Mental Health & Wellness

BEGINNING THE CONVERSATION WITH OUR YOUTH









Content and artwork created by former Safety Director Diane J. Cloutier

Mental Health & Wellness

Why is this conversation so important?



- It helps break the stigma surrounding mental health issues.
- Open discussions create a supportive environment.
- Openly encourages individuals to prioritize their mental well-being.
- Discussing these issues raises awareness and promotes treatment options.
- By normalizing conversations about mental health, we can contribute to a healthier society overall.
- Peer-to-Peer observations and communication is vital.
- Giving our youth the tools to help others and themselves through difficult times is essential.



Important Concept- Provide Reassurance

Think about a time that you felt reassured by someone. What did their reassurance provide?

- Hope
- Comfort
- Advice/Lifeline
- Emotional Support







What are the goals for this training?



To help you to:

- have the confidence to be proactive with assessing potentially harmful changes and warning signs.
- better understand the issues surrounding mental wellness.
- recognize a crisis situation and how to respond.

To provide:

- tools to initiate mental health check-in conversation with our youth members.
- needed resources.



We know that discussing mental health can be difficult…..

- If you need to take a moment to step away, please do so.
- Like Safeguarding Youth Training (formerly YPT), Mental Health Awareness is everyone's responsibility.
- Your feedback is Important!







What is Mental Health?

Mental Health is a state of well-being in which an individual can:

- Realize their own capabilities.
- Cope with the normal stresses of life.
- Work productively
- Contribute to their community





What is a Mental Health Challenge?



A Mental Health Challenge is when:

- There is a major change in a person's behavior.
- The change interferes with the person's ability to function.
- The interference lasts longer than emotions typically do.



Why are protective factors important?



- Protective factors are environments, supports, and behaviors that act to counteract risk factors.
- The more protective factors that are present, the less likely a young person will develop a mental health challenge, and the more likely to be…

…Resilient in the face of adversity!



What does “intervention” mean?



- Intervention refers to recognizing the warning signs of a mental health challenge and stepping in.

Why is early intervention important?

- Early intervention helps to prevent symptoms from becoming more serious.



What are the warning signs of a serious problem?



Be aware that intervention may be required if the person in question has:

- Lost interest in activities.
- Declining grades in school.
- Changed sleep patterns.
- Changed eating patterns.
- Changed friend group and/or isolation.



What are the warning signs of a serious problem?



Be aware that an **immediate** intervention is required if the person in question has:



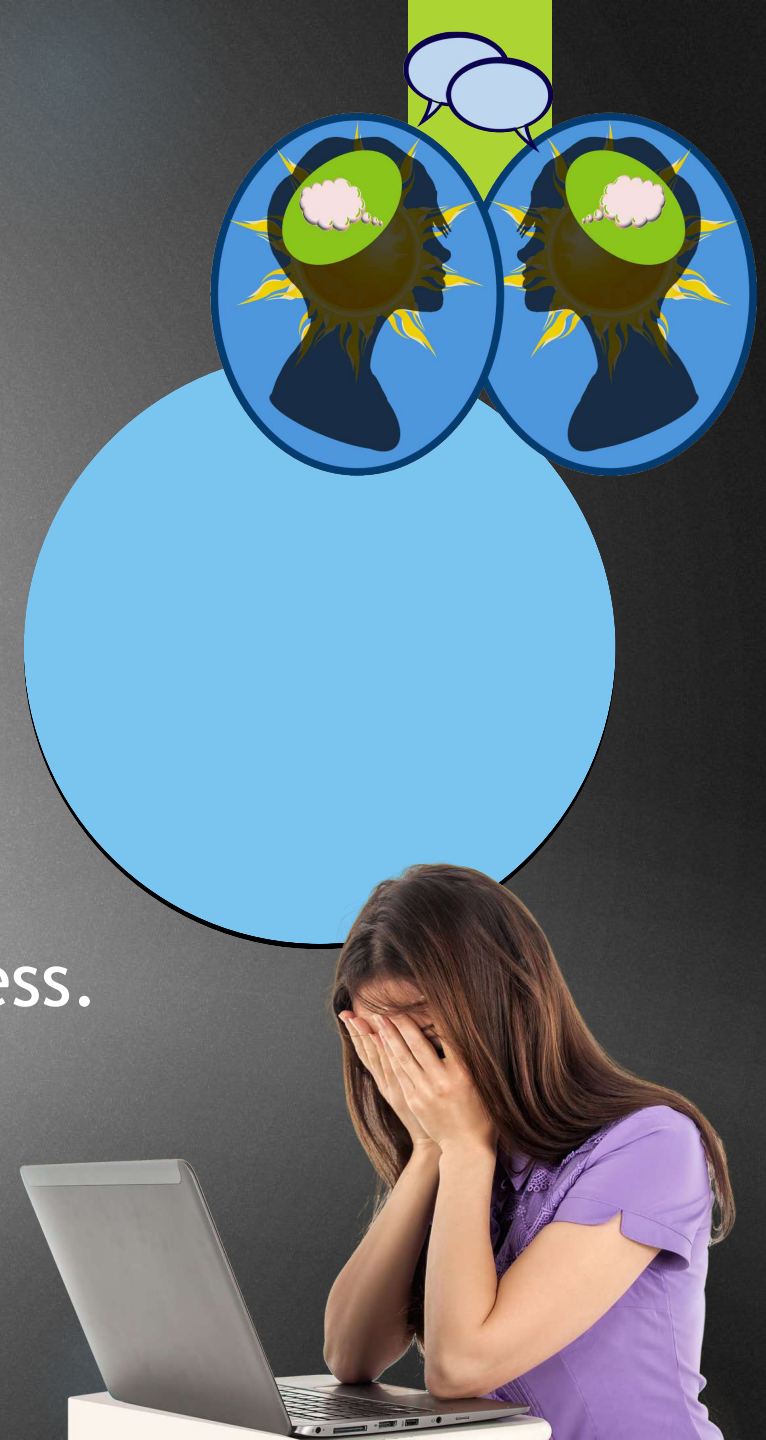
- Resorted to drug or alcohol use/abuse.
- Given away once prized possessions.
- Talked about or started to self-harm.
- Talked about suicide.

