



THE COLLABORATIVE TRUST

For Research & Training in Youth Health & Development

Youth Mental Health Stress and Strains

Women's Health College NZNO May
2018

“Our Vision: Healthy well-developed
young people in Aotearoa, New Zealand”

- Dr Sue Bagshaw

Who are these quotes from?

"Our youth now love luxury. They show disrespect for their elders....and they contradict their parents, chatter before company, gobble up dainties at the table and tyrannise their teachers."

"I would wish there were no age between ten and three and twenty, or that youth would sleep out the rest; for there is nothing in the between but getting wenches with child, wronging the ancientry, stealing, fighting."

Definitions

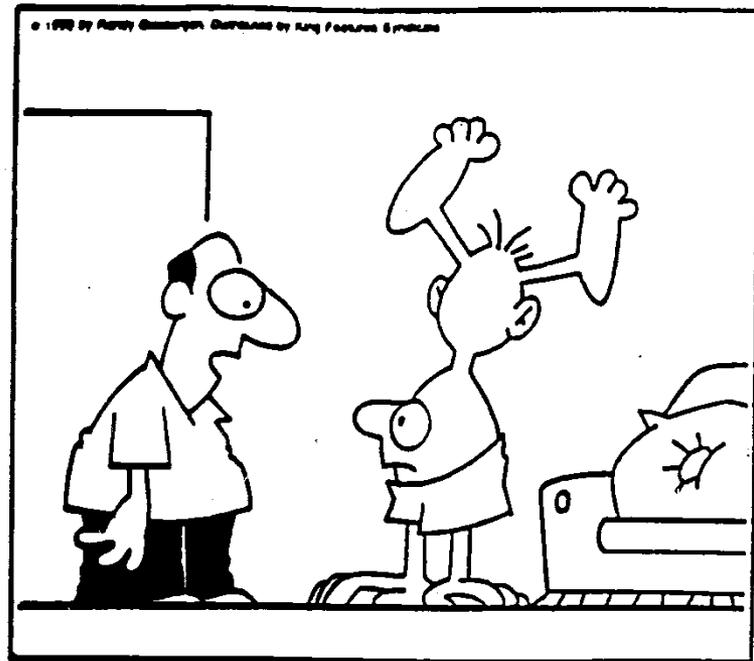


Mental Illness v Mental Health



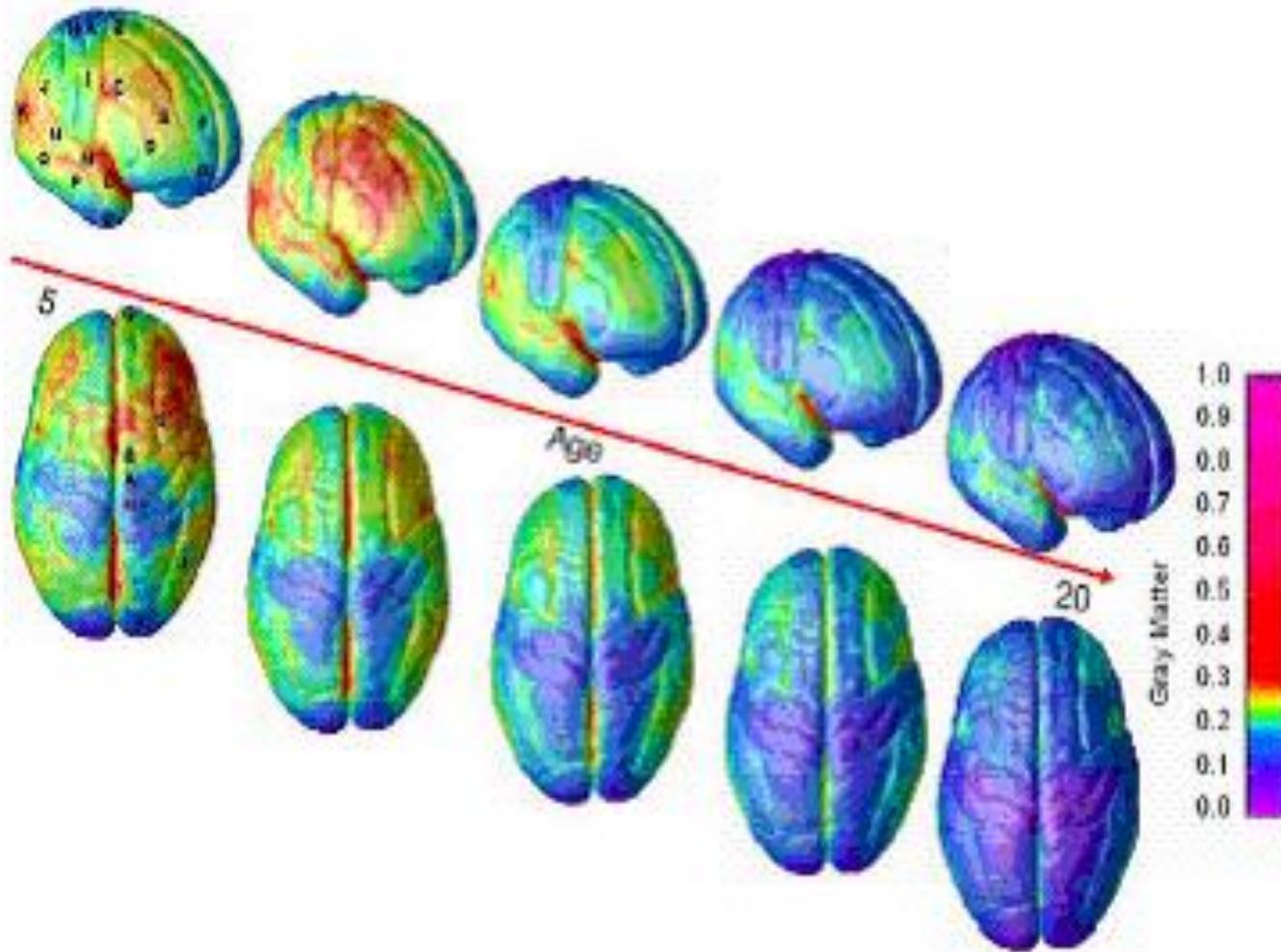
It's all about development

- Physiological –growth
 - sexual
 - brain
- Cognitive
- Emotional
- Social
- Identity
- Spiritual
- Legal

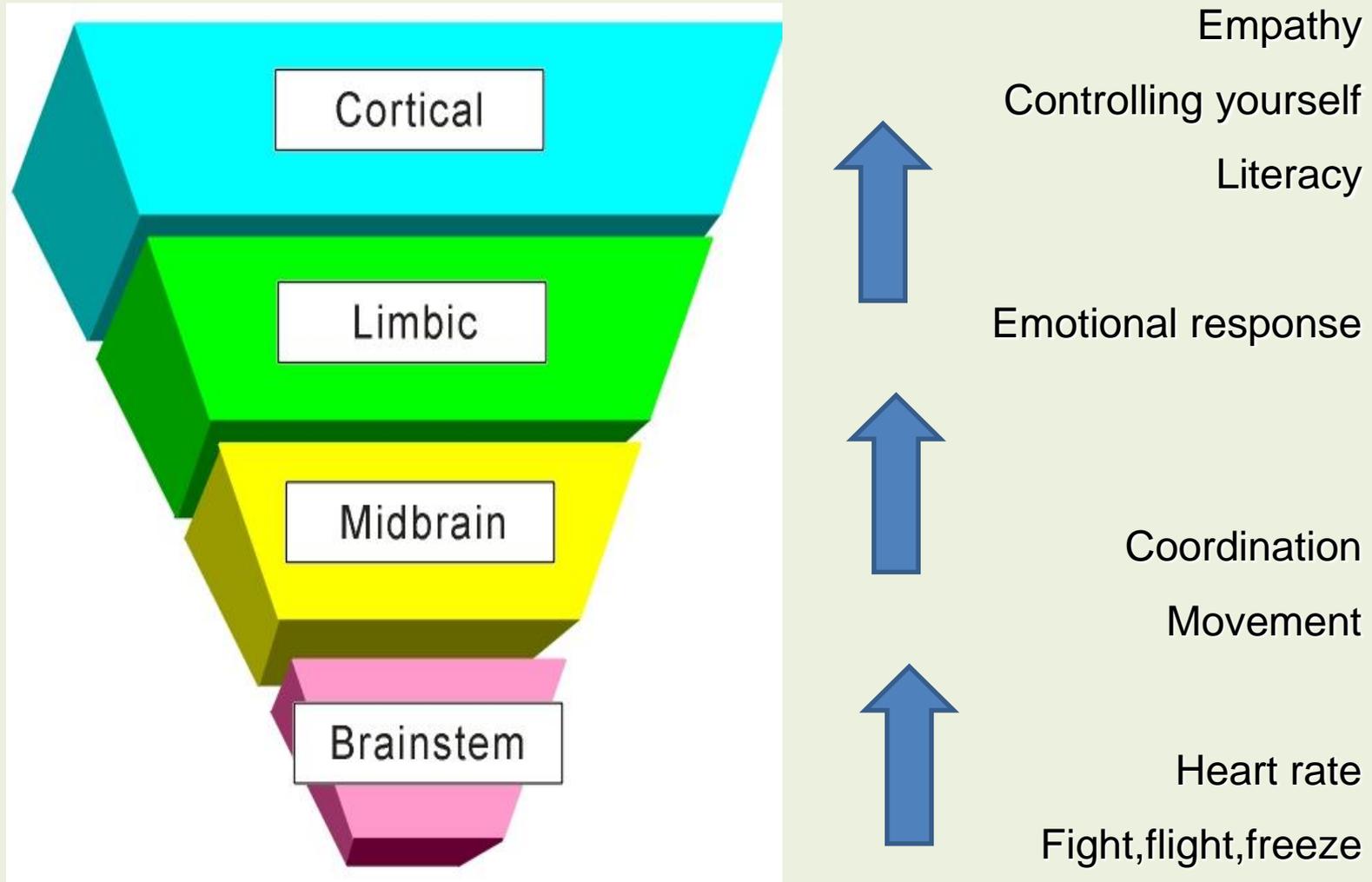


'You're a teenager now, Lester. Your body is changing in ways that are hard to understand'

Red = Grey matter
Blue = Connections



Perry's Neurosequential Model



Perry, B.D. (2002). *Brain Structure and Function I: Basics of Organisation*. Adapted in part from "Maltreated Children: Experience, Brain Development and the Next Generation (W.W. Norton & Company).

