Dear Participants,

We want to thank you again for signing up for this past Wednesday's webinar!

Attached are the slides from the presentation. Dr. Kim chose in the moment not to use the majority of her prepared materials in an effort to provide a word in response to our country's immediate problem of racial injustice. We apologize to anyone who was disappointed with this choice, and we're glad to be able to send these to you; we hope they will be beneficial as you continue to minister to your youth during this uncertain and turbulent time.

As we continue in our vision of providing you with youth ministry tools and approaches, please feel free to be in touch with us. If there is a specific topic or focus that would be of particular interest, we would welcome hearing about that. We at YMI endeavor to bring presenters to our forums who are diverse: in background, in experience, in identity, in theology... in every way possible. Our community is equally diverse, and our hope is to be able to display an array of approaches to working with youth, with the understanding that if one presenter isn't addressing your specific context, hopefully another will.

Thank you for walking with us on this journey. May the presence of the God of love continue to be felt in your midst: in your ministry, in your interactions with others, and in your very selves. God bless you, friends, and please don't hesitate to be in touch with us if we can further assist you in your ministry.

Peace,

Jill

(Romeo, 2015)

Adolescence

↑ Stress Reactivity + Ongoing Brain Development + ↑ Sensitivity to CORT = ↑ Vulnerability
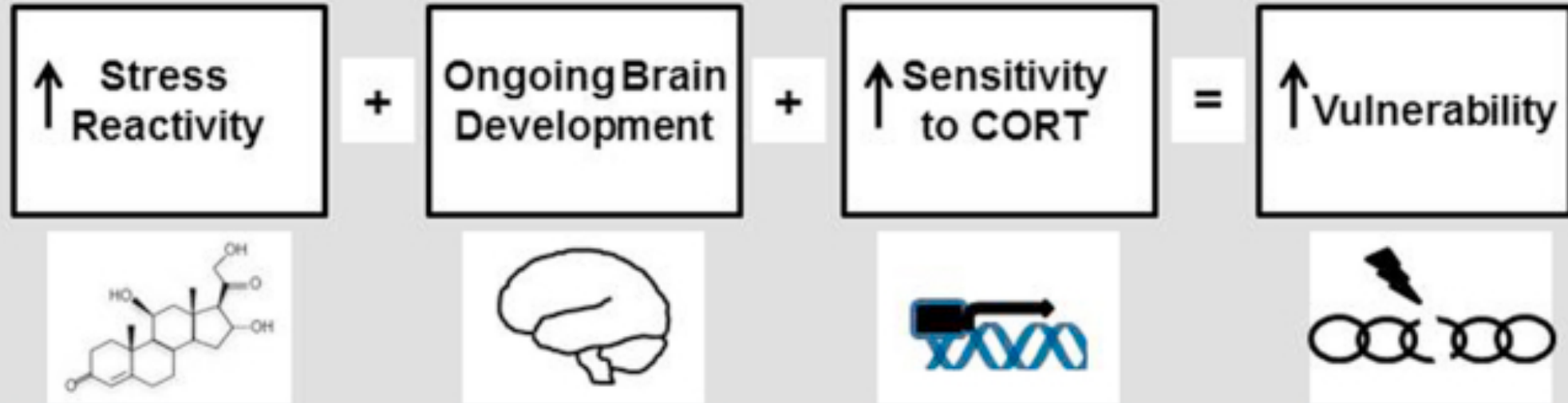
Fear, Isolation, and Anxiety: Understanding the Impact of the COVID-19 Pandemic *(and Racism)* on Youth

