

Confirmation Parent/Guardian Night

Topic: Mental Health



First & St. Paul's Lutheran Churches, Hector, MN
Wednesday, October 25, 2023

Before We Begin...

1. Huge topic – only 90 minutes.
2. Focusing on the students, not so much the adults. Reality: we all need to tend to our mental health, just like we do our physical health.
3. Hard topic – may be uncomfortable for some.
4. Everyone in the room has a different experience.
5. Feel free to speak openly. Hold people's stories, sharing and questions gently. Don't share others' stories beyond this space without permission.
6. As we discuss, you may be thinking about someone you know, or about yourself. After tonight, keep the conversation going. Talk to each other.
7. Intentional, guided conversation tonight – inviting more conversation in the days, weeks and months to come.
8. Do reach out if you need to talk. We are available.
9. The resources used – links to videos, websites, and this powerpoint will be made available for you after tonight.
10. Opening Prayer

Intro Video: Your Life Matters



Among U.S. ADOLESCENTS (aged 12-17):



1 in 6 experienced a major depressive episode (MDE)

3 MILLION had serious thoughts of suicide

31% increase in mental health-related emergency department visits

Among U.S. YOUNG ADULTS (aged 18-25):



1 in 3 experienced a mental illness



1 in 10 experienced a serious mental illness

3.8 MILLION had serious thoughts of suicide

1 in 5

young people report that the pandemic had a significant negative impact on their mental health.



of adolescents



of young adults

NEARLY 1/2

of young people with mental health concerns report a significant negative impact.

1 in 10

people under age 18 experience a mental health condition following a COVID-19 diagnosis.

Mental Health Care MATTERS

Mental health treatment — therapy, medication, self-care — have made recovery a reality for most people experiencing mental illness. Although taking the first steps can be confusing or difficult, it's important to start exploring options.

The average delay between symptom onset and treatment is

11 YEARS

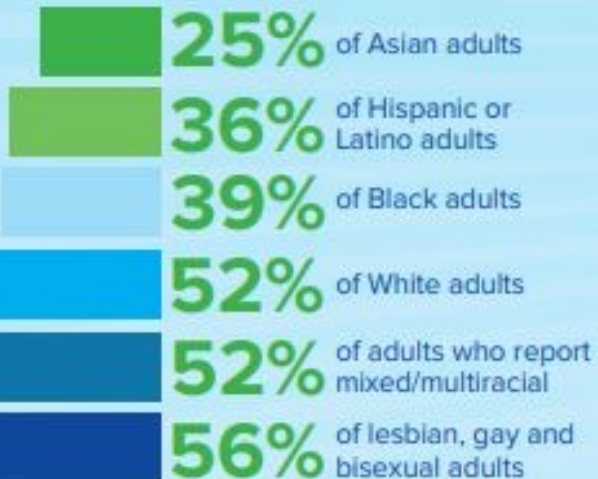
PEOPLE WHO GET TREATMENT IN A GIVEN YEAR

47% of adults with mental illness

65% of adults with serious mental illness

51% of youth (6-17) with a mental health condition

Adults with a mental health diagnosis who received treatment or counseling in the past year



ACCESS TO TREATMENT IS SEVERELY LIMITED

Among U.S. adults in nonmetropolitan areas, 2020:



with a mental illness received treatment



with a serious mental illness received treatment

Compared to suburban and urban residents, rural Americans:



must travel **2x** as far to their nearest hospital



are **2x** as likely to lack broadband internet, limiting access to telehealth

25+
MILLION

rural Americans live in Mental Health Professional Shortage Areas, where there are too few providers to meet demand

SOME POPULATIONS FACE ADDITIONAL CHALLENGES

53% of rural adults say the COVID-19 pandemic has affected their mental health:



of farmers and farmworkers



of younger adults aged 18-34

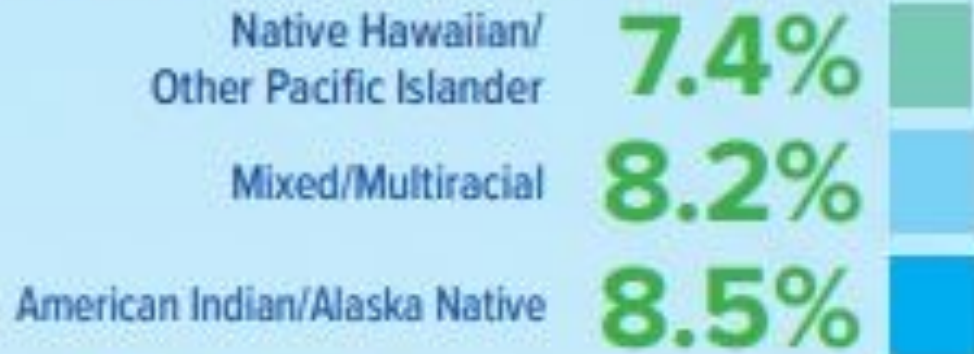
Many rural states have a postpartum depression rate higher than the national average of 13%:



Rural youth are at an increased risk of suicide, but highly rural areas have fewer youth suicide prevention services

HIGH RISK POPULATIONS — Serious Thoughts of Suicide

U.S. Adults – annual average 4.8%



Youth Populations



Make an appointment with a health care professional to talk about what you're thinking or how you're feeling.

Suicidal thoughts are a symptom, just like any other — they can be treated, and they can improve over time.



If you or someone you know is struggling or in crisis, help is available. Call or text 988 or chat [988lifeline.org](https://www.988lifeline.org) to reach the 988 Suicide & Crisis Lifeline.



Fast Facts

Source: [NAMI: National Alliance on Mental Illness
www.nami.org/mhstats](http://www.nami.org/mhstats)

1 in 5 U.S. adults experience mental illness each year

1 in 20 U.S. adults experience serious mental illness each year

1 in 6 U.S. youth aged 6-17 experience a mental health disorder each year

50% of all lifetime mental illness begins by age 14, and 75% by age 24

Suicide is the 2nd leading cause of death among people aged 10-14



Kandiyohi-Renville
Community Health Board
Public Health
Prevent. Promote. Protect.

Top Ten Health Issues 2019

Source: 2019 Community Health
Assessment – Kandiyohi-Renville
Community Health Board, Public Health

Priority: Mental Health (Illness and Well-being) **Mental illness and well-being were ranked number one over all issues for both counties, as it is tied to and affected by almost every other priority issue identified.**

28% of adults in Kandiyohi and Renville Counties stated that their mental health was not good for 1-9 days of the month.

Between 26- 30% of our high school students felt sad or hopeless for 2 weeks or more in the past year.

Mental and emotional health struggles can place significant strains on relationships, affect the ability to learn, work and be physically active, and can lead to self-harm. There is a growing interest and need for building community, family and individual mental wellbeing and resilience.

Video: 10 Common Warning Signs of a Mental Health Condition



WORRIED ABOUT YOURSELF OR SOMEONE YOU CARE ABOUT?



If you notice any of these symptoms, it's important to ask questions



Try to understand what they're experiencing and how their daily life is impacted



Making this connection is often the first step to getting treatment

50%

of all lifetime mental illness begins by age

14

KNOWLEDGE IS POWER



Talk with a health care professional



Learn more about mental illness



Take a mental health education class



Call the NAMI HelpLine at 800-950-NAMI (6264)

75%

by age

24

Data from CDC, NIMH and other select sources. Find citations for this resource at nami.org/mhstats

NAMI HelpLine
800-950-NAMI (6264)



NAMI



NAMI Communicate



NAMI Communicate



www.nami.org



nami

National Alliance on Mental Illness

If YOU are struggling...How To Talk To Your Friends



- There is no “right” way to share what you’re going through — every friendship or relationship is different.
- When it comes to sharing information about your mental health, it’s important to decide in advance what you’re most comfortable with. It may be helpful also to consider why you want to share the information, for example:
 - To show that you have common experiences with someone
 - To ask for help
 - To gain empathy and compassion from someone
 - To explain your actions or behavior
- For example, if your friends invite you to a party but you are uncomfortable going because of your anxiety, it might be helpful for them to understand why you declined the invite.
- The choice is always yours about what you share and with whom you share it.

