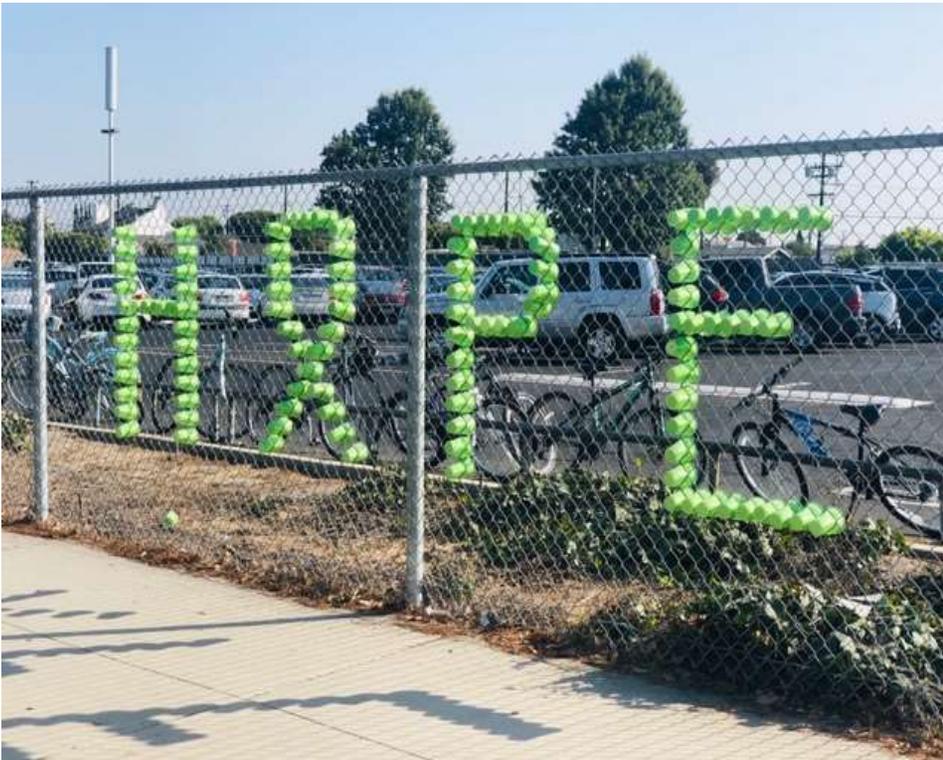


# Welcome to Parent Night....

## Mental Health Awareness

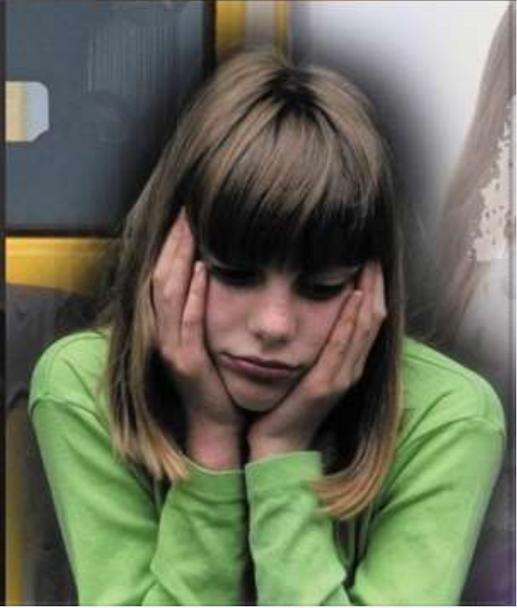
- Sage-School Based Mental Health Agency
- NAMI-National Alliance on Mental Illness, Paul Stansbury
- Mindful Club from West High



The word "sage" is written in a bold, lowercase, serif font. A green leafy branch extends from the top of the letter 'g'. A thick, dark blue brushstroke underlines the word, starting from the left and ending under the 'e'. The entire logo is set against a white background within a thin black border.

sage

**Supporting Students' Social and Emotional Well-Being**





1 in 8

young people is clinically depressed

1/2

of those will attempt suicide

6%

will be die by suicide

**every 35 seconds**  
**a child is confirmed**  
**as abused or neglected**

every 6 hours

a child is killed by  
abuse or neglect

# 26%

of high school girls have been a victim of physical abuse, sexual abuse or date rape

# 80%

of young people with mental health concerns are not getting help

*“Build it and they will come.”*



# CASSY Founded in Northern California (2009)

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	Summer 2009	2019-20
Budget	\$5,000	\$4.3M
Districts	1	20
Schools	1	70
Staff	2	75

# Created New SoCal Agency Based on CASSY Concept

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Fall 2017: Partnership with  
PVPUSD



Fall 2019: Expanded to include  
TUSD and LCUSD;  
Rebranded as Sage

# Sage Services

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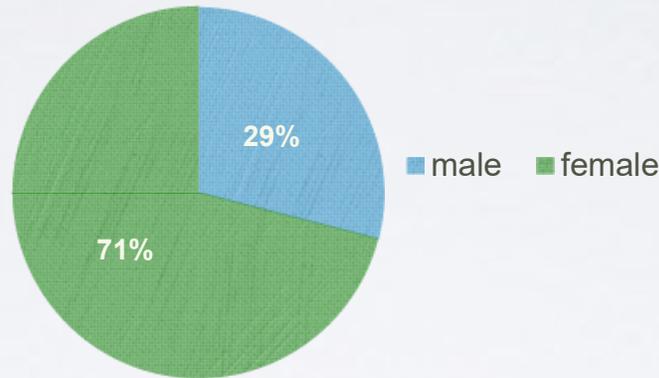
Ongoing Counseling	Parent Consultation and Outreach
Mental Health Education	Staff Consultation and Training
Crisis Intervention and Treatment	Student Wellness Center

# Data

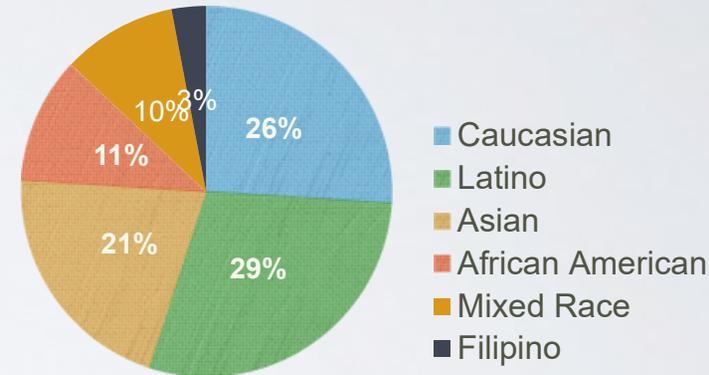
(8/26/19-10/31/19)



