

SOLANO YOUTH COALITION PRESENTATION

FOR NOVEMBER 4, 2020

NAMI, the National Alliance on Mental Illness, is the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness. NAMI advocates for access to services, treatment, supports and research and is steadfast in its commitment to reduce stigma.

STIGMA AND DISCRIMINATION

Stigma is when someone views a person in a negative way just because they have a mental health condition. Some people describe stigma as a feeling of shame or judgement from someone else. Stigma can even come from an internal place, confusing feeling bad with being bad.

Navigating life with a mental health condition is tough enough, and the isolation, blame and secrecy that is often encouraged by stigma can create huge challenges to reaching out, getting needed support, and living well. Stigma is toxic to a person's mental health because it creates an environment of shame, fear, and silence that prevents many from seeking help and treatment.

<https://namica.org/what-is-mental-illness/reducing-stigma/>

WHAT IS MENTAL ILLNESS?

17% of youth (6 to 17 year olds) experience a mental health disorder but only 50% of youth (6 to 17 year olds) get treatment in a given year. This means that only 8.5% of 6 to 17 year old who are experiencing a mental health illness receive treatment.

50% of all mental health conditions start by age 14. 75% start by the mid-20s. Estimates say 20% of kids have an undiagnosed mental illness.

70% of youth in the juvenile justice system have at least one mental health condition

20% of homeless individuals have a serious mental illness.

Mental illnesses are medical conditions that disrupt a person's thinking, feeling, mood, ability to relate to others, and capacity to cope with even ordinary demands of life. (school, work, etc.) They are not personal weaknesses, lack of willfulness, or a personal characteristic.

Serious mental health conditions (SMI) include major depression, schizophrenia, bipolar disorder, obsessive compulsive disorder (OCD), panic disorder, post traumatic stress disorder (PTSD), and borderline personality disorder.

<https://namica.org/types-of-illnesses/>

Although there is no "cure" for mental illness, the symptoms can be treated with therapy, medication, education and support. The good news is that recovery is possible

<https://namica.org/what-is-mental-illness/>

What are the WARNING SIGNS you might look for in a friend having a mental health challenge?

Warning Signs that you might see in a friend who is having mental health challenge:

- Excessive worrying or fear
- Feeling excessively sad or low
- Confused thinking or problems concentrating and learning
- Withdrawing from social activities or feeling down for more than 2 weeks
- Self – harm: cutting, burning
- **Threatening to kill him or herself or making plans to do so. Take this seriously!**

- Extreme out-of-control, risk-taking behaviors that might hurt themselves or others.
- Sudden overwhelming fear for no reason, including intense worries or fears that get in the way of daily activities, including hanging out with friends.
- Not eating, throwing up or using laxatives to lose weight
- Severe mood swings. Outbursts that go beyond how other people would often act, it might mean something more serious
- Repeated use of drug or alcohol; coming to class hung over, showing up to sporting events intoxicated or wanting to bring drugs or alcohol into daily activities
- Drastic changes in behavior, personality or sleeping habits – sleeping much more or much less or get more agitated more frequently.
- Extreme difficulty in concentrating or staying still
- Difficulty perceiving reality – delusions or hallucinations in which a person experiences and senses things that don't exist in objective reality
- Inability to carry out daily activities or handle daily problems and stress
- <https://namica.org/how-to-help-a-friend/>

- Friendship and Mental Health How to initiate and maintain friendships while living with a mental health condition

<https://www.nami.org/Your-Journey/Teens-Young-Adults/Friendship-and-Mental-Health>

- How to Manage Mental Illness in College

<https://www.nami.org/Your-Journey/Teens-Young-Adults/Managing-a-Mental-Health-Condition-in-College>

When you are talking with a friend about any issue, including mental health issues, Ask them: do you want advice or do you just want me to listen?

A comprehensive guide to mental health, mental illness and mental crisis:
“Navigating a Mental Health Crisis” www.namisolanoounty.org

WHAT IS A MENTAL HEALTH CRISIS?

A mental health crisis is any situation in which a person’s behavior puts them at risk of hurting themselves or others and/or prevents them from being able to care for themselves or function effectively in the community. Many things can lead to a mental health crisis.

What do you do for someone in a mental health crisis?

