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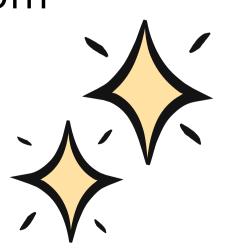


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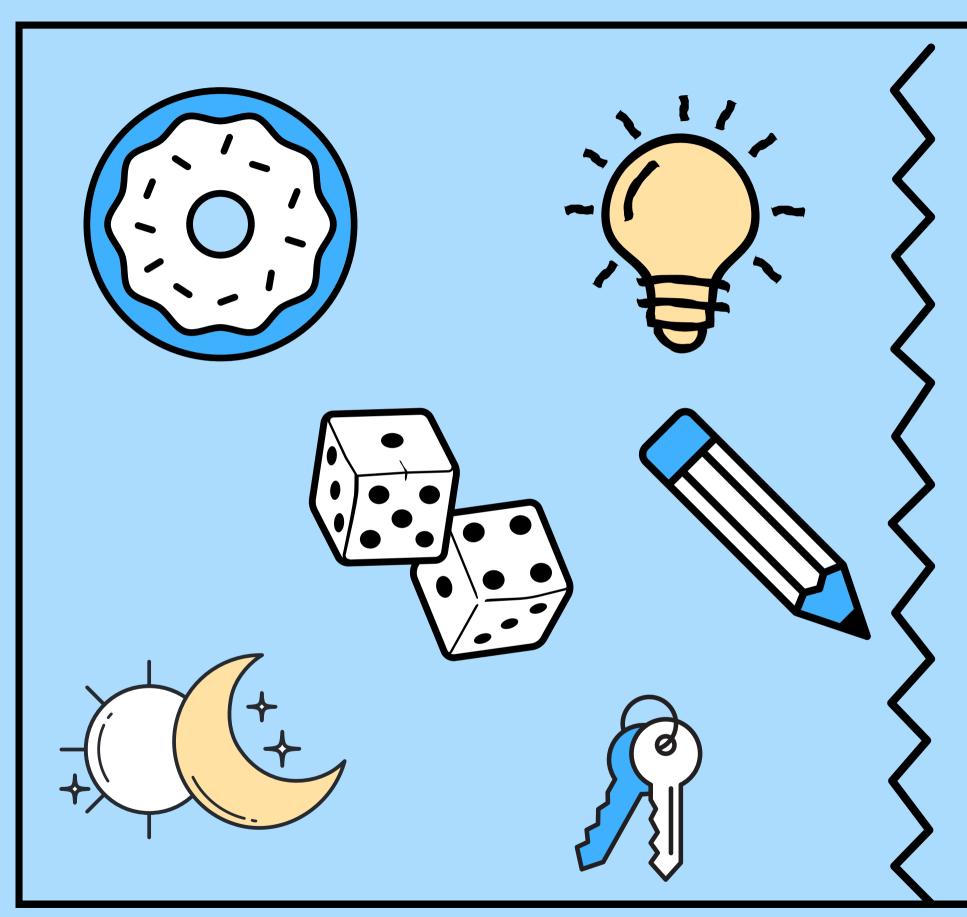








On the scale of animals, how do you feel today?



#### **TOPICS**

- -Mental Health
- -Resources
- -Gen Z Analyzed
- -Diversity
- -References



#### MENTALKEALTH STUDENTS AND SCHOOLS

Mental health disorders are not unique to adults. Children are just as prone.



About

children develop a mental illness by the age of 14.

8% of youth have an anxiety disorder.

Suicide is the leading cause of death in youth 10-24.

37% of students with a mental health condition age 14 and older drop out of age 14 and older drop out of school—the highest dropout rate of any disability group.

**70%** of youth in state and local juvenile justice systems have a mental illness.

The average delay between onset of symptoms and intervention is

Approximately 32,000 children are in Department of Family Protective Services conservatorship, and it is estimated

that **Eno** of those over **JU** /• children have a diagnosed mental illness in the U.S.



of all lifetime cases of mental illness begin by age 14 and



by age 24.

#### **DID YOU KNOW?**

8 out of 100 teens report having serious depression.

That's 2 out of every 25 teens.



8% of all teens have an anxiety disorder.

HAVE ADD. Attention Deficit Disorder

3% HAVE ODD Oppositional Defiance Disorder

1% HAVE OCD Obsessive Compulsive

only 38% with mood disorders recieve help.

only 15% with substance abuse problems get the help they need.

only 13% of Eating Disorder sufferers get help.

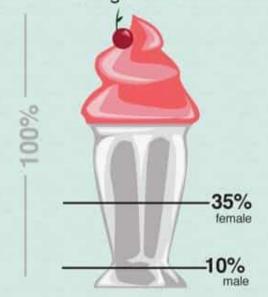
OVER 20% OF YOUNG ADULTS HAVE A **MENTAL ILLNESS** 

35% of teenaged girls have an

That's 7 out of every 25 teen girls.

eating disorder.

10% of all teens suffering from an eating disorder are male.



4000

young Canadian teens commit suicide every year.

