



National Alliance on Mental Illness

NAMI

Wisconsin

Mental Illness and Youth: Resources and Warning

February 7, 2023

Signs

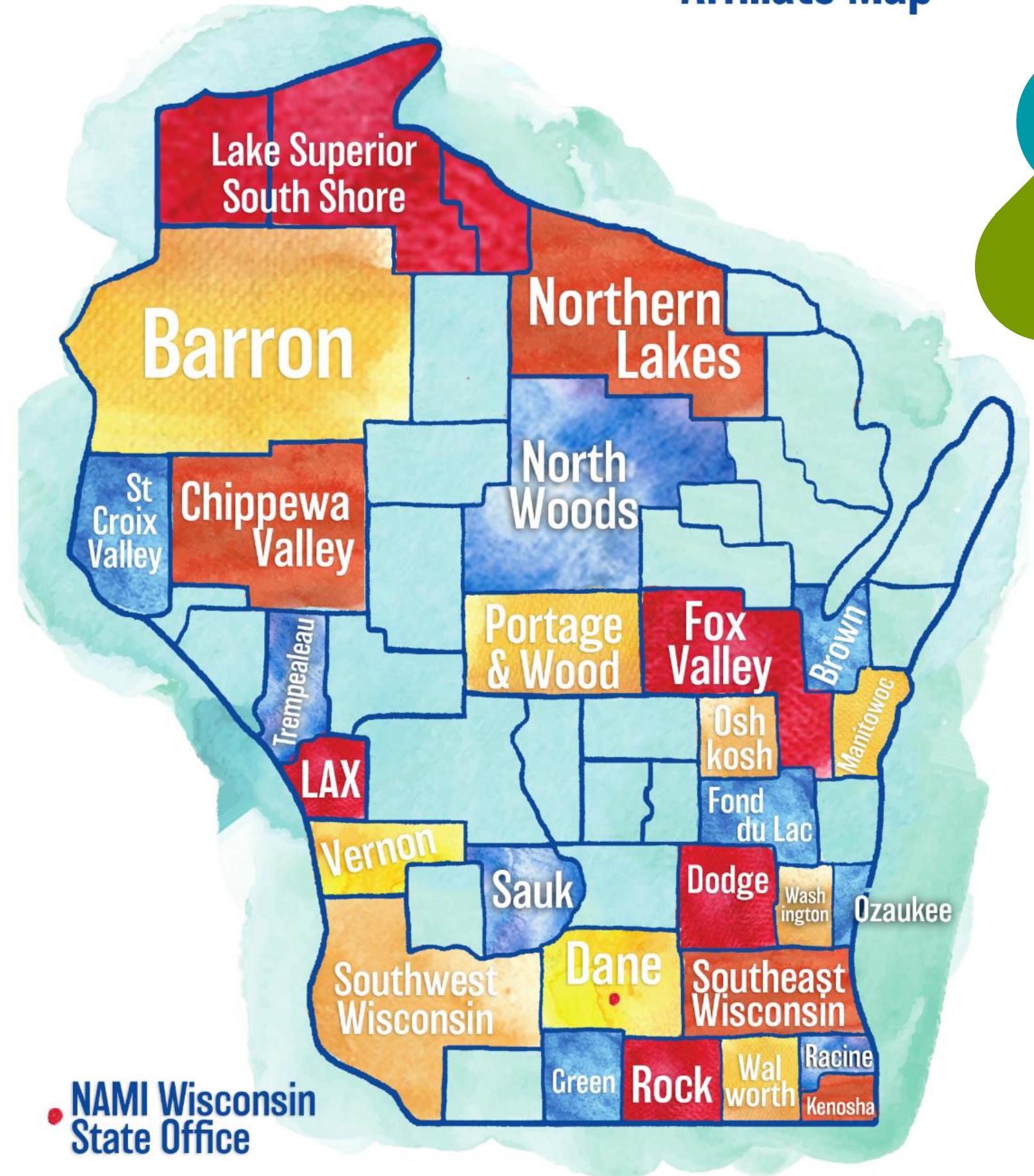
Emily Smiley, Program Director

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WHO WE ARE... NAMI WISCONSIN

The mission of NAMI Wisconsin is to improve the quality of life of people affected by mental illnesses and to promote recovery.



