

SUPPORTIVE HEARTS & MINDS

CCYSB YOUTH SUICIDE PREVENTION

• OCTOBER 2022 •



WORLD
MENTAL
HEALTH
DAY
OCTOBER 10

OCTOBER 10TH IS WORLD MENTAL HEALTH DAY

World Mental Health Day was established in 1992 and since then has been recognized and celebrated in over 150 countries worldwide. The goal of this day is to provide education and awareness regarding mental health issues, advocate against stigma, and help the community learn about and access resources that could positively impact their own mental well-being. 1 in 8 people across the globe are diagnosed with a mental illness (the rate for adolescents is 1 in 7, possibly higher). The COVID-19 pandemic alone caused a 25% increase in the prevalence of anxiety and depression worldwide. Many times we feel stuck in knowing what we can do to advocate for better mental health outcomes and reducing stigma. Below are some ideas of how you can get involved and be an advocate both on World Mental Health Day and any other day.

- Check in on someone you know who has struggled with mental health in the past. Reaching out to ask how someone is doing can be a small act with big impact.
- Educate yourself with information on mental health conditions and the warning signs of mental illness and how you can help prevent suicide.
- Stop using — and call out — stigmatizing language. “She’s crazy.” “He’s such a nut case.” “Don’t be so OCD.” To someone who has struggled with mental health, words like these can sting.
- Visit [ThisIsMyBrave.org](https://thisismybrave.org) to read others' stories about their mental health or submit your own.
- Learn more about your mental health by taking an online mental health screening. (read on for how to do this on page 3).
- Listen to podcasts on mental health. Some suggestions: *On Our Minds*, *Therapy for Black Girls*, *The Happiness Lab*.
- Try meditating. There are lots of free smartphone apps to help you get started. We suggest trying: *Headspace*, *Calm*, and *Breath*.
- Share mental health resources on your social media page. This can be a great way to get your message out and could be really beneficial for your followers to see.

WHAT'S INSIDE:

World Mental Health Day: How You Can Participate & Advocate for Mental Health

National Depression & Mental Health Screening Month

Bullying Prevention Month

Domestic Violence Awareness Month

Did you know?

CCYSB is hosting monthly workshops for parents and community members. To learn more about the topics being offered, visit our website www.ccysb.org. Scan the QR code below to get started with registration.



Bullying Prevention Month

October is also National Bullying Prevention Month, which is a time to focus and raise awareness on bullying. Bullying is defined as unwanted, aggressive behavior that is repeated, or has the potential to be repeated, over time. It includes actions such as making threats, spreading rumors, attacking someone physically or verbally, and excluding someone from a group on purpose. Bullying can also take place through technology, known as cyberbullying. Examples of cyberbullying include mean text messages or emails, rumors sent by email or posted on social networking sites, and embarrassing pictures, videos, websites, or fake profiles. If you are a victim of bullying or even a witness to it, it can make you feel helpless and hopeless. Bullying is a risk factor to suicide and other mental health concerns such as depression, and it has also been shown that being the perpetrator of bullying can be a risk factor for suicide. There are several current campaigns that are pushing to get students involved to partner together to stop bullying and promote a friendlier school environment.

- **StopBullying.gov** has great articles and ideas for how youth and adults can prevent bullying and build resilience.
- **DoSomething.org/us/causes/bullying** has lots of information on current campaigns that you can get involved in to prevent bullying as well as informational articles on how to recognize and stop bullying in your community.
- **Unity Day, on October 10, is a time when people across the country wear orange as a show of support for students who have been bullied.**
- **<https://www.pacer.org/bullying/nbpm/activity-kit/activity-kit.asp>** has toolkits students can use to promote kindness, acceptance, and inclusion to prevent bullying.



Domestic Violence Awareness Month

Another important cause that is recognized in October is National Domestic Violence Awareness Month (DVAM). Domestic violence can be defined as a pattern of behavior in any relationship that is used to gain or maintain power and control over an intimate partner. It includes any behaviors that frighten, intimidate, terrorize, manipulate, hurt, humiliate, blame, injure, or wound someone. Domestic abuse can happen to anyone of any race, age, sexual orientation, religion, or gender and it can occur within a range of relationships. There are ways to get involved to prevent domestic violence and to show your support for those who have or are experiencing this. There are also resources out there to get help for yourself or someone else who may be struggling in an abusive relationship.