Know the signs and respond!

Important Concept- Talking About It

To take no action is the worst course of action.
The person struggling will continue to:

- Feel hopeless.
- Think no one cares about them.
- Spiral downward.
- Be alone with their feelings of worthlessness.



Mental Health First Aid “ALGEE” Action Plan

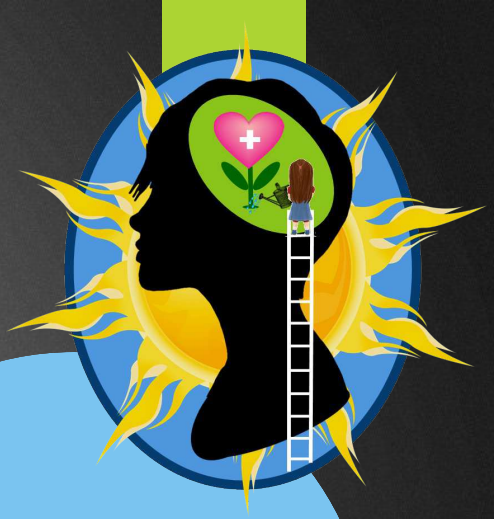
ALGEE: THE ACTION PLAN

- **ASSESS** for risk of suicide or harm.
- **LISTEN** non-judgmentally.
- **GIVE** re-assurance and information.
- **ENCOURAGE** appropriate professional help.
- **ENCOURAGE** self-help and other support strategies.





Key Takeaways:



- The ALGEE action plan is a **non-linear** plan of action.
- Use verbal and non-verbal cues to convey nonjudgmental listening.
- Reassurance is a statement or action taken to remove or lessen a person's fear.
- It is not up to us to make a diagnosis.



The following are immediate crisis:

- Medical emergency
- Suicidal thoughts and behaviors
- Severe effects of drug or alcohol use
- Non-suicidal self-injury ideology
- Severe psychotic states







How should you respond in a crisis situation?

- Ensure your own safety.
- Attempt to de-escalate.
- Connect to appropriate professional help as needed.





How should you respond in a Crisis situation?



Why is self-care so important?



Make the time to take an inventory of your mental health and well-being. Ultimately, if you don't take care of yourself…

YOU WON'T BE ABLE TO TAKE CARE OF OTHERS!



"The real way to gain happiness is to give it to others."
Lord Robert Baden-Powell

Setting up a Youth-Led/Adult Guided Mental Health and Well-Being Conversation:



- Designed for youth ages 11-20.
- Your committee, leaders, and parents must be involved.
- Obtain permission from parents of all who will participate.
- When possible, an adult who is a mental health clinician or mental health first responder should be present.
- A comfortable meeting location should be chosen.
- Your youth leadership should be included in the planning. They will initiate the discussion.
- Adults should be on the periphery mainly just to observe, but to step in if needed.





Following up after the Youth-Led/Adult Guided Mental Health and Well-Being Conversation:

A Debrief is an essential.

- Make sure that your adults and youth leaders are invited to participate in the debrief.
- When possible, an adult who is a mental health clinician or mental health first responder should be present to address concerns and follow-up.





