

BUILDING RESILIENCE IN YOUTH

Developed By: Mental Health America of Georgia

Presented by

Alloceia Hall, LPC, Community Liaison

Behavioral Health Link-Mobile Crisis Response Team
Region 5

Mental Health America of Georgia



- Mission: Enhance mental health and wellness of Georgians through **education, outreach, and advocacy.**
- Vision: Georgians will have improved mental wellness outcomes through educating the community regarding mental health, promoting mental wellness and ensuring policies to support mental illness, health and wellness.

www.mhageorgia.org

Objectives

Describe

Explore mental health and age appropriate social development

Identify

Identify ways to build and strengthen resilience in children

Demonstrate

Demonstrate self-care practices to maintain mental wellness

UNDERSTANDING MENTAL HEALTH

What is Mental Health?

...state of well-being in which every individual realizes his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully



Stigma and Mental Health

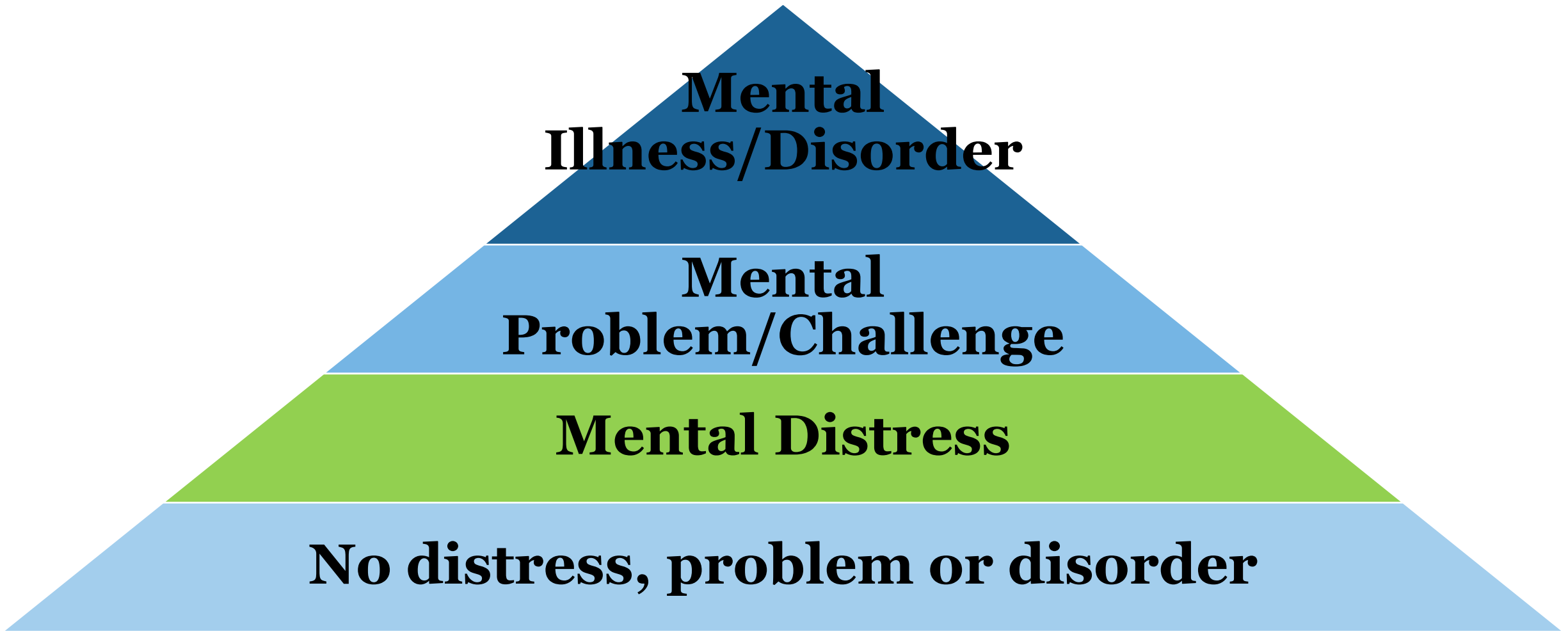
Social Stigma

- Judgmental attitudes and discriminating behavior.
- Misunderstood perceptions of mental illness.
- Historical views of mental illness and under-researched models of care.

