### Destigmatizing Mental Illness in Young Adults

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The MHTTC Network uses affirming, respectful and recovery-oriented language in all activities. That language is:

STRENGTHS-BASED AND HOPEFUL

INCLUSIVE AND
ACCEPTING OF
DIVERSE CULTURES,
GENDERS,
PERSPECTIVES,
AND EXPERIENCES

HEALING-CENTERED/ TRAUMA-RESPONSIVE INVITING TO INDIVIDUALS PARTICIPATING IN THEIR OWN JOURNEYS

PERSON-FIRST AND FREE OF LABELS

NON-JUDGMENTAL AND AVOIDING ASSUMPTIONS

RESPECTFUL, CLEAR AND UNDERSTANDABLE

CONSISTENT WITH OUR ACTIONS, POLICIES, AND PRODUCTS

### **Stigma Defined**

A cluster of negative attitudes and beliefs that motivate the general public to fear, avoid, and discriminate against people with mental illnesses.

~New Freedom Commission on Mental Health



### Pandemic Impact

#### **Before COVID:**

- 1 in 5 youth experience mental health challenges (20%)
- Suicide was the 3rd leading cause of death for 15–19-year-olds

#### Now:

- 37-44% of youth report mental health challenges
- 1 in 4 youth in America considered suicide last summer

70% of public schools reported an increase in students of students seeking MH services at school

76% of schools reported an increase in staff voicing concerns about students exhibiting symptoms such as depression, anxiety and trauma

88% of public schools admitted they are not properly staff to address MH needs.

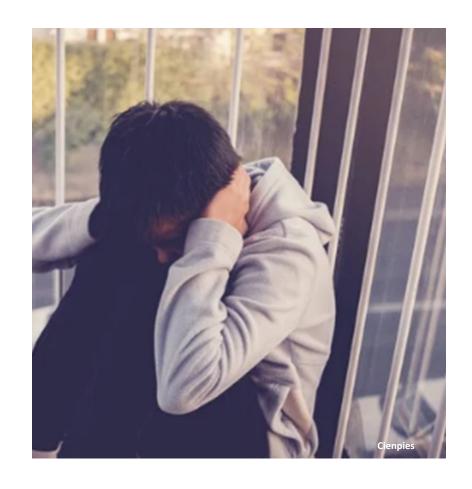
### The Challenges

- Public education and awareness
- Gaps between onset of symptoms & treatment
- Access to primary healthcare
- Access to treatment and services
- Education and support for families



### How are Teens Affected by MH Stigma

- Physical, verbal, social and cyberbullying
- Unwillingness and shame when seeking treatment
- Can lead to fewer opportunities
- Limited access to quality healthcare
- Having poor overall health conditions
- Self-isolation due to low self-esteem



Negative Effects of Social Media

- Communication skills
- Online bullying
- Comparing self to others
- Isolation
- Self diagnosing
- Chicken or the egg





"TikToks only depressed people will understand"

"TikTok gave me depression"

"I deleted TikTok and I can sleep again!"



"I just found out I have depression from Instagram"



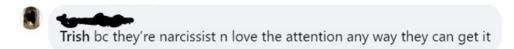
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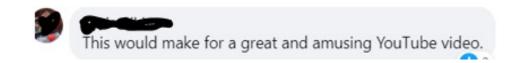


"I saw it on the internet so it must be true"











"how to be an anorexic"

### Positive Effects of Social Media



"I finally realized that owning up to your vulnerabilities is a form of strength. And making the choice to go to therapy is a form of strength." Lizzo



Conversations to reduce stigma



**Creating** identities



Building social networks



Celebrities speaking out



Positive Self-help platforms



Help lines via, chat, text or phone

# Increasing Awareness of Mental Health Disorders

- Illness education and support
- Using the correct terminology
- Supported employment and education
- Person-centered approaches
- Reinforcing social network
- Transitioning gradually into ongoing supports





What We Can Do To Eliminate Disparities

- Improve community partnerships to reduce culture-based stigmas
- Develop culture-specific mental health education tools
- Encourage and support parents/caregivers and youth to speak up
- Community Campaigns-use your voice
- Continue conversations and research
- Follow the National CLAS Standards

