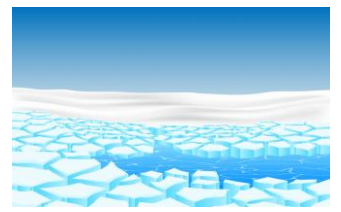
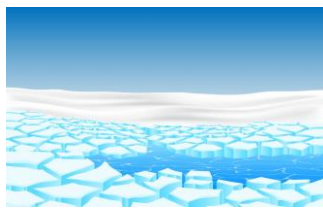


The Mental Health Crisis and Rural Youth

Information Provided By: Angel L. Mefford, MA

amefford@family-crisis.org



Ice Breaker Activity:

- 1- Who you are and what you do
- 2- What is your favorite song (share why if you'd like)
- 3- What are the barriers when it comes to taking care of your mental health in rural Virginia?

Barriers in obtaining Mental Healthcare

- Stigma
 - Lack of Care Options
 - Lack of Insurance/Affordability
 - Lack of Transportation to get to appointments
 - Lack of awareness of available options
 - Lack of WiFi or Technology in certain locations
 - Cultural/Religious Belief
 - Couped with Addiction
 - Familial Belief Systems, No Support
-

Barriers in obtaining Mental Healthcare - in young adults

- Stigma
- Lack of Care Options
- Lack of Insurance/Affordability
- Lack of Transportation to get to appointments
- Lack of awareness of available options
- Lack of WiFi or Technology in certain locations
- Cultural/Religious Belief
- Couped with Addiction
- Too young to obtain care without a parent/guardian
- Parent/guardian dismiss the issue
- Embarrassment with peer group/family
- Specific minority groups are already stereotyped and treated differently
- Fear of getting kicked out of their home.

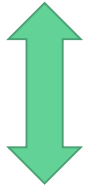
LOCAL SURVEY FEEDBACK AND STATISTICS:

A total of 424 surveys were distributed between three high schools located in the LENOWISO service area. Students ages ranged from 13 - 16.

- Survey Feedback shows that **124 (29.2%)** students stated they felt they were in a mental health crisis, specific to depression/anxiety and didn't know how to handle it or ask for help.
- Those identifying as LGBTQ? - **23 (5.42%)** OF THESE 23 STUDENTS, 17 STATED THEY DEAL WITH BULLYING TO A POINT THAT IT HAS CREATED MENTAL HEALTH CONCERNS (including self harm and suicidal ideation). The other 5 students said they haven't come out to everyone and hiding who they are creates depression and anxiety.
- Students reporting they have had suicidal ideation or self harm coping mechanisms? (NSSI) **51 (12%)** Admitted to wanting to learn more about how to get mental health assistance.

Is suicide *REALLY* a concern among youth?

Suicide is the **Second** leading cause of death among young persons ages 10-14.



It is the **Third** leading cause of death among young persons ages 15-24.

Why am I not enough??

The latest crisis noticed in youth culture throughout the nation is the “Perfectionist” way of thinking.

With mental health concerns already on the rise - this way of thinking can exacerbate the issues of anxiety and depression. Another way of difficulty with emotional regulation.



Other Crises that Youth are Facing:

RISK FACTORS!!!

- Drug availability/Opioid Crisis
- Lack of parental supervision/support
- Poverty
- School Environment
- Exposure to trauma/violence
- Identity



ADVERSE CHILDHOOD EXPERIENCES (ACE'S) SCORES -

Okay.....

We have acknowledged
barriers, problems, and what
we lack.....

We NEED solutions!!

What can WE do to address all the barriers??

The first thing - figure out what we CAN control versus what we CAN'T....

- Stigma
- Lack of Care Options
- Lack of Insurance/Affordability
- Lack of Transportation to get to appointments
- Lack of awareness of available options
- Lack of WiFi or Technology in certain locations
- Cultural/Religious Belief
- Couped with Addiction
- Too young to obtain care without a parent/guardian
- Parent/guardian dismiss the issue
- Embarrassment with peer group
- Specific minority groups are already stereotyped and treated differently
- Fear of getting kicked out of their home.

- What type of youth programming is available in your area??
- What can be done to create a space for young people to attend in your area??



Resources For You:

- ❖ <https://www.teenline.org/>(mental health)
- ❖ **Need to Vent?** Simply text HOME or HOLA to 741741 to reach a live volunteer Crisis Counselor. Free, 24/7, confidential
- ❖ Angel Mefford, Family Crisis Support Services - email - amefford@family-crisis.org
- ❖ To reach YouthLine, teens can call 877-968-8491, text “teen2teen” to 839863, email, or visit the [YouthLine website](#).
- ❖ www.thetrevorproject.org (for LGBTQ youth)

"You are allowed
to take up
space. Your
feelings are
valid."

“

What mental health needs is
more sunlight, more candor,
more unashamed
conversation.

—
GLENN CLOSE

SPACIOUSMINDS.COM

“

There is hope,
even when your
brain tells you
there isn't.

JOHN GREEN

*I've learned that
people will forget
what you said, people
will forget what you
did, but people will
never forget how you
made them feel.*



Maya Angelou



Family Crisis
SUPPORT SERVICES

*Thank You For Being A
Part of The
Conversation!!*

amefford@family-crisis.org

Phone: 276-325-7887



Family Crisis
SUPPORT SERVICES