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Youth Mental Health

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Outline

- Overview of Mental Health and its Significance
- Statistics on Mental Health Issues Among the Youth
- Unique Challenges Faced by Today's Youth
- Promoting Mental Wellness
- Mental Illness Prevention
- Resources

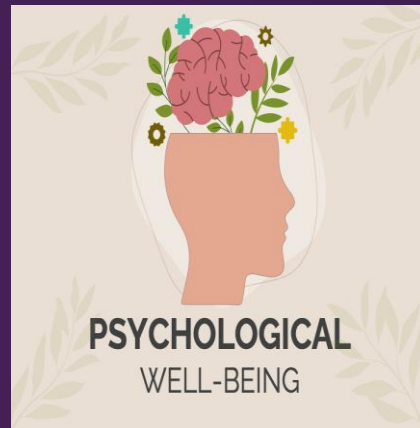
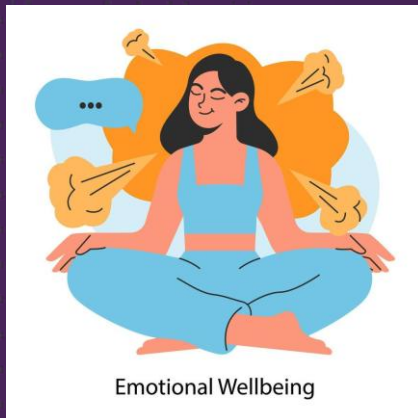




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Overview

- Mental health includes emotional, psychological, spiritual and social well-being
- Must have a holistic view of health wellness
- Nothing exists in isolation, including your health. Neglecting any aspect of your wellbeing can undermine your overall health and happiness.





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Statistics on Mental Health

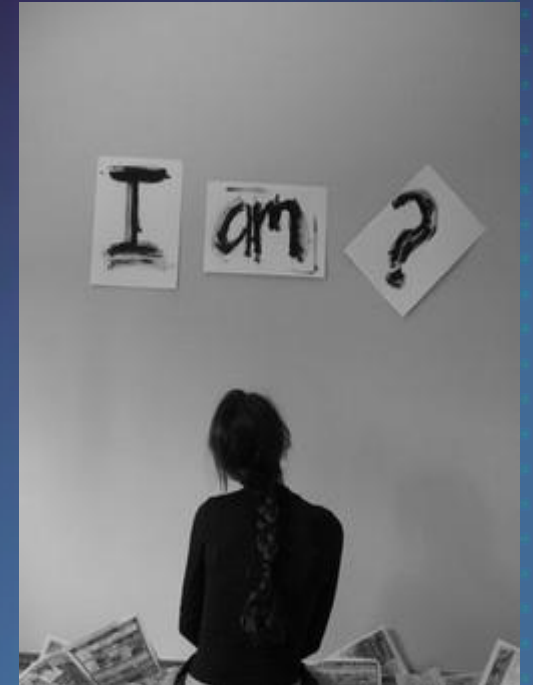
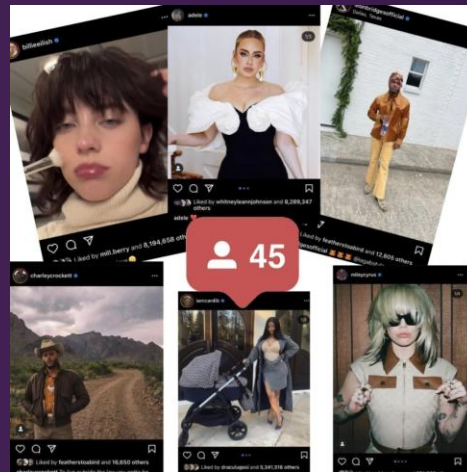
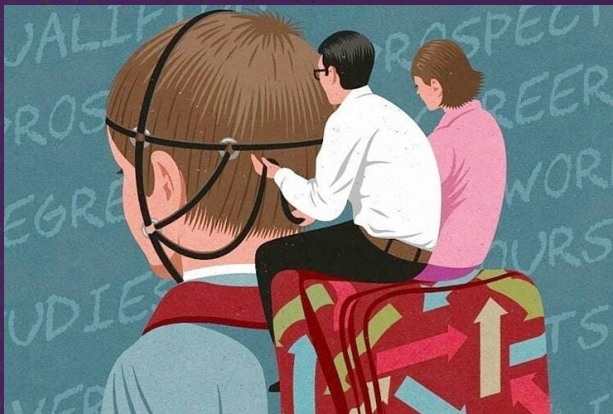
- Globally, one in seven 10-19-year-olds experiences a mental disorder (WHO)
- 40% of US high school students had persistent feelings of sadness or hopelessness in 2023 (CDC)
- Depression and anxiety are among the leading causes of illness and disability among adolescents (WHO)
- 20% of US high school students seriously considered attempting suicide in 2023 (CDC)
- Suicide is the third leading cause of death among those aged 15-29 years old. (WHO)
- At age 13, about 8% of U.S. teens have a diagnosable anxiety disorder, goes up to 15% by age 18
- Higher rates of sadness, suicidal thoughts, and suicide attempts among Latino and African-American youth compared to non-Hispanic white youth.
- Around 22% of youth living below the federal poverty level have a mental, behavioral, or developmental disorder