1 in 5 will get the help they need.



1). I hear you2). It's ok to notbe ok3). How can I

help?

1). I feel or understand what you are saying2). Things aren't that bad.

3). You'll get over it

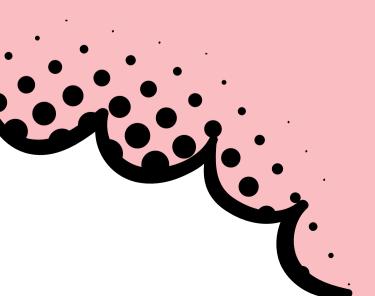
How many people have trouble saying NO?



- Making people happy
- Job has to get done so I
  will do it or I was going to
  have to do the work
  anyways



- Fear of being wrong or called out
- "do we have to"
- "doing too much"
- someone else will step up



# YES VS NO



#### HOW TO TALK ABOUT IT



- Many mental health conditions first appear in youth and young adults, with 50% of all conditions beginning by age 14 and 75% by age 24.
- One in six youth have a mental health condition, like anxiety or depression, but only half receive any mental health services.
- Early treatment is effective and can help young people stay in school and on track to achieving their life goals. In fact, the earlier the treatment, the better the outcomes and lower the costs.
- Unfortunately, far too often, there are long delays before they children and youth get the help they need.
- Delays in treatment lead to worsened conditions that are harder and costlier to treat.
- For people between the ages of 15-40 years experiencing symptoms of psychosis, there is an average delay of 74 weeks (nearly 1.5 years) before getting treatment.
- Untreated or inadequately treated mental illness can lead to high rates of school dropout, unemployment, substance use, arrest, incarceration and early death.
- In fact, suicide is the second leading cause of death for youth ages 10-34.



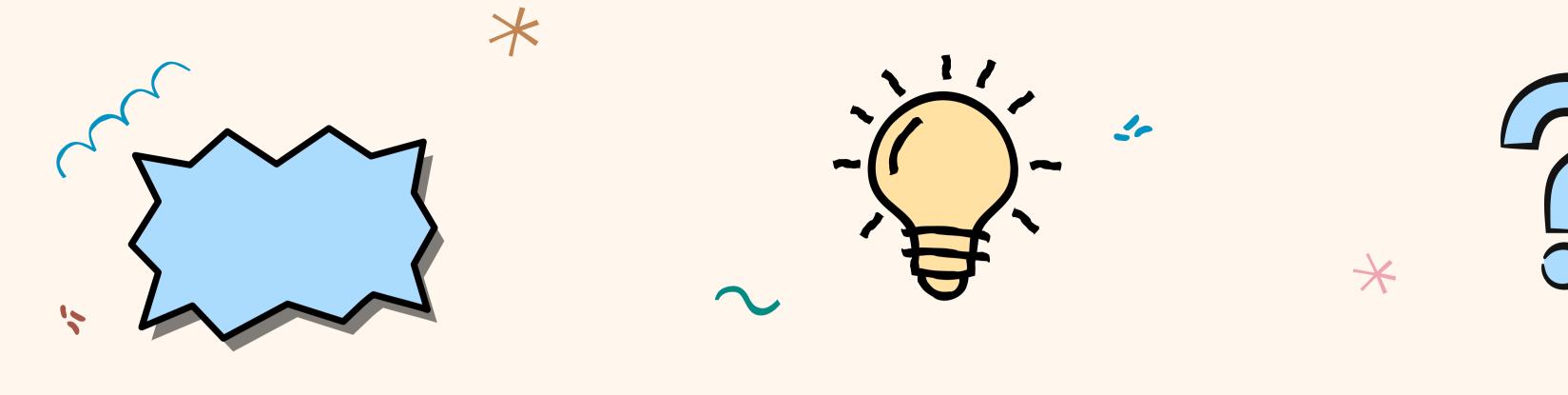


#### HOW TO TALK ABOUT IT

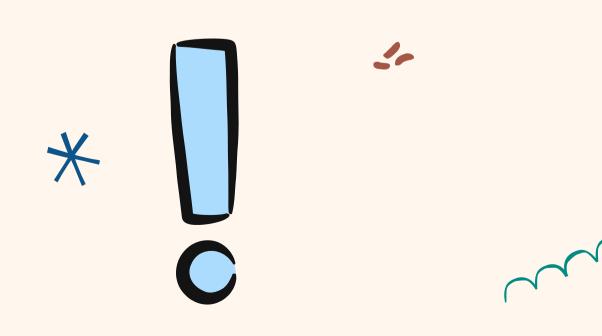


- Schools can play an important role in helping children and youth get help early. School staff and students can learn to identify the warning signs of an emerging mental health condition and how to connect someone to care.
- Schools also play a vital role in providing or connecting children, youth, and families to services. School-based mental health services bring trained mental health professionals into schools and school-linked mental health services connect youth and families to more intensive resources in the community.
- School-based and school-linked mental health services reduce barriers to youth and families getting needed treatment and supports, especially for communities of color and other underserved communities.
- When we invest in children's mental health to make sure they can get the right care at the right time, we improve the lives of children, youth and families and our communities.