Josephine M. Kim, Ph.D., LMHC, NCC

YMI 06/03/2020
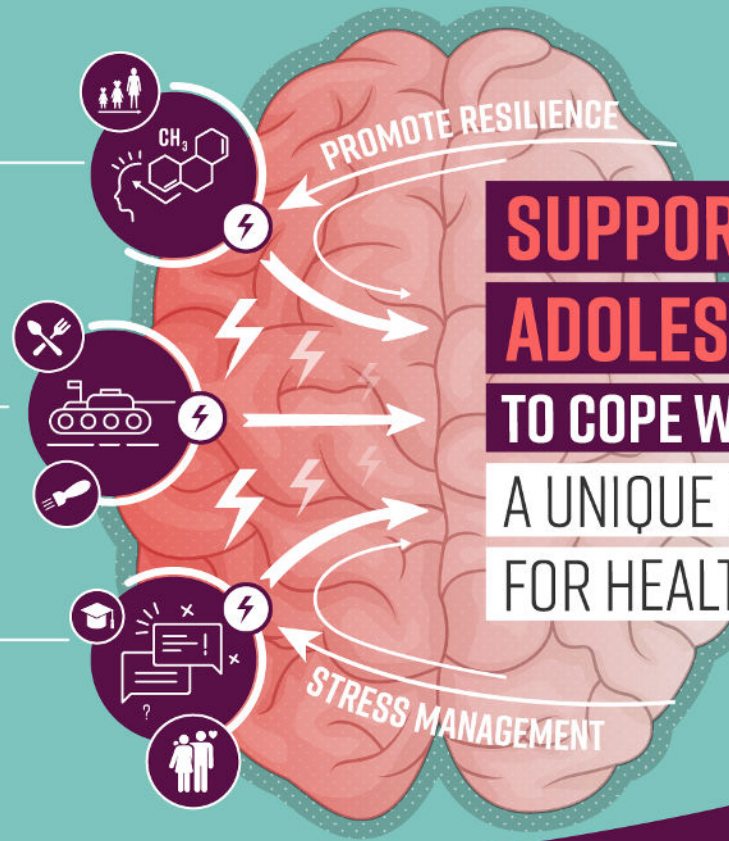
Current State of Mental Health Challenges in Adolescents

National Council for Behavioral Health

1 in **5** teens has had a serious **mental health disorder** at some point in their life.

50% of all **mental illnesses** begin by age 14, and **75%** by the mid-20s.

Suicide is the **second leading cause of death** for **15-** to **24-** year-olds.

NATIONAL COUNCIL
FOR BEHAVIORAL HEALTH

Contextual Factors: Bronfenbrenner's Ecological Theory

Bronfenbrenner, U. 1989. Ecological systems theory. Annals of Child Development. Vol. 6, 187- 249.

Macrosystem
Attitudes and ideologies of the culture

Exosystem

Mesosystem

Microsystem

