

The Intersection of Mental Illness, Drug Addiction, and Suicide

Jennifer Weiss-Burke
Wynne Coleman
Gina Fresquez-Ripley

Saturday February 23, 2019



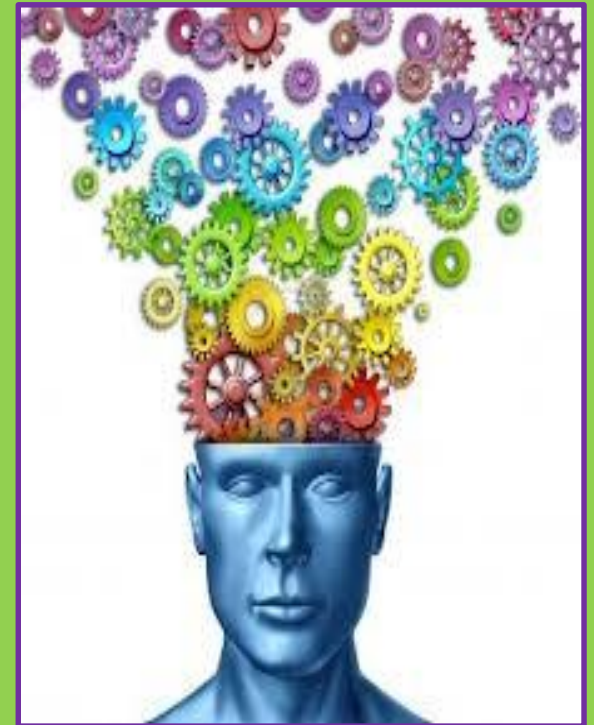
BREAKING THE SILENCE

NEW  MEXICO

Seeking to change
the conversation about
mental illness

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.



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

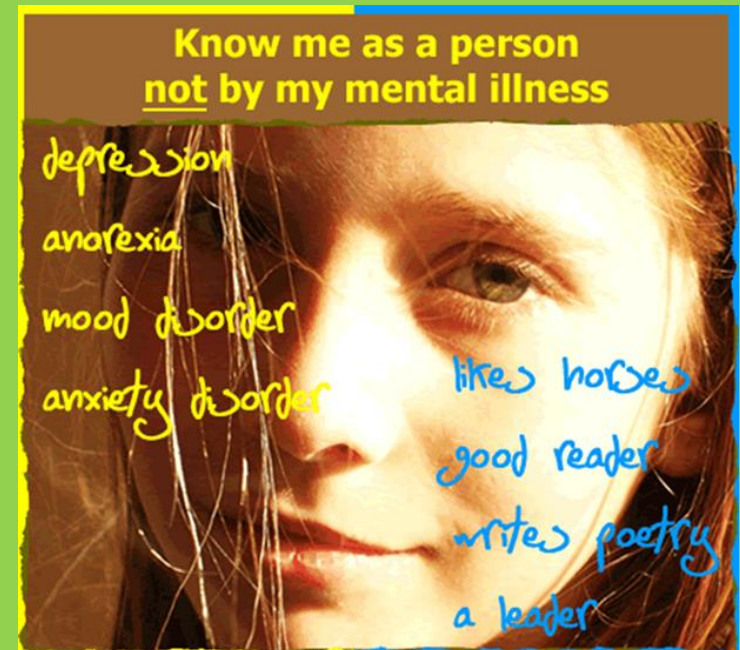
- Stigma
- Lack of education on the part of parents, teachers others who work with the youth
- Denial on the part of family or individual
- Lack of:
 1. access to treatment
 2. appropriate treatment



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

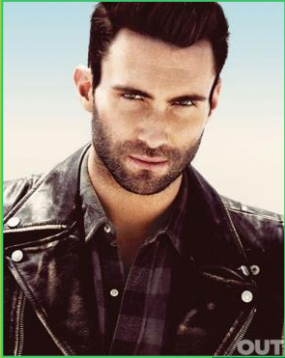
1. Mental illnesses are neurobiological (brain-based) illnesses. Brains get sick too. Mental illnesses are NOT the result of character flaws, bad parenting, or weakness.
2. It's stigma that keeps us from talking about it. We work to break stereotypes and talk openly.
3. Support is critical in knowing you are NOT alone.
4. Early treatment is IMPORTANT.
5. 1 in 4 New Mexico teens have a mental illness.