NAMI National



NAMI Wisconsin



NAMI WI Affiliates

NAMI's Four Pillars

Support

We provide no-cost, peer-led support groups offered by trained volunteers.

Awareness

We work hard to promote public education and understanding of mental illnesses.

Education

Our education programs ensure individuals get the support and information they need.

Advocacy

We advocate at all levels of government to improve mental health care in Wisconsin.

Mental Illness *in YOUTH*

- Fifty percent of all lifetime cases of mental illness begin by age 14 and 75 percent by age 24.
- About 50 percent of students ages 14+ with a mental health condition will drop out of school.
- Seventy percent of youth in state and local juvenile justice systems have a mental health condition.
- Suicide is the third leading cause of death for 10-24 year olds.
- Mental health awareness is often overlooked in school curriculums.
- Learning how to recognize symptoms early can aid in successful recovery and prevent unnecessary suffering.

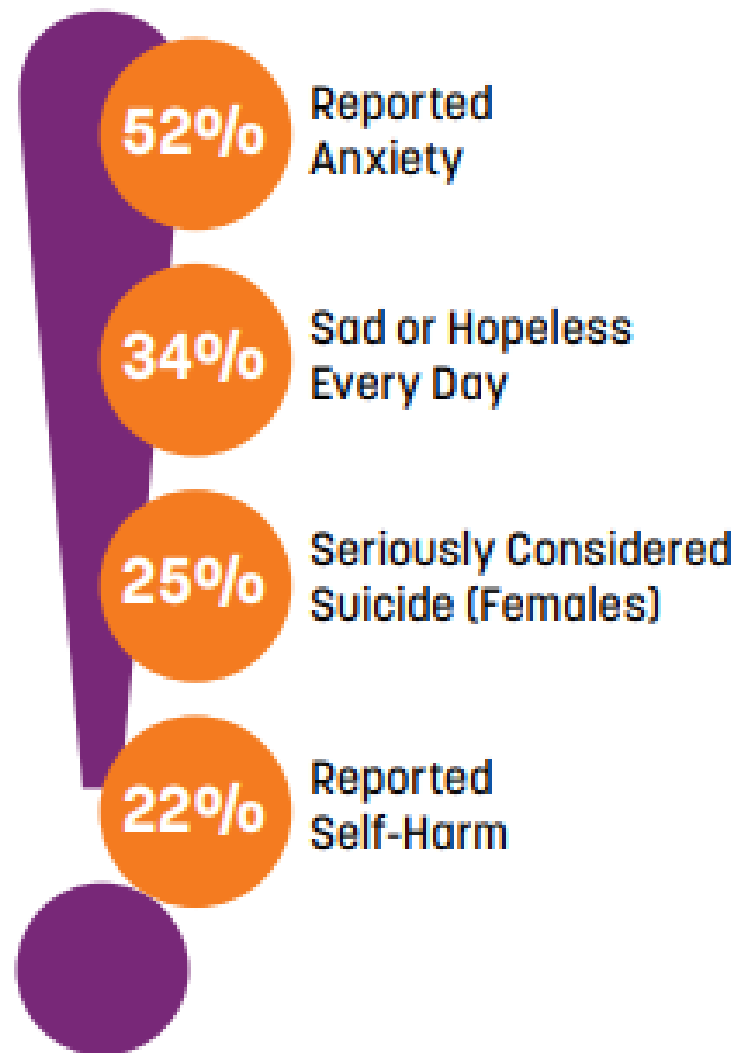
Mental Illnesses co-occur with Autism Spectrum Disorder

How common are co-occurring mental health disorders with ASD?

- 70% of kids with ASD have at least one mental health disorder
- 41% to 50% of kids have two or more mental health conditions
- Anxiety affects about half of those with ASD who have a mental health condition

