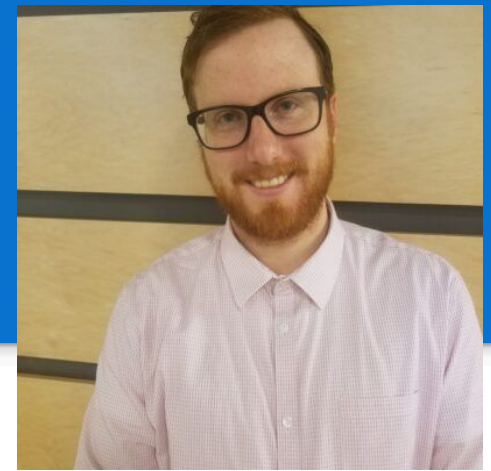


Youth Mental Health

Peter Bell, Coordinated Entry System Manager



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/>



Strength = Power

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



For each question, please indicate by circling the corresponding number from how strongly you agree or disagree with the statement in the past 30 days.

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

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

TILCS Crisis Respite Center at (916) RESPITE 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/hours a day, 7/days a week – provides crisis intervention counseling and resource referrals for youth ages 12-24

Questions and Comments are welcome!