Perceived Stigma/Self-Stigma

- The act of internalizing attitudes surrounding mental illness by the sufferer.
- Affect feelings of shame and lead to poor treatment outcomes.
- Sometimes confirmed by attitudes of general public, media and professionals.

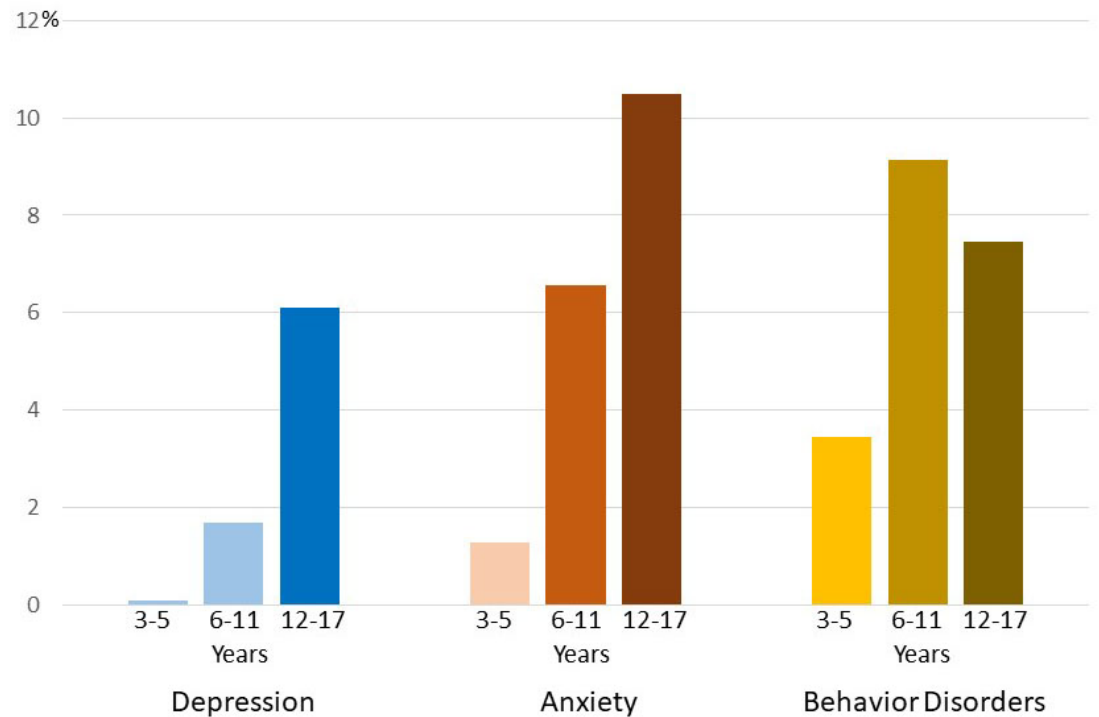
The Inter-relationship of Mental Health States



Mental Health Disorders

- 1 out of 5 children experience within their lifetime
- ADHD, behavior problems, anxiety, and depression are the most commonly diagnosed
- Mental & behavioral disorders begin in early childhood
- Requires treatments provided by a trained health professional

Depression, Anxiety, Behavior Disorders, by Age



Age-appropriate Emotional Development



- Identify and understand feelings
- Read and understand emotional states
- Management of emotions and healthy relationships
- Manage strong emotions
- Regulates behavior and be empathetic