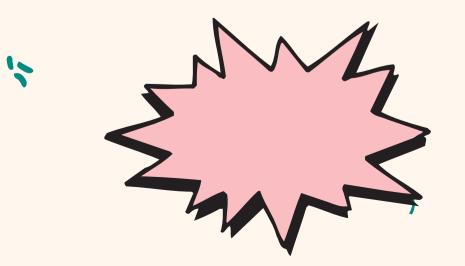




# RESOURCES







## Mental Health Resource

- Institutes American Academy of Child and Adolescent Psychiatry: This resource center includes videos, ways to get help, and advocacy campaigns.
  - www.aacap.org/AACAP/Families\_and\_Youth/Youth\_Resources/Home.aspx
- National Alliance on Mental Health: Find resources for youth, including information on managing your mental health in college and making friends. www.nami.org/Find-Support/Teens-and-Young-Adults
- National Institute of Mental Health: This website provides easy-to read guides and brochures to help better understand a variety of mental health disorders. www.nimh.nih.gov/health/index.shtml
- Substance Abuse and Mental Health Services Administration: SAMHSA provides information on mental health services and treatment centers through a service locator. https://findtreatment.samhsa.gov/

## Apps and Tech Services

- **Beacon 2.0:** Beacon is a portal to online applications (websites, mobile applications and internet support groups) for mental disorders reviewed and rated by health experts. <a href="https://beacon.anu.edu.au/">https://beacon.anu.edu.au/</a>
- **Health Talk:** This website reflects the lived experience of mental health conditions, including research-based modules with hours of recording and analysis. <a href="https://www.healthtalk.org/peoples-experiences/mental-health">www.healthtalk.org/peoples-experiences/mental-health</a>
- Mindfulness for Teens: This website has resources to help teens use mindfulness to handle stress and includes apps to practice meditation and guided mediation recordings. <a href="http://mindfulnessforteens.com/">http://mindfulnessforteens.com/</a>
- Strength of Us: An online community designed to inspire young adults impacted by mental health issues to think positive, stay strong and achieve goals through peer support and resource sharing.

http://strengthofus.org/

## Helplines

- Campaign Against Living Miserably (CALM): Visit
- www.thecalmzone.net or UK residents call 0800-58-58-58
  - -Crisis Text Line: Visit www.crisistextline.org/ or Text "START" to 741-741
  - List of International Suicide Hotlines: Visit
- www.suicide.org/international-suicide-hotlines.html
- **Love is Respect:** Visit www.loveisrespect.org/, text "LOVEIS" to 22522, or call 1-866-331-9474 to talk with a peer advocate to prevent and end abusive relationships
  - National Eating Disorder Association: Visit
- www.nationaleatingdisorders.org/ or call 1-800-931-2237
  - National Suicide Prevention Lifeline : Visit
- www.suicidepreventionlifeline.org/ or call 1-800-273-TALK (8255)

## Advocacy

**Active Minds:** The leading nonprofit that empowers college students to speak openly about mental health, Active Minds aims to educate others and encourage help-seeking. http://activeminds.org/

**Gay, Lesbian & Straight Education Network**: GLSEN is the leading national education organization focused on ensuring safe schools for all students. This website provides resources on finding GSA Chapters, and tools on how to establish or re-establish a GSA. http://www.glsen.org/

**StopBullying.Gov**: This website offers resources specifically for teens to prevent bullying in their schools and communities and provides resources for those being bullied. http://www.stopbullying.gov/

**Teens Against Bullying**: Created by and for teens, this website is a place for middle and high school students to find ways to address bullying, take action, be heard, and own an important social cause. http://www.pacerteensagainstbullying.org/

**Time to Change**: As England's biggest program to challenge mental health stigma and discrimination, this advocacy website provides ways to join the campaign and get others involved. www.time-to-change.org.uk/\