Mindsight by Daniel Siegel

MIDDLE PREFRONTAL CORTEX



Place your thumb in the middle of your palm as in this figure.

CEREBRAL CORTEX



Now fold your fingers over your thumb as the cortex is folded over the limbic areas of the brain.

Teens think with their Amygdala

- Sensing emotions
 - Fear
 - Threat
 - Danger
- Acknowledge Emotion
- Where are they:
- Future thinking
 - Concrete/abstract
 - Complexity of thinking

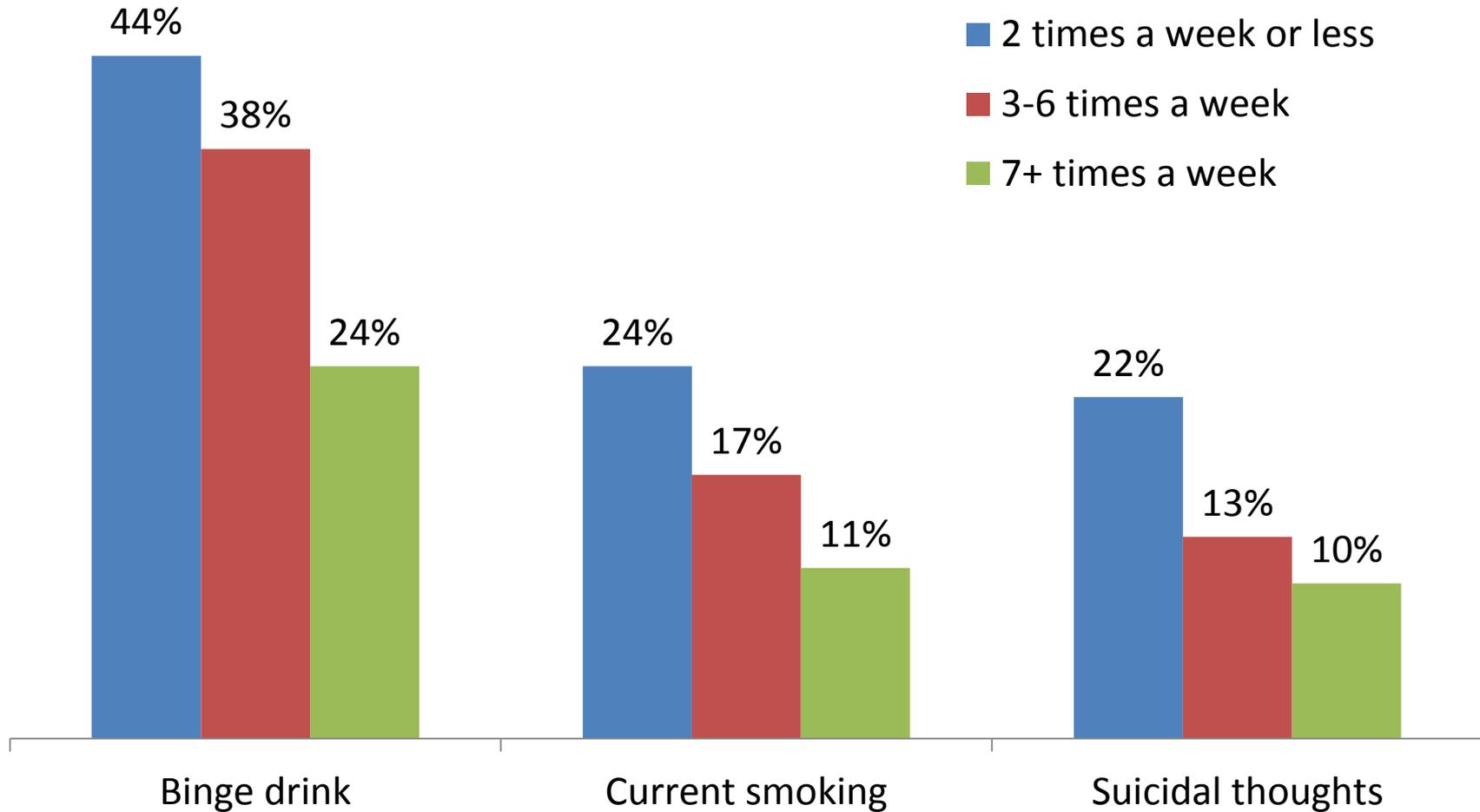


Speeding up

- Consistent warm loving adult support
- Structure
- Negotiation
- Respect for growing autonomy
- Opportunities to contribute
- Sense of Identity - whakapapa
- Membership of a group
- Skill development
- High Challenge and High Support
- Family meals



