

Current Issues of Mental, Emotional, & Behavioral Health

Dr. Georgia Powell



House Keeping



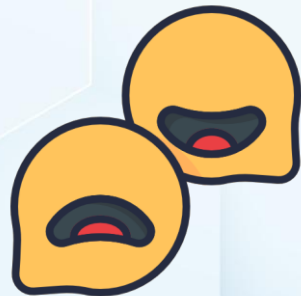
We would like you to have to active participation and interaction throughout the session



If you have any questions at any point, please put them in the chat or raise your hand



Please stay on mute while you are not speaking



Please be polite and respectful to everyone on the session



The session will be recorded please don't individually record this session (screen, audio, picture, etc.)



Training Overview

- ❑ Identify early mental health warning signs
- ❑ Analyze emerging mental health trends
- ❑ Apply community intervention strategies
- ❑ Increase awareness of resources and referrals
- ❑ Strengthen advocacy in organizations and communities

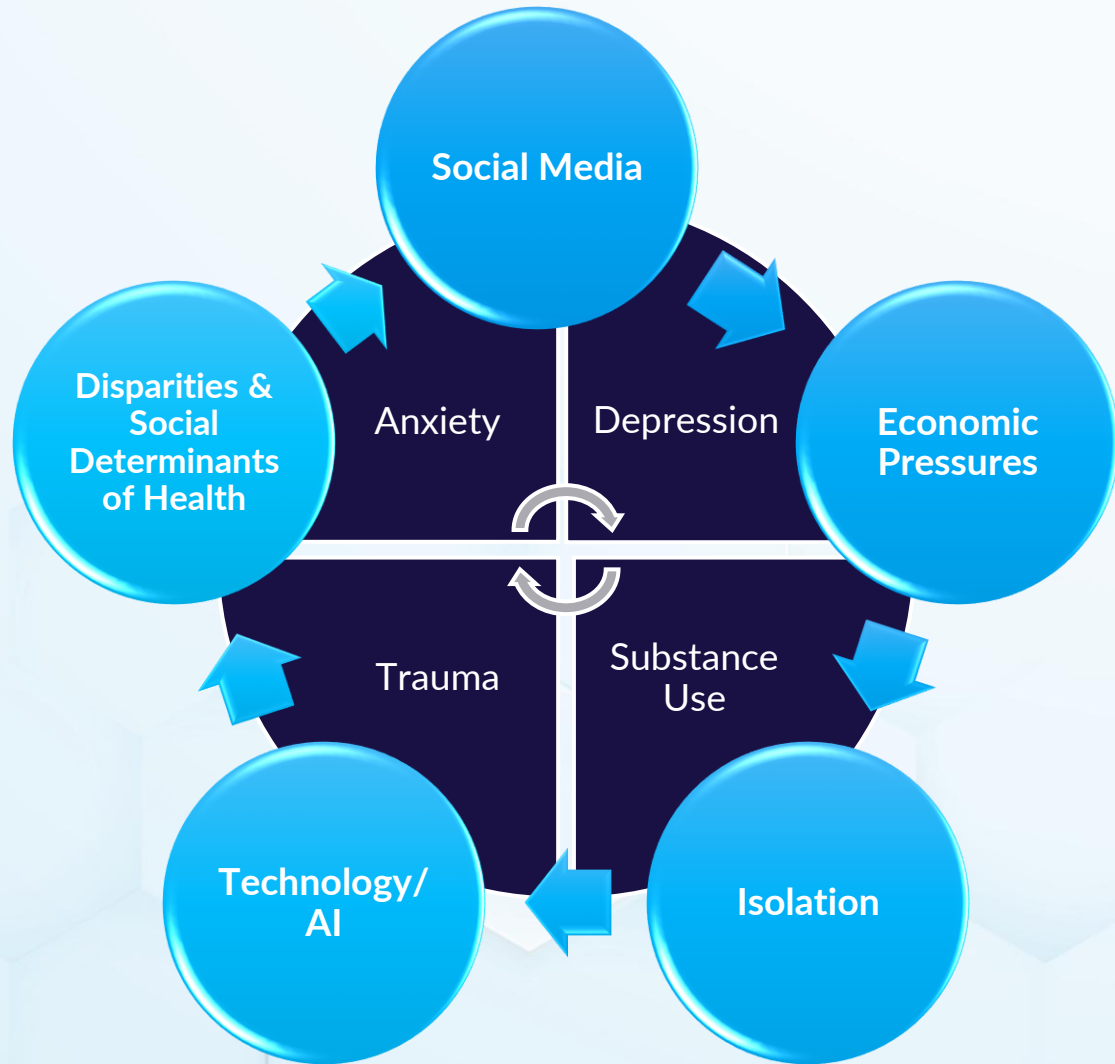


Icebreaker

What's one word that comes to mind when you think about community mental health?



Emerging Mental Health Trends



You are NOT **ALONE**

Millions of people are affected by mental illness each year. Across the country, many people just like you work, perform, create, compete, laugh, love and inspire every day.