Neighbors

Friends of family

Family   School

The individual
Sex
Age
Health
etc.

Health services   Peers

Church group   Neighborhood play area

Mass media

Legal services

Social welfare services

Chronosystem
Patterning of environmental events and transitions over the life course; sociohistorical conditions

Time
(sociohistorical conditions and time since life events)

Overlapping Symptoms: Requires Prolonged Observation

Hatch, Young, David & Watkinson (2018).

Responders at 3 or 12 months (n=4943)

No caseness
n=2212
45%

Depression
n=408
8%

n=721
15%

n=27
1%

PTSD

n=870
18%

n=36
1%

n=152
3%

Anxiety
n=517
10%
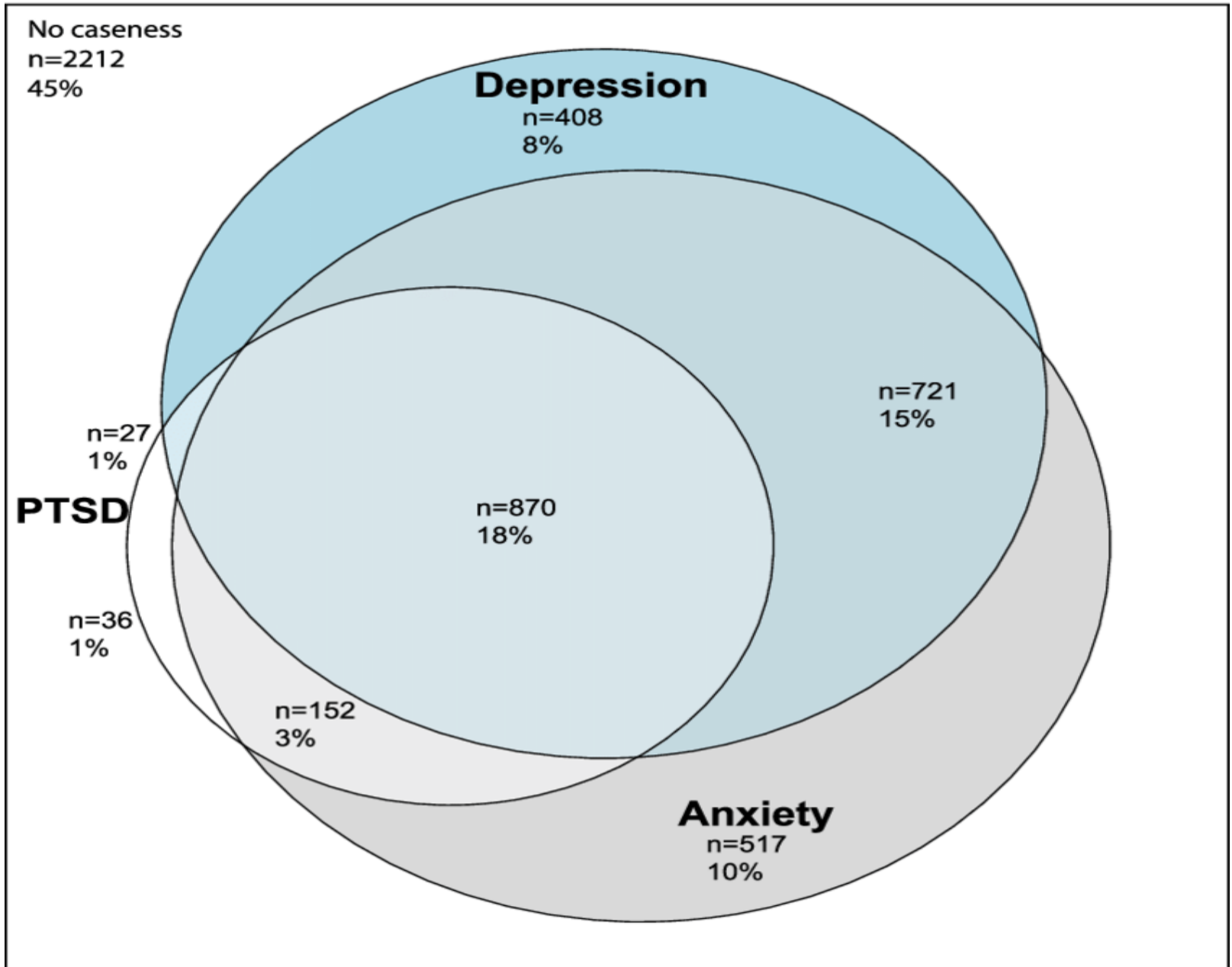
Acute Stress Disorder vs. Post-Traumatic Stress Disorder