Family Meals and Risks

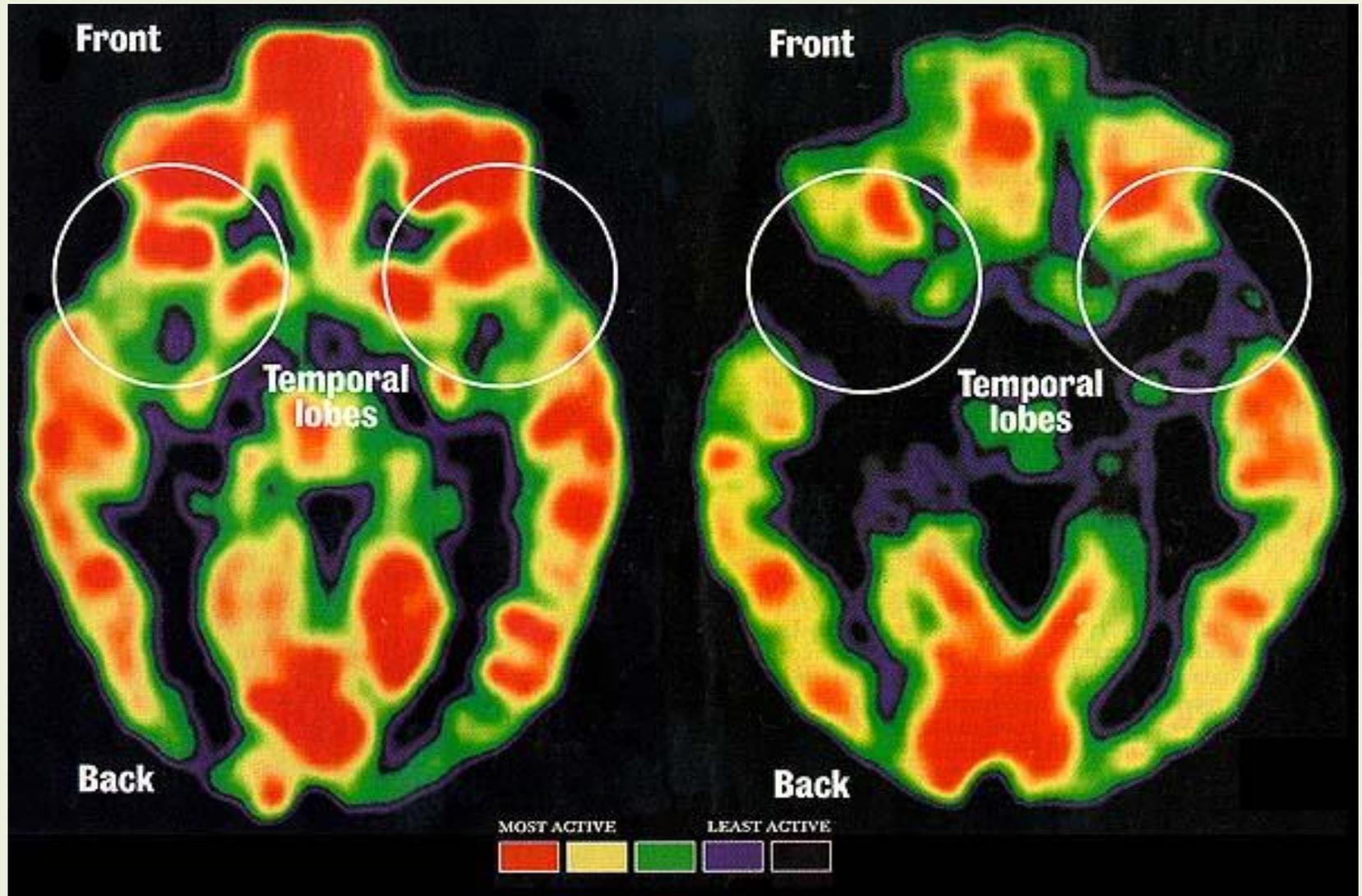


Slowing Down

- **Growing up (prior to age 18) in a household with:**
 - Poverty
 - Recurrent physical abuse.
 - Recurrent emotional abuse.
 - Sexual abuse.
 - Emotional or physical neglect.
 - An alcohol or drug abuser
 - An incarcerated household member.
 - Someone who is chronically depressed, suicidal, institutionalized or mentally ill.
 - Mother being treated violently.
 - One or no parents.
 - Part of a natural disaster



Effects of Trauma, abuse and neglect on the developing brain



Stress and Strain

Pressures for those who drop out (Ruglis 2011)

- Sex
- Tests
- Jobs
- Pressure – Peers, Family
- \$\$\$

Australian study 2017

- <file:///C:/Users/User/Downloads/Mission%20Australia%20Youth%20Survey%20Report%202017.pdf>
- Mental Health
- Alcohol and Other Drugs
- Equity and Discrimination



Is stress bad?



Acute vs Chronic stress



The Continuum

Mental Illness

- Criteria in DSM IV
- Affects ability to function
- A diagnosis linked to treatments

Stress & Distress

Mental Health

- Can deal with relationships
- Resilient
- Able to communicate
- Needs maintenance

Environment Matters



Lots of Ways Mental Ill-Health Presents

- Difficult to relate to others, communication problems
- Heightened irritability
- High levels of fear
- Repetitive actions
- Hard to concentrate
- Hypo or hyper reactive
- Mood instability
- Not sleeping well
- AOD abuse
- Other self harm – eating, cutting, driving fast



