



Teen Mental Health teenmentalhealth.org Training Session

August 27 ,2019

Dr. Daniel To

&

Tajinder (TJ) S. Rai

#betheonewhobelieves

Agenda

1. Introductions and Gathering Info –
8:45 to 9:00
2. Why are we here: Mental Health and our students – 9:00 to 9:45
3. Break – 9:45 to 10:00
4. Stan Kutcher Introduction Video –
10:00 to 10:10
5. Reviewing the Mental Health Guide
10:10 to 10:30
6. Exploring the guide – 10:30 to 11:00 (Groups – per section)
7. Exploring the Website 11:00 – 11:20
8. Questions – 11:20 to 11:40
9. Conclusion – 11:40 to 12:00

- Husband to Michelle
- Father to Madeline Reine & Spencer Morgan
- District Principal, Education Services
- Bachelors and Masters of Education (Curriculum), University of British Columbia
- Doctor of Education (Leadership), Simon Fraser University



TAJINDER (TJ) S. RAI

- District Resource Counsellor (Interagency), Education Services School
- Bachelors of Science (Psychology), Brandon University
- Bachelors of Education (Curriculum), Simon Fraser University
- Masters of Counselling, Athabasca University



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Why are we here?

- Mental Health Issues growing more prevalent
- Showing up earlier in lives
- Understanding the role of Adverse Childhood Experiences
- Awareness
- Ability



What are some Initial signs

- Lower Self Esteem
- Depression
- Unhealthy social connections
- Unhealthy eating habits
- Mood changes
- Anxiety



