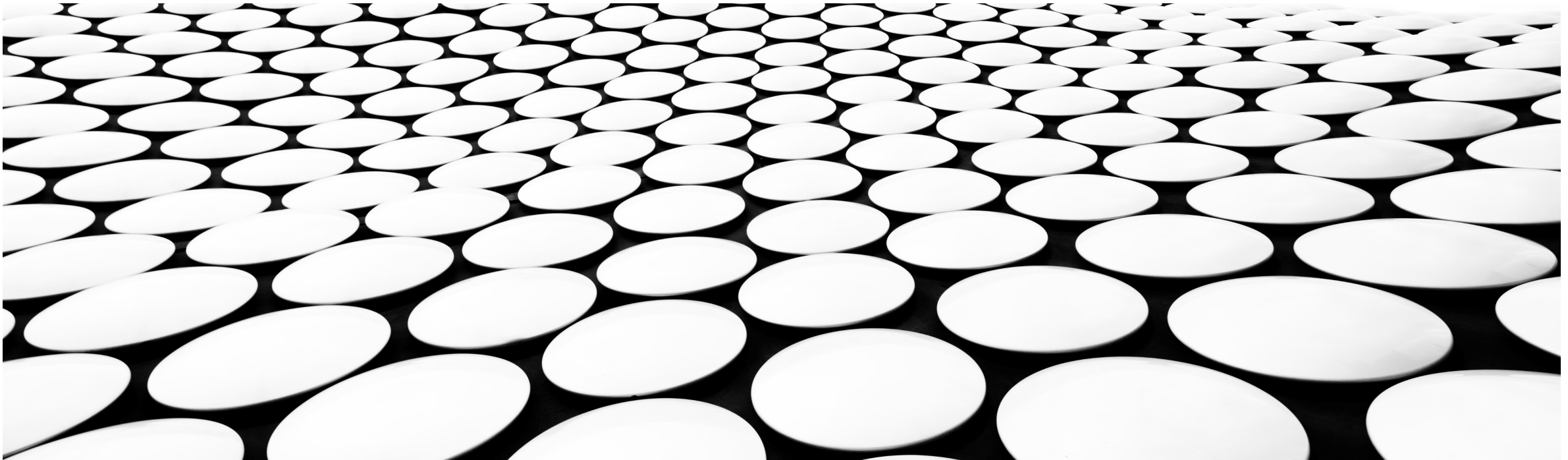




Stony Brook
Medicine

YOUTH AND YOUNG ADULT MENTAL HEALTH RESOURCES

COPING AND CONNECTING DURING COVID-19



Created by Stony Brook Medicine's Healthy Libraries Program, Presented on May 26th, 2020





BEFORE WE BEGIN....

While we are waiting for everyone to join please complete this brief survey:

https://stonybrookuniversity.co1.qualtrics.com/jfe/form/SV_3Wq4ItFDYpFvcrP

Presenters:

Leah Topek-Walker, LCSW, Field Education Coordinator, School of Social Welfare

Erica Diminich, PhD, Clinical Psychologist, Program in Public Health

Even Marcos-Gonzales, MSW Student, School of Social Welfare

Brittany Fleisher, MSW Student, School of Social Welfare

Alexander Wilson, MSW Student, School of Social Welfare

Gabriella Pandolfelli, MPH Student, Program in Public Health

Contributors:

Lisa A. Benz Scott, PhD, Professor and Director, Program in Public Health

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Julie Erdman, MSW Student, School of Social Welfare

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MEET THE CONTENT EXPERTS: LEAH TOPEK-WALKER



Leah-Topek Walker is a licensed clinical social worker in the state of New York. For the past 11 years she has been providing psychotherapy and behavioral interventions to individuals, couples, families and groups facing a variety of challenges. She graduated from Stony Brook University with a degree in social work in 2005; before that she studied liberal arts and creative writing at the New School for Social Research.

She is a field education coordinator at the Stony Brook University School of Social Welfare.