**STUDENTS ASSESSED**



**GENDER**



**ETHNICITY**

SERVICES PROVIDED	#
Sage hours per week	40
Therapeutic Sessions	99
Staff Consultations	300
Parent Consulataions	27

PRESENTING ISSUE	%
Anxiety Symptoms	37
Depression Symptoms	34
Suicidal Thoughts	16
Communication w/Parents	16
Self Esteem	11

# Program Measurement

---

*Sage uses a mix of qualitative and quantitative metrics to assess our services:*

▶ Quantitative

- Measure CGAS (Children' Global Assessment Scale) — a global measure of social and psychiatric functioning — at the beginning and end of treatment

▶ Qualitative

- Sage sends surveys to students, parents and school staff to rate our services at the end of the year

The word "sage" is written in a bold, lowercase, serif font. A green leaf extends from the left side of the 's'. A white flower with a yellow center is positioned above the 'g'. The letters are filled with a white, textured pattern that looks like a fine spray or a stippled effect.

**Supporting Students' Social and Emotional Well-Being**

# SAGE So Cal

School Based Therapist -  
Christine McLarty, AMFT

Email: [mclarty.christine@tusd.org](mailto:mclarty.christine@tusd.org)

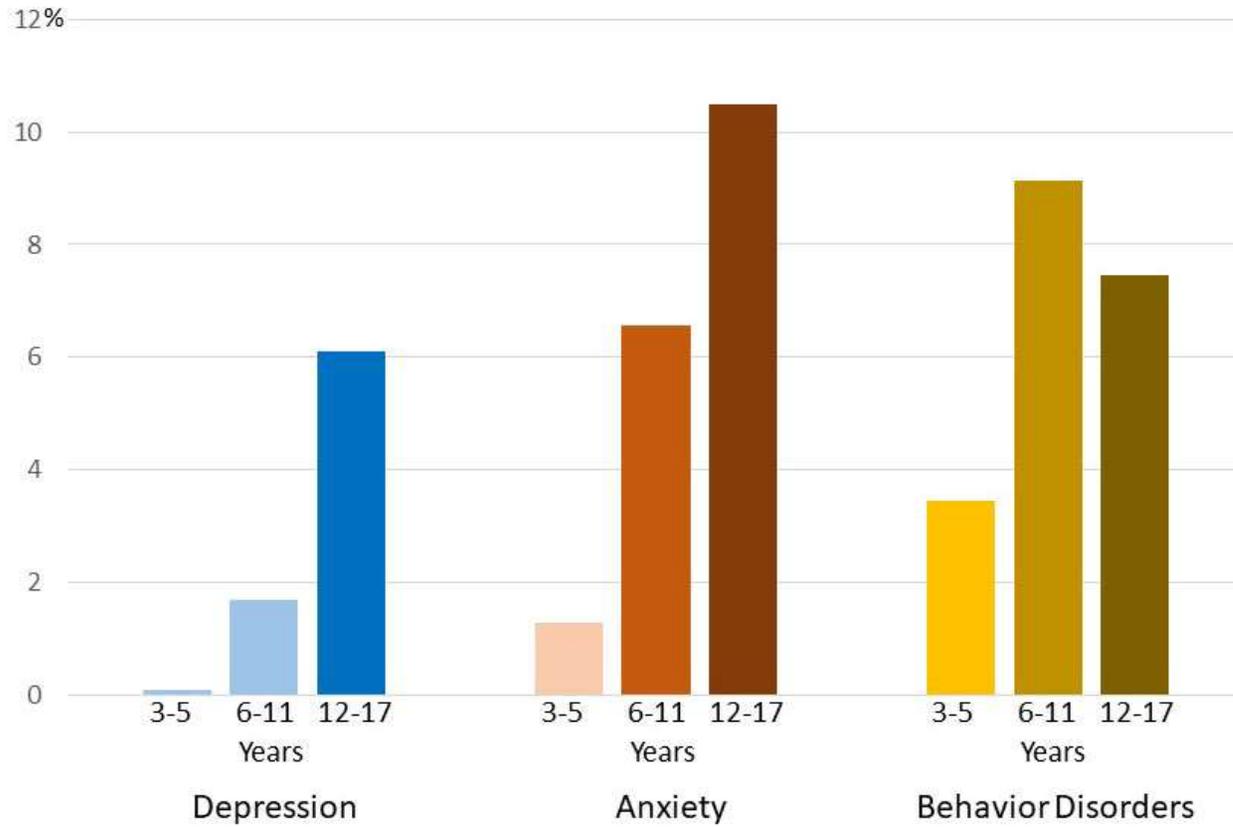
Ph: 310-533-4299 ext.7700

Counseling Office Rm: 1119, school hours

# Anxiety and Teens

- ▶ Anxiety disorders are among the most common mental, emotional, and behavioral problems to occur
- ▶ About 13 of every 100 children and adolescents ages 9 to 17 experience some kind of anxiety disorder
- ▶ Girls are affected more than boys. About 50% of children and adolescents with anxiety disorders have a 2nd anxiety disorder or other mental/behavioral disorder
- ▶ Anxiety disorders may coexist with physical health conditions as well

## Depression, Anxiety, Behavior Disorders, by Age



Centers for Disease Control (April 2019)

# What is Anxiety?

- ▶ **Anxiety is a general feeling of apprehension or worry and is a normal reaction to stressful situations**
- ▶ **Fight or flight response to stressful stimuli**
- ▶ **Anxiety disorders are characterized by excessive feelings of panic, fear, or irrational discomfort in everyday situations**
- ▶ **When symptoms become acute or constant then students develop an anxiety disorder such as**
  - ▶ **Generalized Anxiety Disorder**
  - ▶ **Panic Disorder**
  - ▶ **PTSD**
  - ▶ **Acute Stress Disorder**
  - ▶ **OCD**
  - ▶ **Separation Disorder**
  - ▶ **Etc...**

# What to look for ....

- ▶ **RED FLAGS** should go up when feelings become excessive, thoughts become irrational and everyday functioning becomes impaired.
- ▶ Students may feel a sense of dread
- ▶ Have fears of impending doom
- ▶ Experience a sense of suffocation
- ▶ Anticipation of unarticulated catastrophe
- ▶ Loss of control over their breath, swallowing, speech, and coordination
- ▶ Somatic Complaints-stomachaches, headaches, nausea, tingling of hands and feet, etc.

