



Mental Health

Drug and Alcohol Use

Physical Safety

Anxiety

Depression

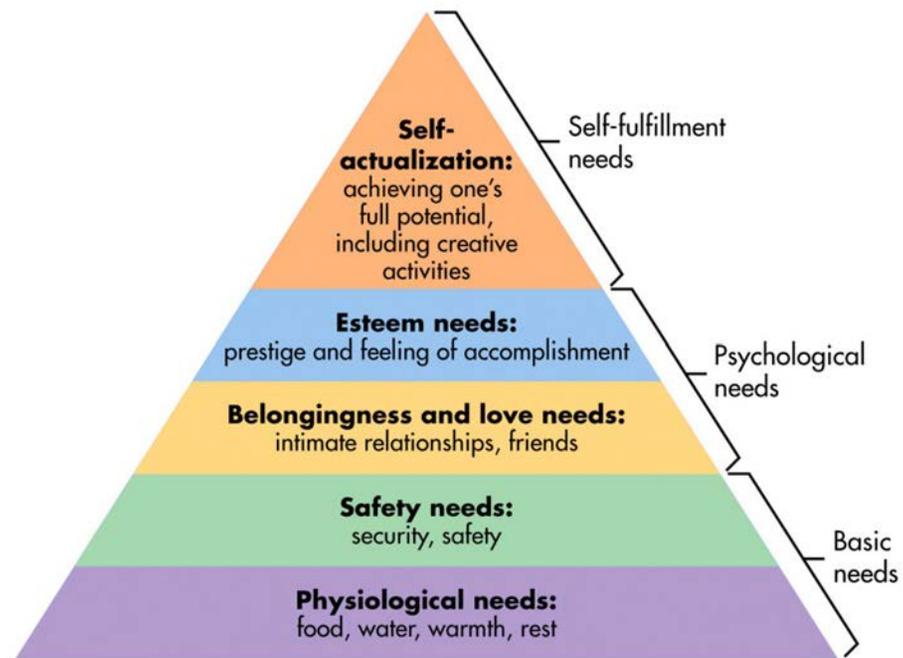
# The Invisible Backpack

Unpacking the unseen lives of youth

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# Maslow's Hierarchy of Needs



# Physiological Needs – What can we see?

- Safety, shelter, security, law & order, employment, health, stability, etc.
- All other needs are secondary until these needs are met



# Safety Needs – What are we not seeing?

- Belongingness, love, affection, intimacy, family, friends, relationships, etc.
- Physical Safety
- Emotional Safety
- ACEs (Adverse Childhood Experiences)



# Mental Health- Quick Stats

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1 in 5 youth in the U.S. are experiencing a mental health condition at some point in their lives

50% of youth ages 8-15 with a mental health condition don't receive treatment

Stigma is the biggest reason people don't seek treatment

# Mental Health

- Mental Health Conditions are:
  - Medical conditions, like physical conditions
  - Conditions that change the way people think, act and feel
  - Common and treatable
- Mental Health Conditions are not:
  - Anyone's fault
  - Something to be ashamed of
  - Limiting – you can achieve your goal



## Anxiety- Quick Stats

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Nearly 40 million people in the United States (18%) experience an anxiety disorder in any given year.

Approximately 8% of children and teenagers experience an anxiety disorder with most people developing symptoms before age 21.

Only about one-third of those suffering from an anxiety disorder receive treatment, even though the disorders are highly treatable.

# Anxiety

- **What we can see**

- Panic Attacks
- OCD
- Weight Loss/Hair Loss

- **What we can't see**

- GAD, SAD
- Specific Phobias
- IBS
- Trauma/PTSD



# Anxiety

- Help them find coping strategies:
  - Have them journal.
  - Breathing techniques.
  - Set small goals.
  - Exercise.
  - Animals.
  - Find a ritual for tests/homework. Allow your student to be a part of the solution.
  - Rehearse, provide feedback.
  - Constantly review commitments, find life balance.



# Anxiety

- BSA Support

- [Child Mind Institute](#)

Dedicated to transforming the lives of children struggling with mental health and learning disorders.