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Unique Challenges

- Rise in Substance Abuse
- Social Media Pressure
- Self Identity Crisis
- Academic Pressure/Stress
- Pandemic Aftereffects
- Stigma





Substance Abuse

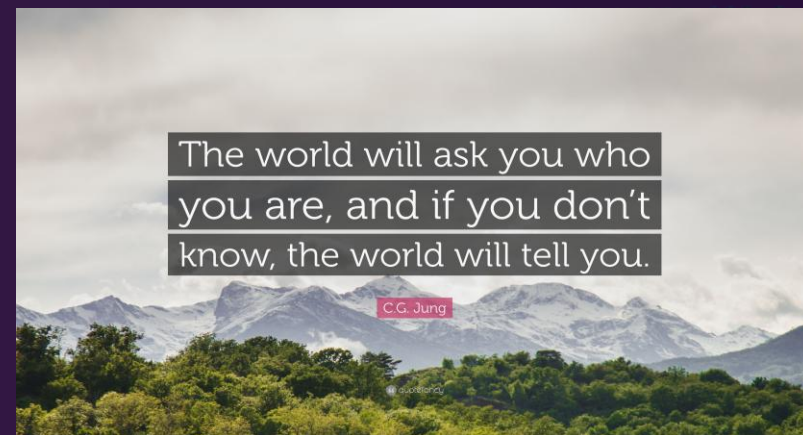
- **Marijuana:** most commonly used illicit drug among teens.
 - Impact on Memory and Learning
 - Risk of Mental Health Issues
 - Increased Risk of Addiction
- **Alcohol**
 - Hindered Brain Development
 - Reduced Impulse Control
 - Emotional and Mental Health Problems
- **Vaping**
 - Toxic Chemical Exposure
 - Respiratory and Lung Issues
 - Nicotine Addiction and Brain Development





Self Identity Crisis

- There is a rapid social, cultural, and personal changes
 - How do you form your self-identity ?
- By the age of 10, children in the US tend to prioritize peer influence over parental guidance when making decisions about their behavior and choices
- Screen time
 - Teens spend avg. 8.5 hours online daily
 - On social media, gaming, and texting, **not including time spent on schoolwork.**
- Modern societal norms vs traditional cultural and religious values
 - Self-doubt and Uncertainty
 - Rebellious Behavior





Pressure

- Since 2013, teens have reported higher levels of stress than adults
 - **Parents**
 - Comparison
 - More than one path to success
 - Performance > Wellbeing
 - **Peers/ Societal**
 - Keeping up with the latest
 - Fashion
 - Trend
 - Gossip
 - Stress does not lead to success
 - What is the leading indicator of success?

Example → "If I work harder, I will have success.
If I have success, I will be happy."

Why this fails → Inevitably, people always want a better grade, a higher-profile job, or a bigger house.





Promoting Mental Wellness

◦ **Maintaining Good Sleep Hygiene**

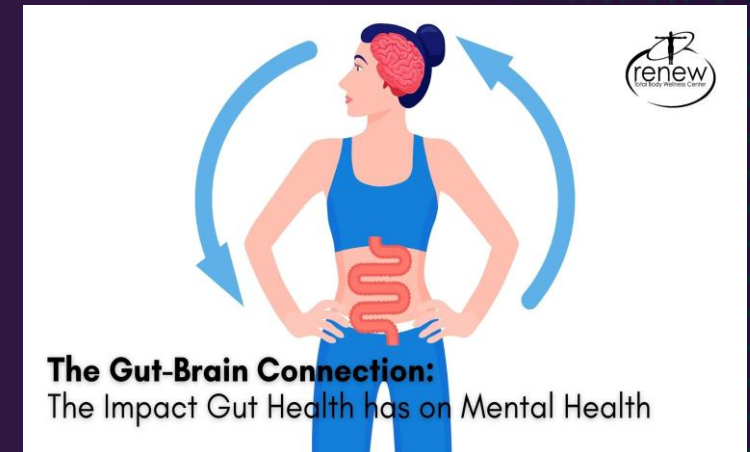
- You're not yourself when you don't sleep
 - Poor sleep quality can increase stress
 - Sleep deprivation can affect memory, judgment and mood
 - Functionality < Quality of Life