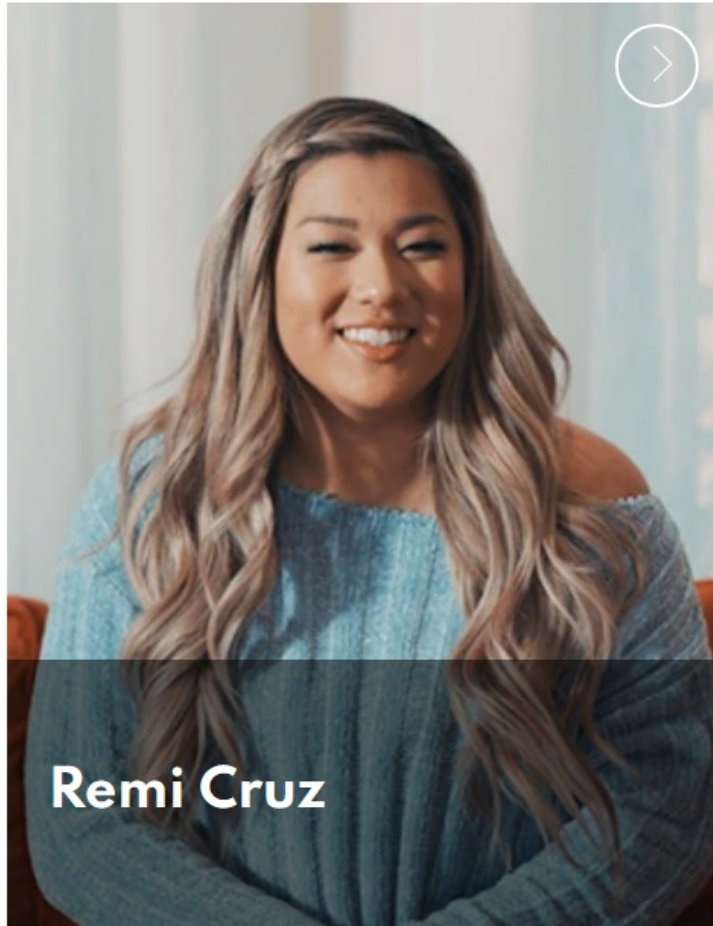
How To Talk To Your Friends...continued...

What To Say

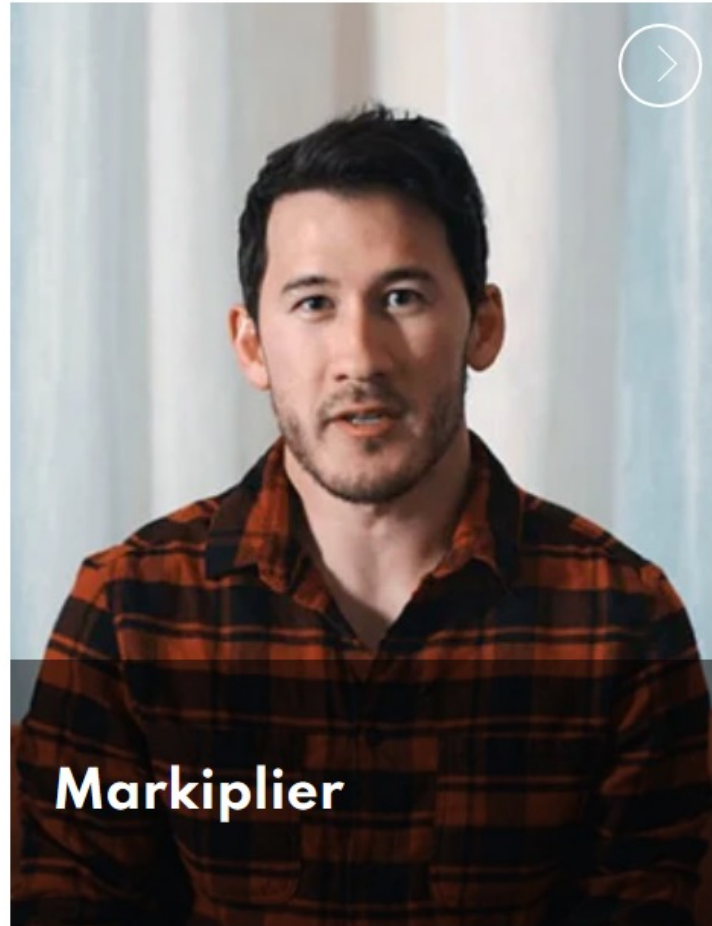
- ▶ Some conversations are “bigger” than others, and it’s normal to feel uncertain or worried about sharing something personal or emotional. Before you begin a conversation about your mental health, it might be helpful to write down what you want to say or practice a few times in private.
- ▶ Remember that it’s OK to keep some details private. You don’t have to share your specific diagnosis or what kind of treatment/support you are receiving if you’re not comfortable doing so. You might want to let friends know that you are having a mental health or emotional problem and you appreciate their support while you are learning to manage it. It might be helpful to share how this impacts you and your relationship with them.
- ▶ Sharing this basic information with a friend might save you some worry in the future. If you need to miss an event or change a plan because of your mental health, they’ll be more likely to understand and be supportive.
- ▶ As you develop a better understanding of your mental health condition — and gain more experience discussing it — it will become easier to make decisions about who to share with and how to have those conversations.