Following up after the Youth-Led/Adult Guided Mental Health and Well-Being Conversation:



Debrief Questions to be asked:

- How could this exercise be improved for the future?
- Did most of your youth participate in the discussion? Was a “Safe Space” maintained during this activity?
- Were there any issues brought up that will need further investigation, conversation, and/or follow-up?
- How can we continue to support the mental health and wellness of our youth?



Following up after the Youth-Led/Adult Guided Mental Health and Well-Being Conversation:

We want to hear from you; your feedback is a gift. After completing this activity with your youth and debriefing, please contact us at Jonathan.diluglio@scouting.org.



Self-Help Coping Strategies- New App Options

Virtual Hope Box- http://t2health.dcoe.mil/apps/virtual-hope-box









Emergency Contact Information



NATIONAL SUICIDE PREVENTION LIFELINE:

- **988** - 24/7 Hotline- call, chat or text





Emergency Contact Information

CRISIS TEXT LINE:

Text “MHFA” to 741741 to speak to a compassionate, trained crisis counselor, a volunteer who has been trained to help with problem-solving and will address the caller’s situation.





Emergency Contact Information- Massachusetts



Massachusetts Department of Mental Health

Emergency/Crisis Services

Call or text 833-773-2445 - available 24 hours a day, 7 days a week, 365 days a year

If you or a family member are experiencing a mental health or substance use disorder crisis, the Behavioral Health Help Line (BHHL) is available 24 hours a day, 7 days a week, 365 days a year. Anyone may contact the Help Line. Call toll-free or text 833-773-2445 for immediate help.

Emergency Contact Information- Rhode Island



Family Service of Rhode Island
familyserviceri.org

Children's Mobile Crisis 24/7 Hotline
(401) 854-6678



The Children's Mobile Crisis (CMC) team provides 24/7 crisis intervention and support for children (ages 2-21) across the state experiencing behavioral or mental health crises.

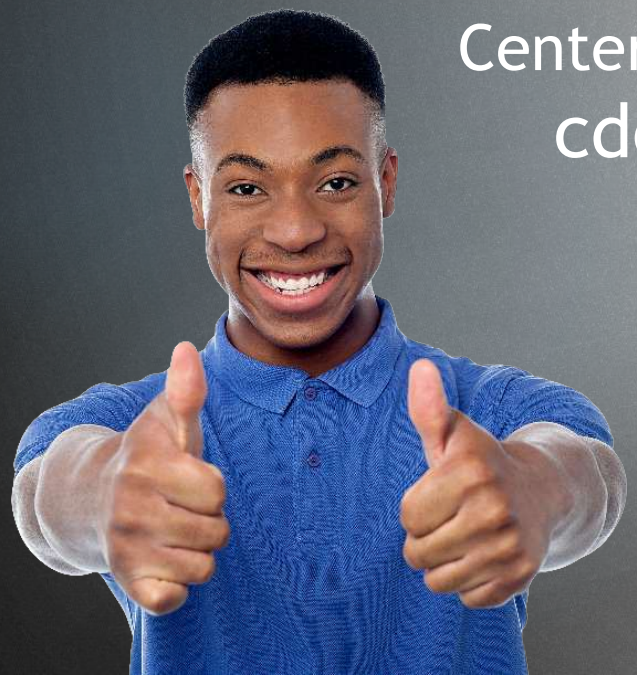


Other Mental Health Training Opportunities:

Mental Health First Aid (MHFA)
connect.mentalhealthfirstaid.org

QPR (Question, Persuade, Refer)
QPRInstitute.com

Center for Disease Control and Prevention (CDC)
cdc.gov/mentalhealth







Questions?

MENTAL HEALTH & WELLNESS BEGINNING THE CONVERSATION WITH OUR YOUTH



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Quotes by Lord Robert Baden-Powell

“See things from the boy’s (child’s) point of view.”

“Teach Scouts not how to get a living, but how to live.”

“A boy (girl) is supremely confident of his own power, and dislikes being treated as a child.”

“When a boy (girl) finds someone who takes an interest in him (her), he (she) responds and follows.”

“The boy (girl) is not governed by don’t, but is led by do.”

“The most important object in Boy Scout training is to educate, not instruct.”

“If you make listening and observation your occupation, you will gain much more than you can by talk.”

“It is only when you know a boy’s (girl’s) environment that you can know what influences to bring to bear.”

“A boy (girl) carries out suggestions more wholeheartedly when he (she) understands their aim.”

“To get a hold on boys (girls) you must be their friend.”

“In Scouting, a boy (girl) is encouraged to educate himself (herself) instead of being instructed.”

“The spirit is there in every boy (girl); it has to be discovered and brought to light.”

“There is no teaching to compare with example.”

