Youth Mental Health

RESOURCES & INTERVENTIONS
Dakota County Crisis Response Unit (CRU)

- 952-891-7171
- Phone & mobile crisis response team
- Staffed 24 hours/day, 7 days/week
CRU-FAQ

• Located at the Northern Service Center in West St Paul
• Serve all residents of Dakota County – all ages, children through elderly.
• Can work with non-Dakota County residents who happen to be experiencing a crisis while in Dakota County.
• Will respond to & address the situation regardless if the person has insurance or not.
• If the person has insurance, it might be billed. The person will not be responsible for any co-pay or deductible not paid by insurance.
When you call CRU

- Screen/triage call to determine level of crisis service needed.
- Our goal: to not over react or under react.
- Ask questions to determine level of response.
- Need to know:
  - Names/address/phone number of caller & person in crisis.
  - Relationship of caller to person in crisis.
  - Current problem?
  - Concerns for immediate danger to self or others?
    - Will be old to call 911 & report a mental health emergency.
    - Law enforcement responds more quickly; able to provide physical restraint if needed to ensure safety.
Questions we will ask:

- Mental health symptoms being shown?
- Possible causes of stress?
- Mental health/hospitalization history?
- Names of any current mental health providers
  - Have they been consulted regarding the situation?
  - If so, what are they suggesting?
  - If not, are they available to consult?
At the end of the phone call...

One of the following decisions is made:

1. Supports/resources are already in place to adequately meet the person’s current needs. No further intervention needed by CRU.
2. Person’s needs can be met on out-patient basis; additional resources needed.
   • CRU assists by making referrals using clients’ own resources (insurance) when available.
3. Further face to face assessment if indicated.
Face to Face Visits

• Face to face visit warranted?
  • CRU often contacts local law enforcement & generally request they accompany CRU.
  • Law enforcement presence is NOT to provide physical restraint, but to help ensure the safety of the person in crisis & crisis response worker’s safety.

• On-site, CRU’s job:
  • Continue to assess whether the person’s mental health needs can be met on an out-patient basis with community based services, or if hospitalization needed.
CRU Resources

• Emergency therapy appointments for uninsured clients.
• Help making appointments & navigating the system for those with insurance.
• Emergency psychiatric appointments for insured & uninsured.
  • Appointments usually available within 2-3 days.
• If the person is an adult, a short placement at a crisis bed is possible.
  • Crisis beds are located in the community. Unlocked facilities; 24-hour supervision.
  • Placement usually 2-7 days.
CRU Resources continued

- Medication assistance program allows us to pay for psychiatric medication for the uninsured & under-insured.
  - Able to pay for up to three months of medications while alternative funding being explored & applied for.
- Referrals to children’s mental health case management &/or adult mental health case management → county of residence.
- Referrals to Client Specialist at Dakota County; assist with applications
  - For medical assistance/MN Care for clients uninsured & possibly eligible for those programs.
Crisis Stabilization Services

- Available to a family/individual, residing in Dakota County, if involvement with crisis intervention services (i.e. CRU, urgent care, inpatient services, hospitalization, etc.), & a recommendation for stabilization has been listed in the individual treatment plan, & at least one of the criteria below is met:
  - Absence of other services addressing the factors that led to the crisis, or the inability to access these services in a timely fashion.
  - Client has not been restored to pre-crisis level of functioning.
  - Without stabilization services, a high likelihood of hospitalization, harm to self or other, crisis recurrence, further deterioration of client’s functioning or further deterioration of the family system.
Crisis Stabilization Services

- Face-to-face contact
- Supportive counseling
- Further assessment of mental health status & needs
- Skills training
- Help with referrals
- Collaboration with other providers
Crisis Lines

- Crisis Text Line: Text MN to 741741
- MN Warmline: 612-288-0400
  - Mon-Sat 5-10PM
- National Suicide Prevention Line: 800-273-8255
- Teen Crisis Line: 800-852-8336
  - Text TEEN to 839863 (Open 8PM to Midnight CT)
- Ramsey County Crisis: 651-266-7878 (children)
- Hennepin County Crisis: 612-348-2233 (children)
- Washington County Crisis: 651-275-7400
Mental Health Advocacy

• Dakota County Children’s Mental Health Case Management
  • CFS Intake; 952-891-7459
• NAMI MN: 651-645-2948
• NAMI National Helpline: 800-950-NAMI
When to seek outside help with youth

• Medical emergency? Call 911
• Is the young person is at risk of suicide or harm?
  • Urgently involve a parent, guardian, or caregiver.
  • Not urgent? Involve parents & caregivers when possible & as soon as possible.
  • Ask the youth if they would like to speak with parents privately, or if they would like you to help them speak with parents.
    • This gives them some control in the situation.
Continued..

