

What Is Mental Health?



QUEENS DEVELOPMENTAL DISABILITY
COUNCIL - CHILDREN'S COMMITTEE
12.13.2022

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Vibrant Emotional Health
& QFYPS Alliance



Vision

Everyone can achieve emotional wellbeing with
dignity and respect.



Today's Learning Objectives

Know

- Your strengths and those of your child
- Know areas of concern
- Your own baseline data
- When someone needs help
- When you need help
- Where to go for help
- Protective Factors



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What Will Not Be Discussed

- Specific disorders
- **Types of services or treatment**
- Evaluations
- School placements
- Residential placements
- Medication
- Social Emotional Learning
- Data
- Covid

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Before we begin

Requests for maximum participation

- Be present
- Respect
- Open minds
- Confidentiality
- Welcome vulnerability
- Try to participate even if you are annoyed
- Work beyond comfort zones
- Take space for your safety

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What is mental wellness



Who defines wellness in our world?

According to the World Health Organization, **mental wellness** is defined as “a state of well-being in which the individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community.”

What is mental wellness

Who defines wellness in our world?



According to the CDC – Centers for Disease Control **wellness** is defined as a dynamic process of learning new life skills and becoming aware of and making conscious choices toward a more balanced and healthy lifestyle across seven dimensions: Social, Physical, Emotional, Career, Intellectual, Environmental, Spiritual



What is mental wellness

Who defines wellness in our world?

According to SAMHSA – Substance Abuse & Mental Health Administration **wellness** is a broad concept. We invite you to think of wellness as meaning being healthy in many dimensions of our lives. That includes the emotional, physical, occupational, intellectual, financial, social, environmental, and spiritual parts. These dimensions are interconnected, one dimension building on another.





Emotional
Spiritual
Intellectual
Physical
Environmental
Financial
Occupational
Social

WELLNESS





WELLNESS

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Please write an example of how you manifest each component of wellness in your life

This time, write an example of any triggers and/or challenges you may have in a domain

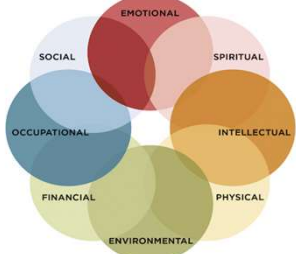


WELLNESS

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About our children

Strengths



WELLNESS

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About our children

Write down any triggers and/or challenges your child may experience in two domains

WELLNESS

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About our children

This time, write an example of a negative behavior your child may experience in one domain

WELLNESS

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WELLNESS

Challenges

WELLNESS

Strengths

Mental health is your state of emotional wellness over time and your ability to learn how to cope and function during the difficulties of life even if it means getting help

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Emotions First®

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[illegible]

- ### Four separate components

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[illegible]

- ## What is a mental health disorder

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Solutions • Since 88

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Slide 18

- LF1** This could inadvertently be confusing. You might want to say that physical health and mental health are connected, but that mental illnesses originate in the brain. They may have physical symptoms, but are issues that actually affect the brain.

Lisa Furst, 7/8/2019

What is a mental health disorder

- Mental illness, also called mental health disorders, refers to a wide range of mental health conditions that affect your mood, thinking and behavior
- Many people have mental health concerns from time to time. But a mental health concern becomes a mental illness when ongoing signs and symptoms cause frequent stress and affect your ability to function.



Examples of mental illness



- Anxiety Disorders
- Affective/Mood Disorders
- Disruptive, Impulse-Control, Conduct Disorders
- Eating and Feeding Disorders
- Impulse Control and Addiction Disorders
- Obsessive-Compulsive Disorders
- Personality Disorders
- Post Traumatic Stress Disorders
- Psychotic Disorders
- Substance Related and Addictive Disorders
- Mental disorders also include forms of dementia, intellectual disabilities and developmental disorders including autism.



Signs and symptoms

Identify Changes In

- Appetite
- Sleep
- Energy
- Mood
- Social Activities
- Appearance
- Emotional state
- Cognitive functioning (concentration, decision-making)



Signs and symptoms

Impact

• Safety

• Relationships

• Work/School

• Activities

• Self-care

• Duration

• Development

• Intensity

• Reason

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Signs and symptoms

• Feelings of guilt or anxiety

• Avoiding activities

• Self criticism phobic/avoidant behaviors

• Risk taking behaviors

• Hallucinations, delusions

• Feeling helpless and/or hopeless

• Ruminating

• Obsessive or compulsive activity

• Lack of motivation

• Thoughts of death or suicide

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Risk factors for mental health problems

• Ongoing stress and anxiety

• Multiple transitions

• Sudden or profound loss

• Environmental factors

• Homelessness/Poverty

• Learned behavior

• Seasonal changes

• Trauma or ACEs

• Medical condition

• Disability (physical, learning)

