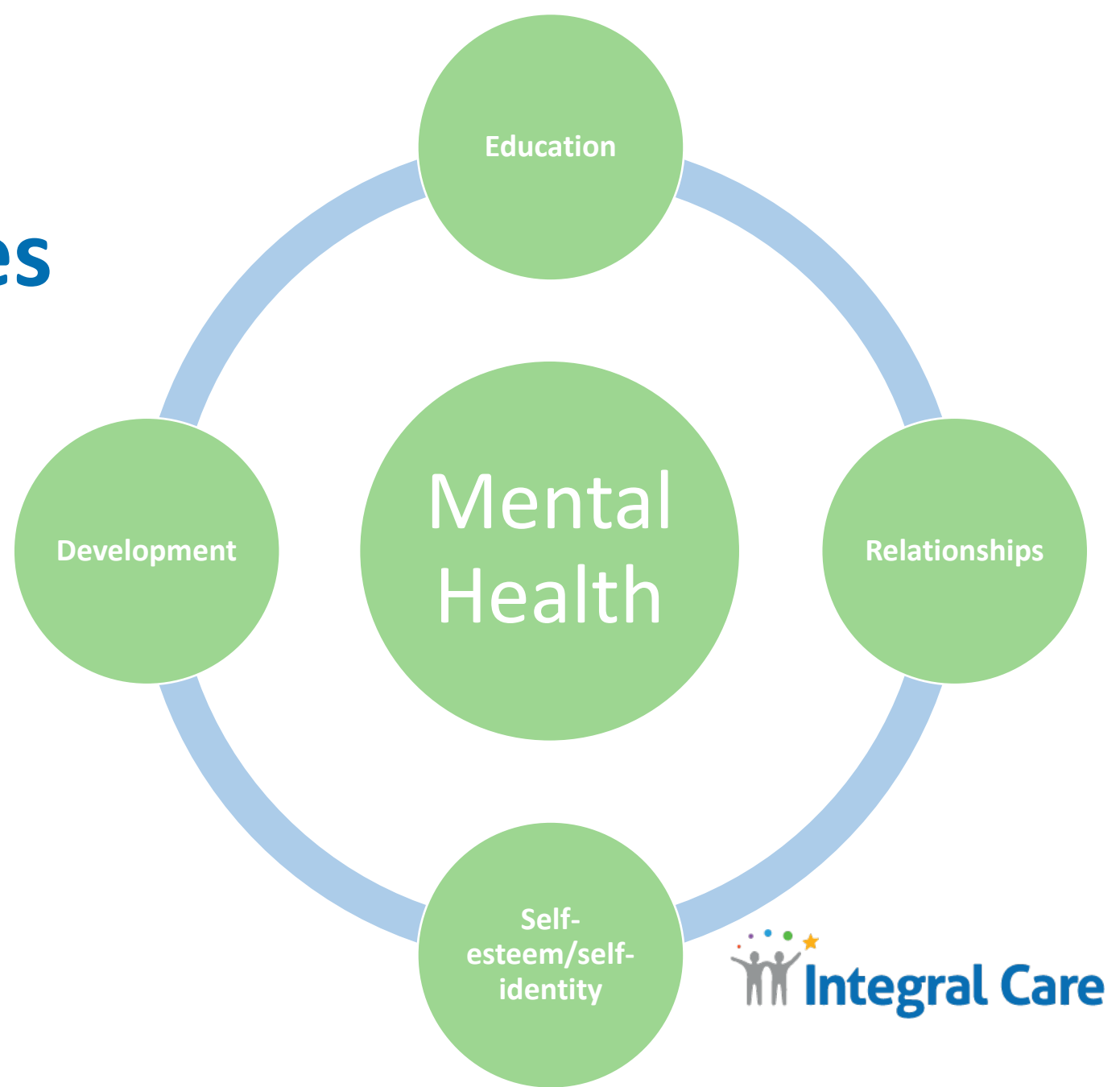
Many of us do not know what to do or say when we are aware there is a mental health issue

Mental health issues in youth are common

Youth Mental Health

- 50% of chronic mental illness begins by age 14
- 75% of chronic mental illness begins by age 24
- Suicide is the second leading cause of death among 10–34-year old's
- 22% of youth ages 3-17 have at least one mental health challenge
- 40% of American Children will have at least one potentially traumatizing experience by age 18

Why is addressing mental health issues during youth so important?



Why Is Addressing Mental Health Issues During Youth So Important?

- Mental health issues can impact a student's ability to learn, form relationships, and develop
- Mental health symptoms that arise during youth do not typically subside on their own
- These factors can result in negative future educational and life outcomes





Mental Health in Youth Ages 12-18



Mental Health By The Numbers

- 20% of youth ages 13-18 experience *severe* mental disorders in a given year
- 11% of adolescents ages 12-17 had a major depressive episode during the past year



Adolescent Development and Mental Health

Physical Changes

- Hormonal and structural brain changes

Cognitive Changes

- More abstract thinking about self, others, and the world

Emotional Changes

- Experiencing emotions more intensely

Social Changes

- Orientation toward peers/stress

Adolescent Development and Mental Health

- Mental illness can impact youth's development
- Development and experiences during adolescence can bring on mental illness



How Can We Tell The Difference?

