Self-Care and Safety

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Executive Director
NAMI NJ
It’s ok not to be ok!
https://www.youtube.com/watch?v=NdKb-OtS2iw
Our Mission

NAMI New Jersey is a statewide non-profit organization dedicated to improving the lives of individuals and families affected by mental illness. Through education, support, advocacy and public awareness programs, NAMI NJ fosters understanding about mental illness, confronts stigma often associated with mental disorders, advocates for public policies that benefit those affected by mental illness, and promotes research into the causes, treatment and recovery of mental health disorders.
Where does NAMI stand in the system of care?
How NAMI Helps:

- Treatment
- Crisis Intervention
- Case Management
- Rehabilitation
- Basic Support
- Housing
- Employment
- Enrichment / Self-Development
- Advocacy / Rights Protection
- Caregiver Support
- Self-Help

Recovery
What is MENTAL ILLNESS?

- A disease or condition affecting the brain
- Resulting from interaction between factors
  - Genetic
  - Biological
  - Psychological
  - Environmental
- Influences the way a person thinks, feels, behaves, and/or relates to others and to their surroundings
The Crisis in Children’s and Teen’s Mental Health in the United States

- **1 in 6** U.S. youth aged 6-17 experience a mental health disorder each year
- **50%** of all lifetime mental illness begins by age 14, and **75%** by age 24
- **50.6%** of U.S. youth aged 6-17 with a mental health disorder received treatment in 2016
- High school students with significant symptoms of depression are more than **twice as likely** to drop out compared to their peers
- Suicide is the **2nd** leading cause of death among people aged 10-34
- The pandemic is resulting in increased mental health symptoms in those with and for those without a mental health diagnosis.
Common Disorders in Children & Teens

- Depressive & Mood Disorders (Suicidal Ideation)
- ADHD & Disruptive Disorders (ODD & CD)
- Anxiety Disorders
- Autism Spectrum/Developmental Disorders
- Trauma & Stressor related disorders (PTSD)
- Obsessive-Compulsive and related disorders
- Substance Abuse Disorders
# Mental Health Conditions

<table>
<thead>
<tr>
<th>Condition</th>
<th>Description</th>
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</thead>
<tbody>
<tr>
<td><strong>Obsessive-Compulsive Disorder</strong></td>
<td>Obsessive-compulsive disorder causes repetitive, unwanted, intrusive thoughts (obsessions) and irrational, excessive urges to do certain actions (compulsions).</td>
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<tr>
<td><strong>Posttraumatic Stress Disorder</strong></td>
<td>PTSD is the result of traumatic events, such as military combat, assault, an accident or a natural disaster.</td>
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<tr>
<td><strong>Schizoaffective Disorder</strong></td>
<td>Schizoaffective disorder is characterized primarily by symptoms of schizophrenia, such as hallucinations or delusions, and symptoms of a mood disorder, such as depressive or manic episodes.</td>
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<tr>
<td><strong>Schizophrenia</strong></td>
<td>Schizophrenia causes people to lose touch with reality, often in the form of hallucinations, delusions and extremely disordered thinking and behavior.</td>
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<tr>
<td><strong>Early Psychosis and Psychosis</strong></td>
<td>Psychosis is characterized as disruptions to a person’s thoughts and perceptions that make it difficult for them to recognize what is real and what isn’t.</td>
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<tr>
<td><strong>Dissociative Disorders</strong></td>
<td>Dissociative disorders are spectrum of disorders that affect a person's memory and self-perception.</td>
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<tr>
<td><strong>Eating Disorders</strong></td>
<td>When you become so preoccupied with food and weight issues that you find it hard to focus on other aspects of your life, it may be a sign of an eating disorder.</td>
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Mental Health Conditions

**ADHD**
Attention deficit hyperactivity disorder (ADHD) is a developmental disorder where there are significant problems with attention, hyperactivity or acting impulsively.

**Anxiety Disorders**
Everyone experiences anxiety sometimes, but when it becomes overwhelming and repeatedly impacts a person’s life, it may be an anxiety disorder.

**Autism**
Autism spectrum disorder (ASD) is a developmental disorder that makes it difficult to socialize and communicate with others.

**Bipolar Disorder**
Bipolar disorder causes dramatic highs and lows in a person’s mood, energy and ability to think clearly.

**Borderline Personality Disorder**
Borderline personality disorder (BPD) is characterized by severe, unstable mood swings, impulsivity and instability, poor self-image and stormy relationships.

**Depression**
Depression is more than just feeling sad or going through a rough patch; it’s a serious mental health condition that requires understanding and treatment.
How Mental Illness affects Learning

- Emotional readiness
- Stamina
- Concentration
- Thinking
- Recall of information
- Handling Stress
- Interactions with peers
- Responding to change
- Side effects of medication
First Step to Self-Care
SAY IT OUT LOUD

- Mental health conditions are all around us and among us. By knowing more about them, we can encourage each other to speak up and build better lives.