# Effects of Anxiety...

- ▶ Restlessness
  - ▶ Feeling keyed-up or on edge
  - ▶ Easily fatigued
  - ▶ Difficulties concentrating
  - ▶ Irritability
  - ▶ Muscle tension
  - ▶ Sleep disturbances
- 
- ▶ School failure
  - ▶ Absenteeism
  - ▶ Classroom disruption
  - ▶ The inability to complete basic tasks
  - ▶ Family stress
  - ▶ Impaired social relationships
  - ▶ Disruption of routine

# Strategies...

- ▶ It is important for behaviors to be reinforced at home as well as in school therefore parents should be involved in the treatment process
- ▶ Mental health treatment either school based therapist or outside therapist.
  - ▶ Individual therapy
  - ▶ Family Therapy
- ▶ Medical evaluation with pediatrician/primary care doctor.
- ▶ Talk to school counselors
- ▶ School/learning accommodations

# What can parents do...

## *Helping your teenager face anxiety*

- ▶ Acknowledge your child's fear
- ▶ Gently encourage
- ▶ Help your child set small goals
- ▶ Try not to get upset

# What can parents do...

## *Helping your teenager face anxiety*

- ▶ Share your own experiences
- ▶ Normalize their experience
- ▶ Talk with your child about his other emotions
- ▶ Show affection
- ▶ Avoid labels such as “shy” “anxious” “worrier”
- ▶ Make time in your family routine for things that your child enjoys and finds relaxing.
- ▶ Adjust teenagers schedule if it is too demanding...is your teenager doing too much?
- ▶ Encourage a healthy lifestyle for your child, with plenty of physical activity, sleep and a healthy diet.

# How can I know?

- ▶ Is my child's anxiety stopping them from doing things they want to do? Is it interfering with friendships, schoolwork or family life?
- ▶ How does my child's behavior compare with the behavior of other young people the same age?
- ▶ Is my child extremely distressed by feelings of anxiety?

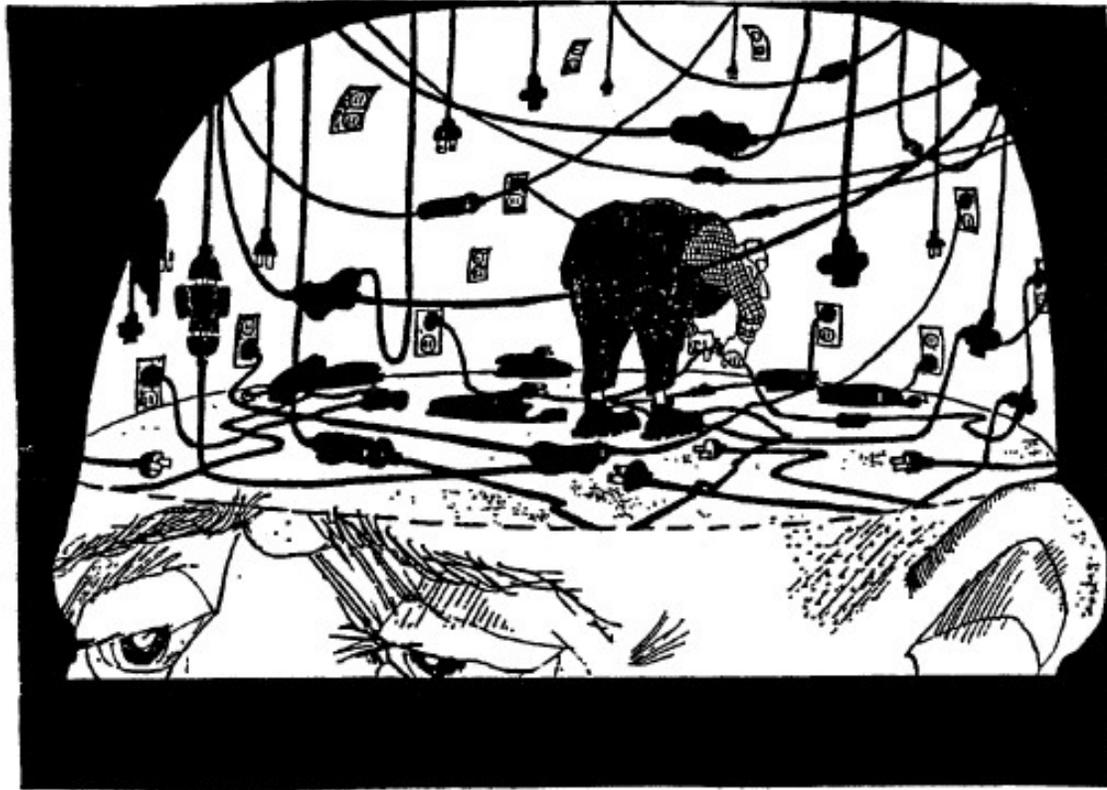
# Resources

- ▶ **School Based Therapist-West High**
- ▶ **[caresolace.com/torranceparents](http://caresolace.com/torranceparents)**
- ▶ **211.org or dial 2-1-1 national database of mental health services**
- ▶ **CA Youth Crisis Line 800-843-5200**
- ▶ **Teen Line 800-852-8336, Text “TEEN” to 839863**
- ▶ **National Suicide Hotline 800-273-8255**

# National Alliance on Mental Illness



Support, Educate and Advocate



## HOW THE BRAIN WORKS

**MANY BRAIN REGIONS** and systems operate abnormally in schizophrenia, including those highlighted below. Imbalances in the neurotransmitter dopamine were once thought to be the prime cause of schizophrenia. But new findings suggest that

impoverished signaling by the more pervasive neurotransmitter glutamate—or, more specifically, by one of glutamate's key targets on neurons [the NMDA receptor]—better explains the wide range of symptoms in this disorder.

### **BASAL GANGLIA**

Involved in movement and emotions and in integrating sensory information. Abnormal functioning in schizophrenia is thought to contribute to paranoia and hallucinations. [Excessive blockade of dopamine receptors in the basal ganglia by traditional antipsychotic medicines leads to motor side effects.]

### **AUDITORY SYSTEM**

Enables humans to hear and understand speech. In schizophrenia, overactivity of the speech area [called Wernicke's area] can create auditory hallucinations—the illusion that internally generated thoughts are real voices coming from the outside.

### **OCCIPITAL LOBE**

Processes information about the visual world. People with schizophrenia rarely have full-blown visual hallucinations, but disturbances in this area contribute to such difficulties as interpreting complex images, recognizing motion, and reading emotions on others' faces.