Typical Adolescent Development

- Withdrawing from others
- Extreme emotional experiences
- Rapid emotional changes
- Impulsivity/risk taking

Mental Health Symptoms

- Withdrawing from others
- Extreme emotional experiences
- Rapid emotional changes
- Impulsivity/risk taking

Signs and Symptoms

Appearance

- Decline in personal hygiene, looking tired
- Cuts or bruising in various stages of healing
- Dressing inappropriate for the weather

Behaviors

- Substance use
- Lower motivation, withdrawal
- Crying spells

Feelings

- Depressed mood and/or mood swings.
- Unrealistic or excessive anxiety or guilt.
- Excessive irritability or anger.

Thoughts

- Frequent self-criticism/ self blame
- Difficulty making decisions
- Thoughts of death, dying or suicide



Integral Care

Mental Health In Younger Children

Mental Health By The Numbers

- 1 in 5 U.S. children aged 2–8 years had a diagnosed mental, behavioral, or developmental disorder
- 8% of youth aged 9-17 years will experience an anxiety disorder
- ADHD symptoms typically show up before 7 years of age and can negatively impact the child by age 7
- 3% of prepubertal school age children are affected by depression

Important to Know

- While many mental health diagnoses develop later in youth, certain symptoms can begin in early childhood
- A significant percentage of young children do experience mental illness
- Even if a young child does not meet criteria for a mental illness, they can still experience symptoms that cause distress
- Puberty can begin in girls as young as 9-10 years old, a transition point in which mental health issues may emerge

Common Mental Health Problems In Younger Children

- Anxiety Disorders
- ADHD
- Behavior Disorders
- OCD
- PTSD/trauma symptoms



**How Can We Better
Support The Youth We
Serve?**



Mental Health First Aid

Overview

Youth Mental Health First Aid (YMHFA) is a class that gives people the tools they need to help youth who might be experiencing a mental health problem or a mental health crisis



What Will I Learn?



Signs and symptoms of mental illness



A 5-step action plan to help someone in need



Risk factors and warning signs of mental illness and drug and alcohol use



Professional and self-help resources



Aims of Youth Mental Health First Aid

1. Preserve life when a young person may be in danger to self or others
2. Provide help to prevent the problem from becoming more serious
3. Promote and enhance recovery
4. Provide comfort and support



Youth Mental Health First Aid

- Primarily focuses on youth ages 12-18
- Learn the unique ways in which mental illness affects youth
- Learn our ALGEE action plan involving the skills, knowledge, and community resources necessary to effectively assist youth during mental health crisis and non-crisis situations
- Conclude the training with a certification in mental health first aid, a take home manual, and complimentary CEU's
- ISD staff get double CEU's
- Integral Care provides these trainings *at no cost to Travis County Residents*

Who Has Taken MHFA?

- **Non-Profits:** *St. David's Foundation, YMCA, Goodwill, United Way, Central Health, Creative Action, The SAFE Alliance, Caritas of Austin, CASA, Any Baby Can*
- **Government/Public Sector:** *Austin Public Library, Capital Staffers, Travis County Sheriff's Office, City of Austin, Austin Energy, TxDot, Travis County District Clerk, Austin Public Health, APD, Front Steps/ARCH*
- **Education:** *Dell Medical School, The University of Texas at Austin, ACC, Huston-Tillotson University, Abilene Christian University, Texas School for the Blind and Visually Impaired, Charter Schools, and Austin, Del Valle, Manor, Pflugerville, Lake Travis, Georgetown, Bastrop, and Eanes ISDs*
- **For Profit/Private Sector:** *HR Staff, National Instruments, Epoch Coffee*
- **Community:** *Parents, Church Members, Veterans, Travis County Inmates*



How to Get Trained

6.5 Hour Training

- One 6.5 hour day
- Breaks and 30 minute lunch
- Location/date of your choice
- 6 CEU's (12 for ISD staff)

Two 3 Hour Days Training

- Two 3 hour days within the same week
- Breaks and 30 min lunch
- Location/date of your choice
- 6 CEU's (12 for ISD staff)

Blended Training

- 2 hours of self-paced pre-work
- 4 hours in person or virtual presentation
- 4 CEU's (8 for ISD staff)

When Staff Are Trained in YMHFA

- Youth who need help are identified sooner
- Youth may feel connected and not labeled
- Youth and families are connected to local community programs for support
- Staff feel more confident in addressing these important issues



Mental Health Crisis Resources

- Integral Care: *(24-hour Hotline, Mobile Crisis, Psychiatric Emergency)*
 - 512.472.4357 (HELP)
- National Suicide Prevention Lifeline:
 - 988
- The Trevor Project LGBTQI Hotline:
 - 866.488.7386
- Trans Lifeline:
 - 877.565.8860
- Text Line:
 - 741-741 or 988

Summary

- Youth of all ages can experience mental health problems
- YMHFA can make a difference in youth's current development, experiences, and long-term future
- YMHFA can strengthen the work environment for youth and staff alike
- Integral Care provides YMHFA trainings for **free to Travis County Residents**
 - *If you're located outside of Travis County, your local mental health authority can provide information about YMHFA trainings in your area*



Contact

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