

Hotlines, Textlines, and Online Chats

Montgomery County Youth Crisis Hotline, 301-738-9697, provides free, confidential, and anonymous support to youth by trained counselors, 24 hours a day, 7 days a week.

Montgomery County Crisis Textline, 301-738-2255, provides free, confidential, and anonymous text support by trained counselors. This service currently is available from Monday through Thursday, from 4:00 to 9:00 p.m.

The National Suicide Prevention Lifeline, 800-273-8255, provides free, confidential, and anonymous support nationally.

The Crisis Chatline is a service of the National Suicide Prevention Lifeline. Youth may access support 24 hours a day via chat. www.CrisisChat.org.

Community Resources

The Montgomery County Crisis Center, provides crisis services 24 hours a day/365 days a year. These services are provided over the telephone (240-777-4000) or in person at 1301 Piccard Drive, Rockville, Maryland 20850 (no appointment needed). The Mobile Crisis Outreach will respond anywhere within Montgomery County to provide emergency psychiatric evaluations.

EveryMind, 1000 Twinbrook Parkway Rockville, MD 20851, 301-424-0656, info@Every-Mind.org, provides mental health services to youth, adults, and the military, as well as crisis support services.

Online Resources

The Montgomery County BtheOne suicide awareness and substance use prevention campaign website describes action steps to help oneself and friends and includes links to resources and hotlines. www.BtheOne.org.

The Society for the Prevention of Teen Suicide family resource webpage includes information on warning signs, how to support your child who needs help, and how to talk with your children about mental health, suicide awareness, and the aftermath following a tragic loss. www.sptsusa.org/parents

National Association of School Psychologists provides information and resources related to mental health, coping, tips for families and schools to support grieving students, and suicide awareness, among other topics. www.nasponline.org.

The Dougy Center's National Center for Grieving Children and Families provides resources, by age group, and information on support groups for youth, adults, and families experiencing grief following a death. www.dougy.org/grief-resources/talking-with-children-about-tragic-events/.

Student Mental Health Forum

Dr. Christina N. Conolly, NCSP, Director
Division of Psychological Services
February 6, 2018

What is a mental health disorder?

- Serious changes in the ways students typically learn, behave, or handle their emotions.
- Symptoms usually start in early childhood, although some concerns may start during the teenage years. However, some children with a mental disorder may not be recognized or diagnosed as having one.
- **Concerns can be treated and managed.**

CDC, 2018

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Youth mental health by the numbers

Did you know...

- *1 in 5 students experience a mental health disorder.*

CDC Data collected between the years 2005-2011 show:

- Children aged 3-17 years currently had:
 - ADHD (6.8%)
 - Behavioral or conduct problems (3.5%)
 - Anxiety (3.0%)
 - Depression (2.1%)
 - Autism spectrum disorders (1.1%)
 - Tourette syndrome (0.2%) (among children aged 6-17 years)
- Adolescents aged 12-17 years had:
 - Illicit drug use disorder in the past year (4.7%)
 - Alcohol use disorder in the past year (4.2%)
 - Cigarette dependence in the past month (2.8%)

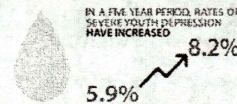
CDC, 2018

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Youth mental health is worsening

Rates of youth with severe depression increased from 5.9% in 2012 to 8.2% in 2015. Even with severe depression, 76% of youth are left with no or insufficient treatment

YOUTH MENTAL HEALTH IS WORSENING AND ACCESS TO CARE IS LIMITED



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

MHA, 2018

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Why do we talk about mental health?

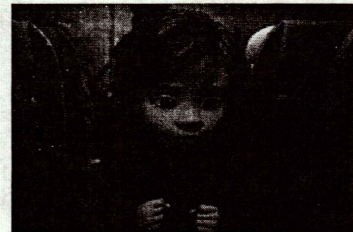
Mentally healthy children are more successful in school and life.

- Research demonstrates that students who receive social-emotional and mental health support achieve better academically.
- School climate, classroom behavior, on-task learning, and students' sense of connectedness and well-being all improve as well.
- Mental health includes social, emotional, and behavioral health and the ability to cope with life's challenges.
- Left unmet, mental health problems are linked to negative concerns such as academic and behavior problems, dropping out, and delinquency.

NASP, 2016

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What can we learn from *Inside Out*?



https://www.youtube.com/watch?v=tN5Ty1_sQs

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Let's shift gears slightly....

- Warning Signs of Suicidal Ideation
 - Suicide Notes
 - Threats (Direct or Indirect Statements)
 - Previous Attempts
 - Depression or "Masked" Depression
 - Making Final Arrangements
 - Hurting Oneself
 - Dramatic Changes to Behavior
 - Having a Plan/Method/Access

NASP, 2015

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What should you do if your friend/family member or you are suicidal?

- Feeling hopeless, helpless, or depressed can result in extreme emotional pain and desperation.
- Sometimes these feelings result in thoughts of suicide, but it is important to let the person with these thoughts know that there is help and hope.
- If you see something, do something-Whether the person tells you in person, online, via text, etc. You may be the only person he/she tells.
- Tell a trusted adult.

NASP, 2015

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What should you do if your friend/family member or you are suicidal?

- Don't wait to tell someone. If friend is in immediate need, call 911.
- Do not be afraid to talk to your friends or family members.
- Make no deals or promises!
- **If you or anyone you know is having suicidal thoughts, talk to a trusted adult or call 1-800-273-TALK (8255) or text "START" to 741-741.**

NASP, 2015

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How are schools addressing mental health?

- Increasing the number of mental health staff members around MCPS.
 - Increasing the number of students seen for individual and group counseling in school.
- Sources of Strength
- Signs of Suicide Prevention Program
 - High Schools- Spring 2017
 - Middle Schools- Fal 2017

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How can you address concerns?

- Talk with a trusted adult
 - At home, in school, with community groups
- Build Up Resiliency

re-sil-i-ence:

the ability to bounce back when faced with stressors or pressure.

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How can you promote resiliency?

- Think positive!
- Express love and gratitude!
- Express yourself! (Inside Out)
- Get fit!
- Develop a competency in something:
 - A talent (e.g. sports, music, art, games, etc.)
 - Helping others
 - Academics

NASP, 2017

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The more you know...

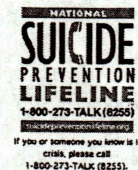
MENTAL HEALTH AWARENESS

https://www.youtube.com/watch?v=LF8_XJRqS_Y

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Where can you get help?

- Talk with your parent/guardian
- Contact your school counselor and/or school psychologist.
- Montgomery County Crisis Center
- EveryMind
- Local and National Resources (check the list behind your agenda for today's Forum)



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Questions



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Discussion

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Sources

- You Tube
 - https://www.youtube.com/watch?v=LF8_XJRqS_Y
 - https://www.youtube.com/watch?v=tNsTy-j_sOs
- CDC study
 - <https://www.cdc.gov/childrensmentalhealth/features/kf-childrens-mental-health-report.html>
- Mental Health of America
 - <http://www.mentalhealthamerica.net/issues/mental-health-america-printed-reports>

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Sources

- National Association of School Psychologists
 - <http://www.nasponline.org/resources-and-publications/resources/school-safety-and-crisis/preventing-youth-suicide/save-a-friend-tips-for-teens-to-prevent-suicide>
 - <http://www.nasponline.org/resources-and-publications/resources/mental-health/school-psychology-and-mental-health/school-based-mental-health-services>
 - <http://www.nasponline.org/resources-and-publications/resources/mental-health/prevention-and-wellness-promotion/building-resiliency-helping-children-learn-to-weather-tough-time>

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