

NEWS FROM PSYCHOLOGICAL SERVICES



IN THIS ISSUE

Mental Health Awareness

How to recognize warning signs and support students in need



The State of Children's Mental Health in the U.S.

ADHD, anxiety problems, behavior problems, and depression are the most commonly diagnosed mental disorders in children. Estimates for ever having a diagnosis among children aged 3-17 years, in 2016-19, per CDC data, are given below.

- ADHD 9.8% (approximately 6.0 million)
- Anxiety 9.4% (approximately 5.8 million)
- Behavior problems 8.9% (approximately 5.5 million)
- Depression 4.4% (approximately 2.7 million)

For adolescents, depression, substance use and suicide are important concerns. According to CDC data, among adolescents aged 12-17 years in 2018-2019 reporting on the past year:

- 15.1% had a major depressive episode.
- 36.7% had persistent feelings of sadness or hopelessness.
- 4.1% had a substance use disorder.
- 1.6% had an alcohol use disorder.
- 3.2% had an illicit drug use disorder.
- 18.8% seriously considered attempting suicide.
- 15.7% made a suicide plan.
- 8.9% attempted suicide.
- 2.5% made a suicide attempt requiring medical treatment.



Recognizing the Warning Signs

There are a multitude of different warning signs that can help identify mental health concerns in adults, young adults, older children, and younger children. These symptoms can vary as every person has a different way of showing warning signs of poor mental health. Listed below are some of the concerns reported from Mental Health America (2022) for warning signs.

Young Children:

- Decline in school performance
- Poor grades despite strong efforts
- Constant worry or anxiety
- Repeated refusal to go to school or to take part in normal activities
- Hyperactivity or fidgeting
- Persistent nightmares
- Persistent disobedience or aggression
- Frequent temper tantrums or angry outbursts
- Depression, sadness or irritability
- Loss of interest in things previously liked

Older Children:

- Substance use
- Inability to cope with problems and daily activities
- Changes in sleeping and/or eating habits
- Excessive complaints of physical ailments
- Changes in ability to manage responsibilities - at home and/or at school
- Defiance of authority, truancy, theft, and/or vandalism
- Intense fear
- Prolonged negative mood, often accompanied by poor appetite or thoughts of death
- Frequent outbursts of anger
- Confused thinking (strange thoughts)
- Suicidal thoughts

Tuesday 10
October is...

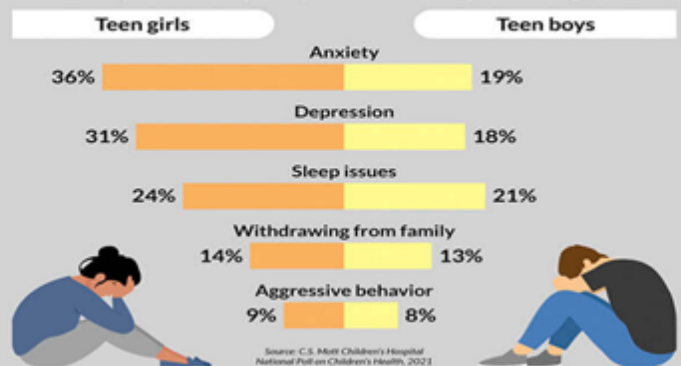
WORLD MENTAL

HEALTH DAY

2023

Effects of the pandemic on teen mental health

Percent of parents noticing a new problem or worsening of an existing problem



DID YOU KNOW?

Many teens may feel frustrated, anxious, and disconnected as a result of the pandemic. Educators play a critical role in helping their teens cope with the stress of the pandemic.

Supporting Children's Mental Health at School

- Plan school-wide activities such as cross-grade events (ex. clubs, tutoring, and recess).
- Ensure the physical environment promotes a sense of learning
- Differentiate instruction
- Directly teach social and emotional skills
- Provide community resources to family
- Increase opportunities for family involvement
- Identify persons within the building whom you can quickly access for support
- Provide breaks for students. Ideas include playing a quick game, playing music, doing a deep breathing exercise, allowing students to draw or read, providing time for discussion and expression of feelings, journaling.
- Use a calm tone, keeping responses brief.
- Offer students choices so that the student has the power to make their own behavioral choices.
- Offer the student a way to "save face" in situations when you are correcting behavior.
- Provide opportunities for success and reward for appropriate behavior.

Crisis Help Lines

Suicide & Crisis Lifeline

Call/Text: 988

Hours: 24/7

Website: [988lifeline.org](https://www.988lifeline.org)

Therapeutic Alternatives Inc

Mobile Crisis Services

Call: 1-877-626-1772

Hours: 24/7

Website: [mytahome.com](https://www.mytahome.com)

Sandhills Center

Call Center: 1-800-256-2452

Center Behavioral Crisis Line:

1-833-600-2054

Hours: 24/7

Website: [sandhillscenter.org](https://www.sandhillscenter.org)

NAMI (National Alliance on Mental Illness)

Call NC Helpline: 1-800-451-9682

Text NC Helpline: 1-919-999-6527

Hours: M-F, 8:30 am – 5:00 pm, ET

Crisis Text Line: "HOME" to 741741

Hours: 24/7

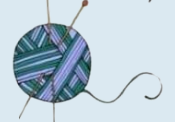


Spend time with
people you
loooove

AUTUMN SELF-CARE

Make time for yourself!

Try out a
new hobby



Bake with apples!



Enjoy warm
socks & pjs



Drink spiced
cider.

Slow down
and savor
the moment



Make a soup
or stew



Embrace
hygge



Go to a Farmer's
Market



Enjoy a cup
of tea



Write down
what you want
to let go of.

Decorate pumpkins
or make pumpkin
bread



For more ideas: [BlessingManifesting.com](https://www.BlessingManifesting.com)



Go on a
nature
walk

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Mental Health Training for ALL GCS Staff

Youth Mental Health First Aid

Teaches staff how to identify, understand and respond to signs of mental illness and substance use disorders in youth. This training gives adults who work with youth the skills they need to reach out and provide initial support to children and adolescents (ages 6-18) who may be developing a mental health or substance use problem and help connect them to the appropriate care.

Trauma Informed Care

This program is designed to introduce the concepts and implementation of trauma-informed care. It involves thinking about trauma in different ways and altering approaches and strategies to provide opportunities for children to rebuild a sense of control, empowerment, and mastery in their environment to create successful learning. Participants will leave the session with a deeper awareness of the prevalence and impact of trauma as well as practical strategies for how to continually move toward being more trauma-informed.

Registration is Available in Performance Matters.

Questions: Charika Carter carterc13@gcsnc.com & Andrinia Scott scotta8@gcsnc.com

Sources:

Data and Statistics on Children's Mental Health | CDC
<https://www.mhanational.org/issues/state-mental-health-america>

<https://www.mayoclinic.org/healthy-lifestyle/childrens-health/in-depth/mental-illness-in-children/art-20046577>

<https://www.kff.org/coronavirus-covid-19/press-release/the-pandemics-impact-on-childrens-mental-health/>

<https://www.apa.org/monitor/2022/01/special-childrens-mental-health>

https://www.nasponline.org/Documents/Resources%20and%20Publications/Handouts/Families%20and%20Educators/Childrens_Mental_Health_Problems_Strategies_for_Educators.pdf

<https://www.teachspeced.ca/mental-health-strategies>

<https://healthblog.uofmhealth.org/childrens-health/national-poll-pandemic-negatively-impacted-teens-mental-health>

<https://www.selfloverainbow.com/autumn-self-care-take-the-self-care-challenge/>

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