




Mental Health

Identification and Resources



Covered Topics Will Entail:

- ▶ Youth Mental Health First Aid - what you will learn in a course.
 - ▶ Trauma- Informed Approaches – what are the little steps you can take.
 - ▶ Suicide Prevention – how to ask the question.
 - ▶ Confidentiality and Reporting – the importance of not agreeing to keep a “secret.”
 - ▶ Self-Care – being a traffic education instructor is no easy task.
 - ▶ Resources – State and community resources.
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Youth Mental Health First Aid (YMHFA)

- ▶ Youth Mental Health First Aid is an 8-hour training course designed to give members of the public key skills to help an adolescent who is developing a mental health problem or experiencing a mental health crisis. The 8-hour course covers a range of common disorders and potential crises such as helping a young person who is having a panic attack, is contemplating suicide, or is struggling with substance abuse.
- ▶ Youth Mental Health First Aid certification teaches participants to:
 - Recognize the potential risk factors and warning signs of a variety of mental health challenges common among adolescents, including: depression, anxiety, psychosis, eating disorders, AD/HD, disruptive behavioral disorders, and substance use disorders.
 - Use a 5-step action plan to help a young person in crisis connect with appropriate professional help.
 - Interpret the prevalence of various mental health disorders in youth within the U.S. and the need for reduced negative attitudes in their communities.
 - Apply knowledge of the appropriate professional, peer, social, and self-help resources available to help a young person with a mental health problem treat and manage the problem and achieve recovery.
 - Assess their own views and feelings about youth mental health problems and disorders.



Trauma-Informed Approaches

In a very complex approach, you can take little steps by:

- ▶ Asking “What happened to you?” verses “What did you do?”
- ▶ Consider the slang terms you use. Try not to use words like “crazy,” “psycho,” “shoot,” and “committed.” Use words like “challenging,” “unstable,” “go for it,” and “completed.”
- ▶ Evaluate your policies and procedure to assess if they are re-victimizing the student.
- ▶ Use alternative types of discipline and consequences that teach the desired behavior.
- ▶ <http://www.mthcf.org/wp-content/uploads/2017/01/Trauma-Informed-Approaches-Full-Report-Final-01.16.17.pdf>




Suicide Prevention




- ▶ <http://opi.mt.gov/Programs/HealthTopics/SuicideAware.html>
- ▶ <http://opi.mt.gov/pdf/Health/SuicideAware/HB374TrainingGuidance.pdf>
- ▶ <http://jasonfoundation.com/get-involved/educator-youth-worker-coach/professional-development-series/>
- ▶ Kognito – *At-Risk*: Coming soon to the OPI Teacher Learning Hub
- ▶ OPI Teacher Learning Hub courses; Student Guided Approach to Suicide Prevention
- ▶ Suicide Prevention Life Line (800) 273 TALK (8255)
- ▶ Suicide Text Line Text MT to 741-741
https://www.youtube.com/watch?v=jlc5ZjIB_7s



Confidential and Reporting

- ▶ Suicide and Imminent Danger is never confidential. Never promise to “never tell anyone” or “keep it between us”.
 - ▶ Mandatory reporting requirements.
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Self-Care

- ▶ Employee Assistance Programs
- ▶ Self-Regulate: exercise, taking time for you, or doing things you enjoy.
- ▶ Staff debriefings: Ask the guiding questions: what are we trying to accomplish? (look at your strengths), where did we miss our objective? (look for the gaps), what caused our results? (ask yourself "why" 5 times), and what should we start, stop, or continue to do? (focus on moving forward).
- ▶ OPI Teacher Learning Hub courses; Dealing with Grief & Loss in Adolescents



Resources

- ▶ Youth Mental Health First Aid
- ▶ Office of Public Instruction
- ▶ Substance Abuse Mental Health Services Administration
- ▶ Department of Public Health and Human Services

- ▶ Contact Holly Mook at (406) 444-0773 or at hmook2@mt.gov