There are so many resources on mental health





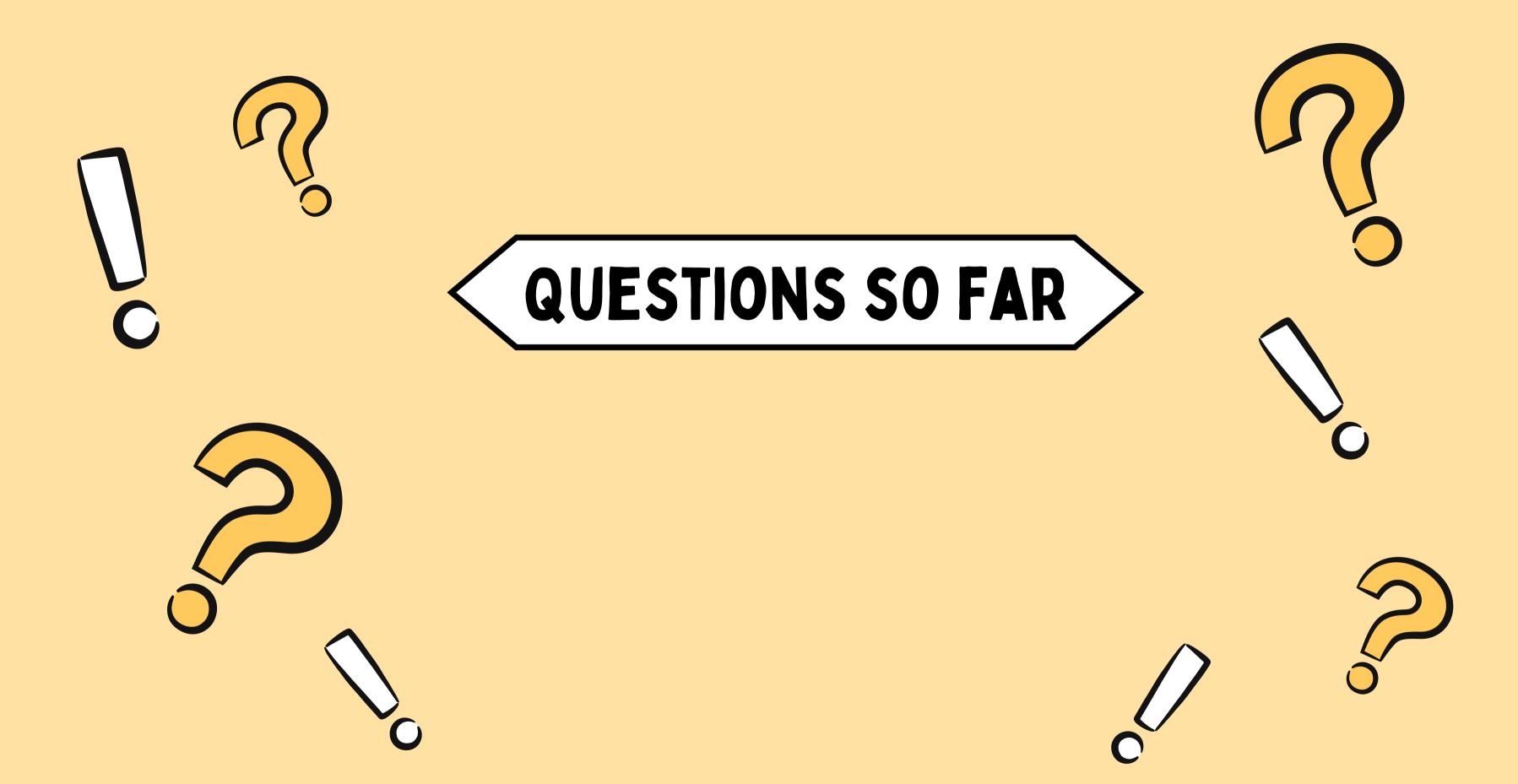


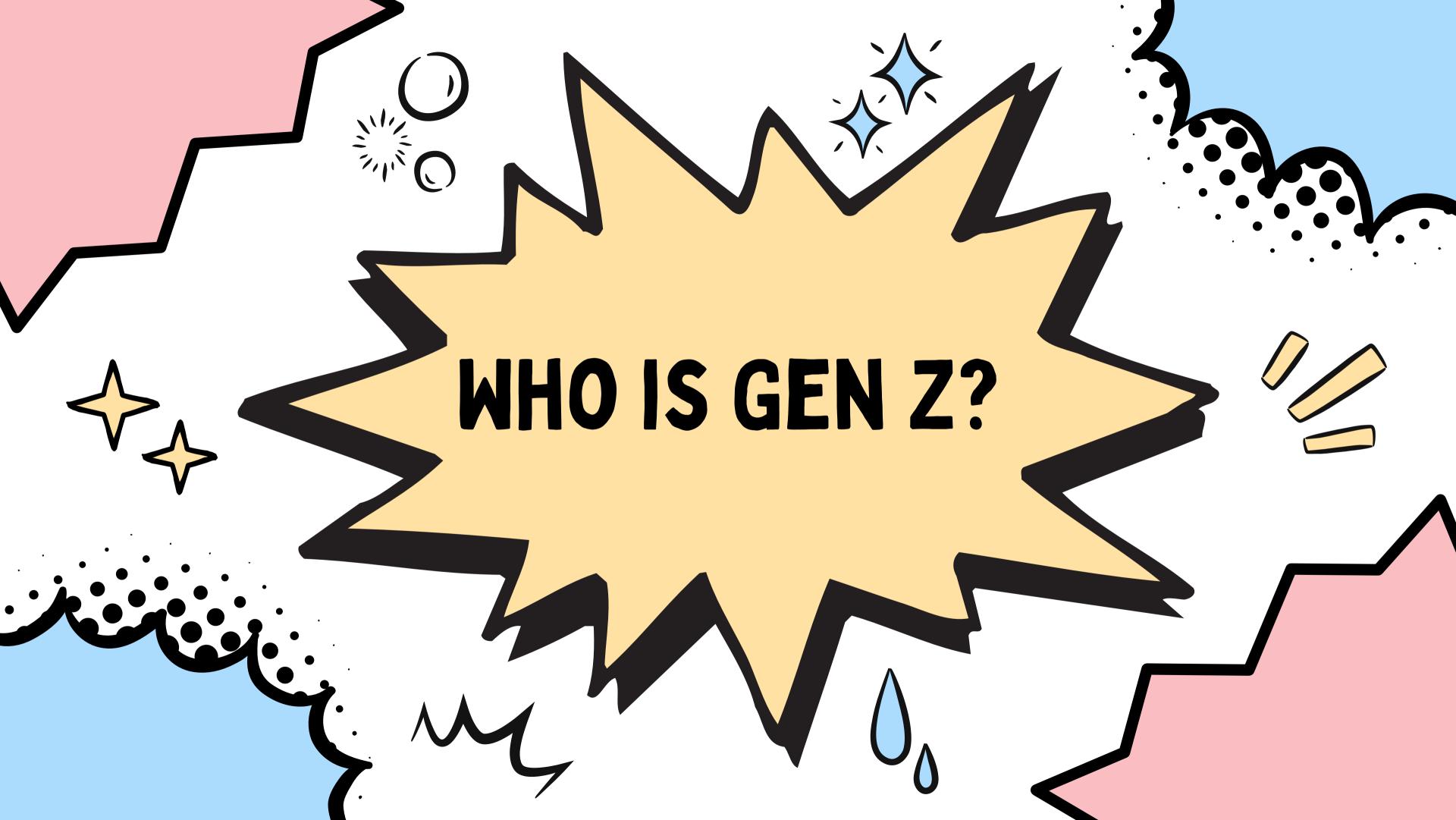




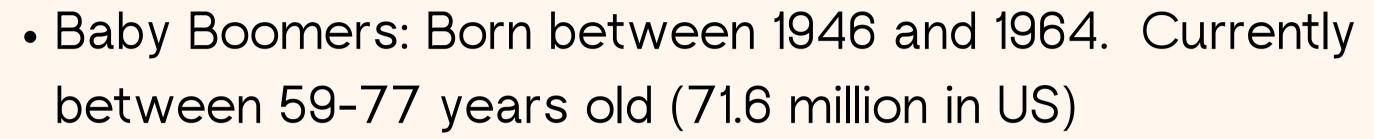












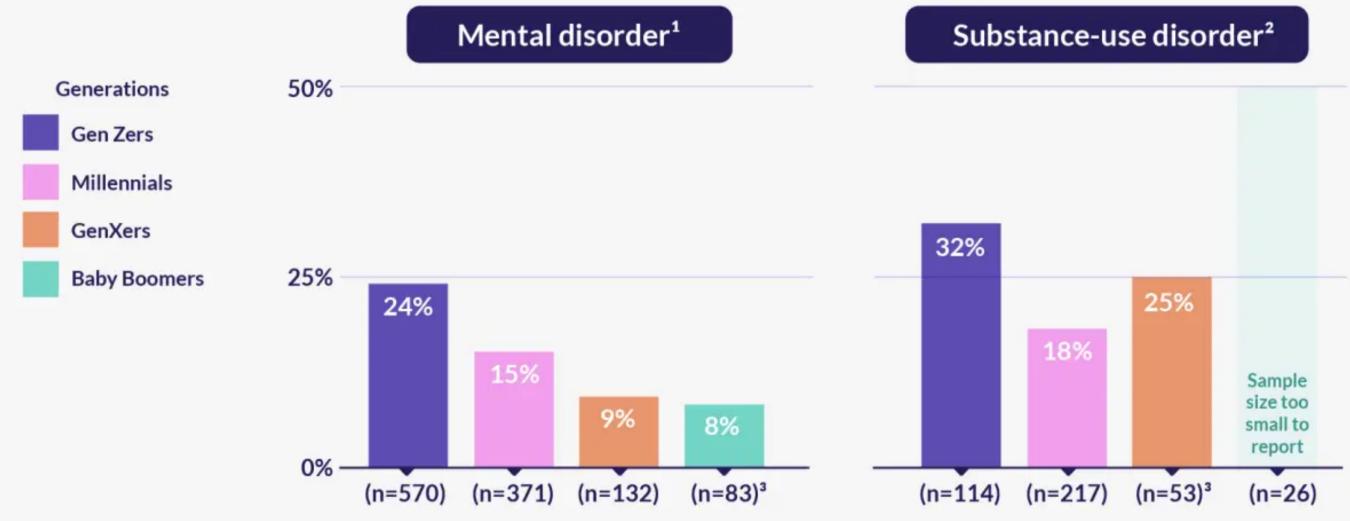
• Generation X: 1965-1980. Currently 43-58 years old (65.2 million in US)

Generation Y, or Millenials: 1981-1996. 42-27 years old (72.1 million in US). Subgroups: Y.1 1981-1989 Y.2 1990-1996

• Gen Z: 1996-2012. 12-27 years old (68 million in US)



# Gen Z with self-reported behavioral-health diagnosis were less likely than those from older generations to report seeking treatment



- 1 Eg, attention-deficit-hyperactivity-disorder, anxiety, autism spectrum disorder, bipolar disorder, depression, eating disorder, obsessive-compulsive disorder, post-traumatic stress disorder, schiyophrenia, other compulsive disorders.
- 2 Only respondents aged ≥21 were surveyed
- 3 Small sample size, results directional.