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.

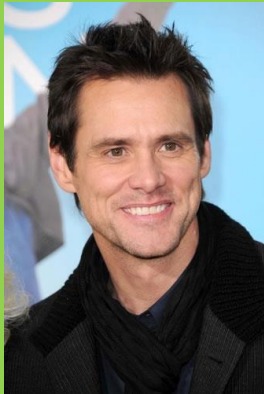




Major Depressive Disorder



Beyonce



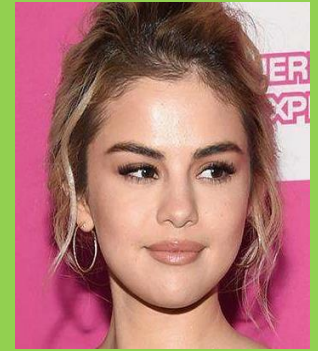
Jim Carrey



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

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.



The Intersection between Mental Health and Drug Abuse



Healing Addiction in Our Community

- ◆ Non-profit 501c3 since 2010
- ◆ Comprised of over 60 volunteers
- ◆ Dedicated to providing education and awareness about substance abuse issues in NM
- ◆ Help people find access to resources
- ◆ Opened a long-term recovery center for young people in May 2015.





- ◆ Long-term Transitional living/treatment center for young people age 14-21.
- ◆ Provide wrap around services (post-detox)
- ◆ Services include long-term sober living, individual, group and family therapy, life skills, job placement, workforce training, education (high school & college), & case management.

Youth in New Mexico

- ◆ Youth in NM are twice as likely to experiment with drugs like meth and heroin that youth in other states.
- ◆ Youth in NM have easy access to illicit drugs and prescription drugs.
- ◆ Youth are dealing with so much and many turn to drugs or alcohol to deal with anxiety, depression, and other mental health issues.

Pain killers

Pot

Alcohol

Benzos

Cocaine

Heroin

Meth

Bath Salts

Hallucinogens

What are Opioids?

- Opioids is a term used for the entire family of opiate drugs including natural, synthetic and semi-synthetic drugs.
- These drugs are chemically related and interact with opioid receptors on nerve cells in the body and brain.

Opioid drugs include

Heroin	Buprenorphine
Codeine	Fentanyl
Hydrocodone (Vicodin, Lortab, Lorcet)	Methadone
Morphine	Oxycodone (OxyContin, Percocet)
Percocete	Demerol

Why are Opioids So Addictive?

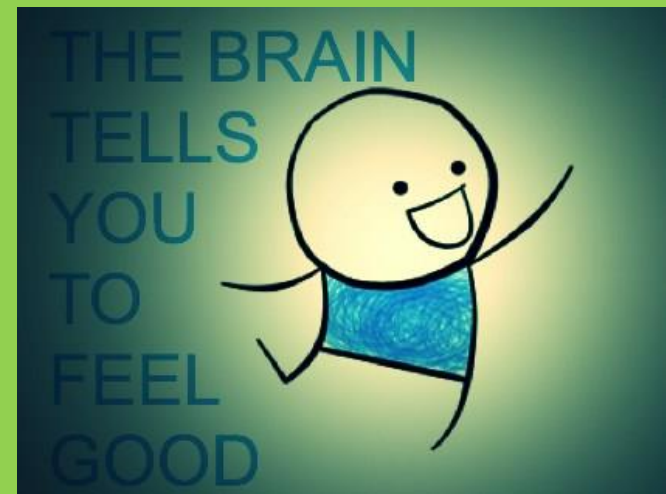
- ◆ Opiates create artificial endorphins in the brain (warm fuzzy feelings).
- ◆ Over time, opiates trick the brain into stopping the production of endorphins naturally.
- ◆ When the body stops producing its own endorphins, a person feels sick and depressed whenever they are not taking the opiate. The only way they can feel "normal" is by taking another opiate.



Methamphetamine

- ◆ Meth is a stimulant drug that is a man-made chemical.
- ◆ Meth contains chemicals that are commonly found in cold medicines. The primary ingredient in crystal meth is pseudoephedrine.
- ◆ The meth "cook" extracts ingredients from pills and combines it with other chemicals such as battery acid, drain cleaner and antifreeze.
- ◆ Meth increases the amount of dopamine in the brain.

