Introduction to the Virtual Learning Series on Youth Mental Health 101 and Understanding Help-Seeking Behaviors

Dr Laura Leone, DSW, MSSW, LMSW Integrated Health Consultant National Council for Behavioral Health













CONNECTED

Today's Presenter



Dr Laura Leone, DSW, MSSW, LMSW Integrated Health Consultant The National Council for Behavioral Health













LCONNECTED.

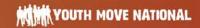
Introduction to the Series

- Understanding
 - Depression
 - Suicide
 - Anxiety
 - Trauma
 - Social Isolation and Loneliness











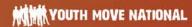
What to Expect and How to Prepare

Virtual Learning Session: Youth Mental Health 101 Discussion

RELIAS

- July 21, 2020 from 2 3pm ET (1 2pm CT, 11am 12pm PT, 10am 11am AKT)
- **Discussion Points**
- Questions







LCONNECTED

Why Participate in this Series

- Understand help-seeking behaviors of youth
- Understand being a social support for youth













Help-Seeking Behavior of Youth

- Needing personal, psychological, emotional assistance or health or social services, with the purpose of meeting this need in a positive way.
 - From formal services
 - From informal sources







Categories of Youth Help-seeking Behavior

- For specific health needs and health-related information
- For normative developmental needs
- For problem-related psychosocial needs











LCONNECTED

Social Supports

- Instrumental support
- Informational support
- Affiliative support
- Emotional support

NATIONAL COUNCIL

FOR BEHAVIORAL HEALTH







RELIAS

Promoting Help-Seeking Behaviors

- Relocating services to reach adolescents
- Use of peer promoters
- Outreach workers or community health promoters
- Information campaigns, hotlines, and information centers
- Service integration
- Parent and community education programs
- Outreach and recruiting efforts and refitting existing services











-CONNECTED

Protective Factors From

- Suicide
- Safer sexual behavior
- Substance use
- Later sexual debut
- Lowered rates of delinquency
- Increased social competence
- Decrease in depression
- Increased satisfaction with life









CONNECTED



Dr Laura Leone, DSW, MSSW, LMSW Integrated Health Consultant National Council for Behavioral Health LauraL@TheNationalCouncil.org

RELIAS