MEET THE CONTENT EXPERTS: DR. ERICA DIMINICH



Dr. Erica D. Diminich is a Clinician-Scientist and Research Assistant Professor in the Program in Public Health at Stony Brook University. She received her PhD in Clinical Psychology from Columbia University in New York. As a bi-lingual Latina Clinical Psychologist, Dr. Diminich has specialized training in trauma, mood and anxiety disorders. She has expertise in developing and leading parenting groups focused on stress reduction and healthy relationships for parents of adolescents and teenagers.



ABOUT OUR MPH AND MSW STUDENTS

Gabriella Pandolfelli



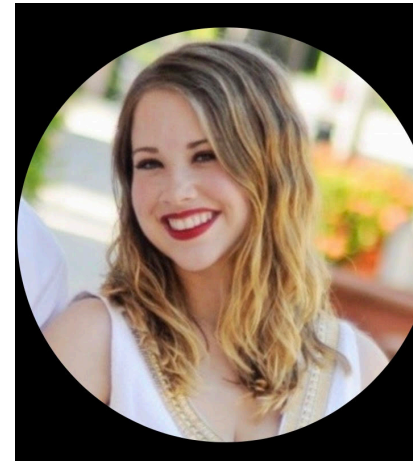
Gabriella has completed her first year as a Master's in Public Health Student. She is the program coordinator for the Healthy Libraries Program.

Even Marco-Gonzales



Even has completed his first year as a Master's in Social Work student. He interned with Amityville Public Library and is doing remote work for West Babylon Public Library.

Brittany Fleischer



Brittany has completed her first year as a Master's in Social Work student. She is an Assistant Behavior Intervention Specialist for a group home agency in Merrick.

Alexander Wilson



Alexander has completed his first year as a Master's in Social Work student. He interns at the Mastic-Moriches-Shirley Community Library.



Stony Brook
Medicine

ABOUT THE HEALTHY LIBRARIES PROGRAM

- Stony Brook Medicine's Healthy Libraries Program (HeLP) is a partnership with the Suffolk Library Cooperative System and is supported by the American Heart Association of Long Island.
- The program is an interdisciplinary team of public health, nursing, and social work students whose aim is to:
 - Provide evidence-based health information, screening, and case management
 - Refer patrons to promote access to appropriate health and social services programs locally that will address their health and social support needs
 - For students to experience working on an interprofessional team

We support programs, trainings and provide resources for librarians and their patrons.

LEARNING OBJECTIVES FOR THIS SESSION

By the end of this session participating librarians will be able to:

- Identify the definition of mental health
- Identify 3 mental health warning signs
- Understand the difference between sadness and depression
- Identify the definition of major depressive disorder in teens
- Identify at least 3 symptoms of major depressive disorder in teens
- List at least 3 evidence-based strategies that can support youth mental health
- List at least 3 local resources for mental health among youths
- Feel confident in their ability to act as a resource on mental health information for teens and their families



QUESTIONS

- Feel free to ask any questions throughout the webinar
- If you are joining us via phone, please unmute yourself and ask a question
- If you are joining via computer, enter a question into the chat or use the raise hand function

WHAT IS MENTAL HEALTH ?... DISORDERS?

- Mental health refers to psychological, social, and emotional well-being.
- It is **normal** for teens to experience a wide range of emotions, from being anxious about school or friendships, to a period of depression following death of a friend or family member (HHS.org).
- Mental health disorders: ***persistent*** symptoms that affect how a young person feels, thinks, and acts.
- Mental health disorders can interfere with daily activities like relationships, schoolwork, sleeping, and eating.
- Depression is the most common mental health disorder and affects nearly one in eight adolescents and young adults each year.

<https://www.hhs.gov/ash/oah/adolescent-development/mental-health/index.html>

AVERAGE TEEN OR WARNING SIGN?

Symptoms of
mental illness can often
appear similar to average
teen development.