### **FRONTAL LOBE**

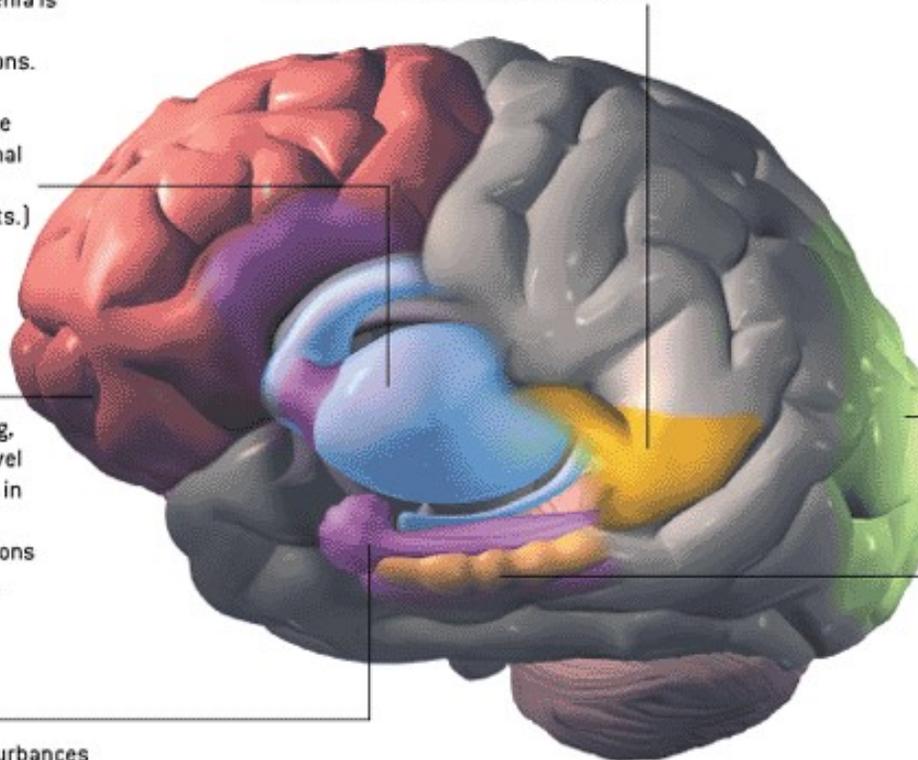
Critical to problem solving, insight and other high-level reasoning. Perturbations in schizophrenia lead to difficulty in planning actions and organizing thoughts.

### **LIMBIC SYSTEM**

Involved in emotion. Disturbances are thought to contribute to the agitation frequently seen in schizophrenia.

