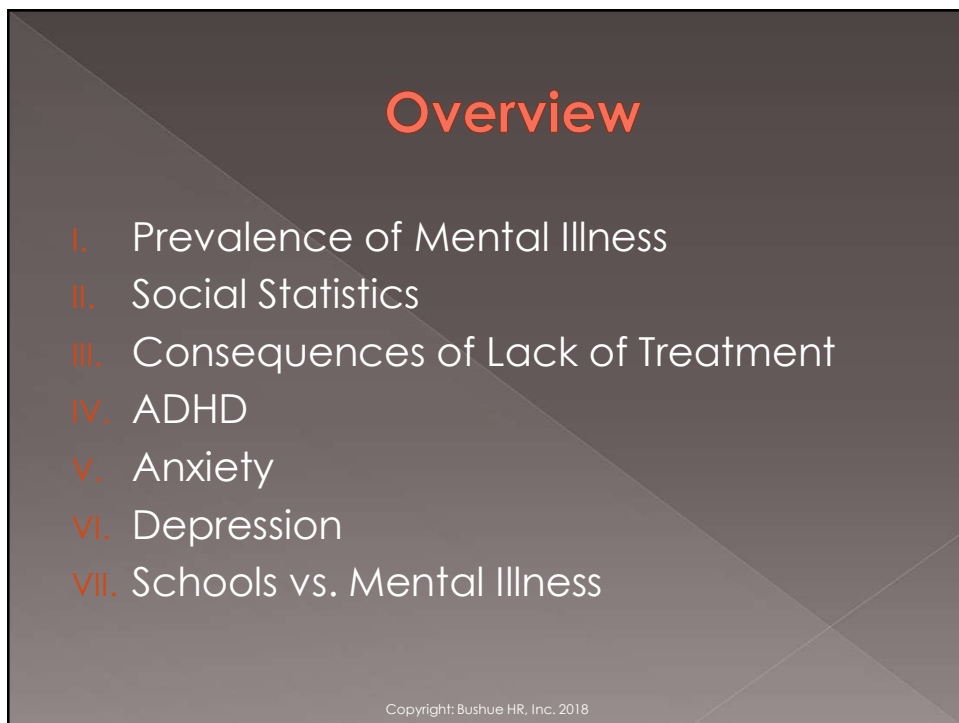




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## Prevalence of Mental Illness

- Approximately 1 in 5 adults – 43.8 million people – experience some form of mental illness.
- Just over 20% of children, either currently or at some point during their life, have had a seriously debilitating mental disorder.

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## Social Statistics

- Approximately half (50.6%) of children with mental disorders have received treatment for their disorder within the past year.
- African Americans and Hispanic Americans used mental health services at about 1/2 the rate of Caucasian Americans in the past year and Asian Americans at about 1/3 the rate of Caucasian Americans.

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## Consequences of Lack of Treatment

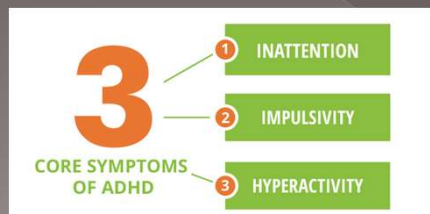
- ⦿ Serious mental illness costs the U.S. \$193.2 billion in lost earnings per year.
- ⦿ Suicide is the 10<sup>th</sup> leading cause of death in the U.S., the 3<sup>rd</sup> leading cause of death for people aged 10–24 and the 2<sup>nd</sup> leading cause of death for people aged 15–24.
- ⦿ Mood disorders are the 3<sup>rd</sup> most common diagnosis for children 1-17 and adults 18-44 years.

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## ADHD

- ⦿ Symptoms of ADHD
  - While some behaviors associated with ADHD are normal, someone with ADHD will have trouble controlling these behaviors and these behaviors often stay with those diagnosed for more than 6 months.



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## ADHD Symptoms

- Signs of inattention include:
  - Becoming easily distracted and jumping from activity to activity.
  - Becoming bored with a task quickly.
  - Difficulty focusing or completing a single task or activity.
  - Trouble completing or turning in homework assignments.
  - Losing things such as school supplies or toys.
  - Not listening or paying attention when spoken to.
  - Daydreaming or wandering with lack of motivation.
  - Difficulty processing information quickly.
  - Struggling to follow directions.