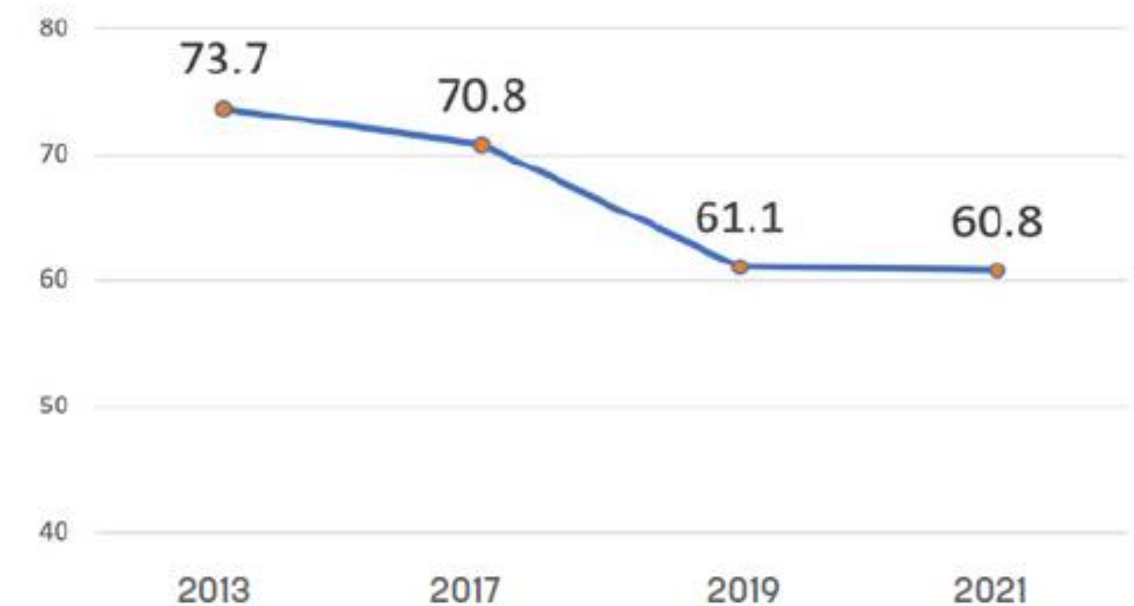
Mental Illness in WI Youth

WISCONSIN YOUTH'S DECLINING MENTAL HEALTH



- Teens are not very likely to turn to their adult family members to discuss their feelings. Less than a quarter (23.6%) of those who report feeling sad, empty, hopeless, angry, or anxious would talk with an adult family member about their feelings.
- School belonging is on the decline in Wisconsin. High school students are feeling less connected now than a decade ago. 40% of high school students in Wisconsin feel they do not belong at school.

PERCENT OF WISCONSIN HIGH SCHOOL STUDENTS WHO FEEL THEY BELONG AT SCHOOL, 2013-2021



What are the warning signs?



Knowing the warning signs of a mental health condition will help you to make a positive difference in someone else's life.



YIELD

10 COMMON WARNING SIGNS:

- ✓ Feeling very sad or withdrawn for more than two weeks
- ✓ Seriously trying to harm or kill oneself or making plans to do so
- ✓ Severe out-of-control, risk-taking behaviors
- ✓ Sudden overwhelming fear for no reason
- ✓ Not eating, throwing up or using laxatives to lose weight; significant weight loss or weight gain
- ✓ Seeing, hearing or believing things that are not real
- ✓ Repeated use of drugs or alcohol
- ✓ Drastic changes in mood, behavior, personality or sleeping habits
- ✓ Extreme difficulty in concentrating or staying still
- ✓ Intense worries or fears that get in the way of daily activities

Non-Speaking or Minimally Verbal

Possible Warning signs include changes in behavior such as:

- Changes in mood
- Changes in eating
- Irritability
- Withdrawal

See SMIAdviser.org for more information about assessing psychiatric symptoms and medication side effects

STARTING THE CONVERSATION

Use "I" statements so your friend knows that you care and want to help. Try one of these to get things started.

- I've noticed you're [sleeping more, eating less, etc.]. Is everything okay?
- I've noticed that you haven't been acting like yourself lately. Is something going on?
- It worries me to hear you talking like this. Let's talk to someone about it.
- I am always here if you ever need me.
- I want you to know that you are not alone; I am always here for you.

*Be patient,
understanding
and
provide hope.*

OFFER SUPPORT!

Tell your friend that you want to help. Use one of these statements to show your support:

- Let's sit down together and look for mental health services. Can I help you make an appointment?
- Can I help with things that you need until you're feeling better, like grocery shopping or walking your dog?
- Would you like me to go with you to a support group or a meeting? Do you need a ride to any of your appointments?