VS

AVERAGE ADOLESCENCE

Withdrawing from family
to spend more time
with friends

Wanting more
privacy



Moving from childhood likes
to teen pursuits

POTENTIAL WARNING SIGN

Withdrawing from
friends, family and
social activity



Becoming secretive;
Seems to be hiding something

Losing interest in favorite activities
and not replacing
with other pursuits



Learn how to help a young person who may need help. Get trained in Mental Health First Aid.

www.mentalhealthfirstaid.org

COMMON MENTAL HEALTH WARNING SIGNS

- Mental health is not simply the presence or absence of symptoms.
- According to the National Institute of Health, a child may need help if they:
 - Often feel angry or worried
 - Have difficult sleeping or eating
 - Lose interest in activities they used to enjoy
 - Isolate themselves and avoid social interactions
 - Feel grief for a long time after a loss or death
 - Use alcohol, tobacco, or other drugs
 - Obsessively exercise, diet, or binge eat
 - Hurt other people or destroy property
 - Have low or now energy
 - Feel like they can't control their emotions
 - Have thoughts of suicide
 - Harm themselves



https://www.nimh.nih.gov/health/topics/child-and-adolescent-mental-health/index.shtml#part_152582



COVID-19 AND MENTAL HEALTH

- COVID-19 has changed our lives–
- What are **immediate strategies** and **long-term solutions** that can mitigate harm and improve support for children/teens, families?
- How do deal with stressors following COVID-19 pandemic (e.g. fear, loss of resources like public library spaces), social support, changes in daily routines.
- Socioeconomic status and disparities in access to materials will widen the gap in access to information and other resources.
- **Resources must be appropriately accessible** for those with visual and hearing impairments.

THE DIFFERENCE BETWEEN BEING SAD AND BEING CLINICALLY DEPRESSED

- Due to COVID-19 and stay home order teenagers may have feelings of sadness. They are isolated from their friends, missing their normal routines, and worrying about the future.
- Depression is different from sadness
- To have Depression or Major Depressive Disorder a child must be diagnosed with five or more symptoms that interfere with their daily life for two weeks.

<https://nyulangone.org/news/checking-your-teenagers-mood-during-covid-19-pandemic>



SYMPTOMS TO LOOK FOR IF YOU THINK A TEEN IS DEPRESSED

- Physical complaints like stomach aches, headaches or other physical symptoms can be associated with depression
- Social withdrawal – if a teen social isolates themselves from family, starts to isolate themselves from friends or changes friend groups this could be a sign of depression
- Academic decline in conjunction with other symptoms
- Substance use
- Self-criticism – an increase in frequency and intensity of negative-self statements
- Teens are likely to show one to two of these symptoms at some point in their adolescence.
- We should be worried if changes occur rapidly, more consistently or are occurring all at once.
- Screening and treatment are available, consult your pediatrician

RECOMMENDATIONS TO SUPPORT EMOTIONAL WELLBEING

- Recommended that librarians provide age appropriate information.
- Adults should allow children and teens to ask questions - use websites with COVID-19 information designed for children
 - <https://www.stonybrookchildrens.org/COVID19> – for Children
 - <https://www.who.int/news-room/q-a-detail/q-a-for-adolescents-and-youth-related-to-covid-19> – For Children, Youths and Teens
- Ensure that every conversation is sensitive and responsive – that teenagers feel like they are being heard
- Provide activities to help teens stay connected
- Social distancing should not mean social isolation
 - Try creating activities that emphasize staying connected, such as writing letters, Zoom chats, FaceTime, watching movies with friends through Netflix Party, etc.

TIPS TO HELP **teens** COPE DURING **COVID-19**

⋮

Maintain a daily **routine** with consistent sleep, activity and study patterns.

⋮

Stay **connected** with others and try to find moments of humor.

⋮

Talk to people you feel **comfortable** with about your feelings or worries, then give yourself permission to stop worrying.

⋮

Limit the amount of time you spend talking about or watching news media or social media.

⋮

Be **kind** to yourself and each other. We'll work through this together.