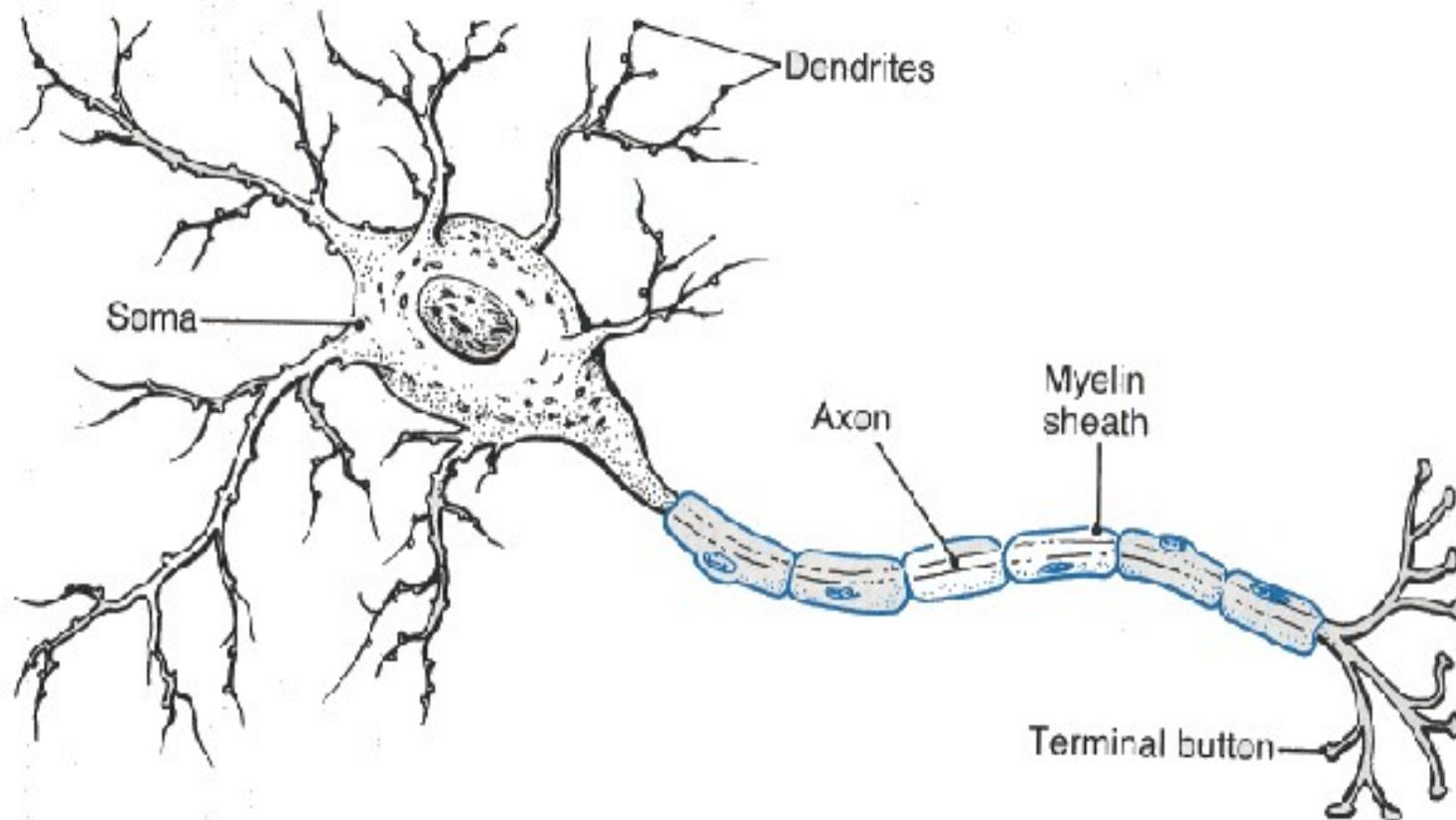
### **HIPPOCAMPUS**

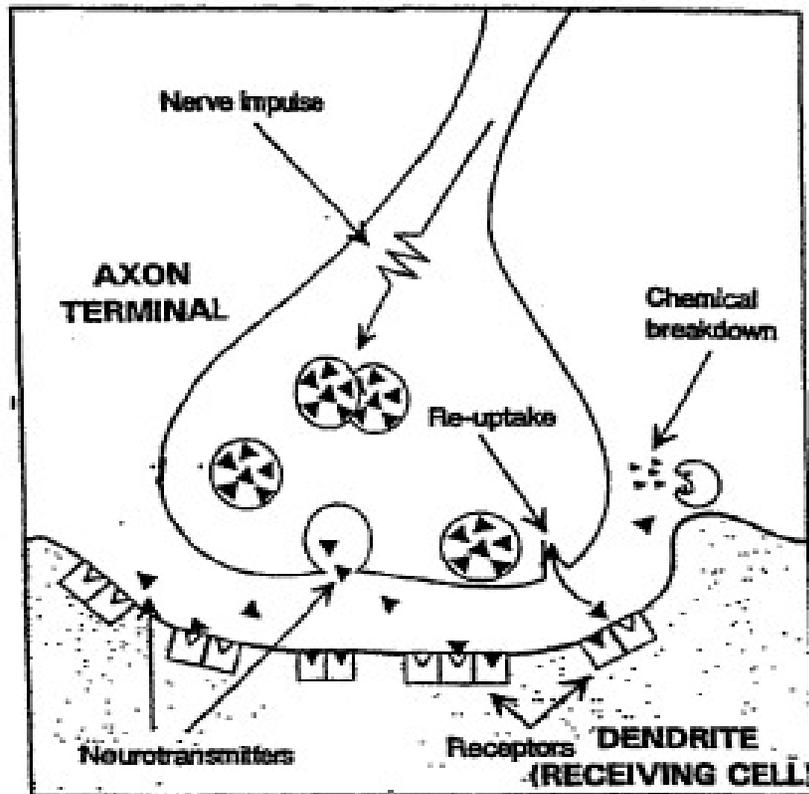
Mediates learning and memory formation, intertwined functions that are impaired in schizophrenia.



ALFRED T. KAMAJIAN

# Nerve Cell





This is a schematic drawing of an **axon terminal**, the **synapse** and the **dendrite** (or receiving cell).

Neurotransmitter molecules are stored at the end of each axon terminal **(the triangles within the circles on the drawing.)**

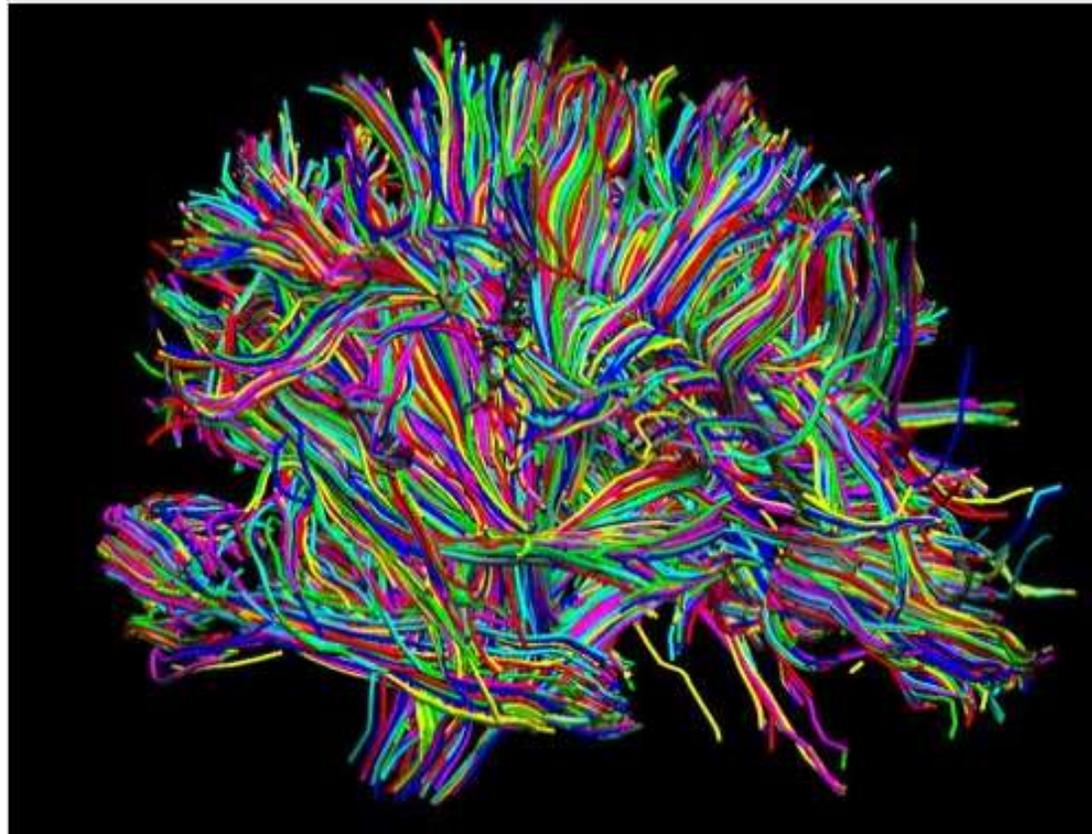
On the other side of the synapse, the dendrite membrane is covered with protein molecules called receptors **(the square "boxes" on the drawing.)**

The nerve impulse (or electrical signal) causes the axon to release neurotransmitters **(the open circle with triangles flowing into the synapse).**