• If young person says they are being abused:
  • Make a CP report: 952-891-7171

• Violent or aggressive behavior

• Behavior problems lasting for 6 months or more?
  • Youth may need behavioral therapy.
  • These problems are often more serious & can involve aggressive or disruptive behavior.
Warning Signs of a more serious problem

- Anxiety that interferes with normal activities, such as school work or social activities
- Constant fighting
- Damaging property
- Disrespect for authority figures
- Dishonesty
- Dramatic mood swings
- Engaging in early sexual activity
- Frequent nightmares
- Performing poorly in school
- Threatening to run away
- Skipping school
- Significant changes in sleeping or eating habits
- Stealing
- Using drugs or alcohol
Communicating with Youth

• Take the opportunity to talk when they express interest. (Cat analogy)

• Be genuine. If you are uncomfortable in a discussion, admit it. “This is hard for me to talk about, maybe it’s difficult for you too.”

• Allow for silence; avoid interrupting a silent moment.

• Try different settings, different activities. In the car, taking a walk, working on a task, playing a game.

• Do not trivialize the young person’s feelings. Their feelings are valid.

• Do not ask the young person to justify or explain their behavior. Asking “why” can put them on the defensive.
Communicating with Youth

- Body language.
  - Avoid authoritative posture or closed body language.
    - Relaxed, palms out, sitting alongside but angled towards the youth. Voice low & calm.
- Positive feedback
  - Look for & acknowledge the youth’s strengths. “I’m glad you are willing to talk to me.”
- Help them find the language they are looking for.
  - May be difficult to express emotions.
  - Result? Physical symptoms, when emotions are really what is bothering them. “You don’t look very happy. Are you feeling said, angry, frustrated?”
Children with abuse/neglect history

- Abuse/neglect = significant risk factor for developing mental health challenges.

- Be predictable & consistent in your interactions.
  - If you need to refer the youth to other services, be honest & upfront

- Communicate that you:
  - Believe what they told you about the way they are feeling & what they experienced.
  - What they are sharing is important to you & you want to help.
  - There are adults who can be trusted.
  - There are ways to feel & be safe.
Cultural Safety

• A culturally safe environment is an environment which is safe for people, there is no assault, challenge or denial of who they are, what they need. It is about shared respect, shared meaning, shared knowledge & experience.

• Practicing cultural safety means:
  • Respecting the culture of the community by using appropriate language & behavior.
  • Never do anything that causes the person to feel shame
  • Respecting the person’s right to make decisions about seeking culturally based care.
Suicidal Thoughts & Behaviors
Health Regions & USA Suicide Rates

2016 Data

Source: data calculated from figures posted at CDC’s WONDER website downloaded 24 December 2017 for 2016 data.
There is no *typical* suicide victim

There's not **ONE** absolute reason for suicide

Suicide is always multifaceted

Ambivalence exists until the moment of death

Most people don't really want to die
A person who is suicidal feels their life is in crisis.

They see suicide as a solution, not a choice.

Suicidal thinking is irrational, logic escapes them.

Impulsivity and anxiety overwhelms them.
# Youth Suicide Risk Factors

- Mental Health and Substance Abuse
- Interpersonal Violence (Friends/Parents)
- Loss of Valued Relationships
- Home Environment/History of Trauma
- Life Transitions (Late Teens)
Youth Warning Signs

Talking about or making plans for suicide.

Expressing hopelessness about the future.

Displaying severe or overwhelming emotional pain.

Displaying behavioral cues/changes in behavior, (particularly in the presence of the other warning signs.)

Specifically, this includes significant:

1. Withdrawal from or changing in social connections/situations
2. Changes in sleep (increased or decreased)
3. Anger or hostility that seems out of character or out of context
4. Recent increased agitation or irritability

www.youthsuicidewarningsigns.org
Questions to Ask

Are you having thoughts of suicide?
Are you thinking about killing yourself?

- Asking about suicide does not “put the idea in someone’s head.”
- It is a myth that someone who talks about suicide is not really serious.
- It is a relief for many to talk about the thoughts & can reduce severity by acknowledging their thoughts.
How Serious/Urgent is the Situation?

• First, determine whether the young person has intentions of taking their life, or whether the young person has been having more vague suicidal thoughts such as, “What’s the point of going on”?

• The three questions you need to ask are:
  1. Have you decided how you would kill yourself?
  2. Have you decided when you would do it?
  3. Have you taken any steps to get the things you would need to carry out your plan?

ALL thoughts of suicide must be taken seriously
Other Factors

• Has the young person been using alcohol or other drugs?
  • The use of alcohol or other drugs can make a person more susceptible to acting on impulse.

• Has the person made a suicide attempt in the past?
  • A serious suicide attempt makes a person more likely to make a future attempt.
How Can I Keep Them Safe?