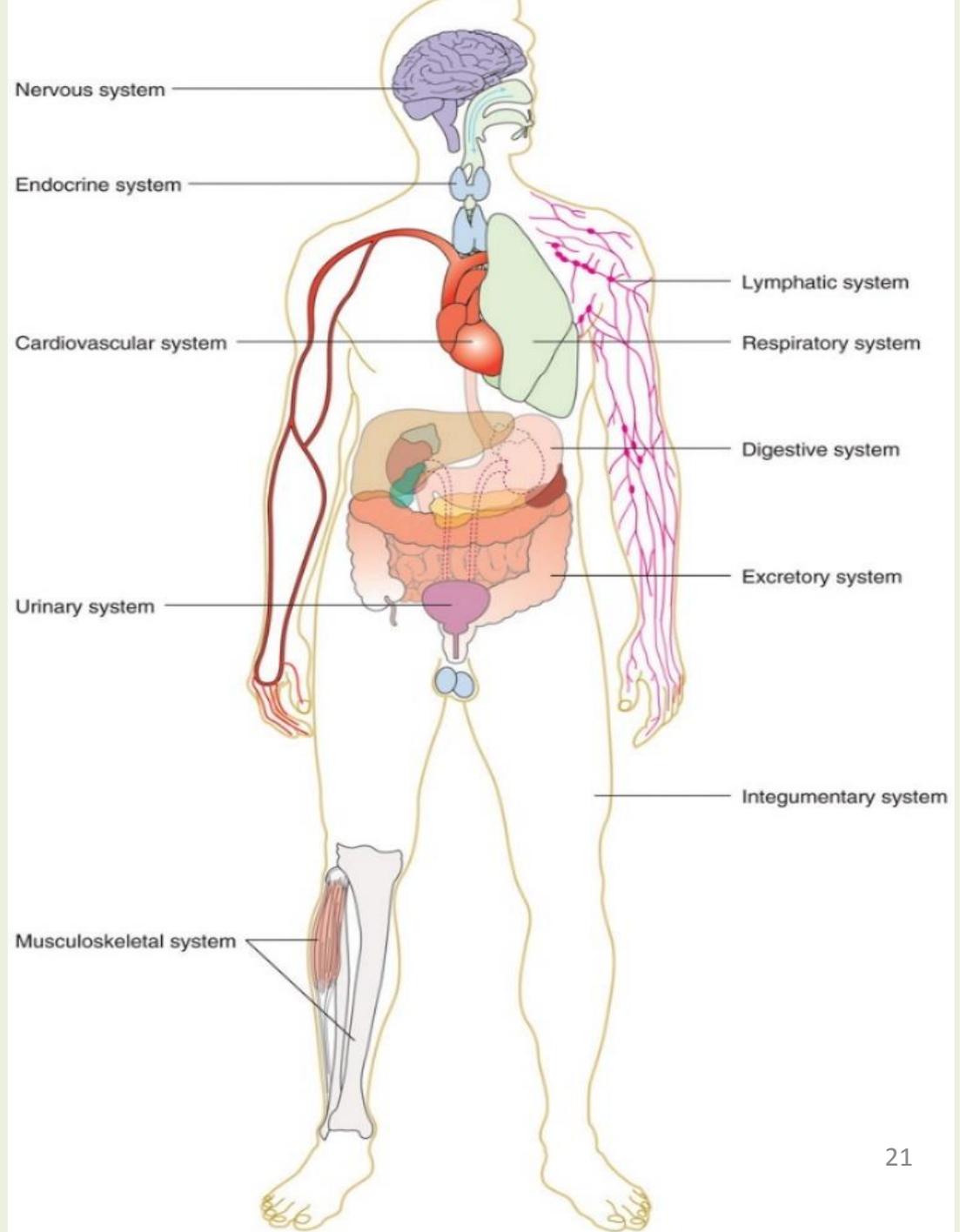
Find Out What is Underneath

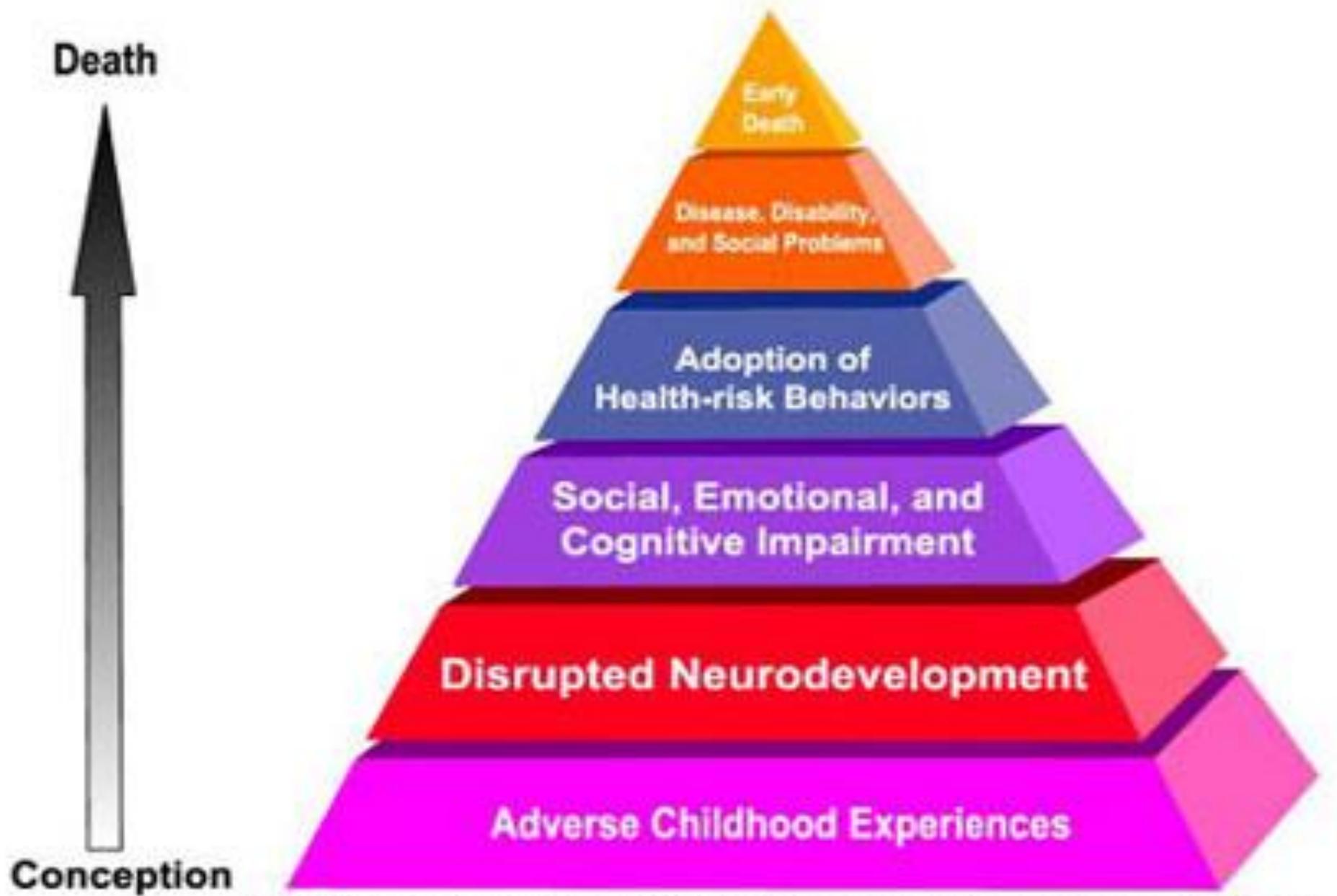
- Home
- Education
- Employment
- Eating
- Exercise
- Activities
- ACE
- Drugs
- Sexuality
- Suicide (Mental illhealth)
- Spirituality/Culture
- Safety
- Strengths