◦ **Diet and Nutrition**

- Gut-brain axis

◦ **Practicing Regular Physical Activity**

- Endorphin Release
- Neurogenesis and Brain Health
- Regulation of Neurotransmitters
- Stress Hormone Modulation
- Reduction of Inflammatory Markers



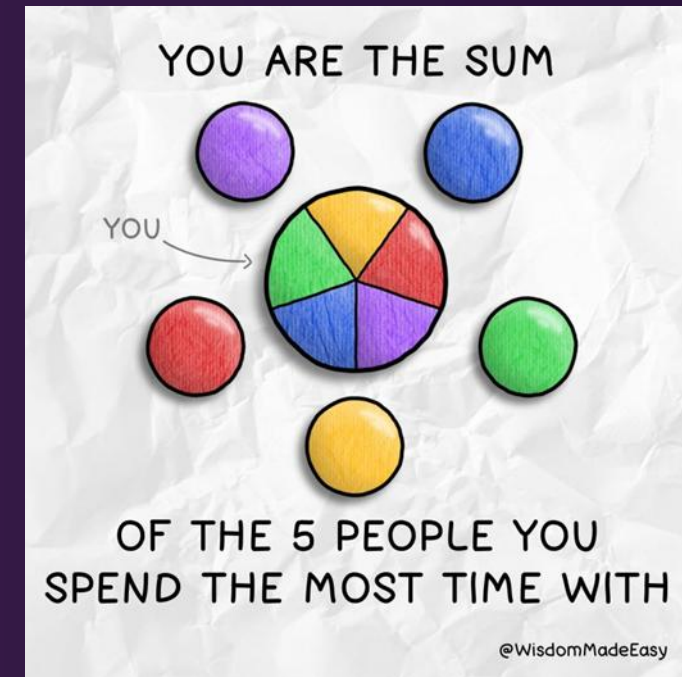


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Promoting Mental Wellness

Who You Surround Yourself With is Who You Become

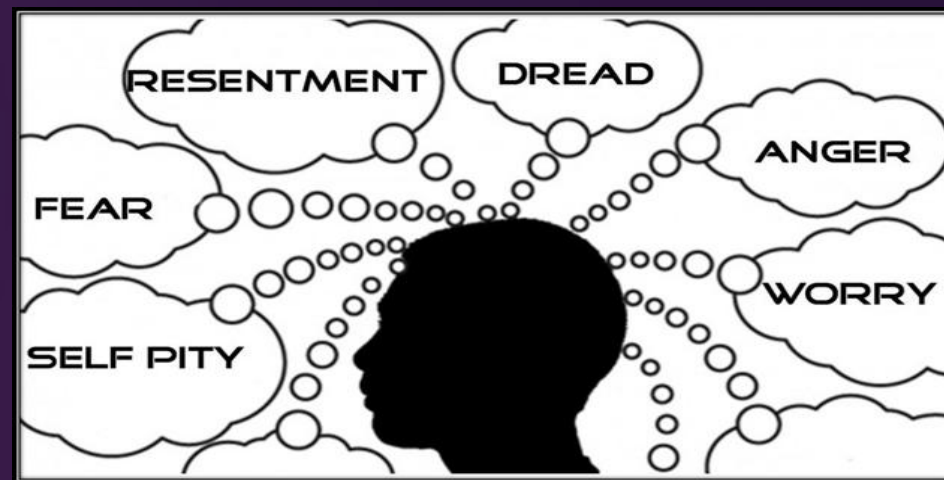
- Proximity is Power
 - Partner, Friends, Family, Job, & Hobbie
- Go where you are celebrated
- Go where you are challenged
- Be with those who inspire you





Promoting Mental Wellness

- Up to 90% of what people worry about never happens.
 - ❖ **Manage** your thoughts
 - ❖ First step: Identify the areas in your life where you have the power to make a change.
 - ❖ If you can't change the external circumstance then change YOUR RESPONSE
 - ❖ **Automatic Negative Thoughts**
 - ❖ What are some examples of ANT?
 - ❖ **Mindfulness**
 - ❖ **Core beliefs**
 - ❖ **Practice Gratitude**





Promoting Mental Wellness

- **Setting Realistic Goals**

- You're only human: limited in time, energy, & resources
- SMART goals
 - PLAN > MOOD
 - Just do it!!