# Enhancing collaboration when working with cross-cultural patients

- Ensure adequate and effective training of therapists in cross-cultural competency
- Engage in self-education about specific cultural norms and consult the literature for culture-specific treatment techniques
- Conduct a thorough culturally informed but person-specific functional assessment of presenting problem

- Identify and utilize technique-specific cultural modifications
- Identify and incorporate client's culturally related strengths and resources into treatment
- Be aware of the importance of respect in the cross-cultural therapy setting
- Explore the patient's perspective on both seeking psychological treatment, and the nature of the therapeutic relationship

# Early Detection First Contacts

- Primary Care Providers
- School Systems
- Probation Officers
- CPS
- Church Clergy



### **Build Resiliency**

- Communicate regularly within and beyond the organization and school communities to:
  - Advertise each other's resources
  - Celebrate individual and joint accomplishments
  - Provide opportunities to include the lived experiences of children and families
  - Facilitate interagency/community communication on the community's needs, strategies to reduce barriers to access, and ways to promote health and educational equity.
- Ensure that youth and family voices are included in educational support and treatment planning as often as possible and as appropriate.
- Develop/provide families with resources to strengthen social-emotional health and build developmentally and culturally appropriate coping skills for children and families

# Collaborative Partnerships To Advance Practice

Implementation of
Trauma and
Resilience Informed
Care Across Child and
Family Ecosystems

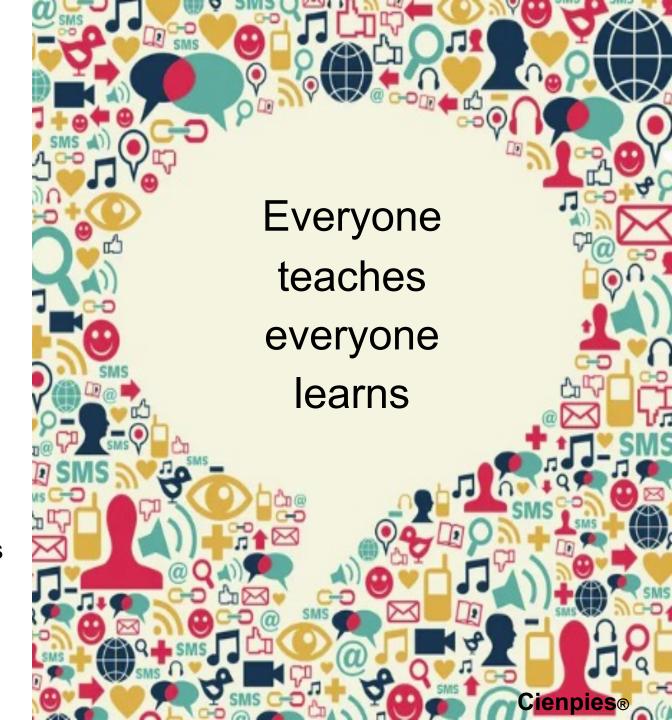
Collaborations with schools and school-based Health Centers

Primary Care
Clinicians in
Collaborative and
Integrated Care

Child Psychiatrists and Psychologist Collaboration with Primary Care Providers

## Open Discussion Think, Link, Ink

- School Collaboration
- Building community partnerships
- Communication lines with PCP's
- Family Engagement
- Addressing the mental health needs of parents, caregivers, and family members
- Social Media-the good and the bad



### Professional Resources

Mid-America MHTTC Adult Resilience Curriculum (ARC) for Health Professionals

Mid-America MHTTC Classroom Wise Well-Being Info & Strategies

National Consortium on Stigma and Empowerment Understanding stigma and promoting empowerment

New England MHTTC Heart Collective enhancing collaborations between schools and MH agencies

New England MHTTC: A Compassionate School Response to Mental Illness Guide

You Are Not Alone: Navigating MH Advice from Experts & Wisdom from real families

BEAT THE STIGMA AND DISCRIMINATION: Four Lessons for Mental Health Advocates

TOOLKIT 2023 Selfies, Social, & Screens: Navigating Virtual Spaces for Youth

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