- 1, **Call 9-1-1 if they are a danger to themselves or others** – be sure to tell the dispatcher this is a mental health crisis call and the diagnosis if you know it.
2. **Call or go to the Solano County Crisis Stabilization Unit**
2101 Courage Drive
Fairfield, CA 94533
(707) 428-1131
Walk-ins welcome
24/7 availability

If you need to **stop using alcohol or substances immediately**, call the Southern Solano Alcohol Council Detox at (707) 643-2715 or visit the nearest emergency room.

3. **Call crisis lines for support**

National Suicide Lifeline
Text HOME to 741741

1-800-273-8255 (24/7)

National Suicide Lifeline (Spanish) 1-888-628-9454 (24/7)

California Youth Crisis Line –
Youth and Family 24/7 crisis 1-800-843-5200

Kaiser After Hours Crisis Line (5:30 pm to 8:30am) 707-645-2700

The Trevor Project (Crisis intervention and
suicide prevention LGBTQ+ youth
ages 25 and under) 1-866-488-738 (24/7)
Text “START” to 678678 Mon-Friday 12p-7pm
<http://www.thetrevorproject.org>

Trans Lifeline (Peer support crisis and suicide
prevention hotline for the Trans
community available 7am to 1am.) 1-877-565-8860

Veterans Crisis 1-800-273-8255, press 1

Friendship Line 24/7 for seniors and disabled 1-800-971-0016

**Starting JULY 1, 2022, a universal phone number for mental health information, support and crises will go into effect -> 9-8-8

SUICIDE PREVENTION

Suicide is the second leading cause of death for people ages 10-34. However, with effective care, suicidal thoughts are treatable, and suicide is preventable.

Suicidal behaviors are a psychiatric emergency. If you or a loved one starts to take any of these steps, seek immediate help from a health care provider, go to the emergency room or call 911 immediately. Do not hesitate to call 9-1-1 if you feel there is any danger at all. They are trained to handle mental health crises and suicide situations.

The more steps and pieces of a suicide plan that are in place, the higher the severity of the risk and their capability to enact their plan may be. The higher the risk, the more likely it is you will need to involve 9-1-1 or go to the crisis center or an emergency room.

How to look for signs in a friend and yourself:

The following signs in a friend or yourself may indicate some suicidal thoughts are present or forming:

- Increased alcohol and drug use
- Aggressive behavior
- Withdrawal from friends, family and community
- Dramatic mood swings
- Impulsive or reckless behavior
- Collecting and saving pills or buying a weapon
- Giving away possessions
- Tying up loose ends, like organizing personal papers or paying off debts
- Saying goodbye to friends and family

<https://namica.org/blog/what-you-can-do-to-prevent-suicide-warning-signs-risk-factors-and-support-in-a-crisis/>

<https://www.nami.org/Blogs/NAMI-Blog/September-2019/How-to-Ask-Someone-About-Suicide>

www.nimh.nih.gov/suicideprevention

How to talk to your friend:

When a suicide-related crisis occurs, friends and family are often caught off-guard, unprepared and unsure of what to do. The behaviors of a person experiencing a crisis can be unpredictable, changing dramatically without warning.

There are a few ways to approach a suicide-crisis:

- Talk to your friend in any way you can – in-person, on the phone, via text, via e-mail -→ just have the conversation.
- Talk openly and honestly. Don't be afraid to ask questions like: "Do you have a plan for how you would kill yourself?" "How can I help?" "What kind of pain are you in?"
 - Frame the question in empathy and compassion.
 - Use direct language. Using the word "suicide" in a direct way says, "We can talk about this here." It's important to use the direct language of "suicide" rather than "hurting yourself," because these are different questions.
 - Build-in choice, and take action in the moment, meaning asking open-ended questions, giving them questions that have a choice built into them.
 - Make a specific plan for follow-up by saying something like, "I'm going to reach out tomorrow to see how you're doing." Following up can make a world of difference, regardless of how the conversation went.
- It is a MYTH that talking about suicide will make the person want to commit suicide more – in fact, it allows the person to express his or her feelings and may change his or her state of mind. Acknowledging and talking about suicidal thought may reduce it.

- LISTEN to their answers. What emotional pain are they in? Focus on THEIR reason for living and avoid trying to impose your reasons for them to stay alive.

- Remove means such as guns, knives or stockpiled pills
- Calmly ask simple and direct questions, like “Can I help you call your psychiatrist?” “Can I help you call a crisis line?” If there are multiple people around, have one person speak at a time.
- The more steps and pieces of a plan that are in place, the higher the severity of the risk and their capability to enact their plan may be. The higher the risk, the more likely it is you will need to involve 9-1-1 or go to the crisis center or an emergency room.

