



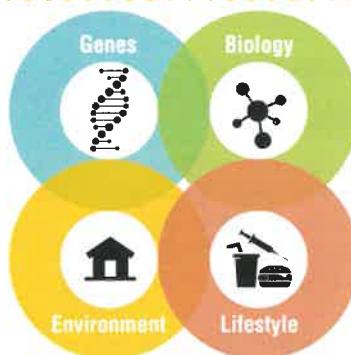
Youth Mental Health:

How Adults Can Prevent, Recognize and Intervene with Mental Disorders

What is mental health: emotional, psychological and social well-being

- It affects how we think, feel and act.
- It is the interaction among genes, environment, biology and lifestyle.
- It impacts how we cope with life events, interact with others and make life choices.
- Remember that this is an American culture's interpretation of mental health.

(Gopalkrishnan, 2018; Mental Health, 2019)



Mental disorders: More common than you think

Mental disorders are mental health conditions with abnormalities in our ability to effectively think, act and share emotions.

- 1 in 5** youth ages 9 to 17 has a mental disorder that causes some degree of impairment.
- Only 1/3** of these adolescents has received necessary treatment.
- 1 in 10** adolescents has a disorder that causes significant impairment.
- Suicide is the **second leading cause of death** in young people ages 15 to 24.

(CDC, 2020)

Risk factors for youth

Here are a few factors that put youth more at risk for developing a mental disorder:

- Bullying/cyberbullying and social exclusion
- Gender differences/gender identity issues
- Issues with sleeping
- Low self-esteem
- Fluctuating hormones (puberty)
- Trauma
- High-stress environmental factors such as poverty, unsafe living conditions or family conflict

(National Research Council and Institute of Medicine, 2009)

Warning signs to look for

Consider the youth's life holistically before assuming these warning signs are due to a mental disorder.

- Sleeping too much or not enough
- Extreme weight gain or weight loss
- Irritable or detached mood for a majority of the day
- Feelings of worthlessness or hopelessness
- Avoidance of social situations and withdrawing
- Use of drugs or alcohol
- Extremely low self-concept and self-esteem

(American Academy of Pediatrics, 2012)

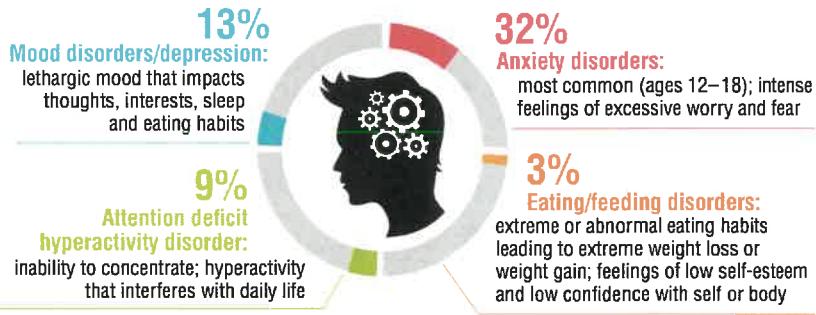
NDSU | EXTENSION



Meagan Scott Hoffman, Ph.D.
Assistant Professor/4-H Youth Development Specialist

Katelyn Yliniemi, B.A.
NDSU Center for 4-H Youth Development Graduate Assistant

Common mental disorders in youth



Normal vs. abnormal emotional development

While some things youth say or do might seem "abnormal" to adults, many are considered part of normal emotional development.

"Normal" behaviors: increased expression of emotions, spending less time with family, concerns about body image, high personal expectations, regression of behavior for days at a time, expressing interest in opposite sex (or same sex), testing parental rules/limits, contemplation of experimentation with drugs/alcohol

"Abnormal" behaviors: unhealthy coping strategies (self-harm, induced vomiting, suppressing emotions, hurting others), excessive and constant moodiness, extreme behaviors and emotions, any of the warning signs lasting a majority of the time and consistent across contexts and situations

If your youth exhibits behaviors that are considered abnormal, contact a mental health specialist for more assistance.

(Mental Health America, n.d.)

Cultural considerations

- The definition of mental health and diagnosis of mental disorders may differ across cultures, races, ethnicities, families, personal identities, etc.
- Accessibility to mental health services is vastly different across cultures and communities.
- Never assume someone has a similar view of mental health. If you are unsure, ask what mental health means to that person.
- Consider cultural differences when observing mental health concerns. Is the behavior considered normal in another culture?
- Always be culturally aware.** You do not need to learn every culture, but be empathetic to the idea that every culture is different while celebrating diversity.