- Raising awareness by sharing information and starting conversations about mental health is key in reducing these perceptions and increasing the likelihood that teens will seek mental health care when they need it. NAMI is committed to helping start those conversations.
If you're struggling with your mental health right now:

**INSTEAD OF:**
- Critical self talk
- Pushing & pushing
- Trying to do it all
- Overthinking
- Your normal workload

**TRY:**
- Celebrating small wins
- Taking a nap or rest
- Asking for help
- Listening to an audiobook or podcast
- Setting 3 realistic goals per day
# Self Care Ideas

<table>
<thead>
<tr>
<th>5 Minutes</th>
<th>15 Minutes</th>
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</thead>
<tbody>
<tr>
<td>Brush your hair</td>
<td>Have a shower</td>
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<tr>
<td>Make yourself a warm drink</td>
<td>put on a face mask</td>
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<tr>
<td>Light a candle</td>
<td>go for a walk</td>
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<tr>
<td>Listen to an upbeat song</td>
<td>Make a smoothie</td>
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<tr>
<td>Drink a glass of water</td>
<td>stretch</td>
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<tr>
<td>Give yourself a foot massage</td>
<td>have a cat nap</td>
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<tr>
<td>Step outside in the fresh air</td>
<td>Call someone you love</td>
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<tr>
<td>Txt someone you love</td>
<td>Pamper yourself</td>
</tr>
<tr>
<td>5 Minutes of focused breathing</td>
<td>Do a short meditation</td>
</tr>
<tr>
<td>Write down 10 things you are grateful for</td>
<td>Spend time in nature</td>
</tr>
<tr>
<td>Dance like crazy</td>
<td>journaling</td>
</tr>
<tr>
<td>Smile!</td>
<td>Watch a funny youtube clip</td>
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<tr>
<td>Buy yourself flowers</td>
<td>Soak in a bubble bath</td>
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<tr>
<td></td>
<td>Write down positive affirmations</td>
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## An Hour or More

- Binge watch a funny show
- Spend time with friends
- Create a vision board
- Do an intense workout
- Get a massage
- Read a book
- Listen to podcasts
- Go on a hike
- Unplug from technology
- Try yoga
- Organise your wardrobe
- Cook a new meal
- Paint a picture
- Go to the movies

[homeofharmony.website](http://homeofharmony.website)
IDEAS FOR PRACTICING SELF-CARE

PHYSICAL
- go for a walk
- dance
- hike
- swim
- get a hug
- play with a dog
- clean & reorganize your room
- take a bath

MENTAL
- read a book
- learn a new skill like photography or drawing
- do a DIY project
- color
- turn your phone off

EMOTIONAL
- meditate
- practice Yoga
- light a candle
- talk with a friend
- go on a date
- journal
- write down a list of things you’re grateful for
Give yourself GRACE to get through this time.

Principles of Support

1. We will see the individual first, not the illness.
2. We recognize that mental illnesses are medical illnesses that may have environmental triggers.
3. We understand that mental illnesses are traumatic events.
4. We aim for better coping skills.
5. We find strength in sharing experiences.
6. We reject stigma and do not tolerate discrimination.
7. We won't judge anyone's pain as less than our own.
8. We forgive ourselves and reject guilt.
9. We embrace humor as healthy.
10. We accept we cannot solve all problems.
11. We expect a better future in a realistic way.
12. We will never give up hope.

NAMI Connection Recovery Support Group
Family Support Group
Give yourself GRACE to get through this time.

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Connection Recovery Support Group
Family Support Group

NAMI
National Alliance on Mental Illness
How to Find Support?
Visit www.naminj.org

- Support groups
- Webinars
- Community Resources
- Sign up for Newsletter
Most important part of self care... knowing how you are

1-10 mental health check-in scale

1. I need to reach out for support
2. I am completely lost & broken
3. I am in a really dark place
4. I am having a really hard time
5. I have no idea how I feel
6. I am starting to struggle
7. It could be better
8. I am feeling okay
9. I am doing pretty good
10. I am doing amazing
When should I be concerned...

**trigger warning**
Warning Signs of a Mental Health Condition

- Feeling very sad or withdrawn for more than 2 weeks (e.g., crying regularly, feeling fatigued, feeling unmotivated)
- Seriously trying to harm or kill oneself or making plans to do so
- Severe out-of-control, risk-taking behaviors that can cause harm to self or others
- Sudden overwhelming fear for no reason, sometimes with a racing heart, physical discomfort or fast breathing
- Not eating, throwing up or using laxatives to lose weight; significant weight loss or weight gain
- Severe mood swings that cause problems in relationships
- Repeated use of drugs or alcohol
- Drastic changes in behavior, personality or sleeping habits (e.g. waking up early and acting agitated)
- Extreme difficulty in concentrating or staying still that puts a person in physical danger or causes school failure
- Intense worries or fears that get in the way of daily activities like hanging out with friends or going to classes
Warning Signs of someone considering Suicide*