LANGUAGE

Be aware of how your language affects those living with a mental illness. Decreasing stigma through language helps to increase support and awareness for people living with a mental illness. "Mental Health Language" matters

Seeing the **person first** and not defining someone by their illness.

Avoid stigmatizing language

- The mentally ill
- Psycho
- Crazy
- Lunatic
- Schizophrenic
- Bipolar
- Mental

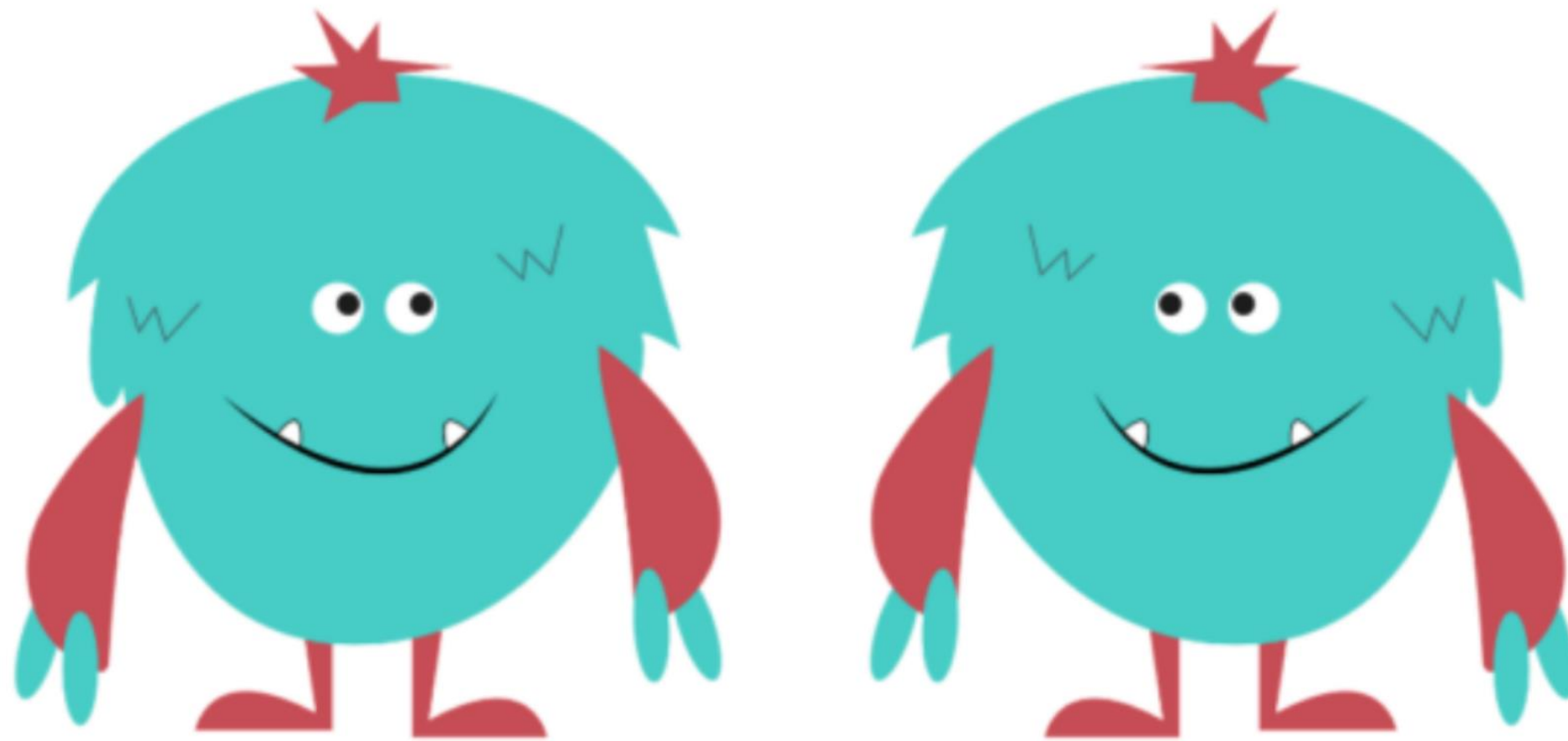
Person-first Language

- Person who lives with a mental health condition or mental illness
- A person living with Schizophrenia or Bipolar Disorder
- Experiences a mental health condition
- You would never say: "*He's a cancerous person.*"
- People-first language allows you to avoid labeling individuals as or by their illness.

