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What is Mental Health?

Presented By:

**NM Department of Health
Office of School and Adolescent Health**

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Mission:

Educate, fund, and support policy and practices prioritizing Mental Health of young people using a health equity lens.

Vision:

Increased population of young people in New Mexico living their best life.

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New Mexico is currently 2nd in adolescent suicides in the united states. We can do better! We want

HOW DO YOU KNOW WHEN YOU'RE NOT OK?

Feelings of sadness, anger, irritability, apathy or fear

Difficulty Concentrating

Losing usual interest in things

Using other things to numb emotions

Your usual doesn't feel usual anymore

It's hard to do what you need to



NM Crisis & Access Line



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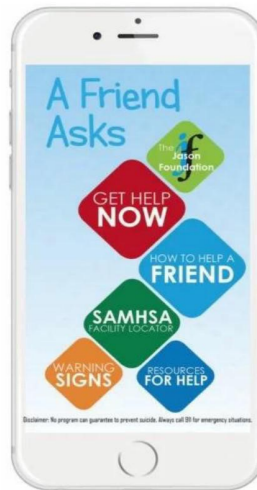


This is a great app available to New Mexicans state wide and it is free, the app can be searched by Nmconnect. This app and operation is run by NM Crisis and Access Line. We rarely if ever have the foresight to schedule a crisis, by having this app on your phone you will have both text and talk options for immediate assistance as well as support options. You also receive Monday motivators, it's a nice addition to the week. NM Connect closes the gap by engaging people with immediate access to mental health professionals and resources. After serving the state for over 7 years and fielding more than 245,000 calls and 70,000 text messages, the app will enable NMAL to reach even more of New Mexico's 2 million+ residents. This leads me to a huge advancement in access for mental health patients and caregivers. 988

10/25/2017

Victoria Waugh-Reed 855-9835

Jason's Foundation



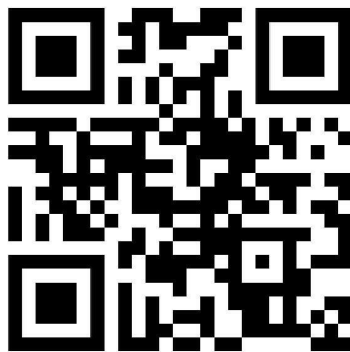
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The "A Friend Asks" App contains the following information:
warning signs of suicidal ideation
how to help a friend
how to get help now
what to do and what not to do
the B1 Program

SEIZE THE AWKWARD



We Can Talk About It!

When the world doesn't listen, be the friend who does. Many of us feel like we can't discuss our mental health for many reasons. "We can talk about it" encourages you to push past taboos and misconceptions about mental health by seizing the awkward, reaching out to a friend and checking in.



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<https://youtu.be/rcI2wHKbzGo?si=oj-le-ivmIF8AhA8>

<https://youtu.be/mDMyLHYsorE>

988nm.org



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988 just went live about 2 weeks ago, has anyone heard of this? 9-8-8 is an emergency number for mental health and suicide crisis. Prior to this we would use 911 for all emergencies right? In the 911 system a substantial number of those calls were for behavioral health and a substantial number of those were not life threatening or didn't require hospitalization. The 988 line is facilitated by the National Suicide Hotline and supported by local organizations, mostly non profits such as SAMSHA and Nm Crisis and Access line which supports 988 in New Mexico. I am really curious to see what impact the 988 system has on our communities.

Self Care



Share Your Care!!



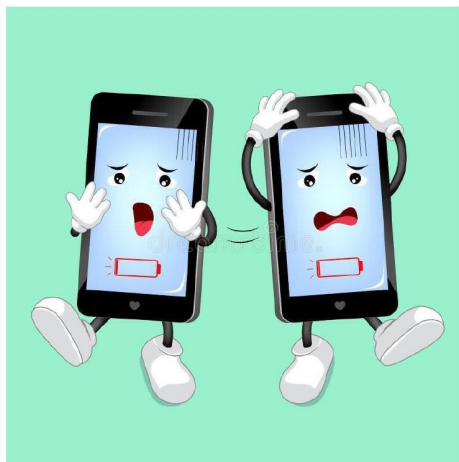
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Self Care is something we can not stress enough and on top of that I can not stress enough how self care is not after care. Self care should be a part of everyday, with extra doses used for after care. We all know Maslow's Hierarchy of Needs right? These are pertinent to mental health. Humor, Sleep, self compassion, coping strategies and of course at the top we always need Hope, or faith if you will. We can not drink from a dry well right? Part of this wave of mental health awareness should be a wave of self care. Please make self care at least a small part of everyday!