• Previous episode or existence of another mental illness

• Family history/genetics

• Substance misuse/sensitivity

• Side effects of medication


• Continual difficulty learning

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When to ask for help



The 3 R's

- Responsibilities
- Relationships
- Recreations

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Services

- Therapists
- Clinical Social Workers
- Psychologists
- Psychiatrists
- Nurse Practitioners
- Behavioral Health Clinics
- School Based Mental Health Clinics

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Services

- Day Treatment Programs
- Health Home Services
- Crisis Services
 - Mobile Crisis Teams
 - Home Based Crisis Intervention
- Emergency Services
- Hospital Services

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Services -

BEFORE/NOW

- Case Management
- Health Home Services
- Community Based Waiver Services
- Residential Treatment Facilities

CHANGING

- Home and Community Based Services
- All services thru DOH

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CFTSS -

Children & Families Treatment & Support Services

- Medicaid eligible
- Age 21?
- Can be delivered in the where the child/youth lives, attends school, and/or engages in services
- Proposed services include: Other Licensed Professional (OLP), Crisis Intervention, Community Psychiatric Supports and Treatment (CPST), Psychosocial Rehabilitation Services, Family Peer Support Services, Youth Peer Advocacy and Training

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Who are we

Queens Alliance Family Youth Peer Support

An alliance of three family serving programs:

- Vibrant Emotional Health, lead agency
- Sheltering Arms, partner
- Korean American Family Service Center, partner

SHELTERING ARMS

Children and Family Services

Vibrant

Emotional Health

KOREAN AMERICAN FAMILY SERVICE CENTER

한국가정상담소

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Who are we

Queens Alliance Family Youth Peer Support

- Coordinator that oversees all components of the alliance and serves as a liaison between the programs and DOHMH
- Program supervisor that supervises staff and supports families, oversees daily programmatic operations
- Family and youth peer advocates in each program
- Data analyst

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Who do we serve

Queens Alliance Family Youth Peer Support

- Serving families/caregivers whose children with or without a diagnosis are between the ages of 0-24 and experiencing challenges/barriers navigating various child serving systems
- Undocumented families
- Uninsured families
- Youth

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Empowering Youth

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What do we do

Queens Alliance Family Youth Peer Support

Help parents, youth, children and families to –

- Decide what is the most important challenge they are facing
- We are the bridge helping to connect families to supports in the community and ensure the child/children are receiving the services they are in need of
- Work in collaboration with all parties involved in providing services to the family

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Empowering Youth

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What services do we provide

Queens Alliance Family Youth Peer Support

Services are provided in Spanish, Cantonese, Mandarin, and Korean- generally, our services include, but are not limited to

- Peer advocacy
- Referrals
- Workshops
- Parenting classes
- Youth groups
- Parent support groups

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Queens Alliance Family Youth Peer Support

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What makes us different

Queens Alliance Family Youth Peer Support

- We are not case managers but partners in the journey of care and systems that are impacting our families
- We are not members of CFTSS teams, because we are not providing treatment or billable services
- Family and youth peer advocates have lived experience, therefore are able to assist and support the families and youth from a strength based lens

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Queens Alliance Family Youth Peer Support

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What is our referral process

Queens Family & Youth Peer Support Alliance

1. Referrals come to us from different service providers
2. Self referrals are accepted
3. The referral form is filled out and sent to supervisor and or a staff member and then it's assigned to a FPA or YPA
4. Parent/caregiver is contacted for more information and intake process

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Queens Family & Youth Peer Support Alliance

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Please remember

Suicide is the second leading cause of death for 10 -14 year-olds.

American Academy of Child and Adolescent Psychiatrists – March 2019

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Where to go for help beyond your supports

NYC WELL

Talk. Text. Chat.

24/7

<https://nycwell.cityofnewyork.us/en/>

988

https://988lifeline.org/?utm_source=google&utm_medium=web&utm_campaign=onboard

www.Bethe1To.com

Be the 1 to

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Protective factors to promote wellness

• Awareness

• Economic security

• Access to recreation

• Clear expectations

• Structure

• Community involvement

• Meaning & purpose

• Healthy lifestyle choices

• Self regulating skills

• Interpersonal coping skills

• Spirituality

• Socialization/connectedness

• Sense of self worth

• Self care activities

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Protective factors in parenting to promote wellness

What are the ingredients...

- Healthy lifestyle choices
 - Encourage/teach play
 - Visits to museums
 - EVERYONE goes to sleep on time
- Have realistic expectations
- Find the ability to be flexible

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Protective factors in parenting to promote wellness

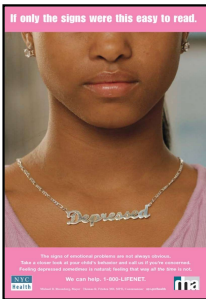
What are the ingredients...

- Support stress management skills that build resiliency
 - ✓ Schedule down time
 - ✓ Spirituality
- Create a strengths-based “toolkit”
 - ✓ Activities based upon strengths
 - ✓ Specialized calendars created by the whole family
- Recreation development and planning
- Knowing when professional support is needed

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