Understanding Trauma

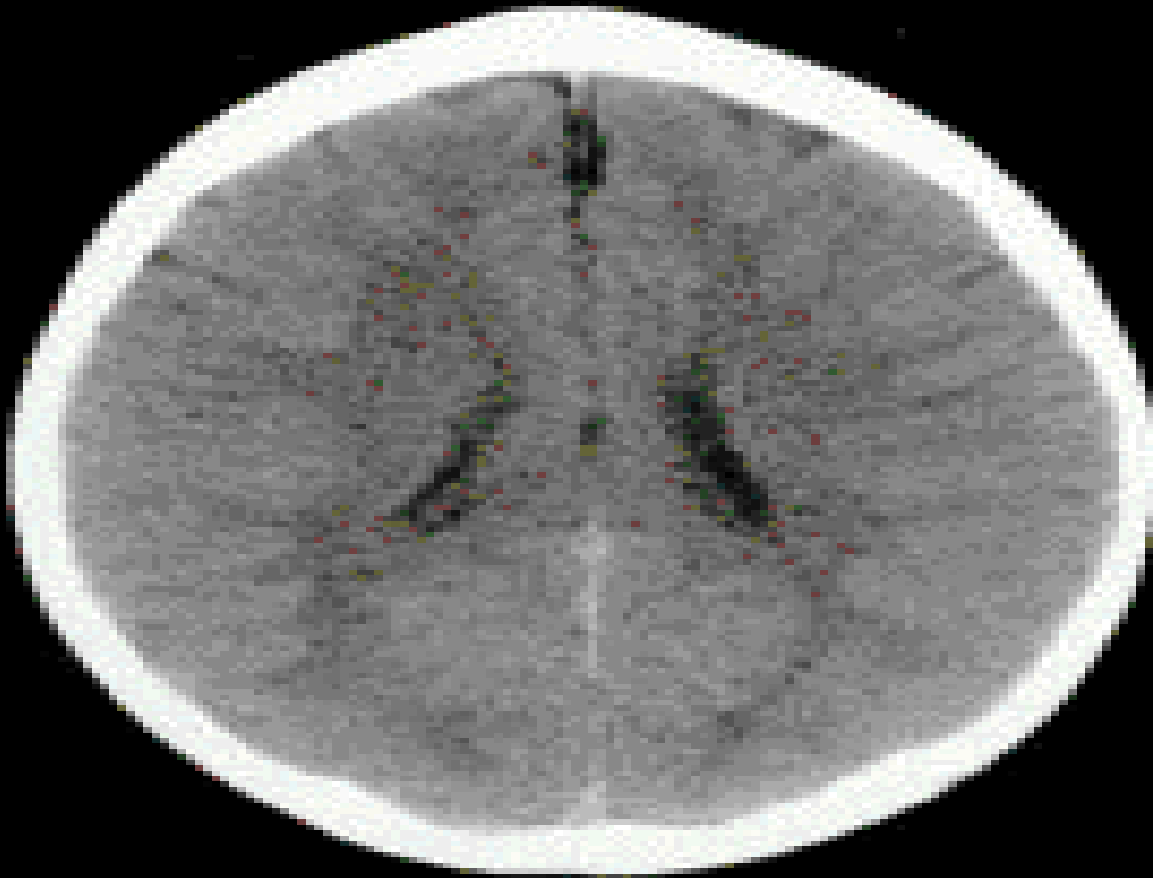
- Event that threatens the life or integrity of the individual or a loved one
- Events may be short lived or long-lasting
- Traumatic stress is the physical, mental, or emotional impact of that event