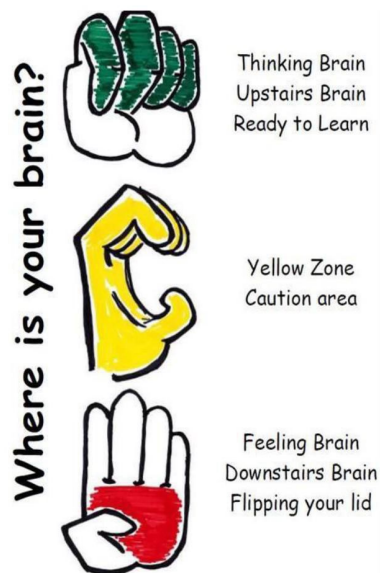
Don't Let Your Battery Get Low!



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Mental Health is Brain Health



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<https://youtu.be/Kx7PCzg0CGE?si=XLfek5lbluwjRPvY>



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The Mental Health Needs of New Mexico's Youth

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Let's look at New Mexico adolescent mental health. Some facts surrounding suicide are that there are documented attempt every 2 minutes in the United States. And for every 1 documented attempt we know there are 5 not reported, that translated to an estimated 2-3 attempts per minute in the united states. Treatments for mental health crisis are never one size fits all, one of the many challenges of mental health is finding the appropriate treatments. We are dedicated to increase our mental health providers in New Mexico as well as access to them. Reducing stigma and increasing our conversations and dialog without judgement is something we can all do.

Know resources raise voice, you are not alone. There are adults who will listen and hear you.

https://youtu.be/8_WQtJmIG8?si=Lkw8u_QUs39mcSRC
Cartoon asking for help



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<https://youtu.be/PcKyBMGYWO4?si=SmB8IK1DuMZi5R89>

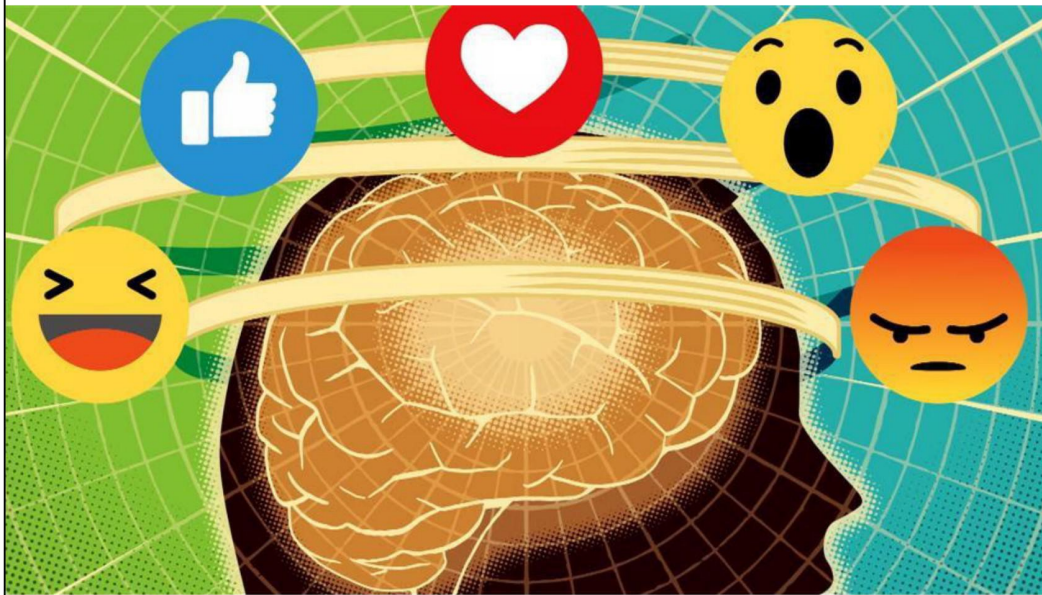
Glass of water, food, we ask, toothpaste, let's normalize mental health support