Mental Health Challenges



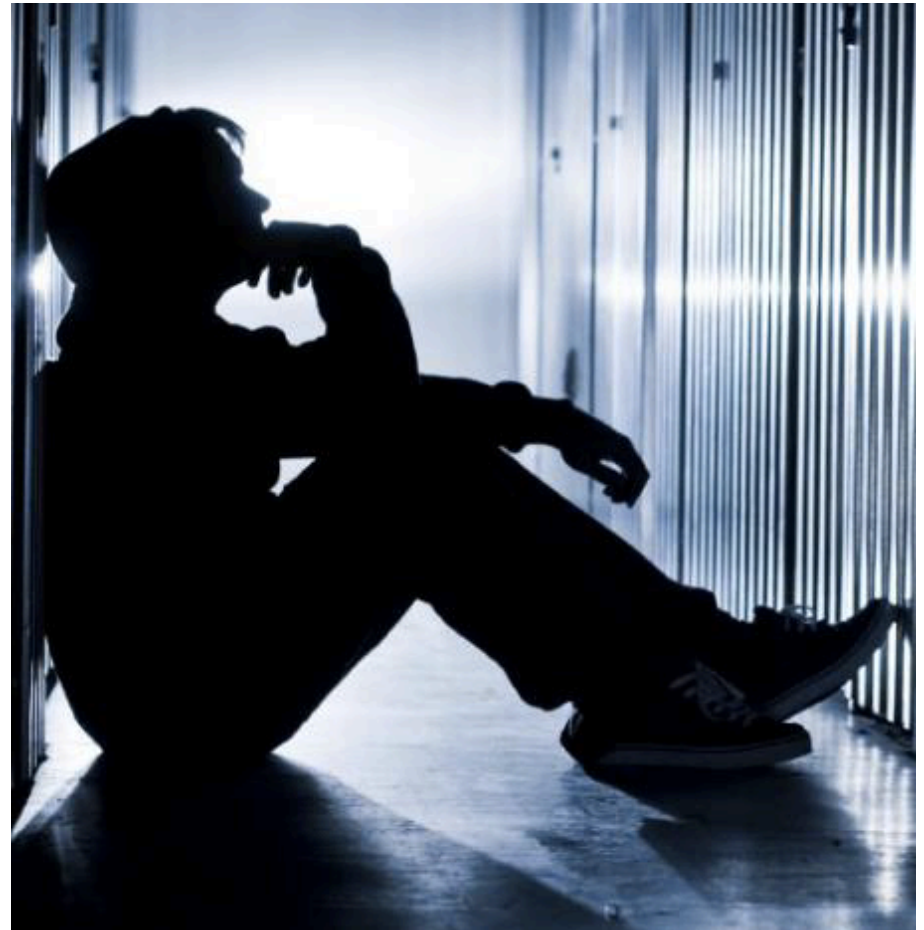
Depression

- <https://www.youtube.com/watch?v=i8EPzkxAiVw&t=10s>

Mental Health Issues

- Silent
- Intense
- Persist over a long period of time
- Different from physical ailments
- Confused for physical ailments
- Issues can compound
- Example: Ear Ache vs. Psych Ache

Dr. Ian Manion, Ph.D, Canadian Psychiatric
Institute for Mental Health Research





Social Anxiety Disorder

- <https://www.youtube.com/watch?v=kitHQUWrA7s>

Warning Signs

- Intense feelings of Hopelessness and Helplessness
- Mood Swings
- Sad and Lonely for an extended period of time
- Low Energy for an extended period of time
- Changes in Appearance, Eating, Appetite
- Using or excessively using Alcohol or Tobacco or other Drugs
- Hearing or Seeing Things
- Wanting to harm self or other





Panic Attack

- https://www.youtube.com/watch?v=R3S_XY aEPUs



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What Is Mental Health?

"Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity. [More specifically] mental health is defined as a 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, and is able to make a contribution to her or his community" (World Health Organization)

Maslow's Hierarchy Of Needs



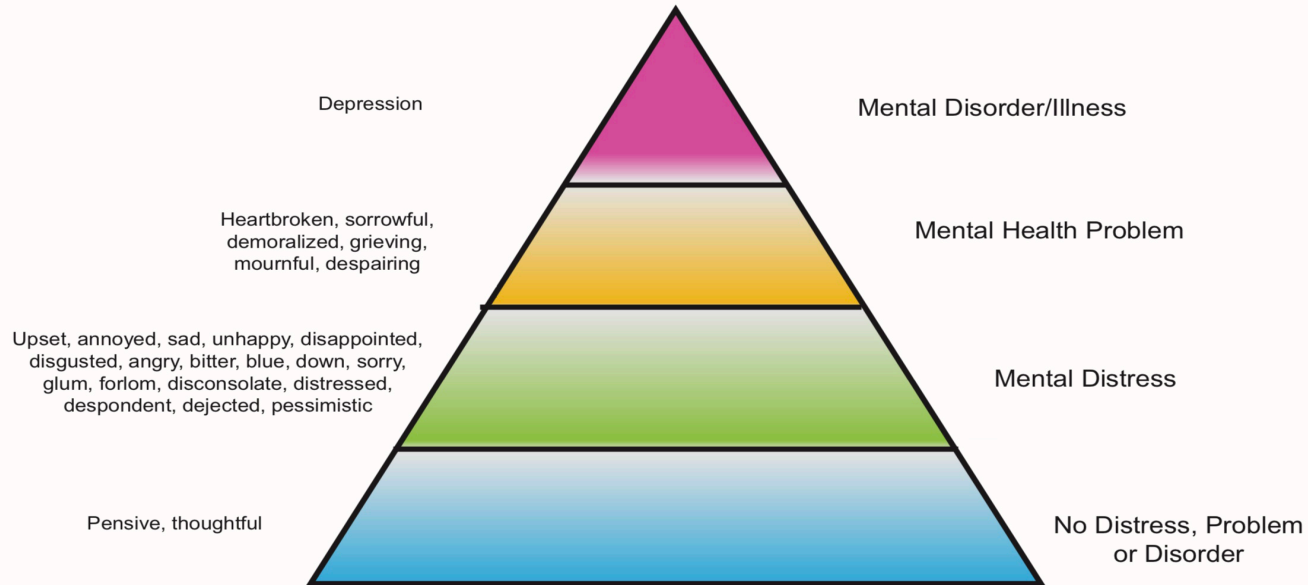


OCD

- <https://www.youtube.com/watch?v=ua9zr16jC1M>



The Inter-Relationship of Mental Health States: Language Matters



Check out Dr. Kutcher's video blog, *The Inter-Relationship of Mental Health States: Language Matters* at:
<https://www.youtube.com/watch?v=LsowyMnqCRs&t=1s>