SOURCE: The Biology of Mental Disorders: New Developments in Neurosciences

# Brain Wiring

- ▶ Brain wiring map created by Paul Thompson of UCLA



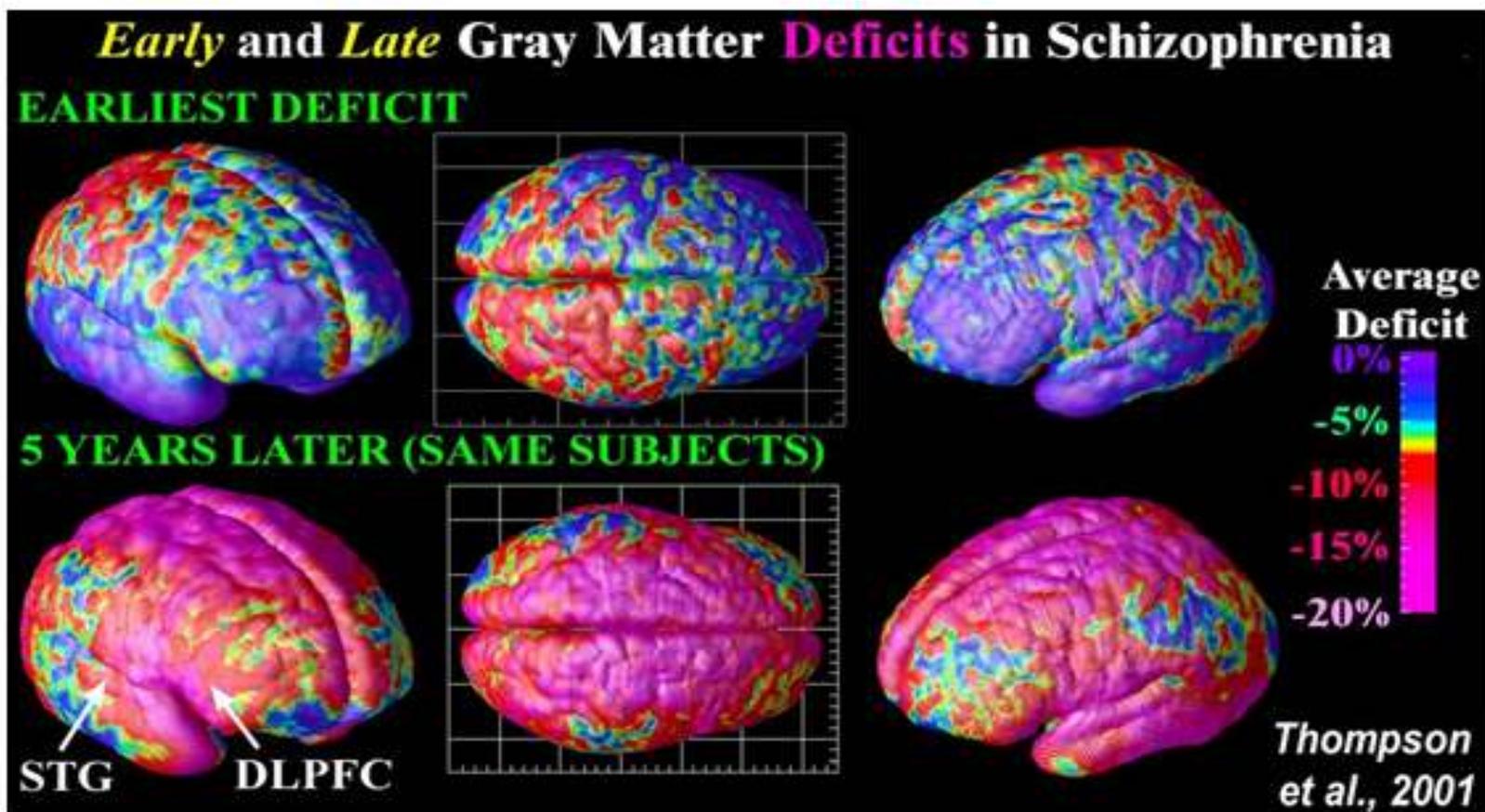


Image Source: [UCLA Laboratory of Neuro Imaging](#), UCLA, Derived from high-resolution magnetic resonance im

# What Is A Serious Mental Illness

- ▶ Mental Illness are medical conditions that disrupt a person's thinking, feeling, mood, ability to relate to others and daily functioning. It is a disorder of the brain caused by chemical imbalances.
- 

# Types of Serious Mental Illnesses

- ▶ Schizophrenia
  - ▶ Bipolar disorder
  - ▶ Schizoaffective
  - ▶ Major depression
  - ▶ Obsessive compulsive disorder (OCD)
  - ▶ Panic Disorder
  - ▶ Post Traumatic Stress Disorder
  - ▶ Borderline Personality Disorder
- 

# NARSAD DATA (cont'd.)

- ▶ On average more than 40,000 Americans commit suicide each year – suicide deaths outnumber homicide deaths by five to three
  - ▶ 842,000 American adults and children are homeless in any given week
    - 39 percent report mental health problems
    - 20 – 25 percent have a serious mental illness
    - 66 percent have substance abuse and/or mental health problem
    - Psychiatric disorders form more than 15 percent of worldwide disease – more than all cancers
    - Mental disorders are leading cause of disability in the United States and Canada for ages 15 –44
- 

# NARSAD DATA

- 26.2 percent of Americans age 18 and older suffer from a diagnosable mental disorder
  - Approximately 2.4 million American adults or about 1.1 percent of population 18 and older in a given year have schizophrenia
  - About 9.5 percent of the United States population – or 20.9 million American adults – have a depressive disorder
  - An estimate of 1 in 5 (12 million) children and teens suffer from a mental disorder
- 

# Causes of Mental Illness

- ▶ Genetics
    - DNA Studies
  - ▶ Stress
  - ▶ Physical Trauma
  - ▶ Other possible explanations
    - Viruses at key developmental stages
    - Environmental factors
- 

# Individual's Risk of Mental Illness( E. Fuller Torrey Surviving Schizophrenia,2001)

No Genetic Relationship	My Risk of Getting is:	My Chances of Not Getting is:
Schizophrenia	1%	99%
Bipolar Disorder	1.2%	98.8%
Panic Disorder	1.6%	98.4%
OCD	2-3%	98-97%
Major Depression	5%	95%
First Degree Relatives	My Risk of Getting is:	My Chances of Not Getting is:
<b>My Brother or sister has:</b>		
Schizophrenia	10%	90%
Bipolar	12%	88%
Depression	15%	85%
<b>One of my parents has:</b>		
Schizophrenia	13%	87%
Depression	15%	85%
Bipolar	27%	73%
<b>Both of my parents have:</b>		
Schizophrenia	37-46%	63-54%
Bipolar	74%	26%
<b>My identical twin has:</b>		
Schizophrenia	35-50%	65-50%
Major Depression	59%	41%
Bipolar	74-80%	26-20%

# Psychosocial Treatments

- ▶ Psychosocial treatments are helpful in providing support, education and guidance to people living with mental illness and their families. Psychosocial treatments include:
    - ▶ Psychotherapy
    - ▶ Psychoeducation
    - ▶ Self-help and Support Groups
    - ▶ Interpersonal Therapy
    - ▶ Cognitive Behavioral Therapy (CBT)
    - ▶ Exposure Therapy
    - ▶ Dialectical Behavior Therapy (DBT)
    - ▶ Psychodynamic Psychotherapy
    - ▶ Assertive Community Treatment (ACT)
    - ▶ Dual Diagnosis and Integrated Treatment
- 