HOW TO COPE WITH CHANGES FROM COVID-19

- Teens go through a lot of physical and emotional changes, so it may be harder for them to handle anxiety associated with hearing/reading news of COVID-19
- Older teens may deny their reactions to themselves and to others
 - They may respond continually with “I’m okay” or even silence when they are upset
 - Might complain about physical aches or pains because they cannot identify what is really bothering them emotionally
 - May experience some physical symptoms because of anxiety about COVID-19
 - May start arguments, resisting any structure of authority
- Let them know you care about them – make sure to check on them in a nonintrusive way
- Encourage them to stay in touch with friends and family through texting, phone, video chat, and video games
- Encourage discussion of outbreak experience with peers and family
- Discuss and address stigma. Prejudice, and potential injustices occurring during outbreak

SOME VIRTUAL PROGRAMMING IDEAS FROM THE COLORADO DEPARTMENT OF EDUCATION

- “Skype a librarian.” Set hours for patrons to Skype the library for help with technology, questions about e-books or their library cards, or just some personal interaction.
- Start an online study group with high school students. Help them learn to cite sources, find credible information, and do research online.
- Create a pandemic book club. Read books like *Station Eleven* and *Severance*. Livestream your hobby such as knitting, painting or embroidery.
- Library Craft Hour
- Set up a chat with tweens and teens to talk about current events.
- Digital Escape Rooms: <https://americanlibrariesmagazine.org/blogs/the-scoop/moving-programming-online/>
 - Video on how to create your own digital escape room: <https://www.youtube.com/watch?v=xLzbPGF4TzY&t=141s>
- Additional ideas for virtual programming can be found here:
https://docs.google.com/document/d/1dnx_N7vTqmi4GMnlrwflgR3KhAGgDXxp19jF0yfh-Os/edit and
https://docs.google.com/document/d/1D9cCs2VL8NsxgltudPL1xICxz-83c0EPAzTKwPuQLIY/edit?fbclid=IwAR3iFQme8obezcNeBgICXYmBiGelOzhzqdvoqTytGBI07Fm9rypSj5_ktXk

RESOURCES FOR LIBRARIANS TO SHARE WITH LIBRARY PATRONS AND FAMILIES



STAYING HEALTHY AND OCCUPIED DURING COVID-19



2020 Suffolk County Directory of Behavioral Health Services Guide:

Contains information for both Mental Health and Substance Use Disorders. The guide is also available on the Suffolk County website listed below.

<https://suffolkcountyny.gov/Portals/0/FormsDocs/Health/MentalHygiene/2019%20Directory%20of%20Behavioral%20Health%20Services.pdf>



Mental
Health

COVID-19 Office of Mental Health:

<https://omh.ny.gov/>



Coping



Addiction

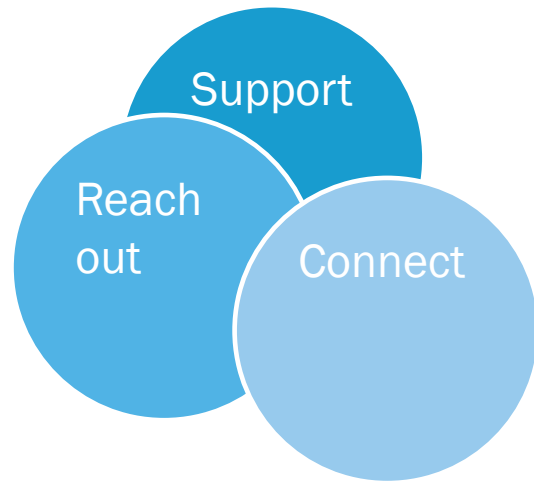
NY State Office of Mental Health Children and Teens

<https://omh.ny.gov/omhweb/childservice/>

Youth and young adult programs, Office of Addiction Services and Supports:

<https://oasas.ny.gov/treatment/youth-and-young-adults>

Teens Health from Nemours:
Stress & Coping Center



<https://kidshealth.org/en/teens/your-mind/>



YOUTH POWER! offers a variety of FREE trainings for young people who are interested in speaking up for themselves and others. Trainings can be customized and created by request.

YOUTH POWER!

Amplifying Youth Voice and Peer Advocacy

YOUTH POWER! is a New York State network hosted by Families Together in NYS that is run for and by youth and young adults. We work to ensure young people have meaningful involvement on all levels of the services they receive. We ensure the availability of Peer Support through persistent advocacy, technical assistance, and by offering training and education opportunities.