The Effects of Stress

Adrenaline
Noradrenaline
Cortisol



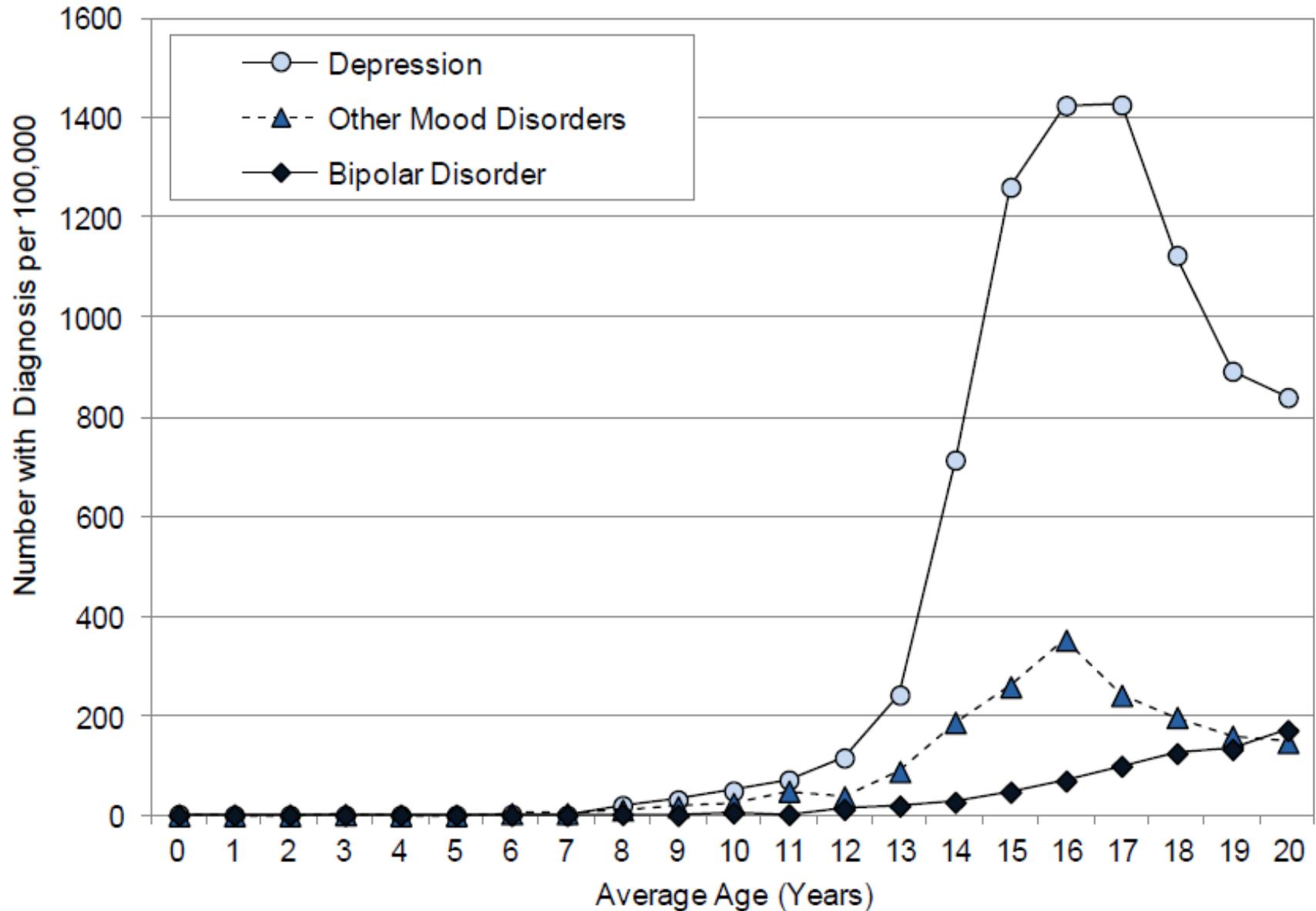


Mechanisms by Which Adverse Childhood Experiences Influence Health and Well-being Throughout the Lifespan

Common Disorders

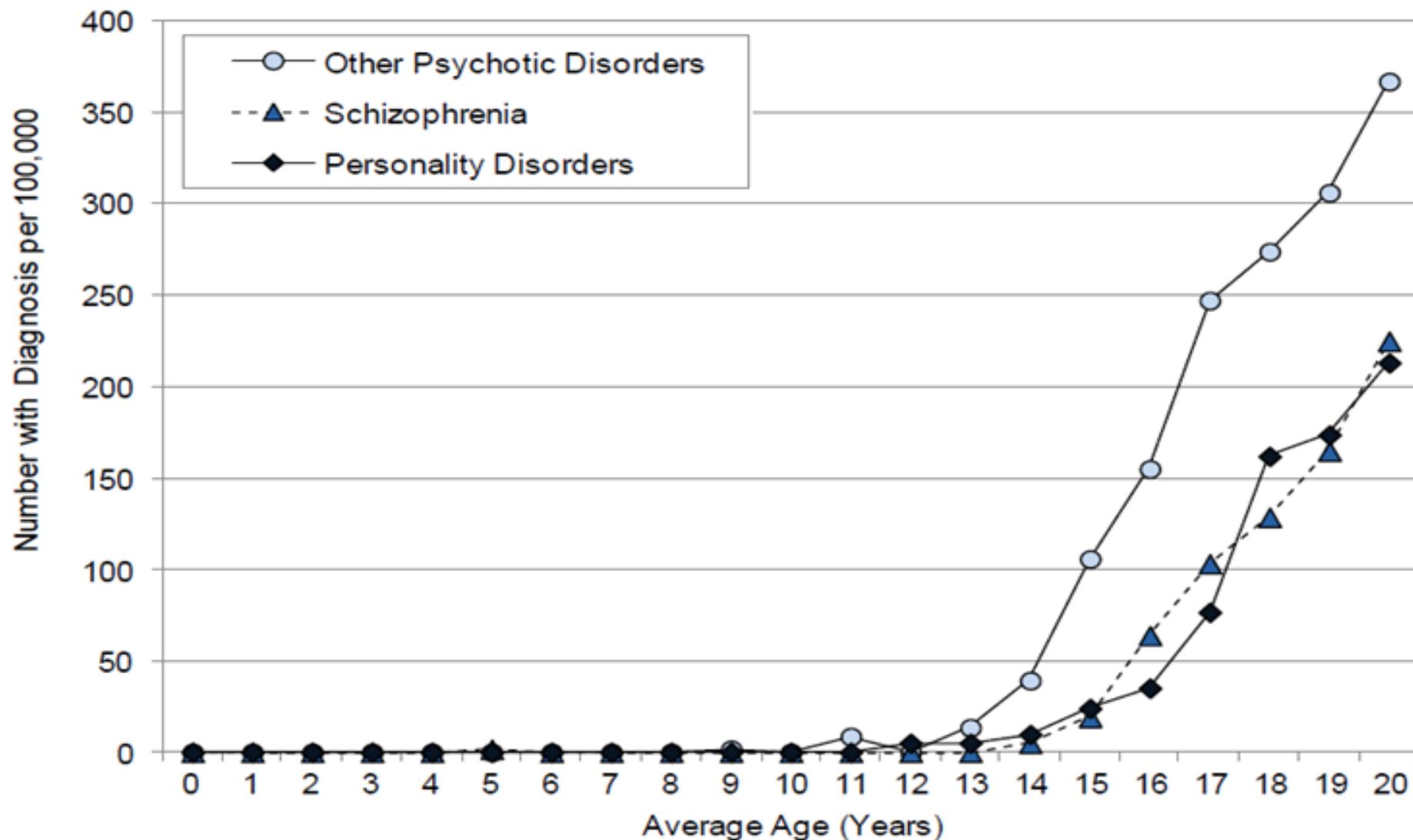
- Depression
- Anxiety
- Bipolar
- Schizophrenia
- Substance use disorders
- Eating disorders
- Psychosomatic presentations
- ADHD
- BPD/PTSD
- FASD
- ODD
- ASD
- CD

Figure 133. Children and Young People Accessing Mental Health Services with Depression, Bipolar Disorder or Other Mood Disorders by Age, New Zealand 2009–2011



Source: Numerator: PRIMHD (individuals attending Mental Health Services who had ever been assigned these diagnoses); Denominator: Statistics NZ Projected Population (2010 = mid-point of 2009–2011)

Figure 132. Children and Young People Accessing Mental Health Services with Schizophrenia, Other Psychotic Disorders or Personality Disorders by Age, New Zealand 2009–2011



Source: Numerator: PRIMHD (individuals attending Mental Health Services who had ever been assigned these diagnoses); Denominator: Statistics NZ Projected Population (2010 = mid-point of 2009–2011)

What Can We Do?