- Express support and concern,
- Don’t argue, threaten or raise your voice.
- Don’t debate whether suicide is right or wrong
- If you’re nervous, try not to fidget or pace
- Be patient

<https://www.bethe1to.com/bethe1to-steps-evidence/>

<https://www.nami.org/Blogs/NAMI-Blog/September-2020/When-Someone-is-Suicidal-Choose-Support-%E2%80%94-Not-Guilt>

<https://www.nami.org/Blogs/NAMI-Blog/September-2019/How-to-Ask-Someone-About-Suicide>

Additional Information: Five steps to helping someone in emotional pain: www.nimh.nih.gov/suicideprevention

American Foundation for Suicide Prevention (AFSP)
www.afsp.org

SUICIDE IS NOT THE ANSWER. THERE IS HOPE.

CANNABIS-INDUCED PSYCHOSIS IS A POSSIBLE SIDE EFFECT OF EXCESSIVE MARIJUANA/CANNABIS CONSUMPTION

When marijuana use triggers psychosis, there may be several different symptoms, all characterized by a break with reality. Common marijuana psychosis symptoms are paranoid delusions, suspiciousness, and a sense of grandiosity. Other potential symptoms include hallucinations, dissociation or a feeling of detachment and unreality, disorganized and disturbed thoughts, inappropriate emotional responses, and unusual changes in behavior. In most cases symptoms resolve once drug use is stopped.

Resources for Marijuana education:

For more information:

SMARTCO – Protecting your child from marijuana www.smartcolorado.org

Johnny’s Ambassador q www.Johnnysambassadors.org

Cannabis Awareness Prevention Toolkit: STANFORD MEDICINE
www.Med.Stanford.edu/cannabispreventiontoolkit

Colorado Department of Education –

<https://assets.bouldercounty.org/wp-content/uploads/2017/03/understand-the-big-deal-marijuana.pdf>

A Night In Jail – Storytelling as Substance Abuse Prevention (Inspired by True Events

www.anightinjail.com

Marijuana Anonymous – a fellowship of people who share our experience, strength and hope with each other that we may solve our common problem and help others to recover from marijuana addiction

www.Marijuana-anonymous.org

Mar-Anon Family Groups – Support and hope for those affected by another’s marijuana use

Go to: www.mar-anon.com for more information

MENTAL HEALTH AND/OR SUBSTANCE ABUSE **CONTACTS**

For youth with commercial insurance, probably through their parents (such as Blue Cross, United Healthcare, etc.), look at the back of the insurance card for behavioral health contact numbers. They can assist you in accessing services.

How to get Access to Mental Health and/or Substance Use Disorder Services through Solano County

TO OBTAIN SOLANO COUNTY MENTAL HEALTH AND/OR SUBSTANCE ABUSE SERVICES FOR THE FIRST TIME:

Call the County Access line 800-547-0495 call here if you have never had services through the County for mental health or substance abuse.

You will be evaluated when you call the access number – the clinician will determine where you will go in the County system – if severe enough, they may be able to get you in for an appointment that day

Solano County Crisis Line:

(707) 428-1131

24/7 crisis care unit. You can call or just walk in

2101 Courage Drive

Fairfield, CA 94533

(in the back, in the northwest corner of the building, facing Courage Drive).

SOLANO HEALTH AND SOCIAL SERVICES SUBSTANCE ABUSE SERVICES (after initial contact through Access line as outlined above):

Call 9-1-1 if there is danger to the person or others.

If you need to **stop using alcohol or substances immediately**, call the Southern Solano Alcohol Council Detox at (707) 643-2715 or visit the nearest emergency room,

FIRST TIME ACCESS TO SOLANO COUNTY SUBSTANCE ABUSE:

Beacon Access Line (Partnership Health Plan)

1-855-765-9703

wellnessandrecovery@partnership.org

Health 360

– youth and adult mental health and substance abuse disorder in Solano County. They have a list of agencies to refer to, as well. They provide services in juvenile detention center and Adult Jail.

<https://www.healthright360.org/location/solano-county>

General Inquiries for the Solano County Dept. of Mental Health

For non-emergency inquiries, email: BHAdminCalls@solanocounty.com

Response time is approximately 24 to 48 hours

Solano County Department of Mental Health Services, General contacts:

Website: www.solanocounty.com/depts/mhs/default.asp

Twitter: @SolanoCountyBH

Solano Network of Care – website with links to several county resources

www.solanocares.org

Solano County Wellness & Recovery Unit

(Promoting people with lived experience sharing recovery stories and striving for personal wellness.)