- **Self Care**

- Intentional
- Routine
- Not in the expense of your future happiness
- Subjective
 - You get to decide what relaxes you





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Promoting Mental Wellness

Spiritual Life

- Spirituality has a positive impact on your mental health
- Lower rates of depression, anxiety, and overall psychological distress.
 - Identifying with a Religion vs Having Faith
 - Your personal faith and relationship with God are more important than external religious practices.
 - Story of St. Peter

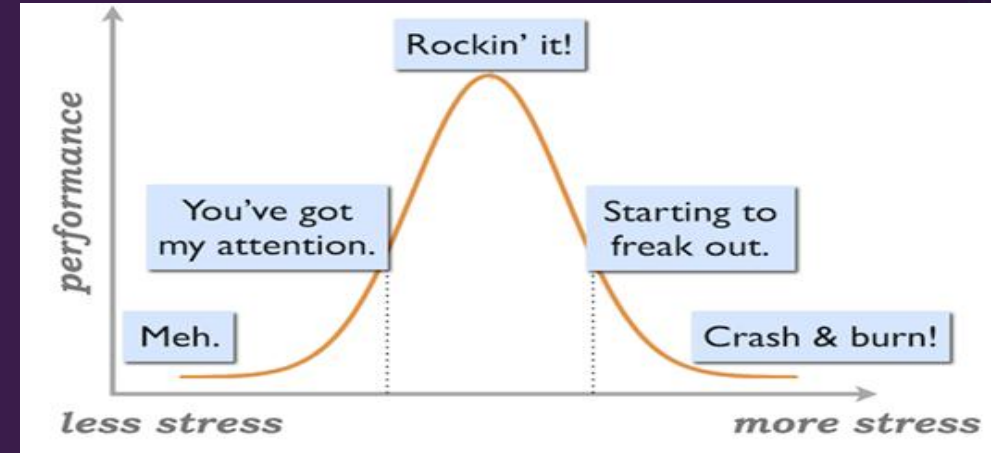




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Stress Management

- **Perceived Danger**
 - Your brain isn't so smart
 - Perception > Knowledge
 - Change Your Perception!
- **Choose Your Battle**
 - You can't avoid stress entirely
 - Not everything requires the same level of energy
 - Embrace challenges & Learn to let go





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Mental Illness Prevention

◦ Primary Prevention

- To prevent mental health disorders from developing in the first place.
 - Education and Awareness
 - Healthy Lifestyle Promotion
 - Stress Management

◦ Secondary Prevention

- To identify and treat mental health disorders early to prevent them from worsening.
 - Early Detection and Screening
 - Start Therapy & Medications when appropriate

◦ Tertiary Prevention

- To reduce the impact of mental illness and improve the quality of life of individuals with mental disorders.
 - Ongoing Treatment
 - Rehabilitation

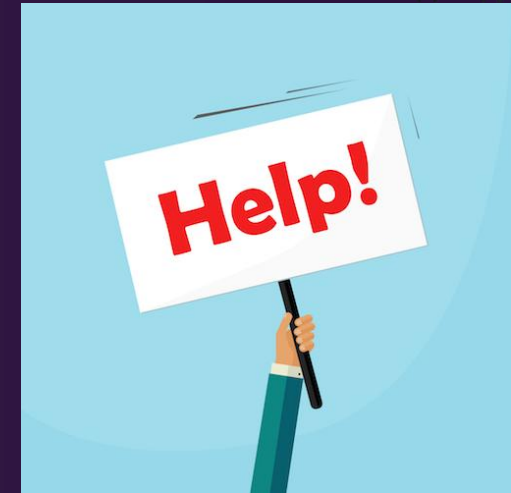




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Resources

- **988 Suicide and Crisis Lifeline:** Call or text 988 to connect with a trained counselor for free, confidential support 24/7
- **National Alliance on Mental Illness (NAMI) HelpLine:** Call 800-950-NAMI (6264) or text "HelpLine" to 62640 to connect with a specialist for free, confidential support, information, and resources.
- **SAMHSA - Substance Abuse and Mental Health Services:** Call 1-800-662-HELP (4357) for free, confidential treatment referral and information services 24/7.
- **Crisis Text Line:** Text SIGNS to 741741 for free, anonymous crisis counseling 24/7.
- Family, friends, pediatrician





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Q&A

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