Common Stigmatizing Phrases

- They are just a bad kid.
- They must have bad parents.
- They wouldn't have autism if the parents had done.....
- The parents just aren't involved enough.
- I wouldn't let my kid act like that.
- That kid should be medicated.
- They must be special needs.
- The parents just put them in front of screens all day.
- That's just their autism.

Programs for Youth:



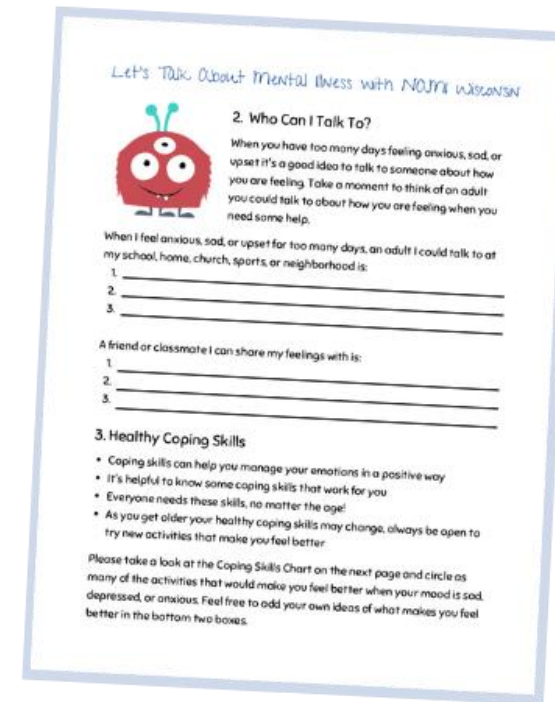
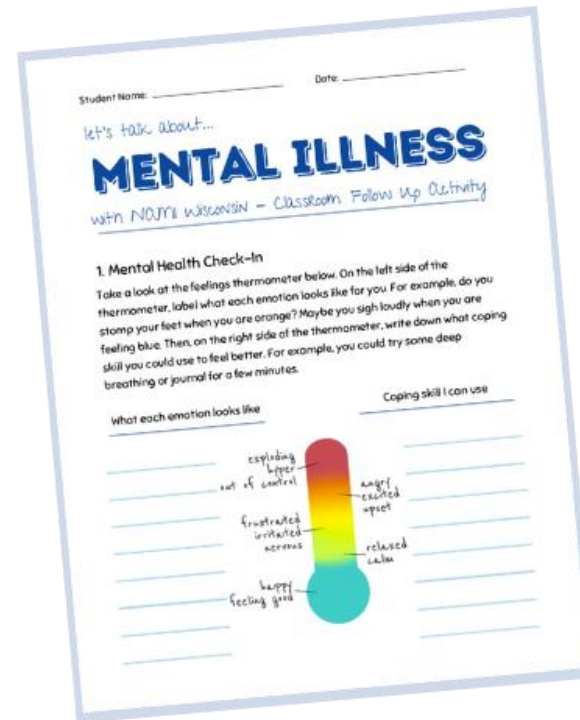
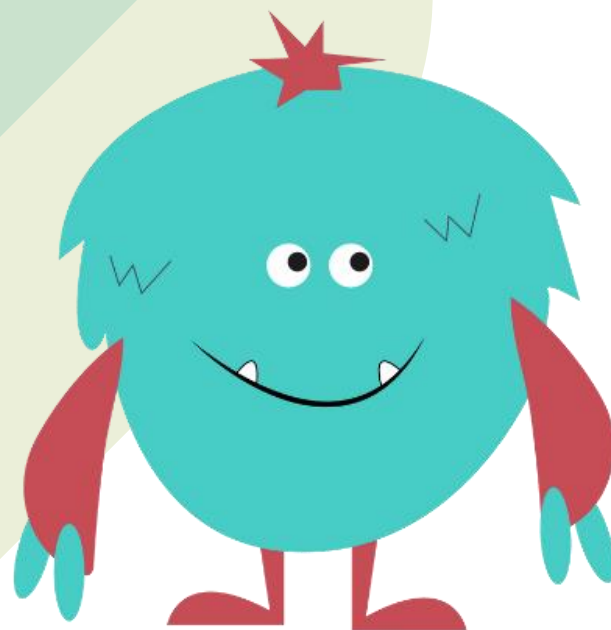
Let's talk about
MENTAL ILLNESS



with *Dr. [Name]*

NAMI Wisconsin Youth Resources:

Let's Talk About Mental Illness



- Made for elementary age kids to start the conversation about mental illness
- Free downloadable worksheets for youth and adults
- Available in Spanish
- Stickers available
- <https://namiwisconsin.org/lets-talk-about-mental-illness/>



ENDING THE SILENCE

STRENGTHENING

Programs for Parents / Caregivers:



Mental Health Programs for Parents



Mental Health Programs for Parents



BEING
TOGETHER



NAMI Wisconsin
National Alliance on Mental Illness

State-wide virtual mental
illness support groups

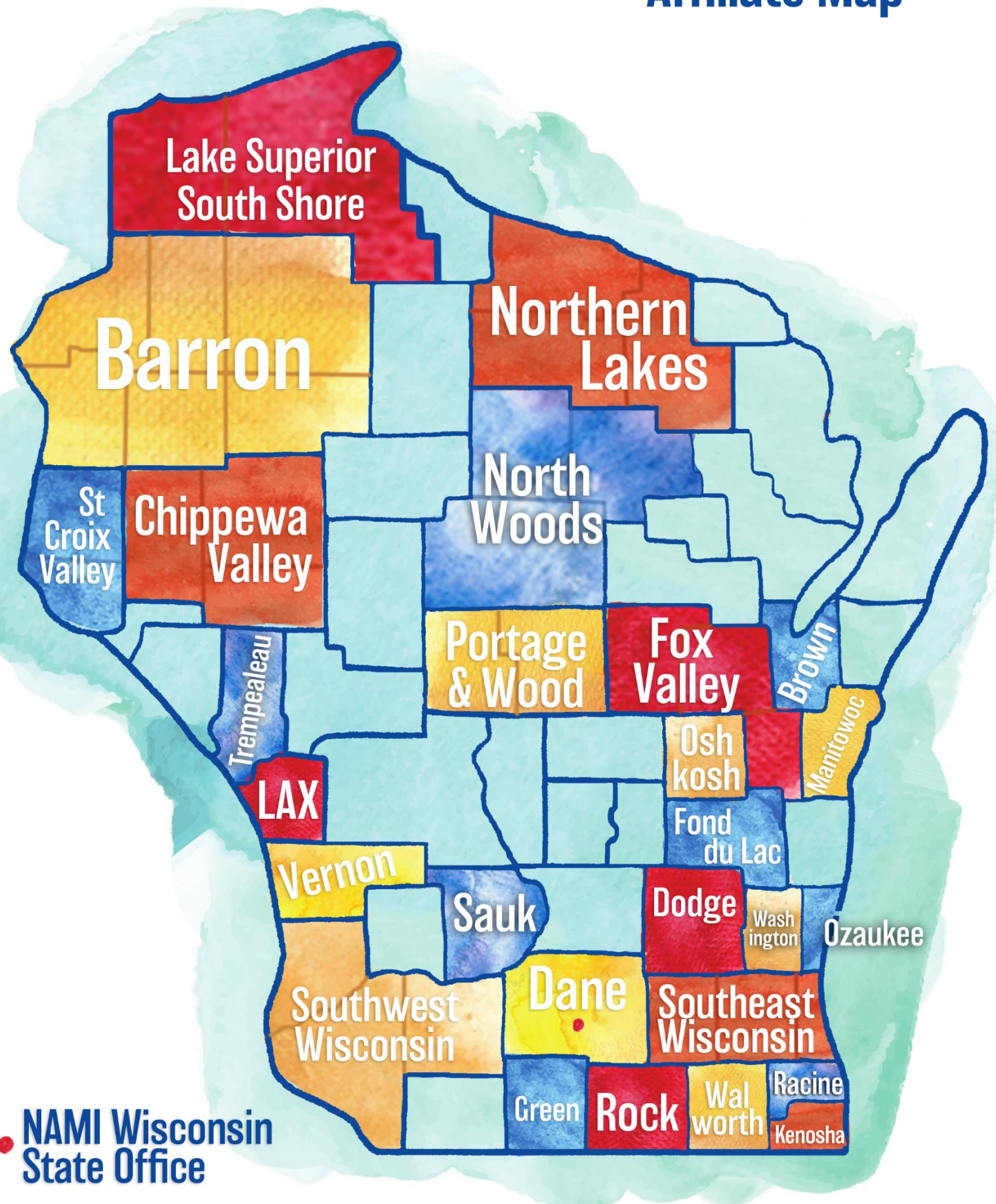
Resources





Wisconsin Affiliate Map

Local NAMI Affiliates:



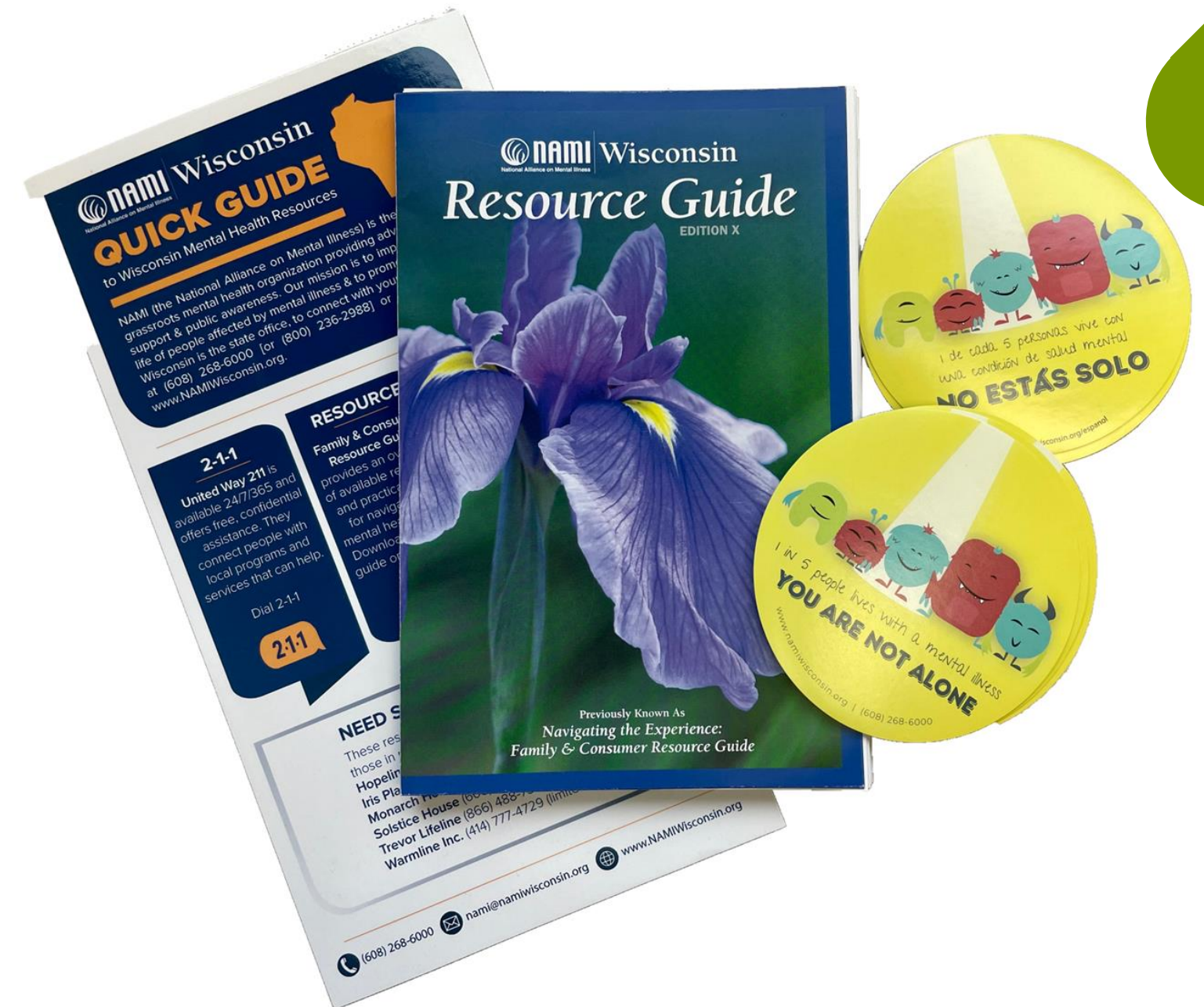
Find your Local Affiliate at:

namiwisconsin.org/find-my-nami

Mental Health Resources for Everyone

NAMI Wisconsin Resource Guide

- ❖ This booklet is for anyone navigating the mental health system or helping someone to do so.
- ❖ Includes information on insurance, housing, legal issues, treatment, medication and more
- ❖ Available electronically on [NAMI Wisconsin's website](https://www.namiwisconsin.org) or can be purchased via hardcopy