Source: 2020 Healthcare Consumer Behavioral Health Survey, Nov 30-Dec 18







## DIVERSITY, EQUITY AND INCLUSION

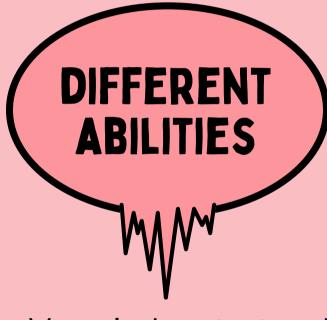
Gen-Z is more open to elements of DEI, as well as discussions about DEI



 At the forefront of ideas about gender identity

## RACIAL/ETHNIC DIVERSITY

 Attentive to issues surrounding equity and inclusion



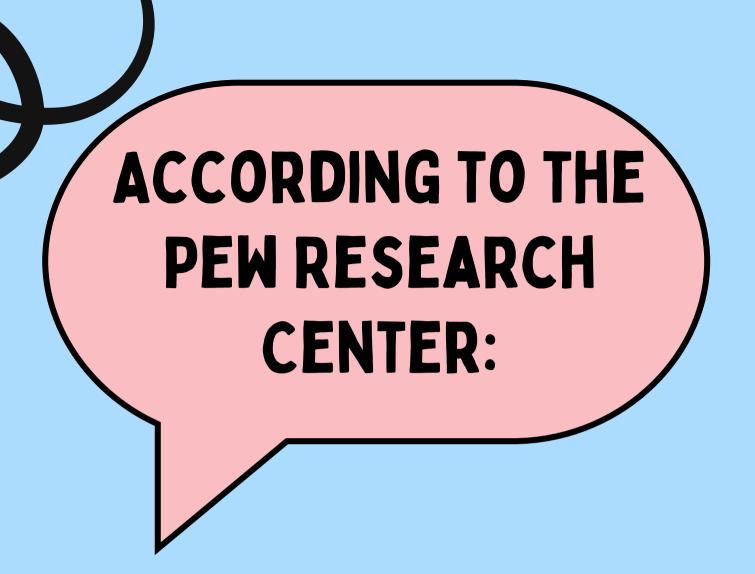
 Vocal about standing up against "ableism"



 Very aware of issues surrounding gender, sexual orientation, and equal treatment







Only 52% identify as non-Hispanic white, vs 61% in Millennial generation

1 in 4 (25%) Gen Z-ers are Hispanic, vs. 4% of Baby Boomers

14% are Black, vs 15% of Millenials and Gen X

MORE DIVERSE, RACIALLY AND ETHNICALLY 6% are Asian, while 5% identify as other

# ACKNOWLEDGING DIFFERENT ABILITIES AND STATES OF MENTAL HEALTH

What is ableism? The Cambridge Dictionary defines it as the "unfair treatment of people because they have a disability". It's this unfair treatment that Gen Zers are bringing attention to – both in their schools and workplaces, and online.

For previous generations, the conversation around disability has been largely a quiet one. Both Baby boomers and members of Gen X report experiencing disabilities far less often than their younger counterparts. They are also less likely to report experiencing a mental health condition. It seems that, for older generations, disabilities are seen but not heard (or talked about).

But Gen Z are doing things differently. McKinsey research into the differences between consumer generations found that while Gen Xers are "individualistic", and Millennials "Oriented to self", Gen Zers are inclined to "be radically inclusive" and "ethical".