707-553-5493

WRU@solanocounty.com

RESOURCE LINES (NOT HOTLINES OR CRISIS LINES – FOR REFERRAL TO RESOURCES ONLY)

National Alliance on Mental Illness (NAMI) Solano (707) 422-7792

The NAMI National HelpLine can be reached:

Monday through Friday, 7am to 3pm Pacific Time
6264 or info@nami.org

1-800-950-

The NAMI HelpLine is a free, nationwide peer-support service providing information, resource referrals and support to people living with a mental health conditions, their family members, friends and caregivers, mental health providers and the public. HelpLine staff and volunteers

are experienced, well-trained and able to provide guidance. The NAMI HelpLine is not a hot line, crisis line or suicide prevention line.

National Mental Health Association 1-800-969-6642

Solano COVID County Crisis: (707) 784-8539

A resource line, not a hotline, available M-F 8am to 5pm
English and Spanish Confidential Line and Voicemail

JED Foundation — Promotes emotional health and suicide prevention among **college and university students** www.jedfoundation.org

Mental Health peer-run resource line for youth and young adults; blogs of lived experience with mental health conditions: 1-800-273-TALK

www.OK2Talk.org

National Institute of Mental Health's **publications in Spanish**
www.nimh.nih.gov/health/publications/espanol/index.shtml

HOW TO GET HELP FROM COMMUNITY BASED ORGANIZATIONS

Contact these organizations for mental health and other resources in the community.

These are NOT hotlines or crisis lines.

-NAMI Solano County Resource Line (707) 422-7792

-Solano Pride **Confidential Counseling Message Line**
(707) 389-4520

-Self-Injury/SAFE (Self Abuse Finally Ends) 1-800-DONT-CUT

-NAMI Help Line 1-800-950-6264

- Nami.org
- Namica.org
- Namisolanocounty.org

Wellness Centers in schools

Bay Area United Way

Youth Services, Sports Programs, comprehensive information and referral service for San Francisco, San Mateo, Napa, Marin, Santa Clara, and Solano counties. We connect over 37,000 Bay Area callers and texters each year with information about health and human services available to them. Free, Confidential, 24/7. Available in several languages.

<https://www.211bayarea.org/solano/youth/youth-engagement/recreational-programs/>

Voices Solano

Housing, Health and Wellness Services (including mental health), Employment and Education Services for transitional age youth 16-24. Youth-designated and youth led Center.

646 Tennessee St
Vallejo, CA 94590
Phone: (707) 917-5904
Fax: (707) 731-1268

Drop-in Hours

Monday - Thursday: 12:00 - 4:00pm

Staff Available (via phone & email/social media)

Monday - Thursday: 10:00am - 6:00pm

<https://www.voicesyouthcenter.org/voices-solano>

HOMELESS RESOURCES

Resource Connect Solano – comprehensive service referrals, including housing

(707)652-7311

or RCS@caminar.org

Solano County Office of Education – Foster and Homeless Youth Resources

Golden Hills Education Center

2460 Clay Bank Road, Fairfield, CA 94533

707-399-4812

[English Brochure](#)

[Spanish Brochure](#)

National Runaway Switchboard

1-800-621-4

All of these following teams connect homeless individuals with resources and can help family members locate individuals who may be homeless. They all work with families to locate and provide resources to homeless individuals of all ages

Fairfield Homeless Intervention Team – access to resources (707) 372-1611

Community Resource Unit – Vacaville – access to resources (707) 469-4023

Benicia Community Homeless Liaison – access to resources (707) 590-3280

DOMESTIC VIOLENCE/SEXUAL ABUSE/HUMAN TRAFFICKING

SafeQuest Solano Sexual Assault/Rape/Human Trafficking Crisis Hotline

707-644-7273 - Benicia/Vallejo

707-422-7273 - Fairfield/Suisun/Vacaville/Dixon

707-255-6397 - Napa Emergency Women's Services

707-449-5200 - Vacaville Domestic Violence Response Team

707-252-6222 - Sexual Assault Victim Services of Napa

Solano Family Justice Center Domestic Violence and other family issues

604 Empire Street

Fairfield, CA 94533

707-784-7635 to make an appointment

Drop-Ins welcome Monday through Friday 9:00 a.m. to 4:00 p.m.