 1 in 5 U.S. adults experience mental illness

1 in 20 1 in 20 U.S. adults experience serious mental illness

17% of youth (6-17 years) experience a mental health disorder



Common Mental Health Conditions

Anxiety Disorders

Feelings of fear, worry, or unease that can interfere with daily life. Common symptoms include:

- Racing thoughts
- Restlessness or irritability
- Trouble sleeping
- Difficulty concentrating
- Panic attacks

Depression

Feelings of sadness, loss of interest, and hopelessness that can affect day-to-day activities. Common symptoms include:

- Feelings of sadness, emptiness, or hopelessness
- Loss of interest in activities you once enjoyed
- Changes in appetite or weight
- Difficulty sleeping or oversleeping
- Feelings of worthlessness or guilt



Common Mental Health Conditions (cont.)

Stress-Related Disorders

Excessive stress that can lead to physical and emotional symptoms, such as headaches, fatigue, and irritability.

Common symptoms include:

- Headaches or migraines
- Headaches or migraines
- Irritability or anger
- Muscle tension or pain
- Sleep disturbances

Substance Use Disorders

Compulsive use of drugs or alcohol that can lead to a range of problems, including health issues and legal troubles. Common symptoms include:

- Continued use of substances despite negative consequences
- Withdrawal symptoms when not using substances
- Tolerance to substances, requiring more to achieve the same effect
- Difficulty sleeping or oversleeping
- Interference with work, school, or social life






Understanding Mental Health

**Recognizing Early Warning
Signs**





Mental Health Foundation: a positive state of wellbeing which enables an individual to be able to function in society and meet the demands of everyday life.



State in one word, the main factor that has the greatest negative impact on your emotional health

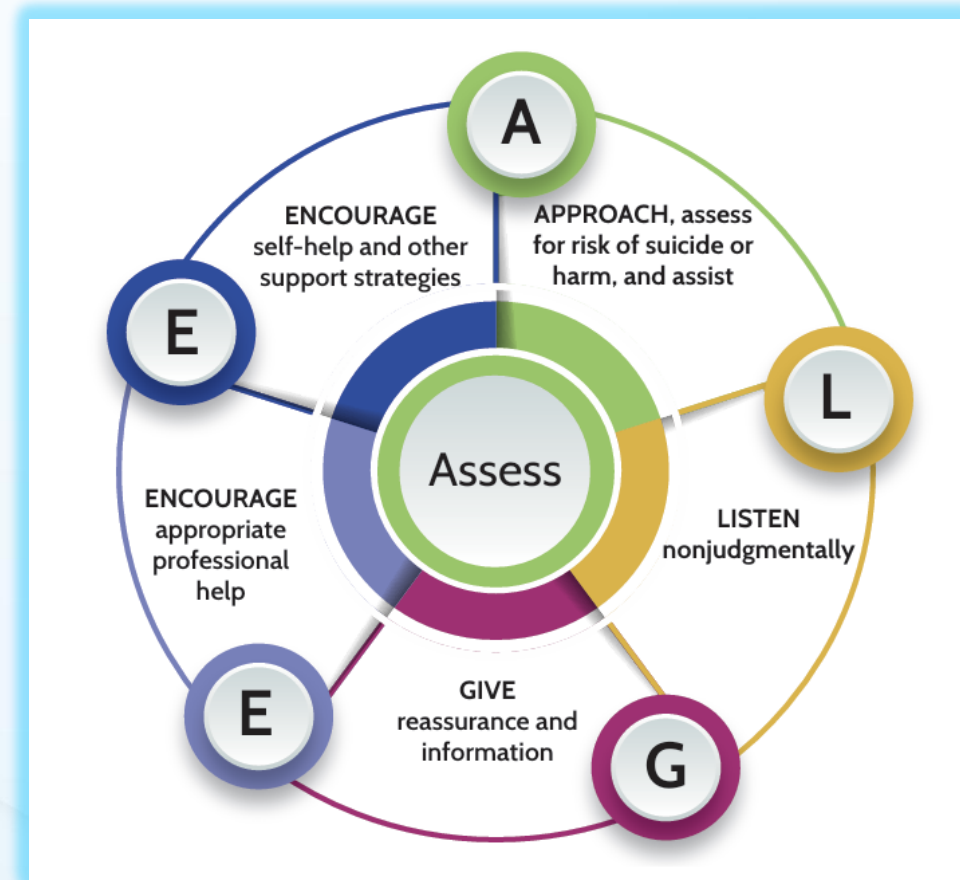




Community-Based Intervention Strategies



Mental Health First Aid Action Plan (ALGEE)



The CARES Framework



Connecting to Resources and Building Support

- Crisis Text Line, 988 Suicide & Crisis Lifeline, NAMI, local behavioral health clinics.
- Partnering with schools, faith communities, local organizations.



Advocacy & Self-Care

Think about “one action” you’ll take to support mental health in their community.

- Fighting stigma, supporting policy change, and raising awareness.
- Mindfulness, boundaries, peer support.





Best Practice

- Observe Changes
- Ask questions to explore what's going on.
- Actively listen to responses
- Don't interrupt or rush the conversation. If needed, sit patiently with them in silence.
- Explore what support is available to the person.
- Avoid assumptions
- Promote empowerment
- Demonstrate compassion
- Work together to find solutions and develop an action plan.



A blurred background image showing a person in a grey suit presenting to an audience. Several audience members have their hands raised, indicating an interactive session or a Q&A period. The scene is set in a bright room with large windows.

Any Questions?
Thank You!



Contact Info



Dr. Georgia Powell

Phone: (860) 602-8787 x101

Address:

1080 Day Hill Road, Unit 105
Windsor, CT 06095

Email:

info@powellmentalhealth.com