- Do not leave a person who is actively suicidal on their own.
- If you cannot stay with someone, arrange for someone else to do so.
- Contact parent/guardian immediately. If not available, call 911.
- Give the young person a safety contact who is available 24/7 such as:
  - Dakota County Crisis 952-891-7171
  - Suicide Hotline: 1-800-784-2433, 1-800-273-8255

It’s important the young person think about people or things which have supported them in the past, & find out if the supports are in place. May include family, friend, teacher, mental health worker, doctor, etc.
What the Emergency Department Needs to Know

Inform the emergency department personnel if the young person has:

- Access to a gun, medications, or other means of suicide.
- Stopped taking prescribed medications.
- Stopped seeing a mental health or behavioral health provider.
- Written a suicide note.
- Recently suffered a loss or other traumatic event.
- Started using alcohol or drugs.
- Has been in or is currently in an abusive relationship.
Anxiety

MINDFULNESS STRATEGIES
Anxiety Signs & Symptoms

• **Physical**
  
  • Pounding heart, chest pain, rapid heartbeat,
  • Blushing
  • Rapid, shallow breathing & shortness of breath.
  • Dizziness, headache, sweating, tingling & numbness.
  • Choking, dry mouth, stomach pains, nausea, vomiting, diarrhea.
  • Muscle aches & pains, especially neck, shoulders, & back.
Anxiety Signs & Symptoms

- **Psychological:** Unrealistic or excessive fear & worry about past & future events. Racing thoughts, decreased memory & concentration, indecisiveness, irritability, impatience, anger, confusion, sleep disturbance, nervous.

- **Behavioral:** Avoidance of situations, obsessive or compulsive behavior, distress in social situations, phobic behavior, increased use of alcohol & other drugs.
Support Strategies

• Consistent home or family routine.
• Feeling in control of one’s life.
• Consistent physical activity.
• Mindfulness Strategies.
  • Strategies which focus on calming the mind & body & help reduce stress.
  • It’s helpful for **ALL people** to engage in mindfulness strategies on a regular basis!
5 SENSES MINDFULNESS

- Using the senses activates the Mid-brain region
- Grounds the person to their environment
- Distracts from their distress
- Perceiving their environment as non-threatening de-activates the sympathetic nervous system.
Notice your breath & take a few deep calming breaths:

o First, notice 5 things that you can see. Look around you & become aware of your environment. Try to pick out something that you don’t usually notice.

o Take a breath, then slightly close your eyes & notice 4 things you can feel. Bring attention to the things that you’re currently feeling, such as the texture of your clothing or the smooth surface of the table you’re resting your hand on.

o Take another breath & notice 3 things that you can hear. Listen for & notice things in the background that you don’t normally notice. It could be the birds chirping outside or an appliance humming in the next room.

Take another breath & notice 2 things you can smell. Bring attention to scents that you usually filter out, either pleasant or unpleasant. Catch a whiff of the pine trees outside or food cooking in the kitchen. If you are not able to notice a smell, notice how the air is cooler as you inhale through your nose & warmer as you exhale.

o Take another breath & finally, notice 1 thing you can taste. Take a sip of a drink, chew gum, or notice the current taste in your mouth. If you can’t detect any tastes, move your tongue over your teeth & notice how that feels.
NEAR-FAR FOCUSING

- Looking across the room, focus your eyes on an object 10-15 feet away.
- While remaining focused on the distant object, move your index finger into view about 6-8 inches from your face.
- Alternate focus from the distant object to your finger 10-15 times while breathing deeply.
- Deep breathing, activating the ocular nerve and shifting attention all work together to calm the limbic system.
BUTTERFLY TAPPING (AKA GORILLA HUGS)

- Cross your arms in front of you, linking the thumbs and placing your fingers on the opposing collarbone.
- Tap left shoulder with the right hand, then the right shoulder with the left hand, making a butterfly motion with the hands.
- Continue alternate tapping for 2-3 minutes at a pace of about 1 tap per second while breathing slowly and deeply.
- Butterfly tapping (Gorilla Hugs) activates the mid-brain, connecting pre-frontal cortex to the limbic system, calming the limbic system and getting problem-solving on line.
- Deep breathing increases the effect.
INSTALLING RESOURCES USING BUTTERFLY TAPPING

• If the person is able:
  • Have them tell the story of what happened.
  • Have them tell the story of them effectively handling the crisis.
  • Have them imagine a calm, safe place while tapping.

• If the person is too activated:
  • Make provide a narrative, highlighting one or more positives in the situation. (Such as: their bravery, strength, reinforcing their decision to call, wanting things to get better, taking care of themselves or their family, etc.)
  • Provide a narrative that guides the person, step by step toward safety.
Apps for your Phone

- My Virtual Hope Box. (free) Depression. Teens/adults
- Calm ($) Daily meditation, sleep stories. Adults/kids
- Breathe2Relax (free) Teens, adults
- Stope, Breathe, Think ($) kids, teens, adults
- What’s up (free) geared towards depression
- Happier ($) geared towards mood, maximizing joy
- Smiling Mind (free) Geared towards kids
- Relax Melodies (free) all ages
- Nature sounds Relax & Sleep (free) all ages
Questions?