<https://www.solanocounty.com/depts/fvp/fjc/default.aps>

Solano County District Attorney's Crime Victim Advocate/Assistance Program

675 Texas Street. Suite 4500

Fairfield, CA 94533

(707) 784-6844

355 Tuolumne Street

Vallejo, CA 94590

(707) 553-5052

PEER AND FAMILY SUPPORT GROUPS IN THE COUNTY

-Peer support groups through the County – Desiree McCoy (707) 366-5569

Dmccoy@solanocounty.com

-Family support groups through the County – Lorena Perswain (707) 533-5493

Lyperswain@solanocounty.com

-Peer and Family Connection Groups-NAMI – see www.namisolanocounty.org

(via Zoom currently)

-Solano Pride Center
1234 Empire Street, Suite 1560
Fairfield, CA 94533 Contact:
(707) 2073430
Confidential Counseling Message Line: (707) 389-4520 Email:
Info@Solanopride.org
Website: <https://www.solanopride.org/>

COMMUNITY GROUPS TO GET INVOLVED IN

SOLANO COUNTY - List of Youth – Serving Organizations in Solano County – Life Skills, Employment, Leadership Training, Mentor Organizations, Counseling, Community Resources

<https://www.solanoyouthemployment.org/youth-servingorganizations>

SOLANO COUNTY – Solano County Youth Resources, Youth Mentoring Services, Youth Counseling, Youth Employment, Youth Transitions Program, School Lunches (ages 0-18.)

http://www.partnershiphp.org/Community/Documents/Solano/Solano_Youth.pdf

SOLANO COUNTY – Youth Employment

<https://www.solanoemployment.org/youth>

STATE YOUTH GROUP ORGANIZATIONS - see www.cal youthconn.org

California Youth Connection (CYC) is a statewide nonprofit organization comprised entirely of youth ages 14–24 with direct experience of our state’s foster care, mental health, and juvenile justice systems. CYC facilitates youth-led organizing, education, and advocacy, providing a transformational experience of community and individual empowerment. www.calyouthconn.org

Youth In Mind (YIM) is a nonprofit organization founded and steered by youth affected by the mental health system. Youth In Mind members participate in multiple levels of leadership and advocacy, including member leadership summits, mental health conferences, and local advocacy activities with the purpose of promoting positive change through authentic youth engagement. www.yimcal.org

Young Minds Advocacy (YMA) is a nonprofit organization founded to address the number one health issue facing young people and their families—unmet mental health needs. Using a blend of policy research and advocacy, impact litigation, and strategic communications, YMA works to change attitudes towards mental illness and break down barriers to quality mental healthcare for young people and their families. www.ymadvocacy.org

Peers Envisioning and Engaging in Recovery Services (PEERS) is a diverse community of people with mental health experiences. PEERS’ mission is to promote innovative peer-based wellness strategies. PEERS creates culturally rich, community-based mental health programs that honor diverse experiences and eliminate stigma and discrimination. www.peersnet.org

ONLINE RESOURCES

These are some resources I have been referred to:

Generation Next

<https://www.generationnext.com.au/resources/podcasts/>

Teenager Therapy

<https://teenagertherapypodcast.com>

Teenz Talk – international platform for teen issues, including discussions of mental health and self-care practices, healthy ways to reduce stress

<https://www.teenztalk.org/>

This is Not Normal Apple Podcast about youth mental health and at <https://www.stitcher.com/podcast/liberaloasis/this-is-not-normal>

UPCOMING LEGISLATION TO WATCH FOR YOUTH

MENTAL HEALTH

For those of you with an interest in the legal field, here are some mental health bills proposed in the United States House of Representatives, both authored by California lawmakers:

Mental Health Student Services Act of 2020 – in the United States House of Representatives, Bill No. H.R. 1109. Introduced by California Representative Grace Napolitano

Will provide funding and support for student mental health services,

Mental Health Justice Act of 2020 – in the United States House of Representatives, Bill No. (not assigned yet) Introduced by California Representative Katie Porter,

Will provide grants for states to develop mental health professionals to respond to an emergency (911) call involving a person in a mental health crisis, instead of law enforcement as the first responder. This will address cases where law enforcement may not be the best responder to address the crisis.

END: MINDFULNESS EXERCISE BY CERRENE – 10 mins