About Me

- Youth Mental Health First Aid Instructor
- Worked with youth experiencing homelessness from 2010-20
- Trained staff in, Trauma Informed Care and Consequences, Motivational Interviewing, Positive Youth Development, Power Dynamics, and Harm Reduction practices
- Data lead for the Sacramento 100-day Challenge to End Youth Homelessness in 2018
Overview

1. What is Youth Mental Health First Aid?
2. Addressing Stigma
3. Defining your role
4. Strengths-Based Assessments
5. Urgent Response & Crisis Mental Health Resources
Why Youth Mental Health First Aid for Youth Workers?

- Mental health challenges are prevalent in youth
- Great introductory skills training for new (and veteran) staff
- Teaches signs and symptoms of mental health disorders
- Prepares staff to talk with youth about mental health
  - Powerful exercises
- Reduces mental health stigma
- Empowers staff to play an active role in encouraging wellness
- Promotes active listening
- Is fun and interactive!
Addressing Stigma with Young People

1. Listen more, talk less
2. Words have power - use it wisely
3. Challenge internal bias and judgements
4. Educate yourself & encourage learning in others
5. Promote strengths over weaknesses
6. Build resilience in young people
Role Play

What role do you play in a young person’s life? Is that role fluid or static?

- Teacher / Mentor
- Parent / Guardian
- Coach / Guide
- Pastor / Spiritual Leader

“The single most common factor for children who develop resilience is at least one stable and committed relationship with a supportive parent, caregiver, or other adult.”

https://developingchild.harvard.edu/science/key-concepts/resilience/
Can we talk about mental health from a strengths-based approach?

Traditional mental health assessments focus on weaknesses.
MOOD AND FEELINGS QUESTIONNAIRE: Short Version

This form is about how you might have been feeling or acting recently.

For each question, please check (✓) how you have been feeling or acting in the past two weeks.

If a sentence was not true about you, check NOT TRUE.
If a sentence was only sometimes true, check SOMETIMES.
If a sentence was true about you most of the time, check TRUE.

Score the MFQ as follows:
NOT TRUE = 0
SOMETIMES = 1
TRUE = 2

To code, please use a checkmark (✓) for each statement.

<table>
<thead>
<tr>
<th>Statement</th>
<th>NOT TRUE</th>
<th>SOMETIMES</th>
<th>TRUE</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. I felt miserable or unhappy.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2. I didn't enjoy anything at all.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>3. I felt so tired I just sat around and did nothing.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>4. I was very restless.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>5. I felt I was no good anymore.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>6. I cried a lot.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>7. I found it hard to think properly or concentrate.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>8. I hated myself.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>9. I was a bad person.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>10. I felt lonely.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>11. I thought nobody really loved me.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>12. I thought I could never be as good as other kids.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>13. I did everything wrong.</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Copyright Adrian Angold & Elizabeth J. Costello, 1987; Developmental Epidemiology Program; Duke University
For each question, please indicate by circling the corresponding number for how strongly you agree or disagree with the statement in the past 30 days.

<table>
<thead>
<tr>
<th></th>
<th>Strongly Disagree</th>
<th>Disagree</th>
<th>Neither Agree or Disagree</th>
<th>Agree</th>
<th>Strongly Agree</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. I have people in my life who support me and care about my well-being.</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td>2. I know how to deal with difficult situations and can handle unexpected or bad news.</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td>3. I am able to control my temper and avoid starting fights.</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td>4. I believe that my mindset helps prepare me well to succeed in life.</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td>5. I spend the right amount of time with my friends.</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td>6. I'm passionate about/or have hobbies or activities I enjoy doing.</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td>7. I spend time reflecting on positive things in my life.</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td>8. I feel connected and engaged with things happening around me.</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td>9. I can find enjoyment in discovering or trying new things.</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td>10. I believe I can succeed no matter the obstacle.</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
</tbody>
</table>

Would you like a referral to see a counselor or to receive help with accessing mental health services today? (please circle one)  
Yes                                No
Urgent & Crisis Youth Mental Health Resources

Urgent Response

The Youth Help Network – specializing in connecting youth to long-term mental health resources and will come out to the youth’s location typically with 24-48 hours (833) 333-2YHN (2946) Call/Text Available Monday – Friday 11 a.m. – 9 p.m. or via the Wind Youth Center Mondays and Tuesdays from 9 AM – 12 PM

TLCS Crisis Respite Center at (916) RESPIRE or (916)-737-7483 – provides 23-hour respite services; person cannot appear to be “shelter-seeking”

The Community Support Team – Responds to urgent mental health needs within Sacramento County, will arrive within 24-hours, provides support and referrals (916) 874-6015 Available Monday - Friday 8 AM – 5 PM

The Source - 24 Hour Urgent Care Hot Line 916-787-7678 OR 916-SUPPORT, specializing in creating wellness plans with current and former Foster Youth and their caregivers

Sacramento Sheriff (non-emergency) - 916-874-5115 call when outside the city but within Sacramento County

City of Sacramento Police (non-emergency) - (916) 808-5471 – for calls within City limits

Crisis Resources

Mental Health Urgent Care Clinic - Provides services on a walk-in basis to individuals of all ages who are experiencing a mental health and/or co-occurring substance abuse crisis.

- Crisis intervention and counseling to avert the need for inpatient hospitalization
- Psychiatric medication evaluation

Address: 2130 Stockton Blvd, Building 300, Sac, CA 95817
Phone: 916-520-2460
Hours of Operation: M-F 10am-10pm and Weekends/Holidays 10am-6pm

CA Youth Crisis Line - 1 800-843-5200 – call, text or go online, available 24/7 365 days a week – provides crisis intervention counseling and resource referrals for youth ages 12-24
Questions and Comments are welcome!