

A WALK IN OUR SHOES: WHAT HELPS & WHAT HARMS

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PEER SUPPORT:

Who we are

A peer advocate is someone that fights for the rights of another person with whom they share similar experiences. They also help empower individuals by sharing information and showing them how to speak up for themselves. The key piece is that a peer advocate is a “peer” because he/she has been through similar experiences and understands the struggles of the person they are advocating for.

Components of Recovery



Resources

www.samhsa.gov

National Mental Health Information Center

1-800-789-2647, 1-866-889-2647 (TDD)

A PEER'S PERSPECTIVE



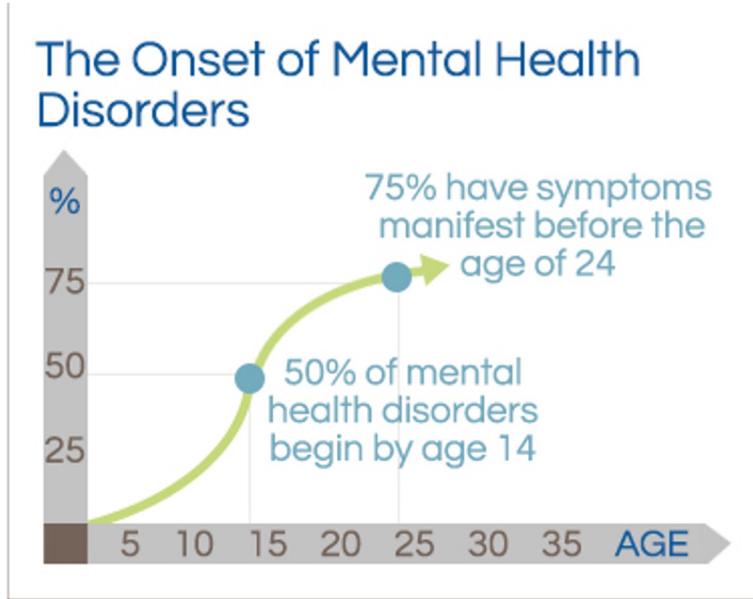
The Overlap

MENTAL HEALTH IN
YOUTH

1 in 5

YOUNG PEOPLE ARE DIAGNOSED WITH A MENTAL

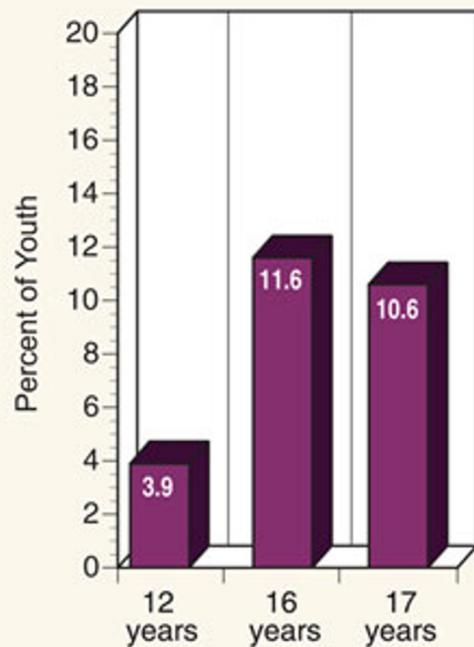
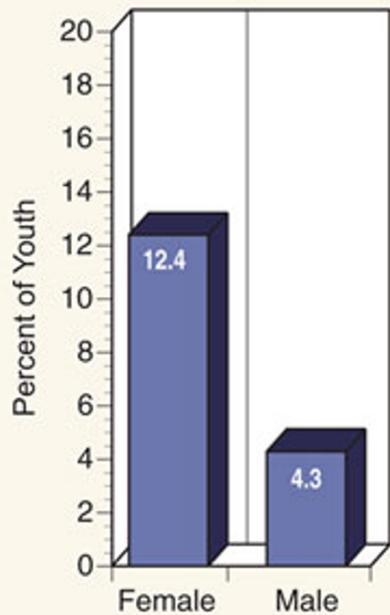
ILLNESS



ANXIETY DISORDERS- AGE 7
EATING DISORDERS- AGE 12
SUBSTANCE USE DISORDERS-
AGE 15
SCHIZOPHRENIA- AGE 22
BIPOLAR- AGE 25
DEPRESSION- AGE 32

ONE-HALF OF ALL LIFETIME CASES OF MENTAL ILLNESS BEGIN BY AGE 14;
THREE-QUARTERS BY AGE 24.

