



**Seeking to change the
conversation about
mental illness.**

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CONSEQUENCES OF UNTREATED, UNIDENTIFIED OR UNDERTREATED MENTAL ILLNESS ARE TOO HIGH

- 1 in 4 New Mexico adolescents struggle with a MENTAL ILLNESS that causes significant impairment at home, school and with peers.
- The school dropout rate in New Mexico is 29% [SOURCE: NM PED], but for students with mental illness it is approximately 50% of students aged 14 and older. This is the highest drop out rate of any disability group.
- Suicide is the second leading cause of death for 14 to 24 year olds in New Mexico. [Source: NM Department of Health] Over 90% of people who die by suicide had a diagnosable mental illness. [SOURCE: American Foundation for Suicide Prevention, CDC, and nmsuicideprevention.org]
- Juvenile and Criminal Justice System—75% of youth in juvenile detention have at least one mental illness. [SOURCE: National Institute of Mental Health Study]
- Drug Abuse—50% of people who abuse drugs and alcohol have an underlying mental illness.



An OVERWHELMING MAJORITY of children (80%) with mental illness FAIL to be identified because of...

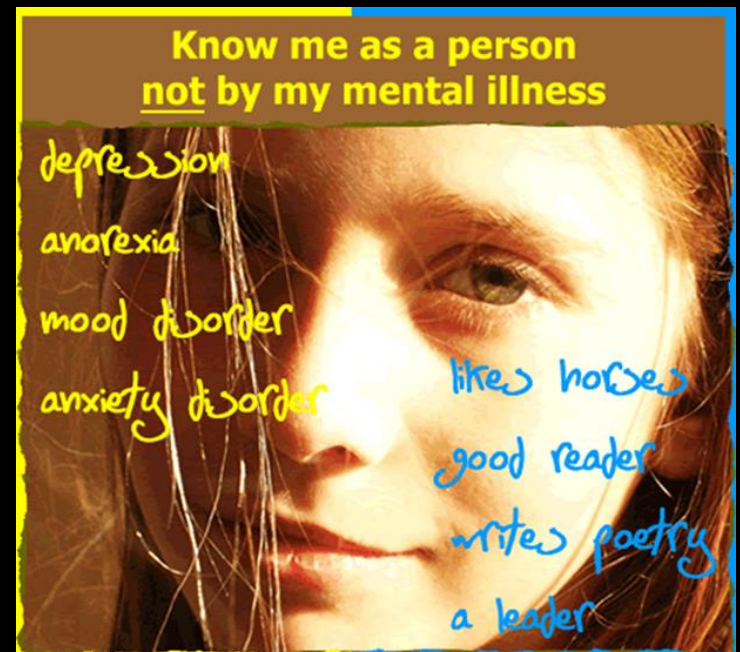
- STIGMA
- Lack of education on the part of parents, teachers others who work with the youth
- Denial on the part of family or individual
- Lack of:
 - access to treatment
 - appropriate treatment



BREAKING THE SILENCE

NEW MEXICO

- IS A STIGMA-BUSTING CURRICULUM FOCUSED ON MENTAL ILLNESS AWARENESS AND SUICIDE PREVENTION FOR TEENS IN UPPER ELEMENTARY, MIDDLE AND HIGH SCHOOL.
- WE EDUCATE YOUTH ABOUT THESE ILLNESSES SO THEY CAN ADVOCATE FOR THEMSELVES AND/OR THEIR FRIENDS AND FAMILY.
- WE ALSO PRESENT COMMUNITY FORUMS THAT RAISE AWARENESS ABOUT MENTAL ILLNESS AND EDUCATE CITY AND COUNTY COMMUNITY LEADERS, SCHOOL ADMINISTRATORS AND STAFF, TEACHERS, PARENTS, AND THE GENERAL PUBLIC..



FIVE MAIN POINTS

1. Brains can get sick too. Mental illness is a physical illness that affects the most complex organ of the body—the BRAIN. So like other illnesses they are biological... just like asthma or heart disease. Mental illness is NEVER the result of personal weakness.
2. It's stigma that keeps us from talking about it.
3. Early treatment is important.
4. Support is critical!
5. You are not alone.



OUR STRATEGY FOR MEETING OUR TEEN MENTAL HEALTH EDUCATION GOALS



1. Support those with mental illness and those who may develop mental illness, by 'breaking the silence' with open discussion and dialogue.
2. Train professionals and non-professionals, including youth, to present BTS/NM curriculum to students in the classroom.
3. Offer resources so students know how and where to get help.
4. Educate professionals, families, community leaders, and general public at Community Forums about teen mental health.

THE GOOD NEWS

- Research shows that **EARLY IDENTIFICATION** can minimize the long-term disability of mental disorders.
- **EARLY TREATMENT** can help youth and their families shorten the years of unnecessary suffering or even worse, suicide.

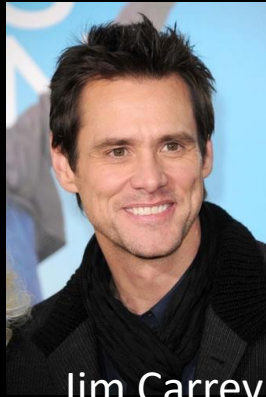




Major Depressive Disorder



Beyonce



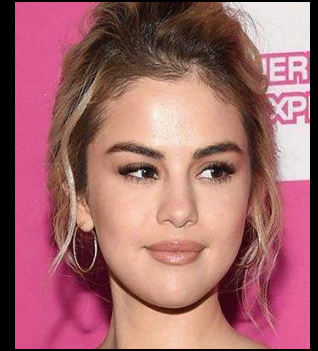
Jim Carrey



Dan Reynolds



Kid Cudi



Selena Gomez

All of these individuals have major depressive disorder. Are you surprised by anyone that you see here?

Warning signs may include:

- Change in sleep habits
- Change in activity levels
- Change in eating habits
- Withdrawing from friends and family
- Self-harm, i.e.: cutting, burning
- Thoughts about death or suicide

PEER SUPPORT ACTIVITY: HOW I CAN HELP SOMEONE



BEING HERE TODAY YOU ARE HELPING...

...TO BREAK THE STIGMA AND POSITIVELY IMPACT THE NEGATIVE OUTCOMES OF MENTAL HEALTH DISORDERS AMONG ADOLESCENTS, including:

- *Poor school performance*
 - *School dropout*
 - *Strained relationships*
- *Involvement with juvenile justice system*
 - *Substance abuse*
 - *Suicide*

**RESEARCH SHOWS THAT AS STIGMA IS REDUCED,
MORE INDIVIDUALS SEEK TREATMENT.**

THANK YOU!