Mental
Health

Coping

Addiction

YOUTH POWER! is the youth-run division of Families Together
in NYS

www.ftnys.org



Alanon meetings on Zoom

SUPPORT for Friends and Family who have
loved ones with addictions

Please email the Alateen Coordinator if you are interested
in joining

AlateenChair@al-anon-suffolk-ny.org



RECOVERY from ADDICTIONS

Narcotics Anonymous

<https://www.longislandna.com/>

AA Meetings

24 / 7 HOTLINE: (631) 669-1124

If you feel you have a problem with alcohol, there is help and hope. The **SIA Hotline** is open **24x7** to help connect you with Alcoholics Anonymous groups and members that are there to help.

Online Meetings Now Available

It is vital during these unusual times of social distancing, that we stay connected as best we can with our program of recovery and our fellows.

<https://longislandinterventions.com/recovery-resources/name/alcoholics-anonymous/>



YALE PROGRAM IN
**ADDICTION
MEDICINE**

in collaboration with the

Yale Division on Addictions

CORONAVIRUS (COVID-19) GUIDANCE

Youth Engaged in Substance Use Treatment

Triggers & Relapse

- Changes in school or work schedule
- New challenges that come up because of social distancing
- Increased responsibilities at home
- Sadness and anger due to lack of social interaction with your friends



<https://www.smartrecovery.org/teens/>



The SMART Recovery Teen & Youth Support Program

Addiction Recovery Help for Teens and Young Adults

Are drugs, alcohol, or other behaviors getting in the way of what you really want?

Are you feeling pressured by parents, friends, and others?

SMART Recovery can help you take CONTROL of your life.

SMART Recovery provides tools and resources; YOU have the power to change YOUR behaviors.

Leave the hassles and baggage of addiction behind, and work to claim your own life!



<https://www.smartrecovery.org/teens/>

Created by Stony Brook Medicine's Healthy Libraries Program

Coming soon...



Addiction

...YOUTH CLUBHOUSES!

New York's youth clubhouses help young people in recovery (or at risk for addiction) develop social skills that promote prevention, long-term health, wellness, recovery, and a drug-free lifestyle.



Built of a core of peer-driven supports and services that encourage and promote a drug-free lifestyle

- Provides safe space and recovery programming, including recreation, skill-building, and education
- Clubhouses for youth are people ages 12-17
- Clubhouses for young adults are ages 18-21

<https://for-nyc.org/youth-clubhouses/>



Mental
Health

Crisis Support

Addiction

Help Services

Diagnostic, Assessment, and Stabilization Hub (DASH)

DASH is a 24/7 voluntary program for individuals in a crisis who are feeling overwhelmed due to substance use, mental illness and/or other life stressors. The program features a mobile response team of licensed professional experts who will come to your community and conduct an assessment, develop a safety plan, and if necessary, recommend outpatient services or a higher level of care. DASH also features a crisis hotline that provides telephone triage, clinical assessments and therapeutic support.

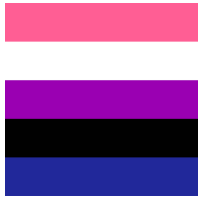
Family Service League's DASH Crisis Center & Hotline

Open 24-Hours/7-days a week!
Call **631-952-3333** for assistance.

Family Service League. (n. d.). Covid-19 update. Retrieved May 9, 2020 from <https://www.fsl-li.org/wp-content/uploads/2020/04/FSL-website-update-COVID-19-4-7-20-TMO.pdf>



Created by Stony Brook Medicine's Healthy Libraries Program



The **Trevor Project** suicide hotlines:
Lifeline: 1-866-488-7386



Chat:
<https://www.thetrevorproject.org/>



Text START to 678678.

TrevorSpace is a social networking site for lesbian, gay, bisexual, transgender, queer & questioning (LGBTQ) youth under 25 and their friends and allies.