Prevalence of Depression Among U.S. Youth by Sex and Age



Data courtesy of SAMHSA

FACTORS PERTAINING TO A DEVELOPING DISORDER

Risk Factors:

Stressful events, abuse or trauma

Ongoing stress and anxiety

Previous episode of mental
illness

Genetics

Chemical imbalance

Side effects of medication

Seasonal changes

Protective Factors:

High self esteem

Good problem solving skills

Feeling in control in their own
life

Strong support system

Peer/Family/Parental

Regular school attendance &
academic performance

Availability of constructive

DID YOU KNOW?

Children with disabilities are 2 to 3 times more likely to be bullied in the United States

Victims of bullying had 14 times the risk of panic disorder, 5 times the risk of depressive disorders, and 10 times the risk of suicidal ideation and behavior

Bullies themselves have 4 times the risk of developing antisocial personality disorder

BULLYING

TYPES OF BULLYING:

Physical

includes hitting, kicking, tripping, pinching and pushing, or damaging property

Verbal

includes name-calling, insults, teasing, intimidation, homophobic or racist remarks, or verbal abuse.

TYPES OF BULLYING, CONT'D

Social & Emotional

also nicknamed "relational bullying", includes behaviors designed to harm a child's reputation or cause humiliation, like lying and spreading rumours, negative facial gestures, playing mean jokes to embarrass or humiliate a child, mimicking the child in a mean way, encouraging social exclusion of a child, etc.

Cyber

includes taunting or humiliation through social media sites (Facebook, Twitter, etc.) or the Internet, cruel websites targeting specific youth, humiliating others while playing online games, verbal or emotional bullying through chat rooms, instant message or texting, posting photos of other youth on rating websites, etc.

RISK FACTORS FOR BULLYING

Some factors can make a young person more likely to be a victim of bullying, including:

- Having a learning disability

- Having a speech impairment

- Being clumsy

- Being 'off task' and disruptive

- Not having good social or emotional skill

- Not having a consistent friend group

YOUTH CULTURE

YOUTH WHO ARE BULLIED: SELF ESTEEM & SELF IDENTITY

Studies show that young people who have been bullied are more likely to have lower self-esteem and self-confidence

Sustained bullying focusing on a specific aspect of someone's identity may have significant effects

Negative mindset on oneself- "there's something wrong with me"

YOUTH WHO BULLY OTHERS

Youth who bully others may engage in violent and other risky behaviors into adulthood. They are more likely to:

- Abuse drugs and alcohol in adolescence and as adults

- Get into fights, vandalize property, and drop out of school

- Engage in early sexual activity

- Have criminal convictions and traffic citations as adults

- Be abusive toward their romantic partners, spouses, or children as adults

BYSTANDERS

Youth who witness bullying are more likely to:

- Have increased use of tobacco, alcohol, or other drugs

- Have increased mental health problems, including depression and anxiety

- Miss or skip school

WHAT HELPS AND
WHAT HARMS:
WHAT IS OUR ROLE?

KEY CONSIDERATIONS

A young person may conceal the impact that bullying is having on their emotional wellbeing.

Be aware that disruptive behaviour can be concealing mental health issues.

Ensure that all individuals are treated with the same respect- set the environment

Supporting the victim of bullying may also entail receiving support for both the youth being bullied, and the youth displaying the bullying behavior

Consider the need to provide additional learning support for youth who are being bullied

WTF- WHAT'S THE FUNCTION?

Typical stages of development vs. warning signs:

Examine the impact of the change

Is the youth struggling in school, daily activities and social settings across the board?

WARNING SIGNS

Long lasting sadness or irritability

Sudden loss of interest in activities the person usually enjoys

Withdrawal from others

Changes in sleep patterns

Sudden changes in appetite or eating habits

Always feeling tired or slow

Being restless, anxious, or worried

Not being able to concentrate or think clearly

Feeling worthless, guilty, helpless, or hopeless

Aches and pains with no obvious physical cause

Thinking or talking about death or suicide

Giving away prized possessions or saying good-bye to people can be sign of suicidal thoughts or intentions

OUR ROLE

Setting social norms- a climate of understanding

Challenging bullies and negative behavior

Understand the sensitivity of the matter

Effective communication

Reacting vs. Responding

Awareness of the situation

ACTION PLAN: EFFECTIVE PRACTICES

Ensure young people know where to go and who to speak to about bullying

Provide support for the young person who has displayed the bullying behaviour as well as the young person who has been bullied

Identify and monitor bullying behavior

Treat any report of bullying as valid

Promote positive community ethics towards mental health issues & bullying awareness

Ask yourself: Do I have policies in place?

RESILIENCY

When difficulties are encountered, youth tend to be quote resilient. They can:

Mature

Thrive

Increase their competence

COMMUNITY SUPPORTS

Q & A

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