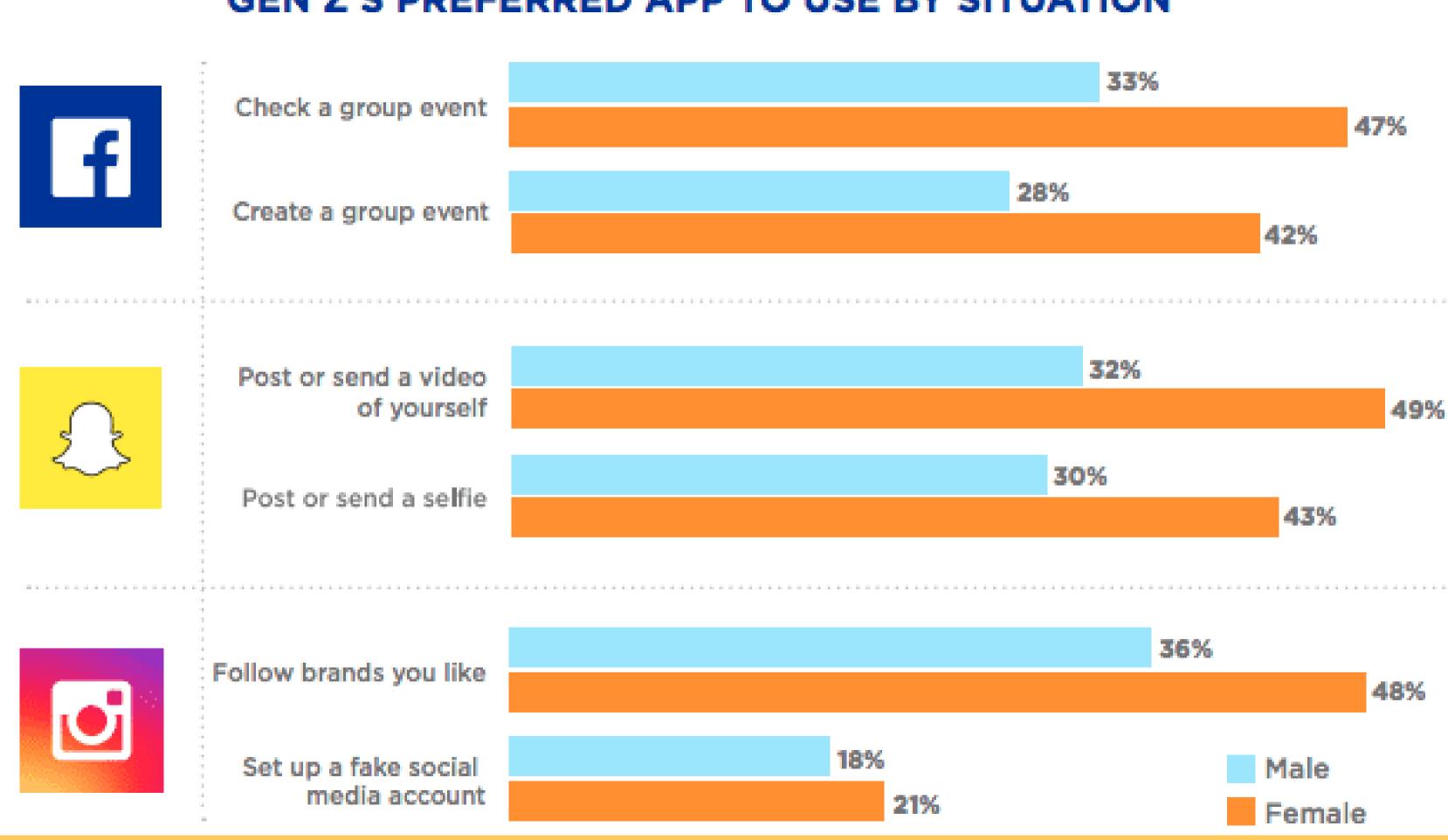
- Use care in social media interactions - don't try to use their slang, watch out for ambiguous emojis, and other good practices for Youth Protection.
- The Remind app is a great communication tool, with accountability when linked to a school. This provides protection for you and for students.

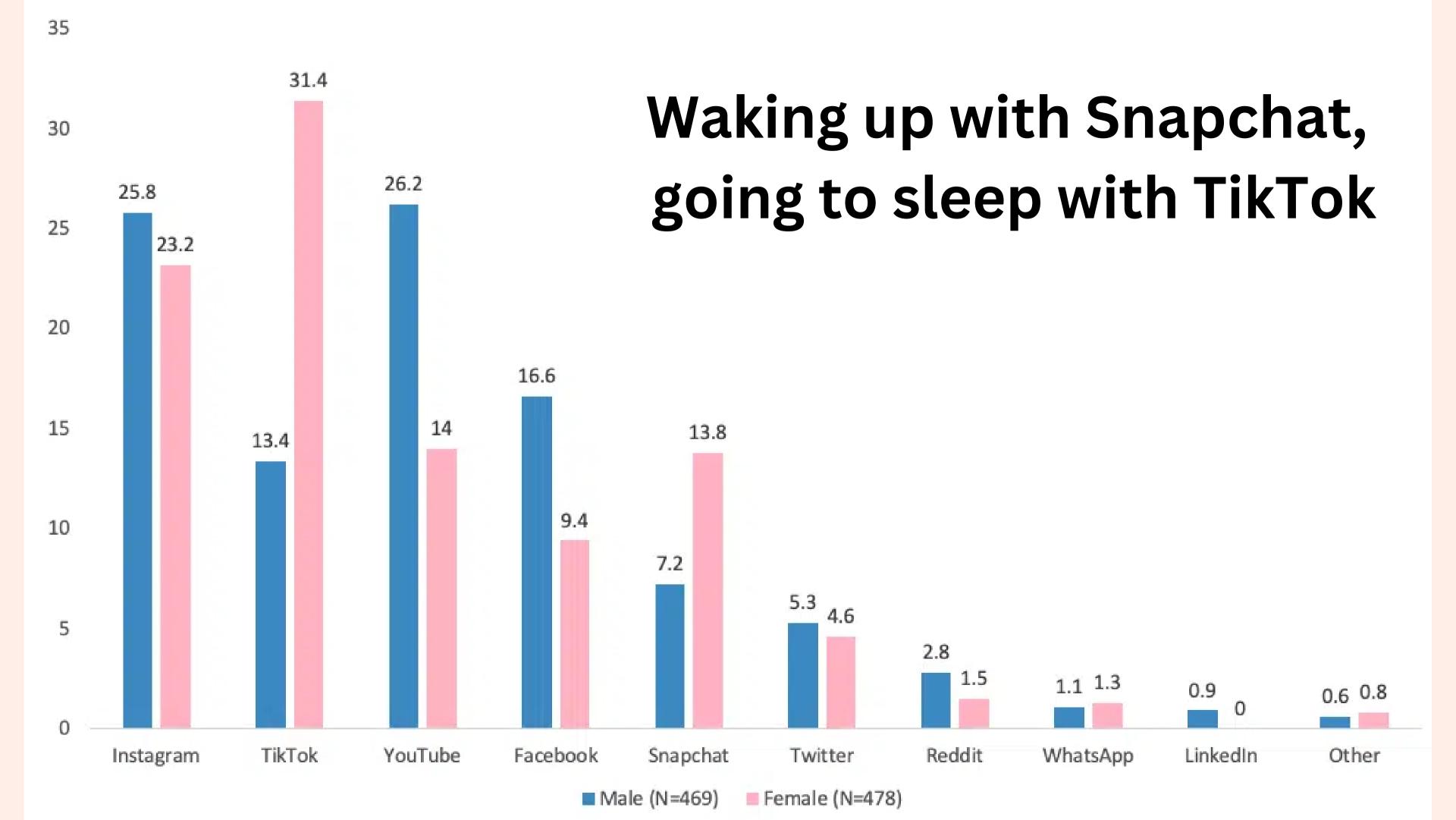
It's an addiction!
It also affects mental health in good and bad ways:

