Youth Led Webinar: 
Through Our Eyes
A Youths Perspective on Mental Health

Youth Voices: 
Adriana Douglas and Michel’le Bailey
Webinar Housekeeping

• Everyone is in “listen-only” mode.
• Two listen options: phone or web (phone tends to be better!)
• Call in #:
• Type questions in "chat box" located in the sidebar to the right.
• If you are having technical difficulties please be sure to address the panelists and we will do our best to help you.
• The webinar is being recorded.
• Supporting materials will be available on our website within one week of this webinar.
Presentation Objectives

Upon completion of this webinar, participants will be able to:

• **Identify**: Mental health in adolescents

• **Describe**: The many ways it effect adolescents and way to help lessen the negative affect

• **Discuss**: How adults can approach and create a comfortable space for adolescents
Introductions

Adriana Douglas
CSBHA youth board member

Michel’le Bailey
CSBHA youth board member
Roll Call!

In the chat box to the right, type (be sure to address everyone)...

• Your first name
• Organization
California School-Based Health Alliance

The California School-Based Health Alliance is the statewide non-profit organization dedicated to improving the health and academic success of children and youth by advancing health services in schools.

Our work is based on two basic concepts:

• Health care should be accessible and *where kids are*

• Schools should have the services needed to ensure that poor health is not a barrier to learning.
INTRO:
We aimed to create a webinar that adults could understand and adolescents could relate to.

Adriana and myself have decided to share our perspective involving the mental health crisis. We believe that when heard from the mouths of adolescents that our empericals will be enough to show that adults and adolescents aren’t that different and we hurt behind this.
What Is Mental Health?

Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make choices. Mental health is important at every stage of life, from childhood and adolescence through adulthood.
The ever-developing types of mental health illness:

- Anxiety & Panic Disorders.
- Bipolar Disorder.
- Depression.
- Eating Disorders.
- Schizophrenia.
- Substance Abuse & Addiction.
My experience: Michel’le

The lethargy I carried came from various aspects of my life:

1. School life: test anxiety and multiple classes
2. Home and family: chores and religion
3. Friends: social life
4. Activities and Clubs
5. Realization of growing up: things changing

Adolescents are juggling SO MUCH! We basically have full time jobs. We have so much on our plates that it’s no wonder we are the leading age group suffering from mental health illness.
Stigma Around Adolescents and Mental Health

Adriana:

From my experience around adolescents and mental health, I have came across youth who didn’t want to get help because they were afraid of being made fun of.

There was a time when a friend spoke of problems she was having. I suggested she be open to receiving mental health counseling and the first thing that came out of her mouth was that she was "not crazy". That is when I knew I had to stamp out the stigma that surrounded mental health.
Awareness

• One in four people in the world will be affected by mental or neurological disorders at some point in their lives.
• Around 450 million people currently suffer from such conditions.
• Placing mental disorders among the leading causes of ill-health and disability worldwide.
• According to the World Health Organization.
Come Together:

With adolescent recognition, we can reach out to many other’s who may be going through changes that they do not understand. Then we’ll be able to cut down the numbers of mental health cases found in adolescents, thus improving their daily lives, making them excel in any and everything that take part in.

When we understand more, we stand for more.
Quick Facts

According to the NCCP “Mental health and social and emotional wellbeing – combined with sexual and reproductive health, violence and unintentional injury, substance use, and nutrition and obesity – form part of a complex web of potential challenges to adolescents’ healthy emotional and physical development.”
Testimonies

Female  *Age 16 / High school junior

Claims to be very stressed, classes are hard, teachers do not seem to understand what students are going through- which is confusing to her who says “didn’t teachers go through the same process as students. School is NOT LIFE, we have many other things that we do outside of our academic careers that sometimes interferes with school. I just want some understanding.”

Male  *Age 10 / 5th grade student

Tired from everyday activities, angry from teachers, parents, and siblings when they do not get him, mostly mad everyday for unknown reasons, feels pressured, only feels calm and happy when he spends his time alone.
What did our school/wellness center do to provide help for students with mental-health?

Our results are empirical and reveal that teenagers who speak up will have better chances of handling their mental health illness.

- The school counselors and teachers did a phenomenal job in listening attentively when it came voicing opinions, concerns, fears, and problems.
- The Wellness Center hired a mental health counselor that would be open to students anytime during school hours.
What we advise:

Prevention and Intervention:
Together we can help to prevent and aid the mental health illness many are facing.

Hotlines:

Call: 919-231-4525 or 1–877–235–4525
http://www.hopeline-nc.org/

Call: 310-855-4673 or Text: teen to 839863
https://teenlineonline.org/

Teen Health & Wellness
real life · real answers
http://www.teenhealthandwellness.com/static/hotlines
Advice Column - For Adults

• Speak to adolescents as adults.
• Don’t come on too strong, create a gateway to discussion.
• Give them a chance.
• Don’t make adolescents feel like what they are going through is a problem.
• Don’t pass judgement.
• Create a Safe – zone.
• Communication is key.
• Encourage adolescents to keep on trying instead of always putting them down if something does not turn out right.
More info on adolescent mental health

http://www.nccp.org/publications/pub_878.html

http://www.speakupforkids.org/report.html

https://www.ymadvocacy.org/

http://www.mentalhealthcommission.ca/English/focus-areas/children-and-youth
Thank you!

Reminder: All materials and a recording of this webinar will be available by the end of this week.