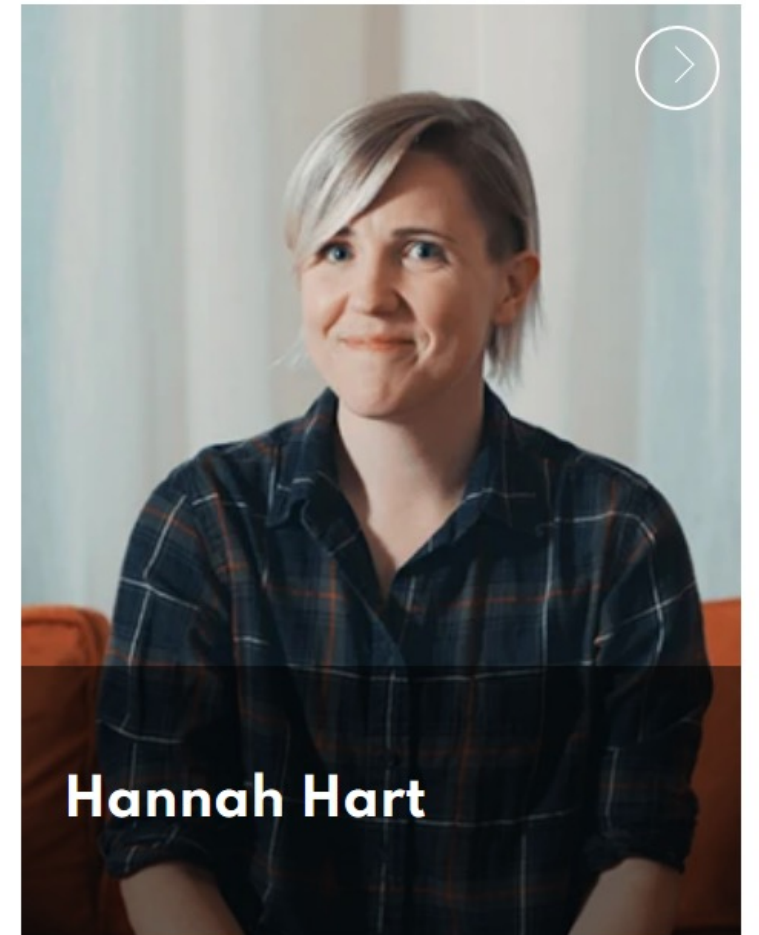
Videos: Stories



Remi Cruz



Markiplier



Hannah Hart

Worried about a friend?

How to go about starting the conversation...

Conversation Starters | Seize the Awkward

“Whenever you’re ready to talk, I’m ready to listen.”

“I’m worried about you and would like to know what’s up so I can help.”

“I haven’t heard you laugh in a while. Is everything OK?”

“Is there anything you want to talk about?”

“Are you OK? You don’t seem like yourself lately.”

“This is awkward, but I’d like to know if you’re really all right.”

“Seems like something’s up. Do you wanna talk about what’s going on?”

“No matter what you’re going through, I’ve got your back.”

“Seems like you haven’t been yourself lately. What’s up?”

“Hey, we haven’t talked in a while. How are you?”

“I know you’re going through some stuff; I’m here for you.”

“I’ve noticed you’ve been down lately. What’s going on?”

Student Conversation : Parent Conversation

Students:

1. When you think about life as an 8th or 9th grader, what are your biggest stressors?
2. How do you deal with them? (positive and negative ways)
3. When you think about mental health, what questions do you have for the parents?
4. When you think about your own mental health, or your friends and classmates, what would you like for your parents to know?
5. What do you need from your parents in order to tend to your mental well-being in a healthy way?

Parents:

1. When you think about life as 8th and 9th graders in 2023, what do you see are some of your kids' biggest stressors?
2. How do you see them navigating them? (positive and negative)
3. When you think about teen mental health, what questions do you have for the students/your child?
4. When you think about mental health and well-being what would you like for your child to know at this point in life?
5. What do you hope for your kids as they navigate this period of life, in regards to their mental health? What do you need from them?



Need Help Now?

- NAMI HelpLine is available M-F 10 am – 10 pm, ET.
 - Connect by phone 800-950-6264 or
- Text "Helpline" to 62640, or chat. In a crisis, call or text 988.