How does Meth affect the body?



- ◆ Meth increases the amount of dopamine in the brain.
- ◆ What is Dopamine? Dopamine is sometimes called the pleasure neurotransmitter of the brain.
- ◆ Dopamine is what your brain releases when something feels good, when something pleasurable happens.
- ◆ exercise, food, sex, listening to music.

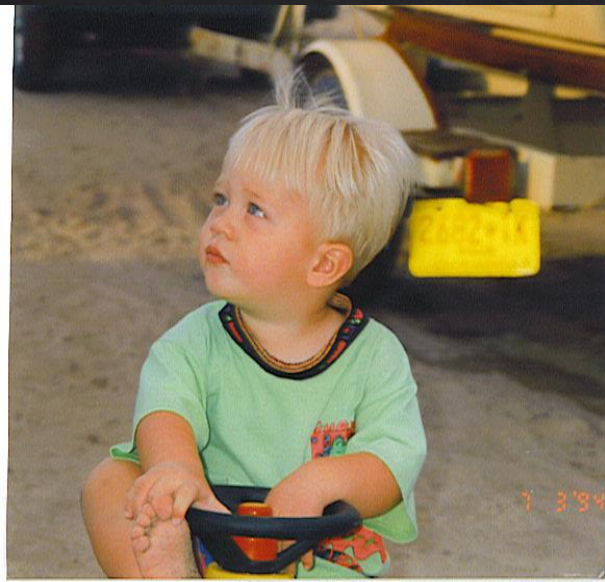
**Addiction is living in a
body that fights to
survive with a mind
that tries to die.**