# Other Treatments

- ▶ In addition to medication and psychosocial treatments, there are other methods and interventions that some individuals find effective in managing and treating their mental illness.
  - ▶ Electroconvulsive Therapy (ECT)
  - ▶ Transcranial Magnetic Stimulation (TMS)
  - ▶ Supplemental interventions have been found to be helpful in the management of mental illness for some individuals.
  - ▶ Omega-3 Fatty Acids
  - ▶ Folate
- 

# History of NAMI

- ▶ Impact of early explanations of reasons for mental illness –schizophrenogenic mother
  - ▶ Families joining together to fight stigma and approaches to mental illness
  - ▶ Support, Educate and Advocate
- 

# Resources

- ▶ [www.nami.org](http://www.nami.org)
  - ▶ [www.namicalifornia.org](http://www.namicalifornia.org)
  - ▶ [www.namisouthbay.com](http://www.namisouthbay.com)
  - ▶ <http://dmh.lacounty.gov/>
  - ▶ [www.bbr.org](http://www.bbr.org)
  - ▶ [www.nimh.nih.gov](http://www.nimh.nih.gov)
- 

# National Alliance on Mental Illness Message



- ▶ *You Are Not Alone*
- ▶ *There is Hope*
- ▶ *There is Joy*
- ▶ *Become an Advocate*
  - *Join the South Bay Walkers on Oct. 11*
  - [www.nami.org/namiwalks14/LOS/namisouthbaywalkers](http://www.nami.org/namiwalks14/LOS/namisouthbaywalkers)

The image features a solid green background. In the top right and bottom left corners, there are decorative illustrations of stylized branches, leaves, and flowers in shades of white, yellow, and orange. The central text is white and reads "Mental Health & Mindfulness".

# Mental Health & Mindfulness



## Mental Health

- + Mental health is the emotional and psychological state of well-being
  - determines how we think, feel, and act
- + Mental health can be affected by
  - Biological factors
  - Family history
  - Experiences
- + Good mental health can promote
  - Better health
  - Productivity
  - Cope with stress



## What is Mindfulness?

- + The ability to be present and aware of where we are and what we are doing.
- + Helps bring awareness your thoughts and emotions

*“The goal of mindfulness is to wake up to the inner workings of our mental, emotional, and physical processes.”*





## How Mindfulness Can Help

By being aware of the thoughts that go through your thoughts and redirecting our attention from our thoughts to what you are doing can help decrease the effects of depression and anxiety.

Helps to distance themselves from what is going through your minds and realize that this is an issue.





## Anxiety Among Teenagers

- + **Anxiety** is how your body responds to stress and is temporary.
- + **Anxiety disorder** is when someone deals with constant fear and worry
  - It is different from anxiety
  - If someone has had extreme anxiety for months on end, they may have an anxiety disorder.
- + **32%** of adolescents have a form of anxiety disorder.





## Symptoms of Anxiety

Common symptoms include:

- + Hyperventilation
- + Nausea, Flushing, Sweating
- + Nervousness/Restlessness
- + Trouble concentrating
- + Trouble sleeping
- + Unable to control worry

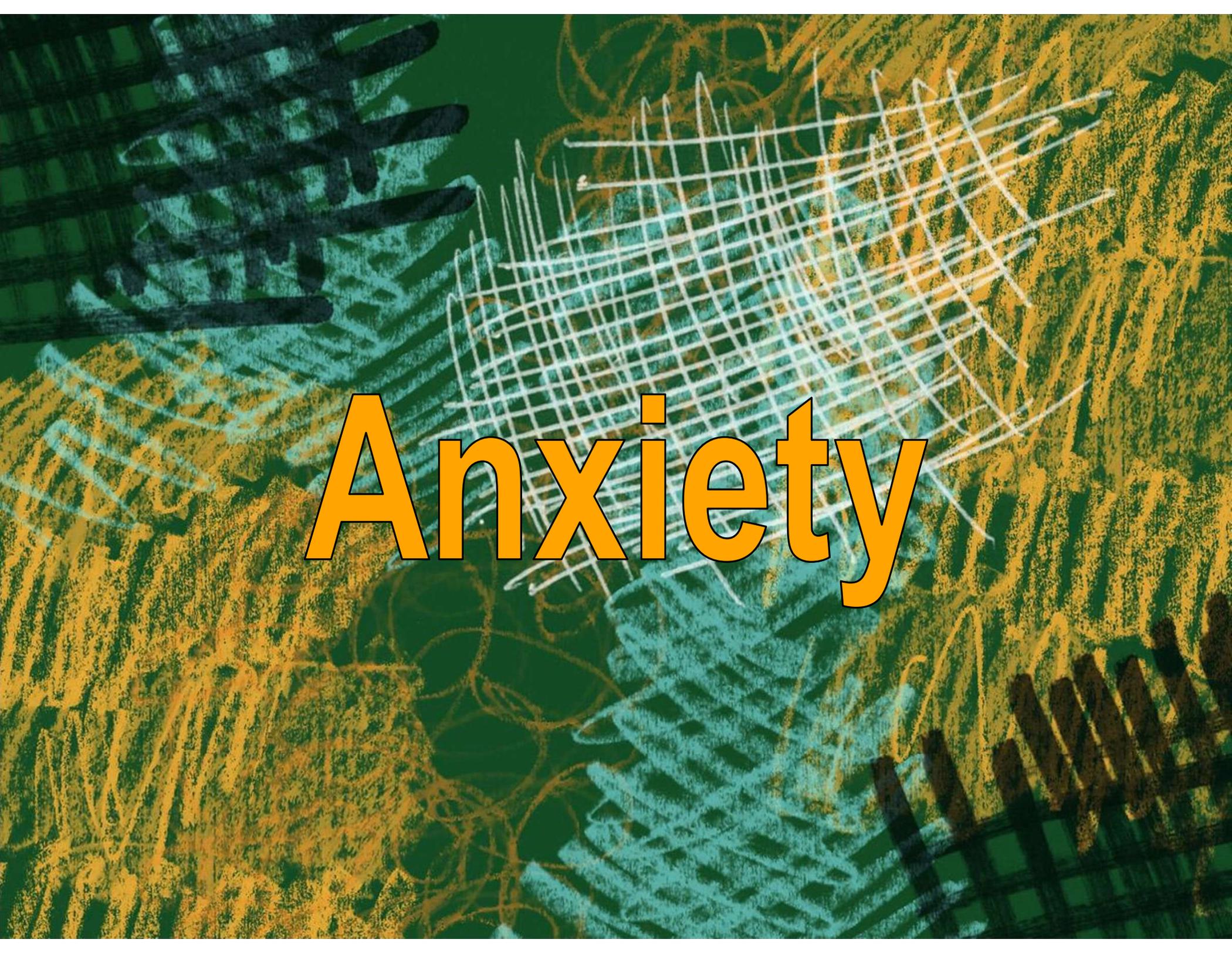




## Is characterized by...

- + Constant worry over many aspects of their life
- + Worries are blown out of proportion
- + Irritable behavior and nervousness



The background is a complex, abstract composition. It features a dark green base color with various textures. There are large, irregular areas of bright yellow and light blue, which appear to be made of fine, overlapping lines or fibers. A prominent feature is a white, hand-drawn grid pattern that is slightly tilted and occupies the upper right portion of the image. The overall effect is one of chaotic energy and depth.