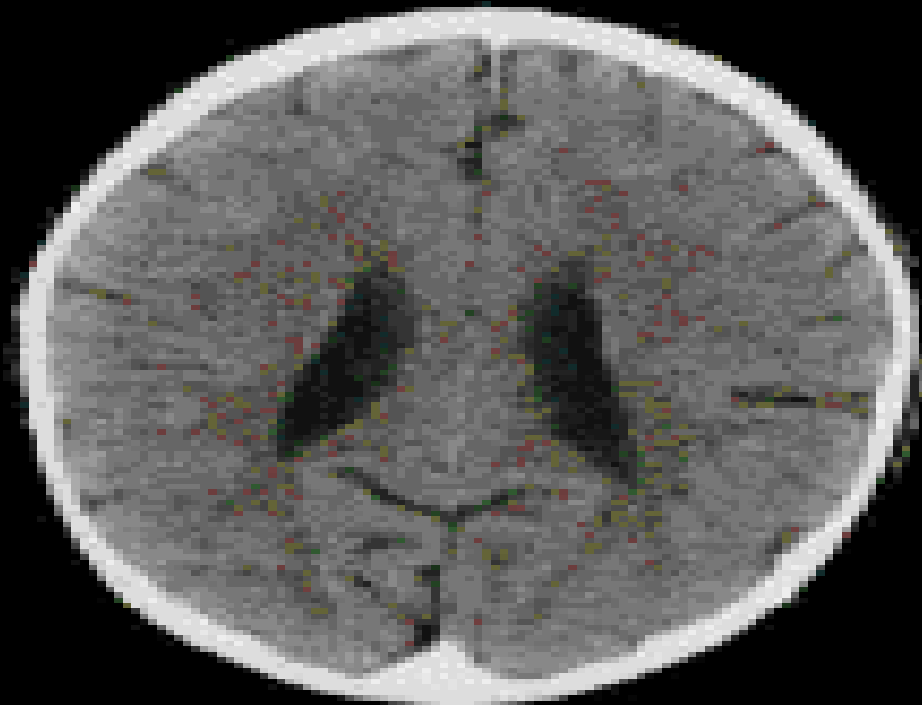
Types of Trauma

- Complex trauma
- Family violence
- Medical trauma
- Natural disasters
- Community and school violence
- Neglect
- Physical abuse
- Sexual abuse
- Traumatic grief
- Refugee and war zone trauma

3 Year Old Children

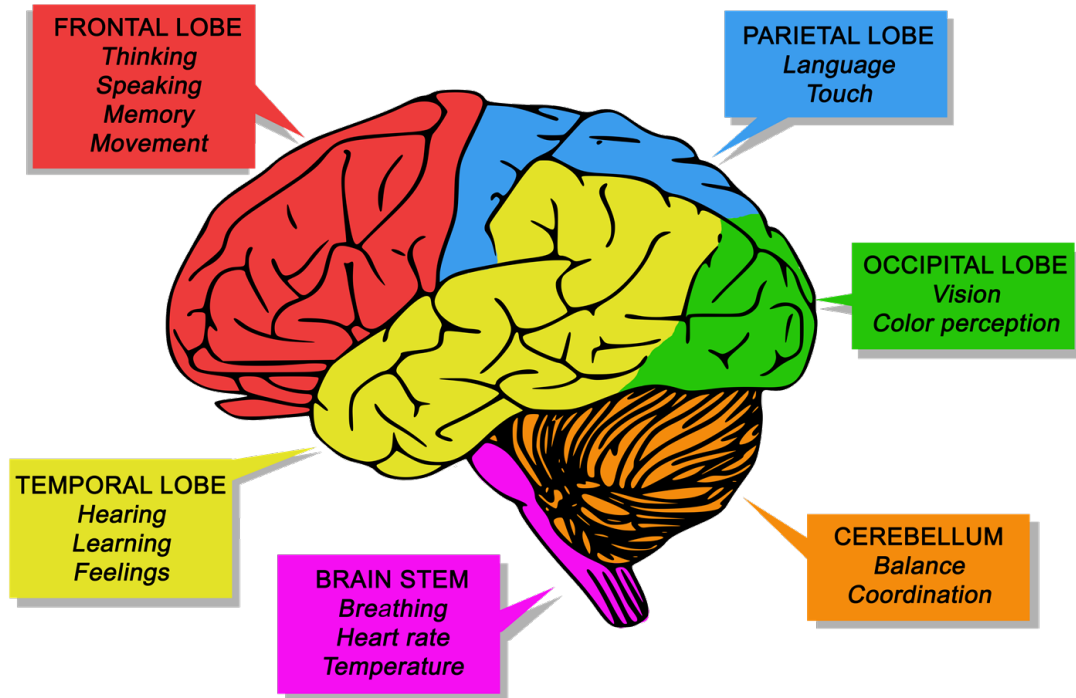


Normal



Extreme Neglect

Impact of Trauma



- Cerebellum impacts motor skills
- Frontal Lobe impacts behavior, cognition and emotion regulation
- Hippocampus impacts learning and memory
- Corpus callosum impacts arousal, emotion, higher cognitive abilities, and communication of the brain