- Threats of suicide—either direct or indirect
- Verbal hints such as “I won’t be around much longer” or “It’s hopeless”
- Obsession with death
- Depression
- Overwhelming sense of guilt, shame or rejection
- Putting affairs in order (for example, giving or throwing away favorite possessions)
- Sudden cheerfulness after a period of depression
- Dramatic change in personality or appearance
- Becoming angered easily
- Bizarre thoughts
- Changes in eating or sleeping patterns
- Changes in school performance
- Lack of interest in future plans, loss of interest in things
- Withdrawing from family and friends

* This is not an exhaustive list, and this is not a checklist
Keep in Mind

- If someone seems different - do not ignore it
- Don’t be afraid to ASK. Then act.
- Pay attention when someone is going through a difficult time.
- If someone makes and attempt and survives, continue to be there.
  - Check in with them often.
  - Tell them it’s OK for them to talk about their suicidal feelings.
  - Listen without judgment.
  - Tell them you want them in your life.
  - If they start to show warning signs, ask directly if they're thinking about suicide.
  - Call the Lifeline for advice on how to help. 1-800-273-8255
- Let them know you are a safe person to speak with - meaning - they can tell you when they are thinking of hurting or killing themselves.
- YOU DO NOT NEED TO HAVE ALL THE ANSWERS.
If you are concerned - **ACT**

**ASK** - Are you thinking about suicide?

**CARE** - If you think someone is in danger - stay with them and offer help. Do not leave them alone.

**TELL** - Tell the parent of the child. Tell the partner. Tell people who can provide intervention.

If someone is in immediate danger - call 911.
Where to get help in New Jersey

- **Psychiatric Emergency Screening Services**
  - IN EACH COUNTY
  - *Screening Center* - A public or private ambulatory care service designated by the Commissioner, which provides mental health services including assessment, emergency and referral services to mentally ill persons in a specified geographical area. Screening is the process by which it is ascertained that the individual being considered for commitment meets the standards for both mental illness and dangerousness.

- **Early Intervention Services/Crisis Intervention Services**
  - Early Intervention Support Services (EISS) is a short term, mental health service for adults who are experiencing significant emotional or psychiatric distress and are in need of immediate intervention. EISS offers crisis intervention and crisis stabilization services in a setting that is an alternative to hospital based emergency room treatment. Outreach (non-office based) services are available.

Go to [www.naminj.org](http://www.naminj.org) to find your local resources.
WHERE TO GET HELP...

- **Suicide Lifeline**: If you or someone you know may be struggling with suicidal thoughts you can call the U.S. National Suicide Prevention Lifeline at **800-273-TALK (8255)** any time of day or night or chat online.

- **Crisis Text Line** provides free, 24/7, confidential support via text message to people in crisis when they dial 741741.

- For people who identify as LGBTQ, if you or someone you know is feeling hopeless or suicidal, you can also contact The Trevor Project’s **TrevorLifeline 24/7/365 at 1-866-488-7386**.

- **The Military/Veterans Crisis Line**, online chat, and text-messaging service are free to all service members, including members of the National Guard and Reserve and veterans, even if you are not registered with the U.S. Department of Veterans Affairs (VA) or enrolled in VA health care. Call **1-800-273-8255** and press 1.
Resources for Youth and Families

NAMI Resources

- NAMI Basics OnDemand
- NAMI NJ Children and Youth Resources
- Register for NAMI NJ Support Groups
- Learning to Help Your Child and Your Family
- The Crisis Text Line is open 24/7: text NAMI to 741741
- NAMI's Ask the Expert
  - Supporting the Emotional Needs of Children and Youth During the COVID-19 Pandemic

Additional Resources

- Child Mind Institute
  - Preventing Parent Burnout
  - Telehealth Services for Children and Teens
  - Support for Kids With ADHD During the Coronavirus Crisis
- Family Support Organizations
- Youth Helpline
  - 2nd Floor: 1-888-222-2228
- Family Helpline
  - NJ Department of Children and Families: 1-800-843-5437
- Mom2Mom Helpline: 1-877-914-6662
- Disaster Mental Health Helpline at 1-877-289-HELP (4357)
You are not alone!

TEEN TEXT SUPPORT LINE
(207) 515 - 8398

A PEER SUPPORT TEEN TEXT LINE

- Open 12pm – 10pm
- Designed for 14 – 20 year olds
- Staffed by youth under 23 years of age

2ND FLOOR
YOUTH HELPLINE
Help Available 24 Hours Everyday

- Worried? Have a Problem?
- Talk...

888 222 2228
www.2NDFLOOR.org®

Search 2NDFLOOR in the App Store.

*New Jersey Department of Children and Family Funded Program

CARING CONTACT
A listening community

We’re here to listen
We support and empathize, we help you find the solution, and we always keep our conversations confidential.

Call 908.232.2880
(7 days a week, 7am – 11pm based on volunteer availability)

Text “heart” to 741-741
(available 24/7)

If you are in crisis, please call:
800-273-TALK (8255)
24/7 - Every call is answered