# Anxiety



## Depression Among Teenagers

- + **Clinical depression:**
  - lose joy and meaning in life
  - feeling sad every day
  - uninterested in hobbies and activities.
- + Depression is a constant sadness that affects daily life
- + If someone has the symptoms of major depressive disorder for more than 2 weeks, they may have the disorder.
- + **11.7%** of adolescents suffer from major depressive disorder or dysthymia, a less severe but more persistent depressive disorder





## Symptoms of Depression

- + Feelings of :
  - Emptiness
  - Sadness
  - Hopelessness
- + Having little motivation:
  - Finding activities grueling and not worth the trouble
- + Sleeping too much, or too little:
  - Oversleeping, difficulty waking up, difficulty staying awake, and not being able to sleep.
- + Destructive thoughts: Thoughts of suicide or other harm

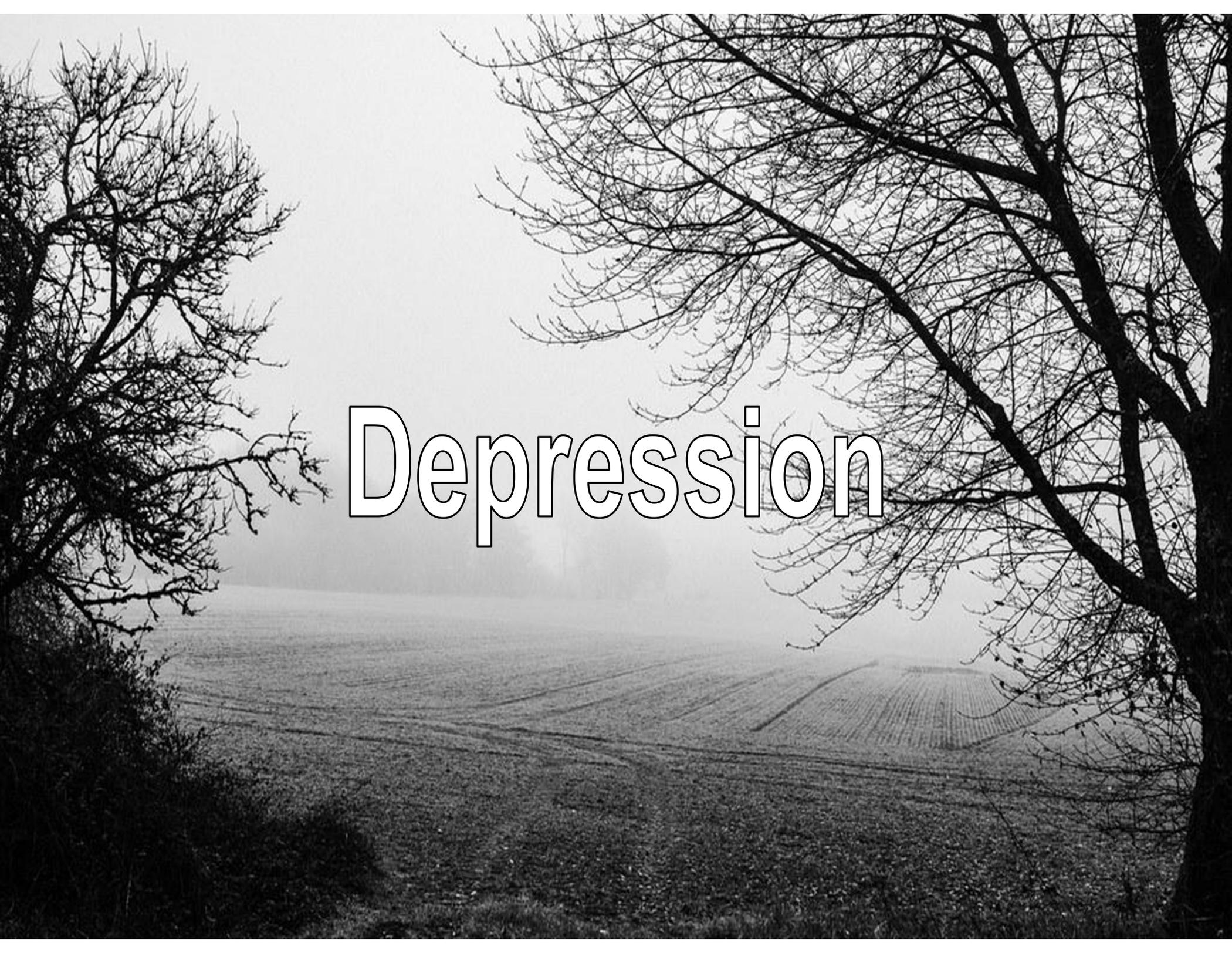




## Is characterized by...

- + Feelings of emptiness, sadness, and hopelessness
- + A lost interest in previously enjoyable activities or interactions with people.
- + Difficulty in completing daily activities, such as sleeping, eating, or working.



A black and white photograph of a misty landscape. In the foreground, the dark, intricate branches of bare trees frame the scene from the left and right. The middle ground shows a wide, flat field with faint, parallel lines, possibly from a plow or furrows, stretching towards a hazy horizon. The overall atmosphere is somber and desolate, with a soft, diffused light that suggests an overcast day or early morning fog.

# Depression



## What Parents Can Do to Help

- + Recognize that your child might be struggling through something
- + Don't have the mindset of "they'll grow out of it" or that they're being temperamental or lazy if they start acting differently
- + Express positive—but realistic—expectations
- + Respect their feelings, but don't empower them
- + Don't reinforce the child's fears
- + Try to model healthy ways of handling anxiety or depressing thoughts





- + Thank you!
- + Questions...