- Good for connecting when you can't be physically present with someone, but can also be a distraction.
- Affects self-esteem through comparisons

It's also being used by Gen Z for advocacy - especially TikTok

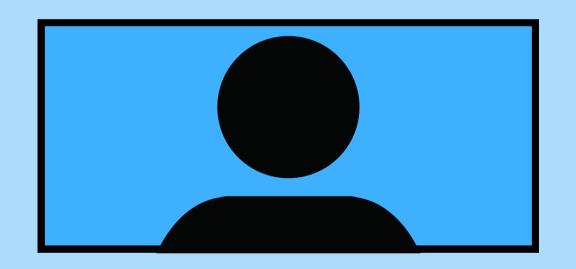
#### **GEN Z'S PREFERRED APP TO USE BY SITUATION**





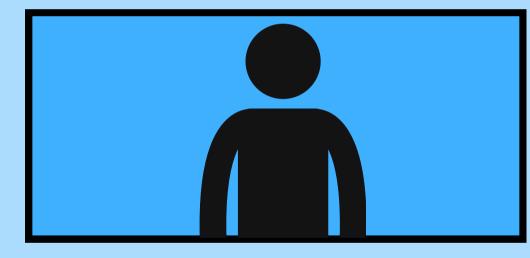


Anticipating and addressing issues as they arise when working on projects SLPs



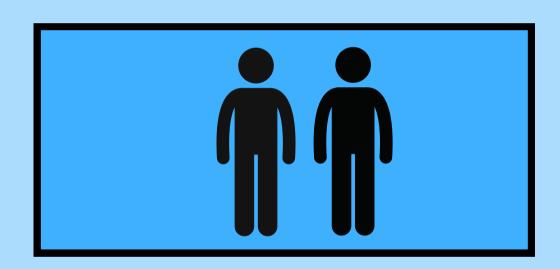
#### **BIG IDEAS**

Often students have causes they care about and ideas for projects, but they don't know how to get there



#### **PLANNING A TO B**

Students need help with outlining the steps to take to plan events budget, acquire materials, and so on



#### **VISUALIZING OUTCOMES**

They also need help with imagining what might happen if they don't follow through

# SLP's help develop soft skills for the future

The National Society of Leadership and Success (NSLS) says, "We firmly believe that leadership makes all the difference for all generations; however, it's particularly important for Gen Z as they progress into the start of their careers."

"Gen Z values ethical servant leadership that supports them and helps them develop their skills," said NSLS President and CEO Neil Khaund, in a recent article. "Leading through empowerment allows Gen Z to develop their skill sets while building trust along the way. By doing so, organizations prepare Gen Z for success and they also create a culture of learning that can benefit the overall company."

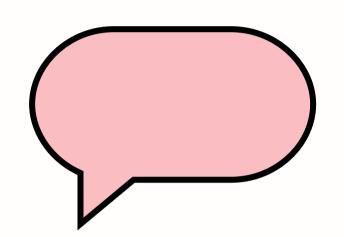
# It is up to you now

5 ways to communicate with Gen Z

- 1. Daily face-to-face communication.
- 2. Be honest & transparent.
- 3. Treat them as equals.
- 4. Maximize online communication channels.
- 5. Bottom-up approach.



Although the generation grew up with Instagram, Tiktok, Discord and Twitch, their communication preferences at work may surprise you.



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# THANK YOU FOR PARTICIPATING IN THIS ONGOING CONVERSATION

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