(Gopalkrishnan, 2018)

September 2020

701-251-7700, and/or access funds via this publication will be made available in alternative formats for people with disabilities upon request. TTY 711-251-7781.

County commissioners, local school districts, and other organizations that use the work of community partners to meet their needs may contact the National Center for the Elimination of Barriers to Learning and Employment, Inc. at 1-800-338-3222 or via email at info@nclbe.org.

U.S. Department of Health & Human Services, (2019). Adolescent health. www.hrsa.gov/adolescent-health/adolescent-mental-health/basics/common-disorders/index.html

U.S. Department of Health & Human Services, (2019). Adolescent health. www.hrsa.gov/adolescent-health/adolescent-mental-health/basics/common-disorders/index.html

U.S. Department of Health & Human Services, (2009). Preventing mental, emotional, and behavioral disorders among young people: Progress and possibilities (M. O'Conor, L. Bobo, & K. E. Warner, Eds.). The National Academies Press. https://doi.org/10.17226/1280

National Association of School Psychologists, (2017). Supporting children's mental health: Tips for parents and educators. www.naps.org/resources-and-publications/resources-and-podcasts/mental-health/prevention-and-wellness-national-association-of-school-psychologists-childrens-mental-health/tips-for-parents-and-educators

National Association of School Psychologists, (2017). Healthy mental and emotional development. https://doi.org/10.3389/puhb.2018.00179

Meena Harlan, (2019). Cultural diversity and mental health. Front Public Health, 6, 179. https://doi.org/10.3389/fpubh.2018.00179

Geopalkishanian, N., (2019). Cultural diversity and mental health: Considerations for policy and practice. Front Public Health, 6, 179. https://doi.org/10.3389/fpubh.2018.00179

Centers for Disease Control and Prevention, (CDC), (2020). Data and statistics on child health and health. www.cdc.gov/child-and-teen-wellness/childhood-diseases-and-conditions/problems/parenting-skills.aspx

American Academy of Pediatrics, (2019). Mental health and teens. www.acap.org/ACAP/Families_and_Youth/Facts_for_Families/Mental-Health-and-Teens-Watch-Teen-Troubles-With-Stress-066.aspx

American Academy of Pediatrics, (2019). Stress management and teens. www.acap.org/ACAP/Families_and_Youth/Facts_for_Families/Mental-Health-and-Teens-Watch-Teen-Troubles-With-Stress-066.aspx

Reviewed by: Extension Agents Kim Bushaw, Meenal Hothi Johnson, Sarojine Horner, Emily Goff, Susan Milner, Dr. Todd Lewis, Dr. Jill Nelson

Mental Health Matters

- Dayto: Mood tracker and journal
- Happify: Good-mood training program
- Calm: Mindfulness, meditation, breathing exercises
- Apps for youth to promote mental health:

 - Addressing Youth Issues Publication for NSDU References and Resources for Child and Adolescent Mental Health Institute: National Institute of Mental Health: number: 1-800-273-8255 (TALK)
 - National Suicide Prevention Lifeline: The Trevor Project (LGBTQ+)
 - Youth Suicide Prevention
 - You Matter

Youth mental health resources:



Promoting positive mental health in schools and communities

- Be an advocate for mental health and set a good example by taking care of your own mental health.
- Create a positive and supportive environment for youth with mental disorders to feel validated.
- Mental health is real and it is important to discuss. Make talking about mental health a normal and open conversation.
- Provide safety and security by creating a safety plan. (ex: Where to go when they are having an anxiety attack).
- Educate others about the prevalence of mental disorders and the importance of promoting positive mental health in youth.
- Promote physical well-being along with mental health (exercise, healthy eating, sleep, limiting screen time).
- Being aware and able to recognize signs that youth are struggling is important in ensuring they get adequate help and support immediately.
- They are struggling signs that youth are experiencing.
- Being aware and able to recognize signs that youth are experiencing.

(American Academy of Pediatrics, 2017)

(American Academy of Pediatrics, 2018)

(American Academy of Pediatrics, 2019)

(American Academy of Pediatrics, 2020)

(American Academy of Pediatrics, 2021)

(American Academy of Pediatrics, 2022)

(American Academy of Pediatrics, 2023)

(American Academy of Pediatrics, 2024)

(American Academy of Pediatrics, 2025)

(American Academy of Pediatrics, 2026)

(American Academy of Pediatrics, 2027)

(American Academy of Pediatrics, 2028)

(American Academy of Pediatrics, 2029)

(American Academy of Pediatrics, 2030)

(American Academy of Pediatrics, 2031)

(American Academy of Pediatrics, 2032)

(American Academy of Pediatrics, 2033)

(American Academy of Pediatrics, 2034)

(American Academy of Pediatrics, 2035)