Change the Story

- From Individuals matter to the Group Matters
- Collective Action
- Competition to Co-operation
- Me first to Us too
- Taking to Giving/contributing
- Accountability to Responsibility



Schools

- Environment that nurtures development
- Whole school approach
- Mana aki – strong for tomorrow
- Teachers + Pastoral Care + Counsellors + Youth workers + Social Workers + School Nurses + GPs + Youth One Stop Shops
- National school health service ECE to NCEA level 3
- Zero tolerance for school exclusions



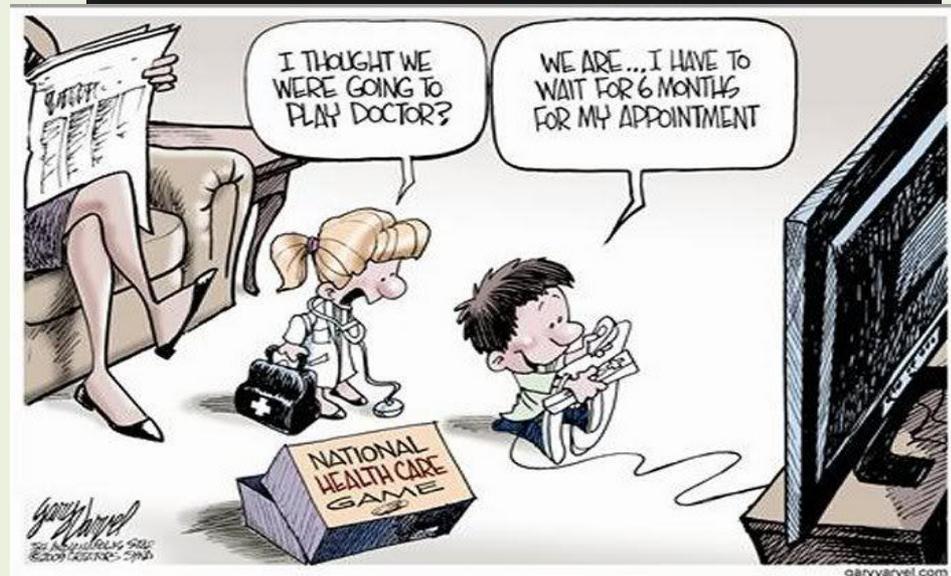
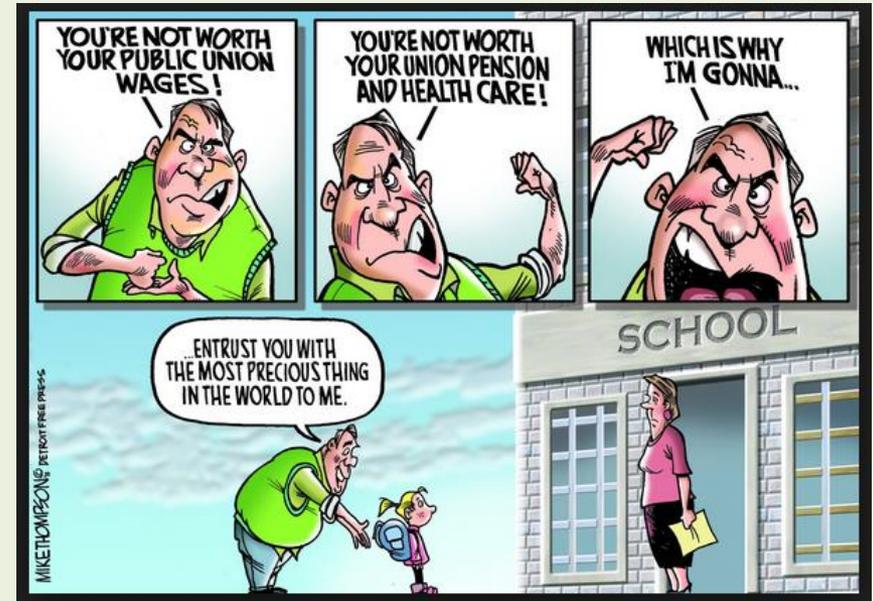
Community

- Address Poverty
- Living wage
- Support parents to commit to children
- Create stable employment/ Decrease casual labour
- Change the drinking culture
- Challenge institutional racism
- Challenge the concept of masculinity



Health and Education Service Provision

- Use a service model
- Remove cost barriers
- Remove individual barriers
- Increase availability
- Invest \$\$\$



Imagine

- Transition housing
- Health and support Services
- A youth centre with a café,
- Catch up education and Employment
- An Arts and Activities Centre
- Research and Training
- Community Garden



Te Hurihanga o Rangatahi
The Youth Hub

Thanks to Anglican Care The Reality



Te Hurihanga o Rangatahi
The Youth Hub

What can Adults Do to Prevent Youth Mental Illness?

- Be Authoritative
- Get involved
- Be Consistent
- Be a role model
- Be a cheer leader
- Encourage activities – reading, sport, dance, music, join a group
- **Believe in young people**

LISTEN

To Understand