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Social Media, our brains release dopamine, feels good, we like to do what feels good. The alert for your mental health is that when you don't get likes, because of algorithm, or it really wasn't funny ☐

Social Media Activity

- Two Groups will form and sperate.
- 1 person to scribe
- 1 person Report Out
- Pros and Cons of Social Media
- What is in and out of our control?
- Self Regulation
- Family Plans



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Protecting Your Mental Health Online

- *Time Limits*
- *Consider the sites you visit; if they make you feel bad, unfollow*
- *Before posting, consider, would I make this comment in person?*
- *Remember what people post, or what you see may not be an honest or their lives*
- *Utilize BLOCKED!*
- *Report posts that make you worried or are hurtful*



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June 2023 National Council on Mental Wellbeing

- I feel like I am a **good person** who has a lot to offer. **77%**
- I am able to **stand up** for myself and what I believe in. **76%**
- I am **hopeful** about the future. **71%**
- I can **calm** myself down. **69%**
- Sometimes the **pressure** I feel at school and at home feels like too much to handle **68%**
- Overall, I **like** who I am. **63%**



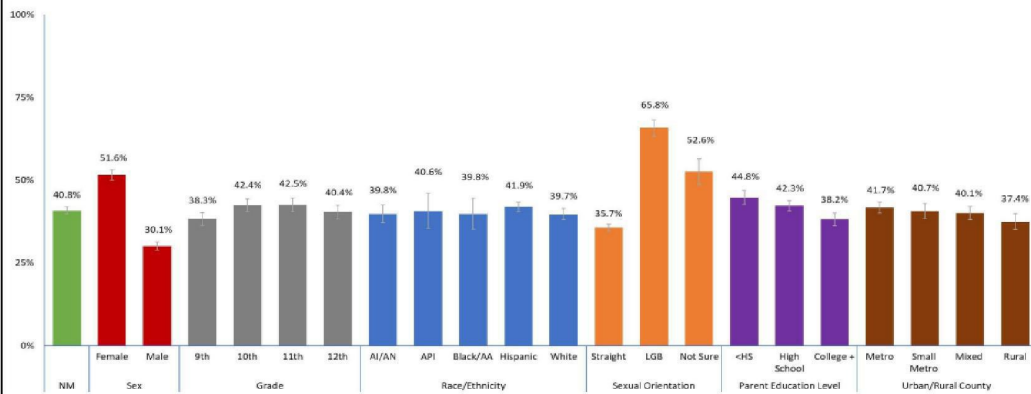
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Reformat slide

Felt Sad or Hopeless in the Past 12 Months, Grades 9-12 New Mexico, 2019



AI/AN = American Indian or Alaskan Native; API = Asian or Pacific; Islander AA = African American

LGB = Lesbian, Gay or Bisexual; HS = High School

Source: 2019 YRRS (NM); NMDOH and NM PED



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I shared earlier how NM is 2nd in the country and its worth noting here, that in second place we are 2-3 times higher than the national average. This graph is data resulting from a study where nm adolescents were asked if the felt sad or hopeless for a certain amount f time in the last 12 months. Where we see substantially high numbers is in females, 21% higher than males. Grade 11th and 10th were almost the same level. LGBT rated at almost 66% reporting they felt sad or hopeless.

Physical and Mental Health

- [If Physical Health Problems Were Treated Like Mental Health Problems - Bing video](#)



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Language Matters

- ~~Completed~~ and ~~Successful~~
- Died by vs. ~~Committed~~
- ~~Threatened~~ vs. ~~Disclosed~~

Consider

Saying “**The weather is unpredictable**”, instead of “*the weather is bipolar*”

Saying “**My relative has schizophrenia**”, instead of “*my relative is schizophrenic*”

Saying “**Died as a result of a self-inflicted injury**” instead of “*chose to kill themselves*”



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The more that we adapt to this language we can destigmatize



QPR for Youth

**Ask A Question,
Save A Life.**

QUESTION - PERSUADE - REFER



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Read only. Slowly, so the QPR sinks in.



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Mental Wellness field, New Mexico needs you!! Scholarships available for people who stay in NM. 1 provider for 1187 adolescents in US. Young science so much to learn and research and discover!

Dare to Inspire Others

"Life doesn't make any sense without interdependence. We need each other, and the sooner we learn that, the better for us all."