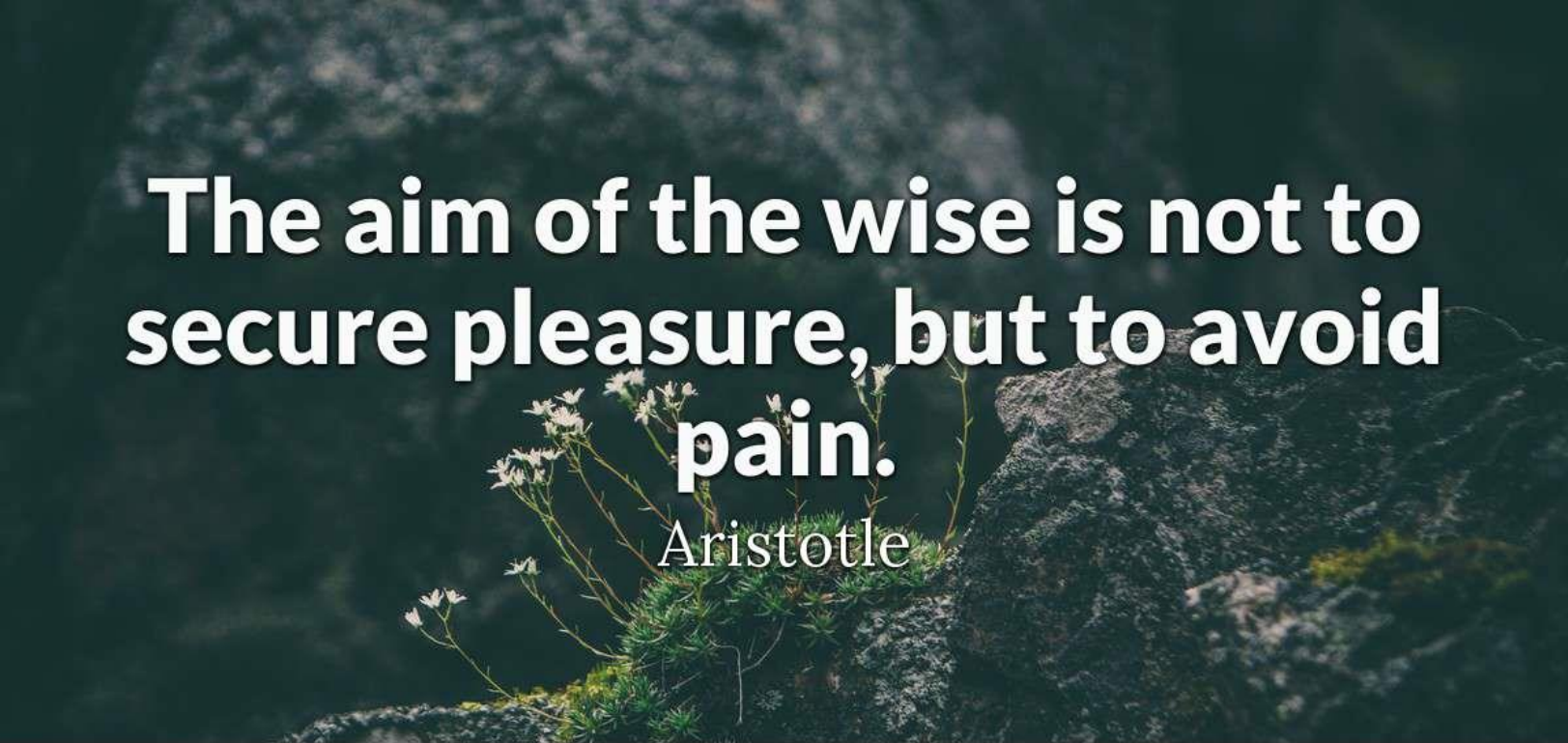






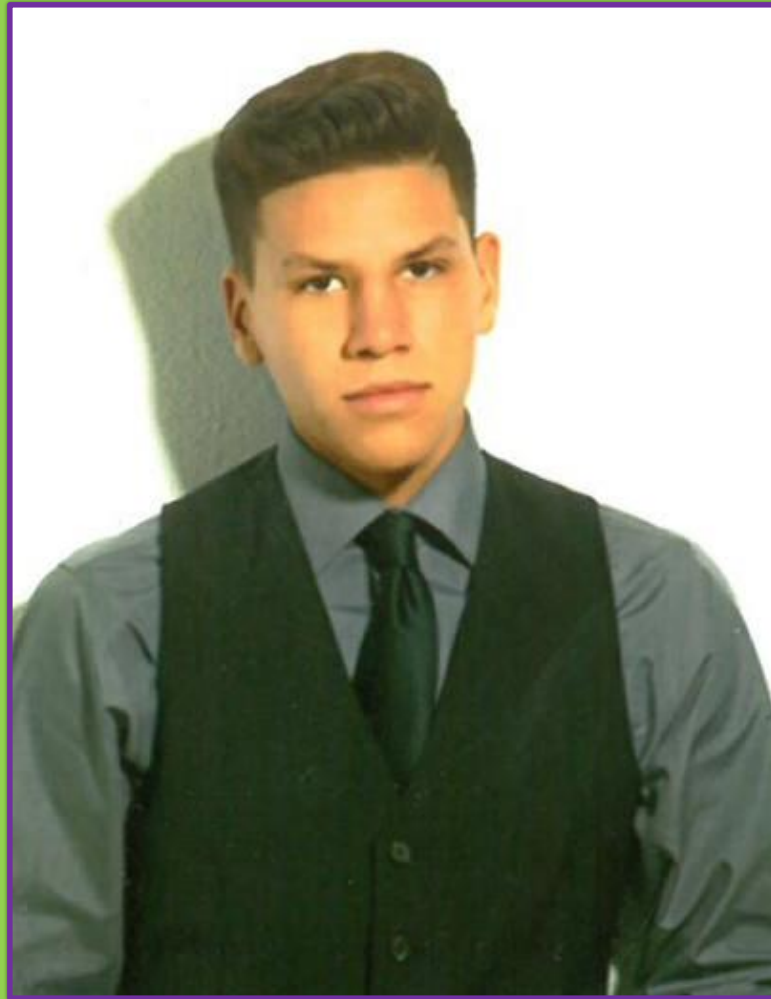
*Run your fingers through
my soul.
Feel what I feel,
Believe what I believe,
Perceive as I perceive,
Look, experience, and for
once;
Just once, understand.....*





**The aim of the wise is not to
secure pleasure, but to avoid
pain.**

Aristotle



Brandon

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!