Mental Health is not a Ghost

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Behavioral Health Bureau
Child and Adolescent Division
PHYSICAL HEALTH
what comes to mind?
MENTAL HEALTH

What comes to mind?
Health = The condition of a person
Mental - The mind
Physical - The body
What is mental health?

**Includes:**
- Emotions
- Psychological
- Social

**Affects:**
- Feelings
- Thoughts
- Behavior

It also helps determine how we manage stress, how we relate to others, and how we make decisions. Mental Health is important at all life stages from infancy, childhood, adolescence, adulthood to seniors.
Mental health and physical health are siblings
Various states of health

Illness

Healthy

Scale
What can impact mental health?

- Hereditary
- Brain chemicals
- Environment
- Situations
- Experiences
- Decisiones
- Tools
• Experiences
• Situations
• Tools
• Decisions
Experiences and Situation
Mental Health Toolbox

- Spend time in nature
- Explore and feel good movement
- Establish healthy boundaries
- Eat intuitively
- Check-in with self throughout the day
- Practice self-care (mind + body)
- Seek supportive environments
- Mindfulness and gratitude
- Emphasize compassion over perfection
- Ask for help
Decisions

Recognize
Take Action
use it

use it

use it
What happens when mental health is negatively affected?
Our mind and body will react
<table>
<thead>
<tr>
<th>Feelings</th>
<th>Stress thoughts</th>
<th>Behavior</th>
</tr>
</thead>
<tbody>
<tr>
<td>Anxiety</td>
<td>Negativity</td>
<td>Changes in appetite</td>
</tr>
<tr>
<td>Low motivation</td>
<td>Worrisome</td>
<td>Explosions of anger</td>
</tr>
<tr>
<td>overwhelmed</td>
<td>Pessimistic</td>
<td>Substance use</td>
</tr>
<tr>
<td>Irritable</td>
<td></td>
<td>Smoking</td>
</tr>
<tr>
<td>Sad</td>
<td></td>
<td>Social withdrawl</td>
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</tbody>
</table>

*Stress-related changes in behavior include.*
Anxiety

Feelings
• Nervous
• Altered
• Uneasy
• Worried
• Feeling a loss of control

Thoughts
• Negative
• Excessive worrying
• Anxious thoughts at the idea of being in a social environment

Behavior
• Irritable
• Avoiding situation or people
• Social withdrawal
Depression

Feelings
- Despair
- Feeling of guilt
- Feeling useless
- Loss of interest in pleasure in activities
- Emptiness

Thoughts
- Persistant thoughts of sadness and anxiety
- Pessimistic thoughts
- Thought of hurting self, death or suicide

Behavior
- Irritability
- Difficulty concentrating, remembering and making decisions
- Suicide attempt
- Withdrawn
# Physical

- Headaches
- Muscle tension
- Chest pain
- Fatigue
- Digestive problems
- Low energy
- Changes in sleep and eating patterns
- Heart palpitation
- Dizziness
- Shacking
- Excessive or irregular sweating
- Low tolerance to pain
- Back aches
- Changes in vision
How to identify when you need to seek help

**Duration**
How long has it been happening?
- Days or weeks?

**Intensity**
Are symptoms mild or severe?

**Frequency of symptoms**
Every once in a while or daily?
- More specific: One time a week or four times a week?

**Impact**
Is it having an impact on your home, work, personal and social life?
How to navigate barriers to seek help

- Stigma
- Resources
- Cost of Services
- Insurance
Where to look for help

County of Monterey

Access to Treatment

About Our Programs
We offer outpatient services for children, adolescents, and adults who are experiencing psychiatric or substance use problems. When you call us you will be screened and either have an evaluation or linked directly to service providers. The evaluation will help us better understand your needs. You may receive treatment and/or referral to community partners. We are here to help.

What We Offer

- We provide services in our regional outpatient locations
- Offering services to people of all ages
- Services include assessment to determine need and may also include treatment planning, individual, family, and group therapies

TOLL FREE LINE 1-888-258-6029
TYT/TDD: 831-796-1788

Santa Cruz County

Contact the Access Team

The Access Team evaluates all requests for non-emergency services for anyone not currently receiving services from County Mental Health or community providers who are part of the mental health system. This team is comprised of bilingual senior mental health clinicians and psychiatrists who provide assessments and referrals to mental health services and who are trained to answer your questions. They will help you determine if you are eligible for our services.

Walk-in crisis services are available
Monday through Friday
8:00 am - 5:00 pm
1400 Emeline Avenue, Bldg. K.
Santa Cruz, CA 95060

Call (831) 454-4170 or (800) 952-2335 24-hours a day

Urgent care can also be requested 24 hours per day by calling the same numbers.
A Review:

1. The term mental health is neutral - The condition of the mind
2. Mental health includes: Feelings, thoughts, behaviors
3. Mental health has various states of health and one can move between (scale)
4. There are many ways mental health can be impacted
5. Being a parent of a child with special needs definitely impacts mental health
6. When we do not take care of ourselves mental health will be impacted negatively
7. Our mind and body will feel the effects
8. Recognizing, taking action, and using our tools help to maintain healthy mental health
9. Being aware of the barriers that prevent us from seeking help and overcoming them
10. When we are equipped with correct information...the ghost doesn't seem so scary anymore...as a matter of fact we don't even see it as a ghost anymore
End of Presentation