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## ADHD Symptoms

- Signs of hyperactivity include:
  - Fidgeting, squirming, having trouble sitting still.
  - Non-stop talking.
  - Touching or playing with everything.
  - Difficulty doing quiet tasks or activities.
- Signs of impulsivity include:
  - Impatience.
  - Acting without regard for consequences (i.e. blurting things out).
  - Difficulty taking turns, waiting, or sharing.
  - Interrupting others.

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## ADHD Causes

- The two factors most believed to contribute to ADHD:
  - › **Genetics.** Research shows that genes may be a large contributor to ADHD.
  - › **Environmental factors.** Studies show a link between cigarette smoking and alcohol use during pregnancy and children who have ADHD.

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## ADHD Treatment

- ADHD is managed and treated in several ways:
  - › Medications
  - › Behavioral Therapy
  - › Self-management and education programs

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## Anxiety Disorders

- Everyone experiences anxiety. Speaking in front of a group makes most of us anxious, but that motivates us to prepare and do well.
- Anxiety turns into a possible anxiety disorder when anxious thoughts and feelings prevent us from doing everyday things.

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## Types of Anxiety Disorders

- Panic Disorder
- Phobias
- Generalized Anxiety Disorders (GAD)
- Social Anxiety Disorder



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## Anxiety Disorder Symptoms

- ④ Emotional symptoms:
  - > Feelings of apprehension or dread
  - > Feeling tense and jumpy
  - > Restlessness or irritability
  - > Anticipating the worst and being watchful for signs of danger
- ④ Physical symptoms:
  - > Pounding/racing heart and shortness of breath
  - > Upset stomach
  - > Sweating, tremors and twitches
  - > Headaches, fatigue, and insomnia
  - > Upset stomach, frequent urination, or diarrhea

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## Anxiety Disorder Causes

- ④ **Genetics** - Studies show that anxiety disorders often run in families. Some families will have a higher than average number of members experiencing anxiety issues, and studies support the evidence that anxiety disorders run in families. Genetics can be a factor in someone developing an anxiety disorder.
- ④ **Environment**- A stressful or traumatic event such as abuse, death of a loved one, violence, or prolonged illness is often linked to the development of an anxiety disorder.

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## Ways to Treat Anxiety Disorders

- Psychotherapy
- Medications
- Complementary health approaches

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## Depression

- An estimated 16 million American adults, almost 7% of the population, had at least 1 major depressive episode last year.



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## Depression Symptoms

- Changes in sleep
- Changes in appetite
- Lack of concentration
- Loss of energy
- Lack of interest
- Low self esteem
- Hopelessness
- Changes in movement
- Physical aches and pains

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## Causes of Depression

- Trauma
- Genetics
- Life circumstances
- Brain structure
- Other medical conditions
- Drug or alcohol abuse

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## Ways to Treat Depression

- Medications
- Psychotherapy
- Brain Stimulation therapy
- Light therapy
- Exercise
- Alternative therapies
- Mind/Body/Spirit approaches

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## Facts about Depression

- 25% of students whose friend tells them they have thought or are thinking about suicide don't tell an adult.
- For cultural reasons, men may feel more shame about their depression and simply try to tough it out or use alcohol or drugs to self-medicate.
- Children/teens at higher risk for depression include: those who have attention deficit/hyperactivity disorder, learning or anxiety disorders and oppositional defiance disorder.

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## Ways Schools can Help

- One of the biggest factors of successful treatment depends on the quality of school/community partnerships.
- Suggest new or revised school board policies on mental health.
- Engage and empower students in reducing stigma and increasing help-seeking (show details or ways to do this).
- Find the right program that fits your school.

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## Ways Schools can Help

- Mental health won't go away with a one-day seminar or one-week advocacy event! We need long, sustainable mental health education.
- Show hopeful images, not sad ones.



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## Who to Contact

- Go to your school counselor
- Contact local Health Department
- Contact local Mental Health Agencies

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25

# THE END!!!

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26