(American Academy of Pediatrics, 2036)

(American Academy of Pediatrics, 2037)

(American Academy of Pediatrics, 2038)

(American Academy of Pediatrics, 2039)

(American Academy of Pediatrics, 2040)

(American Academy of Pediatrics, 2041)

(American Academy of Pediatrics, 2042)

(American Academy of Pediatrics, 2043)

(American Academy of Pediatrics, 2044)

(American Academy of Pediatrics, 2045)

(American Academy of Pediatrics, 2046)

(American Academy of Pediatrics, 2047)

(American Academy of Pediatrics, 2048)

(American Academy of Pediatrics, 2049)

(American Academy of Pediatrics, 2050)

(American Academy of Pediatrics, 2051)

(American Academy of Pediatrics, 2052)

(American Academy of Pediatrics, 2053)

(American Academy of Pediatrics, 2054)

(American Academy of Pediatrics, 2055)

(American Academy of Pediatrics, 2056)

(American Academy of Pediatrics, 2057)

(American Academy of Pediatrics, 2058)

(American Academy of Pediatrics, 2059)

(American Academy of Pediatrics, 2060)

(American Academy of Pediatrics, 2061)

(American Academy of Pediatrics, 2062)

(American Academy of Pediatrics, 2063)

(American Academy of Pediatrics, 2064)

(American Academy of Pediatrics, 2065)

(American Academy of Pediatrics, 2066)

(American Academy of Pediatrics, 2067)

(American Academy of Pediatrics, 2068)

(American Academy of Pediatrics, 2069)

(American Academy of Pediatrics, 2070)

(American Academy of Pediatrics, 2071)

(American Academy of Pediatrics, 2072)

(American Academy of Pediatrics, 2073)

(American Academy of Pediatrics, 2074)

(American Academy of Pediatrics, 2075)

(American Academy of Pediatrics, 2076)

(American Academy of Pediatrics, 2077)

(American Academy of Pediatrics, 2078)

(American Academy of Pediatrics, 2079)

(American Academy of Pediatrics, 2080)

(American Academy of Pediatrics, 2081)

(American Academy of Pediatrics, 2082)

(American Academy of Pediatrics, 2083)

(American Academy of Pediatrics, 2084)

(American Academy of Pediatrics, 2085)

(American Academy of Pediatrics, 2086)

(American Academy of Pediatrics, 2087)

(American Academy of Pediatrics, 2088)

(American Academy of Pediatrics, 2089)

(American Academy of Pediatrics, 2090)

(American Academy of Pediatrics, 2091)

(American Academy of Pediatrics, 2092)

(American Academy of Pediatrics, 2093)

(American Academy of Pediatrics, 2094)

(American Academy of Pediatrics, 2095)

(American Academy of Pediatrics, 2096)

(American Academy of Pediatrics, 2097)

(American Academy of Pediatrics, 2098)

(American Academy of Pediatrics, 2099)

(American Academy of Pediatrics, 2100)

(American Academy of Pediatrics, 2101)

(American Academy of Pediatrics, 2102)

(American Academy of Pediatrics, 2103)

(American Academy of Pediatrics, 2104)

(American Academy of Pediatrics, 2105)

(American Academy of Pediatrics, 2106)

(American Academy of Pediatrics, 2107)

(American Academy of Pediatrics, 2108)

(American Academy of Pediatrics, 2109)

(American Academy of Pediatrics, 2110)

(American Academy of Pediatrics, 2111)

(American Academy of Pediatrics, 2112)

(American Academy of Pediatrics, 2113)

(American Academy of Pediatrics, 2114)

(American Academy of Pediatrics, 2115)

(American Academy of Pediatrics, 2116)

(American Academy of Pediatrics, 2117)

(American Academy of Pediatrics, 2118)

(American Academy of Pediatrics, 2119)

(American Academy of Pediatrics, 2120)

(American Academy of Pediatrics, 2121)

(American Academy of Pediatrics, 2122)

(American Academy of Pediatrics, 2123)

(American Academy of Pediatrics, 2124)

(American Academy of Pediatrics, 2125)

(American Academy of Pediatrics, 2126)

(American Academy of Pediatrics, 2127)

(American Academy of Pediatrics, 2128)

(American Academy of Pediatrics, 2129)

(American Academy of Pediatrics, 2130)

(American Academy of Pediatrics, 2131)

(American Academy of Pediatrics, 2132)

(American Academy of Pediatrics, 2133)

(American Academy of Pediatrics, 2134)

(American Academy of Pediatrics, 2135)

(American Academy of Pediatrics, 2136)

(American Academy of Pediatrics, 2137)