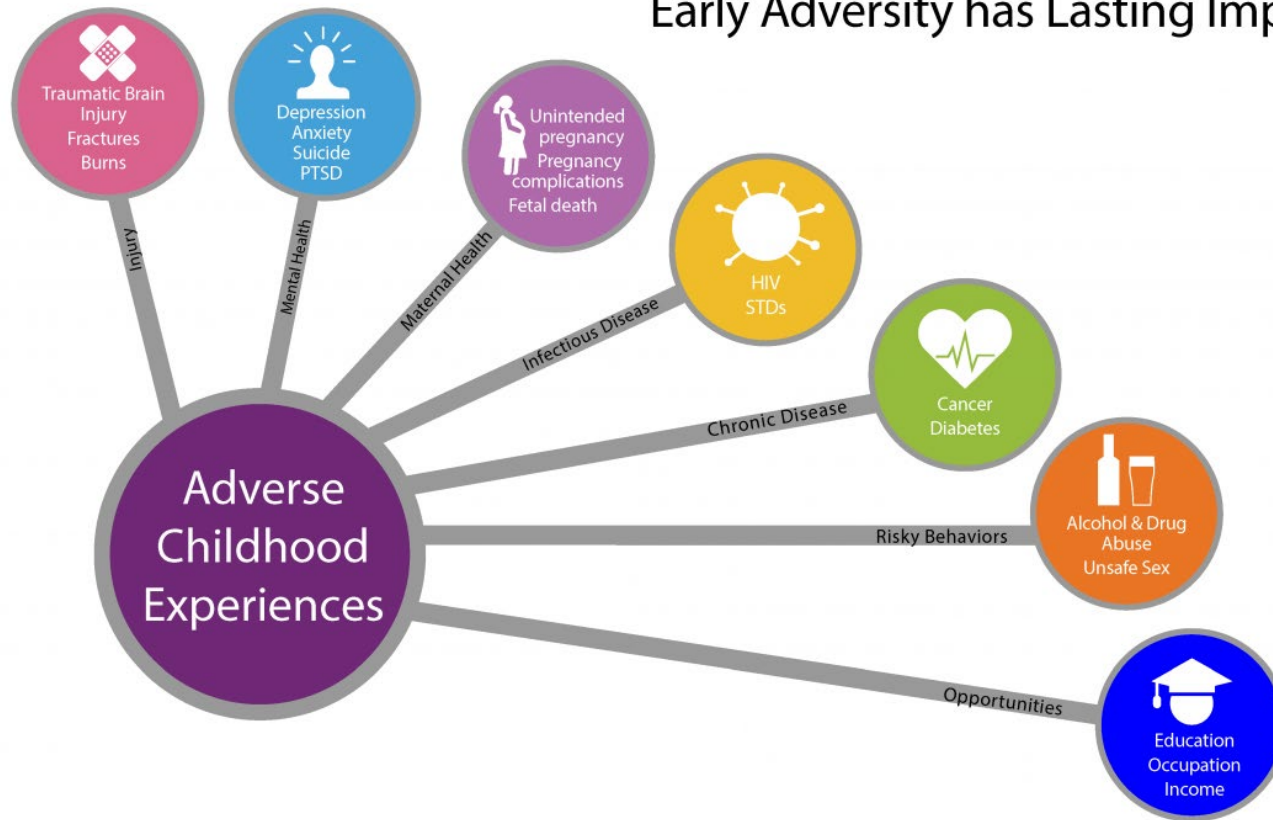
Internal Impact of Trauma



- Persistent fear response
- Poor response to positive feedback
- Complicated social interactions
- Diminished executive functioning
- Increased anxiety disorders

ADVERSE CHILDHOOD EXPERIENCES (ACE'S)

Early Adversity has Lasting Impacts



- Physical and emotional abuse, neglect, and household dysfunction.
- 2/3 the population report one ACE; nearly a 1/4 report three or more.
- Correlation between the number of ACEs experienced and poor life outcomes

