

# YOUTH MENTAL HEALTH FIRST AID AWARENESS

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# CDC YOUTH MENTAL HEALTH STATISTICS ADOLESCENTS-AGES 12-17 2019(I)

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- 15.1% had a major depressive episode
- 36.7 had persistent feelings of sadness or hopelessness
- 1.6% had an alcohol use disorder
- 3.2% had an illicit drug use disorder
- 18.8% seriously considered attempting suicide
- 15.7% made a suicide plan
- 8.9% attempted suicide
- 2.5% made a suicide attempt requiring medical treatment

# MENTAL HEALTH CONCERNS PREVALENCE

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- 1 in 5 youth ages 3-17 have a mental health disorder (4)
- Adult studies show 19% of ages 15-54 are affected by a mental health disorder in a given year
- 50% of the population will experience a mental health disorder in their lifetime

# PRESSURES ON YOUTH TODAY

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- Bullying
- Sexual assault/rape, domestic violence, stalking, adult abuse or neglect
- LGBTQ identity/concerns
- Substance abuse

# COMMON PEDIATRIC MENTAL HEALTH DISORDERS

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- Depression
- Bipolar disease/schizophrenia
- Psychotic disorders
- Trauma related disorders
- Eating disorders

# MENTAL HEALTH FIRST AID FOR YOUTH

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- Developed by the National Council for Behavioral Health
- “Mental Health First Aid for Adults Assisting Children and Youth”
- Available in our community live or virtually
- BSA’s Mental Health First Aid for Youth



## 'ALGEE' ALGORITHM (2)

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- A-approach, assess, and assist
- L-listen non-judgementally
- G-give support and information
- E-encourage professional help
- E-encourage self help and others support

# ITS OK NOT TO BE OK

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- Help youth understand life's highs and lows
- Just being there providing support and reassurance can make a huge difference
- Create trust
- Listen (non-judgmentally!!)
- Encouragement goes a long way
- “We may not have all the answers, but we can find them”





# PRIMARY MENTAL HEALTH RESOURCES

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- 988-National Suicide and Crisis Prevention Hotline answered 24/7/365 800-273-8255
  - Text available by sending text to 988 on your phone
- National Domestic Violence Hotline answered 24/7/365 1-800-799-7233 (SAFE)
  - Adult Abuse and Neglect 800-392-3738
  - National Sexual Assault Hotline 800-656-4673
  - Intimate-partner violence 800-799-7233
  - National Human Trafficking Hotline 888-373-7888
- Trevor Project (LGBTQ youth concerns) answered 24/7/365 866-488-3746 or text 741-741
- United Way (long term mental health resources 211)
- Child's primary health provider

# ADDITIONAL RESOURCES

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- CommCare-connects Missouri residents to local providers including community mental health centers, provides mental health crisis support 24/7/365, including FirstStepforHELP mental crisis line (888) 279-8188
- Substance Abuse and Mental Health Services Administration (SAMHSA)-treatment referral routing service (800) 6622 4357 (HELP). This is a confidential, free, 24//7/365 information service in English and Spanish for individuals and family members facing mental and/or substance use disorders including treatment facilities, support groups, and community- based organizations
- Children’s Mercy-multiple resources available at [www.childrensmercy.org](http://www.childrensmercy.org)
- PLEASE PICK UP A RESOURCE SHEET FOR ADDITIONAL COMMUNITY RESOURCES



**THANKS FOR MAKING A  
DIFFERENCE IN A CHILD'S  
LIFE**

# QUESTIONS

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# REFERENCES

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