NAMI National Mental Health Resources for Youth



Kids, Teens and Young Adults

- ✓ What to look for and when to act
- ✓ Finding mental health care
- ✓ Support and accommodations in school
- ✓ What to do if in crisis
- ✓ Residential treatment
- ✓ How to talk to a parent or guardian
- ✓ Social media and mental health

What to Look For and When to Act

When to worry and how to respond if your child is struggling.

[Learn More >](#)

Getting Your Child Mental Health Support and Accommodations in School

Improve your understanding of how to advocate for your child's needs in school.

[Learn More >](#)

What to Do If Your Child Is in Crisis

Learn the warning signs of a mental health crisis and what to do.

[Learn More >](#)

Residential Treatment

Explore whether residential placement is right for your child and what that would entail.

[Learn More >](#)

<https://www.nami.org/Your-Journey/Kids-Teens-and-Young-Adults>



988 SUICIDE & CRISIS LIFELINE

- ✓ The 988 Suicide & Crisis Lifeline is the new name for the National Suicide Prevention Lifeline, which has been available since 2005.
- ✓ This new three-digit number will be an easy-to-remember way for people to connect with help and support during a mental health, substance use or suicide crisis, providing free and confidential support.
- ✓ People of all ages who need help for themselves or a loved one can access the 988 Suicide & Crisis Lifeline by:
 - Calling 988 (multiple languages).
 - Sending a text message to 988 (English only).
 - Using the chat feature at [988lifeline.org](https://www.988lifeline.org)

Mental Health Resources for Families

American Academy of Child and Adolescent Psychiatry: www.aacap.org : Provides information and resources for families and youth; maintains online library of mental health condition-specific “resource centers” of information for disorders affecting children and youth. Also provides a child and adolescent psychiatrist finder.

Autism Society National Line: call 800-3-AUTISM (800-328-8476) or visit autismsociety.org

Child Mind Institute: www.childmind.org; *Offers information about children’s mental health issues for parents and educators, including a symptom checker for a wide range of disorders.*

InsureKidsNow.gov: (877) 543-7669 / www.insurekidsnow.gov; *Website operated by Centers for Medicare & Medicaid Services (CMS), providing information about Medicaid and CHIP (Children’s Health Insurance program) for families seeking health insurance coverage for children and teens.*

Understood for Learning and Attention Issues: www.understood.org/en; *Provides info to parents of children with learning and attention issues about school accommodations. In particular, website includes info on the “Child Find” mandate that covers school accommodations, IEPs (Individual Education Plans), 504s and IDEA (Individuals with Disabilities Act) at:*

www.understood.org/en/school-learning/your-childs-rights/basics-about-childs-rights/child-find-what-it-is-and-how-it-works

Mental Health Resources for Families

Center for Parent Information and Resources: (937) 642-8100 / www.parentcenterhub.org; An accessible guide for parents (and anyone else) looking to understand more about the Individuals with Disabilities Education Act (IDEA) and other education-related mental health laws. Maintains a “Find a Parent Technical Assistance Center (PTAC)” locator on its website to PTACs in their community that perform a variety of direct services for children with disabilities, families and other organizations that support them at: <https://www.parentcenterhub.org/the-parent-center-network/>

Finding Your Way: A Navigation Guide for Wisconsin Families who Have a Child with Special Health Care Needs and Disabilities – <https://www.dhs.wisconsin.gov/cyshcn/regionalcenters.htm>

Well Badger Resource Center: Health information, referral resources, and hotline: (800) 642-7837; <https://wellbadger.org>

Wisconsin Family Ties: Support and assistance to families who have children with mental health or behavioral health challenges: (800) 422-7145; <https://wifamilyties.org>

**Which of these programs stands out
as something that would be helpful
for you?**

**Have you seen these warning signs,
and what did you do?**



Thank you! Questions?