Secondary Traumatic Stress

Emotional duress an individual hears about the firsthand trauma experiences of another

Essential act of listening to trauma stories takes emotional toll that compromises professional functioning and diminishes quality of life

Chronic exhaustion; Reduced feelings of sympathy or empathy

Feelings of irritability, anger, or anxiety

Depersonalization; Impaired decision-making; Poor work-life balance

Protective Factors



- Psychological or emotional well-being, positive mood
- Coping skills, conflict resolution and problem-solving skills
- Frequent physical activity or participation in sports
- Frustration tolerance and emotional regulation/
Positive School or Home environments
- Easy access to health care for physical and mental health

Resilience

Ability to overcome serious hardship, disappointments, stress and/or adversity

Protective experiences & coping skills counterbalance significant adversity



Building Resilience

- Facilitating supportive adult-child relationships;
- Building a sense of self-efficacy and perceived control;
- Providing opportunities to strengthen adaptive skills and self-regulatory capacities; and
- Mobilizing sources of faith, hope, and cultural traditions.

Components of Building Resilience

Resilience needs relationships

Increased exposure to people who care about them

Let them know that it's okay to ask for help

Encourage a regular mindfulness practice

Build feelings of competence & sense of mastery

Nurture optimism

Nurture a growth mindset

Components of Building Resilience