— Erik Erikson



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You are not Alone!



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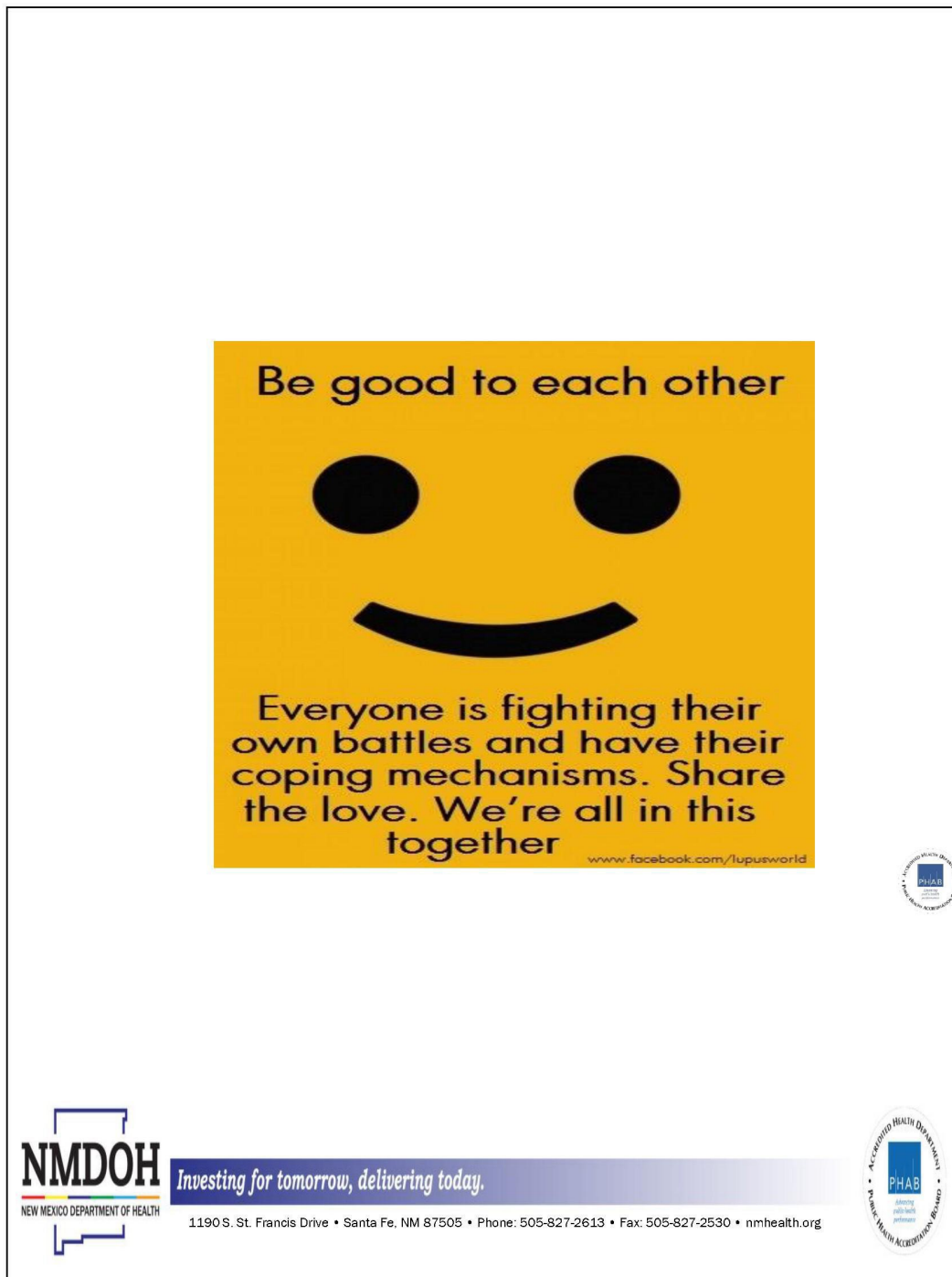
- NM Connect
- Jason's Foundation
- Seize The Awkward
- NAMI
- AFSP
- 9-8-8
- School Resources
- Community Resources



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Thank you doesn't even begin to cut it when it comes to you all in this gym. Please reach out any time if I or OSAH may support you we would like to do that!