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



(Dockray, H., 2019, May 2)

Response Crisis Hotline Available 24/7

If you are in crisis, in need of support or resources, or if you are feeling suicidal, we are here. Our crisis counselors are as close as your phone, your computer or your mobile device. You are not alone!

Call Now (631) 751-7500

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



Conexión

¿A quién llamo para ayuda

Conexión está disponible de lunes a viernes de 5-10pm. Deje un mensaje y le devolveremos su llamada lo más pronto posible porque su llamada es MUY importante.

Crisis Textline

Text HOME to 741741 to reach a Crisis Counselor

Crisis Text Line serves anyone, in any type of crisis, providing access to free, 24/7 support via a medium people already use and trust: text.

<https://www.crisistextline.org/text-us/>

(Dockray, H., 2019, May 2) (*Response Crisis Center*; n. d.)



- [TEXT TEEN to 839863](#)
- Need Help? TEEN LINE is here.

Our trained teen volunteers are available via text message and email every night from 6pm to 9pm PDT 9pm-12am EDT. Text "Teen" to 839863



Suicide Prevention Line (24/7)

Phone: [877-727-4747](tel:877-727-4747) -OR- [800-784-2433](tel:800-784-2433)

Website: <http://www.didihirsch.org/spc>

National Planned Parenthood

Phone: [800-656-4673](tel:800-656-4673)

Website: plannedparenthood.org

<https://teenlineonline.org/talk-now/>

(Teen Line, n. d.)

YOUTH LINE

- Teens available to talk between 7pm and 1am
- Call 877-968-8491
- Text teen2teen 839863
- Email Teen2Teen@LinesforLife.org
- Chat on website.

<https://oregonyouthline.org/>

Support

Even in the middle of COVID19, our teens are here to support YOU! YouthLine is considered an essential service and will be open to take your calls, texts, and chats until further notice.

Connect

Reach
out

Dockray, H., 2019, May 2

Nacional de Prevención del Suicidio

1-888-628-9454

1-800-273-8255 CHAT



<https://suicidepreventionlifeline.org/>

Created by Stony Brook Medicine's Healthy Libraries Program

VIRTUAL SUPPORT GROUP FOR TEENS – WHAT WORKS FOR ALEX

- Teen clients complete a general questionnaire about themselves (it included what they like, what they dislike, topics they find interesting, topics they don't find interesting, & topics they find especially important to them as teens).
- Topics discussed throughout the weeks were based on the questionnaire answers
- Split my time between general instruction and facilitating discussion
- Start by providing the teens with basic information on the topic at hand and then discussing the topic
- Actively listen to what the teens had to say and show that their opinions matter
- My job was to educate them and try to eradicate this idea that they held that their opinions and thoughts did not matter.
- One strong aspect of the virtual session is that the host could meet separately with an individual if that individual needed to ask a specific question or needed specific guidance on something.

VIRTUAL SUPPORT GROUP FOR TEENS – WHAT WORKS FOR BRITTANY

- Groups worked best when a relatable story was told about a stressor or a condition
 - An example would be using a celebrity's experience with anxiety or depression
- Groups did not go as well without the relatable stories
- Playing a game for the last 20 minutes led to more engagement
 - Some games were jackbox or trivia



SUMMARY

In this webinar we have discussed and reviewed :

- What is mental health during COVID-19
- How staying at home may affect mental health
- The common mental health warning signs that we may see in teens who are experiencing mental health disorders
- The difference between sadness and depression
- The common symptoms of major depressive disorder
- Strategies for supporting teen mental health during COVID-19
- Ideas for library programming
- Resources for mental health support
- Virtual support groups for teens



PLEASE FILL OUT THE SURVEY LINKED BELOW:

- https://stonybrookuniversity.co1.qualtrics.com/jfe/form/SV_eFnS9rS2Mf8MypL

PLEASE TELL US MORE THAT WE CAN DO TO SUPPORT PUBLIC LIBRARIANS AT THIS TIME

- Feel free to contact us at healthy_libraries_program@stonybrookmedicine.edu if you need help gathering evidence-based health information, have an idea for a specific webinar etc.

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