- [Teen Mental Health.org](#)

Great resource on Teen Mental Health for teens and families

- Phone Apps

- Tools for Peace
- Headspace
- What's Up
- SAM
- CALM



## Self Harm – Quick Stats

approximately 15% of teens reporting some form of self-injury

90 percent of people who engage in self-harm begin during their teen or pre-adolescent years

About 50 percent of those who engage in self-mutilation begin around age 14 and carry on into their 20s

# Self-Harm

- What we can see
  - Unexplained frequent injuries including cuts and burns,
  - Relationship problems or avoidance of relationships, and
  - Poor functioning at work, school or home.
- What we can't see
  - Low self-esteem
  - Difficulty handling feelings



# Self-Harm

## *Why do people self-harm?*

- Most people self-harm as a way of dealing with difficult, painful, overwhelming emotions. However, every person does it for a different reason. It's important to understand the meaning self-harm has for each individual before assuming why they're hurting themselves.
- People self-harm to:
  - Relieve tension and overwhelming emotions.
  - Return them to reality
  - Establish control
  - Seek security and reliability
  - Feel special and unique
  - Influence or punish others
  - Punish themselves due to negative self-perceptions.
  - Evoke a good mood.



# Self-Harm

- [Helpguide.org – Cutting and Self-Harm](https://www.helpguide.org/)
- [S.A.F.E. Alternatives \(Self Abuse Finally Ends\)](https://www.safeline.org/)
- [Cornell University | Recovery Research and Resources](https://www.cornell.edu/recovery-research/)
- [How to Support Someone Who Self-Harms](https://www.nimh.nih.gov/health/topics/self-harm/)
- [Family, friends and loved ones of people who self-harm](https://www.nimh.nih.gov/health/topics/self-harm/)



# Suicide Prevention – Quick Stats

Suicide is the **SECOND** leading cause of death for ages 10-24. 40% of persons who complete suicide have made a previous attempt. [8] Nine of out ten people who attempt suicide and survive, do not go on to complete suicide at a later date. [9]

Each day in our nation, there are an average of over 3,069 attempts by young people grades 9-12. If these percentages are additionally applied to grades 7 & 8, the numbers would be higher.

More teenagers and young adults die from suicide than from cancer, heart disease, AIDS, birth defects, stroke, pneumonia, influenza, and chronic lung disease, **COMBINED**.

# Suicide Prevention

- What we can see
  - Increased use of alcohol or drugs
  - Looking for a way to end their lives, such as searching online for methods
  - Withdrawing from activities
  - Isolating from family and friends
  - Visiting or calling people to say goodbye
  - Giving away prized possessions
  - Aggression
  - Fatigue
- What we can't (always) see
  - Sleeping too much or too little
  - Depression
  - Anxiety
  - Loss of interest
  - Irritability
  - Humiliation/Shame
  - Agitation/Anger
  - Relief/Sudden Improvement



# Suicide Prevention

## Risk Factors:

- Mental illness
- Substance abuse
- Previous attempts or self-harm
- Plan or proximity
- Depression
- Bullying/friend concerns
- Difficulty at home

- While the risk factors don't directly cause the behavior, research with youth who have attempted suicide often show that those factors were present.

## Protective Factors:

- Family
- School connectedness
- Affiliation with religious organization
- Positive self-esteem
- Active involvement in groups that promote sense of achievement
- Physical activity

# Suicide Prevention

Steps to take:

1. Ask the question
  2. Take it seriously
  3. Do not leave them alone
  4. Contact a parent/guardian
  5. Report
- BSA Policy



- King County Crisis Line  
(206)915-7803
- Teen line (206)461-4299
- TEXT 741741
- [National Suicide Prevention Lifeline](#)  
24-Hour Suicide Hotline  
1-800-273-TALK (8255)

# Bullying – Quick Stats

The 2017 [School Crime Supplement](#) (National Center for Education Statistics and Bureau of Justice) indicates that, nationwide, about 20% of students ages 12-18 experienced bullying.

The 2017 [Youth Risk Behavior Surveillance System](#) (Centers for Disease Control and Prevention) indicates that, nationwide, 19% of students in grades 9–12 report being bullied on school property in the 12 months preceding the survey.

Approximately 30% of young people admit to bullying others in surveys.<sup>3-</sup>

The 2017 [School Crime Supplement](#) (National Center for Education Statistics and Bureau of Justice) indicates that, among students ages 12-18 who reported being bullied at school during the school year, 15% were bullied online or by text.