(American Academy of Pediatrics, 2138)

(American Academy of Pediatrics, 2139)

(American Academy of Pediatrics, 2140)

(American Academy of Pediatrics, 2141)

(American Academy of Pediatrics, 2142)

(American Academy of Pediatrics, 2143)

(American Academy of Pediatrics, 2144)

(American Academy of Pediatrics, 2145)

(American Academy of Pediatrics, 2146)

(American Academy of Pediatrics, 2147)

(American Academy of Pediatrics, 2148)

(American Academy of Pediatrics, 2149)

(American Academy of Pediatrics, 2150)

(American Academy of Pediatrics, 2151)

(American Academy of Pediatrics, 2152)

(American Academy of Pediatrics, 2153)

(American Academy of Pediatrics, 2154)

(American Academy of Pediatrics, 2155)

(American Academy of Pediatrics, 2156)

(American Academy of Pediatrics, 2157)

(American Academy of Pediatrics, 2158)

(American Academy of Pediatrics, 2159)

(American Academy of Pediatrics, 2160)

(American Academy of Pediatrics, 2161)

(American Academy of Pediatrics, 2162)

(American Academy of Pediatrics, 2163)

(American Academy of Pediatrics, 2164)

(American Academy of Pediatrics, 2165)

(American Academy of Pediatrics, 2166)

(American Academy of Pediatrics, 2167)

(American Academy of Pediatrics, 2168)

(American Academy of Pediatrics, 2169)

(American Academy of Pediatrics, 2170)

(American Academy of Pediatrics, 2171)

(American Academy of Pediatrics, 2172)

(American Academy of Pediatrics, 2173)

(American Academy of Pediatrics, 2174)

(American Academy of Pediatrics, 2175)

(American Academy of Pediatrics, 2176)

(American Academy of Pediatrics, 2177)

(American Academy of Pediatrics, 2178)

(American Academy of Pediatrics, 2179)

(American Academy of Pediatrics, 2180)

(American Academy of Pediatrics, 2181)

(American Academy of Pediatrics, 2182)

(American Academy of Pediatrics, 2183)

(American Academy of Pediatrics, 2184)

(American Academy of Pediatrics, 2185)

(American Academy of Pediatrics, 2186)

(American Academy of Pediatrics, 2187)

(American Academy of Pediatrics, 2188)

(American Academy of Pediatrics, 2189)

(American Academy of Pediatrics, 2190)

(American Academy of Pediatrics, 2191)

(American Academy of Pediatrics, 2192)

(American Academy of Pediatrics, 2193)

(American Academy of Pediatrics, 2194)

(American Academy of Pediatrics, 2195)

(American Academy of Pediatrics, 2196)

(American Academy of Pediatrics, 2197)

(American Academy of Pediatrics, 2198)

(American Academy of Pediatrics, 2199)

(American Academy of Pediatrics, 2200)

(American Academy of Pediatrics, 2201)

(American Academy of Pediatrics, 2202)

(American Academy of Pediatrics, 2203)

(American Academy of Pediatrics, 2204)

(American Academy of Pediatrics, 2205)

(American Academy of Pediatrics, 2206)

(American Academy of Pediatrics, 2207)

(American Academy of Pediatrics, 2208)

(American Academy of Pediatrics, 2209)

(American Academy of Pediatrics, 2210)

(American Academy of Pediatrics, 2211)

(American Academy of Pediatrics, 2212)

(American Academy of Pediatrics, 2213)

(American Academy of Pediatrics, 2214)

(American Academy of Pediatrics, 2215)

(American Academy of Pediatrics, 2216)

(American Academy of Pediatrics, 2217)

(American Academy of Pediatrics, 2218)

(American Academy of Pediatrics, 2219)

(American Academy of Pediatrics, 2220)

(American Academy of Pediatrics, 2221)

(American Academy of Pediatrics, 2222)

(American Academy of Pediatrics, 2223)

(American Academy of Pediatrics, 2224)

(American Academy of Pediatrics, 2225)

(American Academy of Pediatrics, 2226)

(American Academy of Pediatrics, 2227)

(American Academy of Pediatrics, 2228)

(American Academy of Pediatrics, 2229)

(American Academy of Pediatrics, 2230)

(American Academy of Pediatrics, 2231)

(American Academy of Pediatrics, 2232)

(American Academy of Pediatrics, 2233)

(American Academy of Pediatrics, 2234)

(American Academy of Pediatrics, 2235)

(American Academy of Pediatrics, 2236)

(American Academy of Pediatrics, 2237)

(American Academy of Pediatrics, 2238)

(American Academy of Pediatrics, 2239)

(American Academy of Pediatrics, 2240)