Teach them
how to reframe

Model
resiliency

Facing fear –
but with
support

Encourage
them to take
safe risks

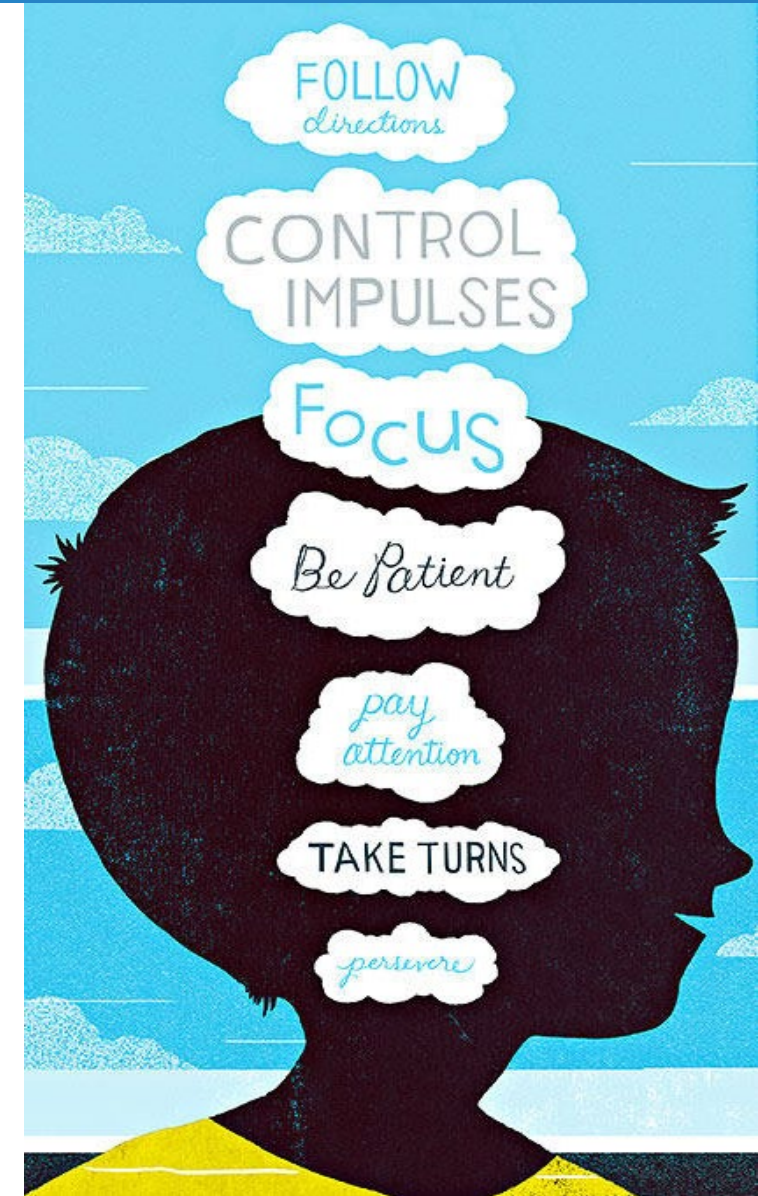
Don't rush to
their rescue

Build their
problem-
solving toolbox

Shhh. Let them
talk

Build Executive Functioning

- Establishing routines
- Exercise
- Model healthy social behavior
- Sustaining supportive relationships
- Promote social connections
- Creative play, board games or memory games
- Offer opportunities to think/act independently



Inside Out-Meet Your Emotions

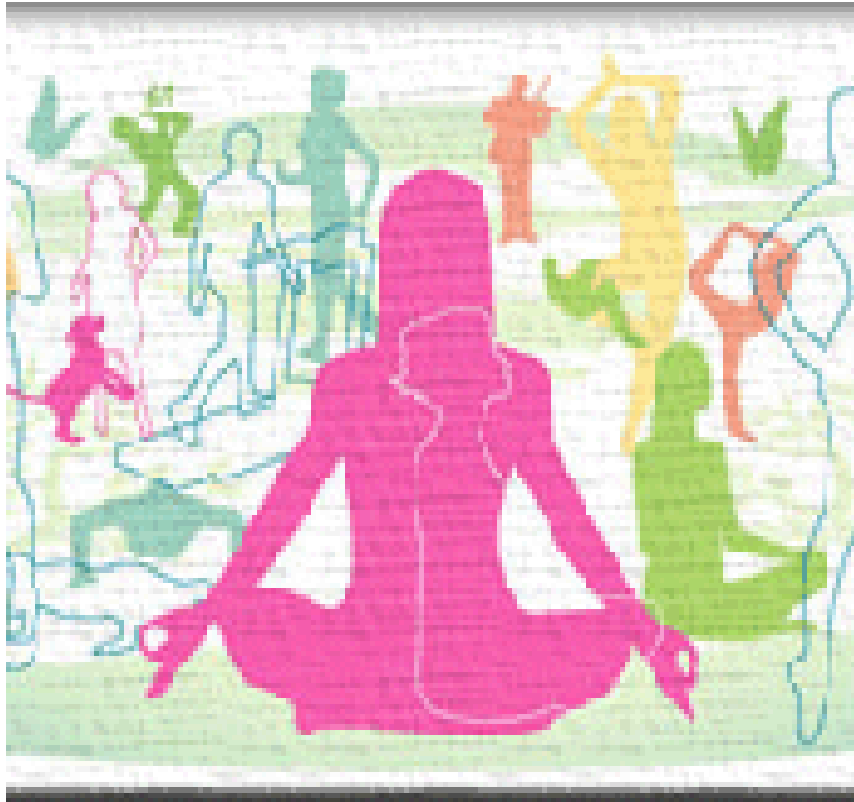


Caregiver Wellness

- Maintain your personal relationships
- Share your feelings
- Prioritize activities that bring you enjoyment
- Find ways to pamper yourself
- Make yourself laugh
- Get out of the house.



Caregiver Health



- Keep on top of your doctor visits
- Practice relaxation techniques
- Exercise
- Eat well
- Maintain sufficient sleep
- Join support group

Helpful Resources

- Georgia Crisis & Access Line: (800) 715-4225 www.mygcal.com
- Crisis Text Line: Text “HOME” to 741741
- National Alliance on Mental Illness- GA: (770) 408-0625 www.namiga.org
- GA Council on Substance Abuse: (844) 326-5400
www.gasubstanceabuse.org
- Georgia Mental Health Consumer Network: (800) 297-6146
www.gmhcn.org
- Mental Health America of Georgia: www.mhageorgia.org take a screening



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**Behavioral
Health Link**

Alloceia Hall, LPC

Community Liaison

Region 5 Mobile Crisis

C: 912-661-7104

E: ahall@ihrcorp.com

BehavioralHealthLink.com