The 2017 [Youth Risk Behavior Surveillance System](#) (Centers for Disease Control and Prevention) indicates that an estimated 14.9% of high school students were electronically bullied in the 12 months prior to the survey.

# Bullying

- **What we can see**

- Verbal
- Physical

- Unexplainable injuries

- Loss of personal items

- **What we can't (always) see**

- Social
  - Cyberbullying
  - Criminal
- 
- Difficulty sleeping or frequent nightmares
  - Declining grades, loss of interest in schoolwork, or not wanting to go to school
  - Sudden loss of friends or avoidance of social situations
  - Feelings of helplessness or decreased self esteem
  - Self-destructive behaviors such as running away from home, harming themselves, or talking about suicide

# Bullying

- What can you do?
- Mandatory Reporting
- BSA Policy: [BSA Reporting](#)



## Bullying Prevention Resources

- Antibullying and Anti-Cyber Intimidation Programs Website: [learning.learningforlife.org/digital-programs/abc](http://learning.learningforlife.org/digital-programs/abc)
- BSA Youth Protection Website: [www.scouting.org/youthprotection](http://www.scouting.org/youthprotection)
- Bullying Awareness Website: [www.scouting.org/Training/YouthProtection/bullying](http://www.scouting.org/Training/YouthProtection/bullying)
- Cyber Chip Website: [www.scouting.org/cyberchip](http://www.scouting.org/cyberchip) Cyberbullying Research Center Website: [cyberbullying.us](http://cyberbullying.us) NetSmartz Workshop Website: [www.netsmartz.org](http://www.netsmartz.org) StopBullying.gov Website: [www.stopbullying.gov](http://www.stopbullying.gov)
- <https://www.stopbullying.gov/>



# Drug & Alcohol - Quick Stats

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Alcohol, marijuana, and tobacco are substances most commonly used by adolescents.

By 12th grade, about two-thirds of students have tried alcohol.<sup>1</sup>

About half of 9th through 12th grade students reported ever having used marijuana.<sup>2</sup>

About 4 in 10 9th through 12th grade students reported having tried cigarettes.<sup>3</sup>

Among 12th graders, close to 2 in 10 reported using prescription medicine without a prescription.<sup>1</sup>

# Drug and Alcohol Use

- What we can see
  - Behavioral changes
  - Mood & personality changes
  - Hygiene and appearance
  - Health

- What we can't see
  - Avoidance
  - Stress relief
  - Using patterns
  - stress/anxiety



# Drug and Alcohol Use

- Adolescent Drug Use
- Vaping
- Rising trends
- Safe Drug Use – change in conversation

Fentanyl has been found locally in these substances:

### **M30 pills**

These are the most common pills containing fentanyl in our area.



### **V48 & A215 pills**

These pills, although less common, may also contain fentanyl.



### **Powders**

Fentanyl can also be found in white powders.



September 28, 2019

Public Health  
Health & King County



# Drug and Alcohol Use



- Good Samaritan Law
- BSA Policy: <https://www.scouting.org/health-and-safety/gss/gss04/>
- <https://www.samhsa.gov/>
- [stopoverdose.org](https://stopoverdose.org)
- [www.medicinereturn.org](https://www.medicinereturn.org) or text MEDS to 667873



# COVID-19 & Return to School

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Anxiety might be heightened

May be overwhelm being inside and around large number of people.

Reactions will be different; some may be filled with excitement others dread

Youth have not had a normal school year since two grades previous (example: current 9th graders since 6th grade).

Participation variability

# COVID 19 & Return to School



- <https://www.cdc.gov/childrensmentalhealth/features/COVID-19-helping-children-transition-back-to-school.html>
- <https://childmind.org/article/back-to-school-anxiety-during-covid/>
- <https://www.unicef.org/coronavirus/support-child-covid-reopening>
- <https://www.learningforjustice.org/magazine/how-to-respond-to-coronavirus-racism>



# Resources

- CPS: <https://www.dcyf.wa.gov/services/child-welfare-system/cps>
- <https://www.anxiety.org/what-is-anxiety>
- [https://www.thetrevorproject.org/trvr\\_support\\_center/self-injury/](https://www.thetrevorproject.org/trvr_support_center/self-injury/)
- <https://afsp.org/>
- NAMI (National Institute on Mental Illness)
- [www.Samhsa.gov](http://www.Samhsa.gov)