- **<https://www.thehotline.org/>**
 - 24/7 hotline for those experiencing domestic violence as well as local and national resources
 - call 1-800-799-SAFE ; text "START" to 88788
 - chat option available on website
- **<https://www.loveisrespect.org/>**
 - offers 24/7 information, support, and advocacy to young people between the ages of 13 and 26 who have questions or concerns about their romantic relationships. Also provides support/resources to concerned loved ones
 - call 1-866-331-9474; text "LOVEIS" to 22522
- **<https://www.dvawareness.org/1thing>**
 - resources for plans and actions to stop domestic violence.
 - ideas for how to advocate in your community and on social media.
- **Virtual Dance Party: Cultivating Joy for DVAM 2022**
 - scan the QR code for more information on this fun event!



NATIONAL DEPRESSION & MENTAL HEALTH SCREENING MONTH

Another highlight of October is that it is National Depression and Mental Health Screening Month. As noted on page 1, learning more about your own mental health can be one of the biggest ways to empower yourself. Mental Health America provides easy-to-access screening tools you can take from the comfort of your home to give you a quick snapshot of your own mental health. They also provide resources, information, and tools for once when you complete the screening. You can access their library of screenings by visiting:

<https://screening.mhanational.org/screening-tools/>

Remember, the best way to interpret the results and continue to work on goals related to your mental health are to meet with a licensed therapist or psychiatrist. CCYSB is now offering Open Access services to help make accessing care easier (see flyer below for more information!)



Open ACCESS AT CCYSB

At the corner of readiness and accessibility...

Carroll County Youth Service Bureau provides integrated and evidence-based treatment approaches for youth, adults, adolescents, and families experiencing mental health and/or substance use issues.

Our Walk-In service provides a same-day, comprehensive behavioral health assessment with a licensed therapist, and recommendations within 3 days.

Provided availability, treatment options will be offered, or we will assist in finding you the appropriate level of care.



Come in! WE ARE OPEN

Our agency is pleased to offer expanded Open Access Services.

This walk-in program provides same-day or next-day mental health and substance use assessments, with clinical recommendations.

Open Access Walk-In Assessment Hours:

Tuesday: 8:30am to 12 noon
and 2pm to 5pm

Wednesday: 11:30am to 2:00pm

Please call 410-848-2500

And press 0 to speak with our front office to confirm dates/times for walk-in services.

OUR LOCATION:

59 Kate Wagner Road
Westminster, MD 21157

www.CCYSB.org

Crisis Resources

National Suicide & Crisis Lifeline:
9-8-8 (Call or Text)

Chat: <https://988lifeline.org/chat>

Crisis Text Line: 741-741

The Steve Fund
www.stevelfund.org

Text "STEVE" to 741-741
to speak with culturally competent
crisis counselor

Maryland Helpline:

Dial 2-1-1, press 1
Text zip code to 898-211
or visit 211MD.org

Carroll County Mobile Crisis:
410-952-9552

To access assessment and treatment
services at CCYSB call
410-848-2500 x 1



FOLLOW US ON INSTAGRAM:
[@ccysbyouthsuicideprevention](https://www.instagram.com/ccysbyouthsuicideprevention)

Halloween Mindfulness Activities



Pumpkin Breathing

What you'll need:

A mini pumpkin!

What to do:

Lay down in a comfy spot and support your head if needed. Place mini pumpkin on your stomach. Breathe in slowly through your nose and fill your stomach up with air, focusing on the pumpkin as it rises. Then breathe out slowly through your mouth, emptying your stomach and focus on the pumpkin as it comes back down. Continue focusing on the pumpkin as you breathe in for three counts and out for three counts, trying to make the pumpkin move as slowly and smoothly as possible.

Spooky Halloween Calm Down Jar

What you'll need:

A jar or plastic bottle with a lid

Water

Glitter

Halloween confetti/craft supplies

What to do:

Fill your jar about 3/4 way to the top with water. Add a few scoops of glitter or glitter glue in your choice of color. Add your Halloween extras – try Halloween themed confetti, small plastic spiders or googly eyes. Top your jar up with water and if you like, hot glue the lid down so it doesn't spill!

When your child feels upset, they simply shake the jar and then sit quietly, focusing on the glitter until they feel calmer.



Mindful Eating

What you'll need:

A small piece of food from the trick or treating loot. You could use some candy corn, a chocolate bar, a lollipop, a small chocolate.

What to do:

Imagine you are a monster from another galaxy. You have never seen or tasted human food before. Explore the food using all of your senses, slowly and intentionally. How does the food look, what does it smell like, how does it feel, does it make a noise when you unwrap it? And lastly, how does it taste?

Eat your food as slowly as you can! Notice how it feels in your mouth, how it tastes on your tongue, how it feels when you bite into it, and how it feels when it travels down your throat.