



Mid-America (HHS Region 7)

MHTTC

Mental Health Technology Transfer Center Network

Funded by Substance Abuse and Mental Health Services Administration

Destigmatizing Mental Illness in Young Adults

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MUNROE-MEYER
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At the time of this presentation, Tom Coderre served as Acting Assistant Secretary for Mental Health and Substance Use at the Substance Abuse and Mental Health Services Administration (SAMHSA). The opinions expressed herein are the views of the speakers and do not reflect the official position of the Department of Health and Human Services (DHHS), or SAMHSA. No official support or endorsement of DHHS, SAMHSA, for the opinions described in this presentation is intended or should be inferred.

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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

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



**The
battle
for
mental
health**

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”

nobodycares

nobodycares · 2292 Followers



“I saw it on the internet so it must be true”



Trish bc they're narcissist n love the attention any way they can get it



This would make for a great and amusing YouTube video.



“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



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

Engaging Pediatric 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

Everyone
teaches
everyone
learns

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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