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Dr. Stan Kutcher

- ***<https://www.youtube.com/watch?v=LsowyMnqCRs&t=1s>***
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Reviewing the Guide

Module	Major Concepts
<p>Module 1: The stigma of mental illness</p>	<ul style="list-style-type: none"> • Stigma acts as a barrier to people seeking help for mental health problems and mental illness. • Understanding mental illness and treatments can help dispel misconceptions and stigma. • People’s attitudes about mental illness can be positively influenced by exposure to accurate information. • We all have a responsibility to fight the stigma associated with mental illness.
<p>Module 2: Understanding mental health and mental illness</p>	<ul style="list-style-type: none"> • Everyone has mental health regardless of whether or not they have a mental illness. • The brain controls our thinking, perceptions, emotions, physical activities, behaviour and provides us with cues about how to adapt to our environment (signaling). • A mental illness is a health condition arising from changes in usual brain functioning that causes that person substantial difficulty in functioning. • Mental illnesses have complex causes that include a biological basis and are therefore not that different from other illnesses. As with all illnesses, the sooner people obtain effective treatment for mental illness - the better their outcomes. • The stress response is a normal phenomenon that signals adaptation to changes in our environment is needed.

Module	Major Concepts
<p>Module 3: Information on specific mental illnesses</p>	<ul style="list-style-type: none"> • All mental illnesses reflect difficulties in: thinking, perception, emotions, physical activities, behaviour and signaling. • The exact cause of mental illnesses is not yet known, but complex interactions between a person's biology and their environment are involved. • Like illnesses that affect other parts of the body, mental illnesses are treatable and the sooner people receive proper treatment and support, the better the outcomes.
<p>Module 4: Experiences of mental illness</p>	<ul style="list-style-type: none"> • Mental illnesses are diseases that affect many aspects of a person's life. • With appropriate support and receipt of evidence-based treatment, most people with a mental illness can function effectively in everyday life. • Getting help early increases the chances that a person will make a full recovery from mental illness. • Mental illnesses, like physical illnesses, can be effectively treated.

Module	Major Concepts
<p>Module 5: Seeking help and finding support</p>	<ul style="list-style-type: none"> • There are many ways of seeking help for mental health problems and mental illnesses, and resources are available within schools and within the community. • Knowing the signs and symptoms of mental illness helps people know how to distinguish the normal ups and downs of life from something more serious. • Recovery from mental illness is possible when a range of supports beyond formal treatment are available. • Everyone has mental health that can be supported and promoted, regardless of whether or not they also have a mental illness.
<p>Module 6: The importance of positive mental health</p>	<ul style="list-style-type: none"> • Positive coping strategies can help everyone maintain and enhance their mental health. • There are skills and strategies that we can learn to help us obtain and maintain good mental health.

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Let's Look at the Guide



Let's Explore the Site

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What Can You Do?

- Checking In
- Warning Signs
- Educate About Misconceptions
- Connect with Supports
- If there is a crisis, contact crisis line
 - Kids Help Phone (1-800-668-6868)
 - START (1-844-782-7811)
 - Crisis Centre (1-800-784-2433)
 - If immediate risk/danger call 9-1-1



Additional Resources

- Canadian Mental Health Association
- <https://cmha.bc.ca/>
- Kelty Mental Health
- <https://keltymentalhealth.ca/>
- Health Link BC
- <https://www.healthlinkbc.ca/mental-health-substance-use>



Contact

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Slides and Resources at:

<https://www.surreyschools.ca/schools/EducationServices/NewsEvents/Newsletters/Pages/default.aspx>