Condition	Onset	Duration	Symptoms	Treatment
Acute Stress Disorder	0–28 days after the trauma occurs	Lasts between three days and four weeks	Depersonalization and derealization	Short-term psychotherapy and antidepressant medication
Post-Traumatic Stress Disorder	At least one month after the trauma occurs	Lasts at least one month and can persist for several years	Avoidance, heightened awareness and changes in mood or cognition	Long-term psychotherapy, medication and EMDR therapy

https://www.therecoveryvillage.com/mental-health/acute-stress-disorder/related/acute-stress-disorder-vs-ptsd/

Findings about Dealing with COVID-19

- Social media escalates anxiety more than traditional media
- Too much media of any kind can threaten mental health
- Trustworthy, factual information is useful to youth
- Perceived feelings of lacking control heightens stress
- Managing stress as they come can prevent prolonged impact
- Quarantines and isolation increases odds of negative outcomes

Giving Words to Feelings

"Wheel of Feelings"
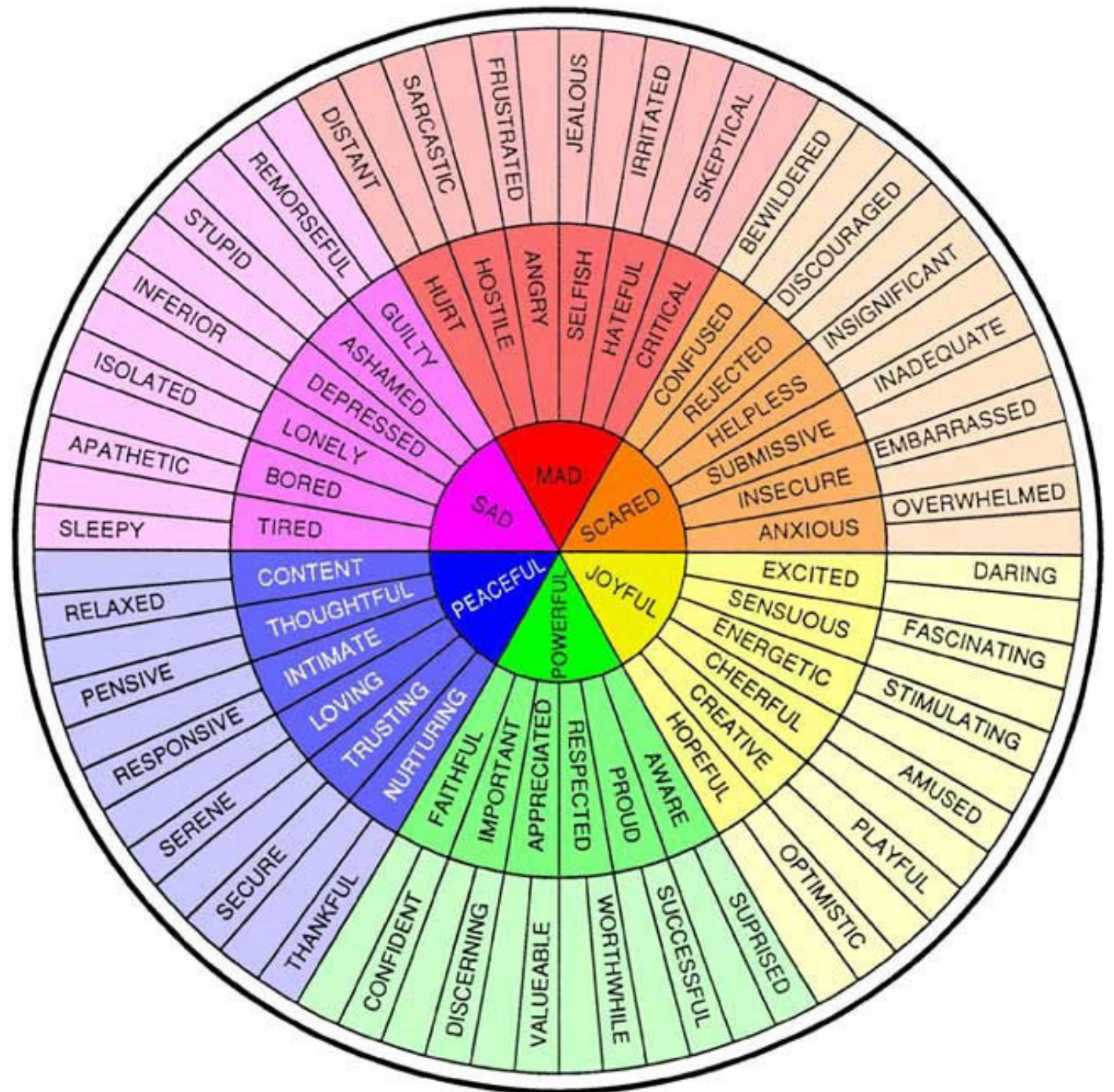
Intensity of Feelings	HAPPY	SAD	ANGRY	AFRAID	ASHAMED
HIGH	Elated Excited Overjoyed Thrilled Exuberant Ecstatic Fired up Passionate	Depressed Agonized Alone Hurt Dejected Hopeless Sorrowful Miserable	Furious Enraged Outraged Boiling Irate Seething Loathsome Betrayed	Terrified Horrified Scared stiff Petrified Fearful Panicky Frantic Shocked	Sorrowful Remorseful Defamed Worthless Disgraced Dishonored Mortified Admonished
MEDIUM	Cheerful Gratified Good Relieved Satisfied Glowing	Heartbroken Somber Lost Distressed Let down Melancholy	Upset Mad Defended Frustrated Agitated Disgusted	Apprehensive Frightened Threatened Insecure Uneasy Intimidated	Apologetic Unworthy Sneaky Guilty Embarrassed Secretive
LOW	Glad Contented Pleasant Tender Pleased Mellow	Unhappy Moody Blue Upset Disappointed Dissatisfied	Perturbed Annoyed Uptight Resistant Irritated Touchy	Cautious Nervous Worried Timid Unsure Anxious	Bashful Ridiculous Regretful Uncomfortable Pitied Silly

The five core emotions run left to right across the top of the table. Manifestations of each emotion based upon the intensity felt are described down each of the columns in the table.

Religion and Spirituality as Protective Factor

- Strong religious faith has been identified to mitigate risk (British Medical Journal, 2017).

- Spirituality can answer for youth what schools cannot: existential questions of why do we exist? what is life's purpose?

- Protective factor against early onset of alcohol use and alcohol disorders (Frutchey, 2005)
  - Early alcohol use is associated with academic failure, unemployment, early sexual activity and risk-taking

- Faith gives us the ability to (Thomas, 2008):
  - Make meaning out of personal struggles
  - Withstand adversity (resilience) & perspective-take
  - To forgive the unforgivable

In situations of conflict, unrest, and humanitarian crisis, religious leaders are **"singularly best positioned to foster dialogue, diffuse tensions, and provide spiritual and psychological support in the face of adversity."**

(British Medical Journal, 2017)

TIPS TO HELP **teens** COPE DURING **COVID-19**

Maintain a daily **routine** with consistent sleep, activity and study patterns.

Stay **connected** with others and try to find moments of humor.

Talk to people you feel **comfortable** with about your feelings or worries, then give yourself permission to stop worrying.

Limit the amount of time you spend talking about or watching news media or social media.
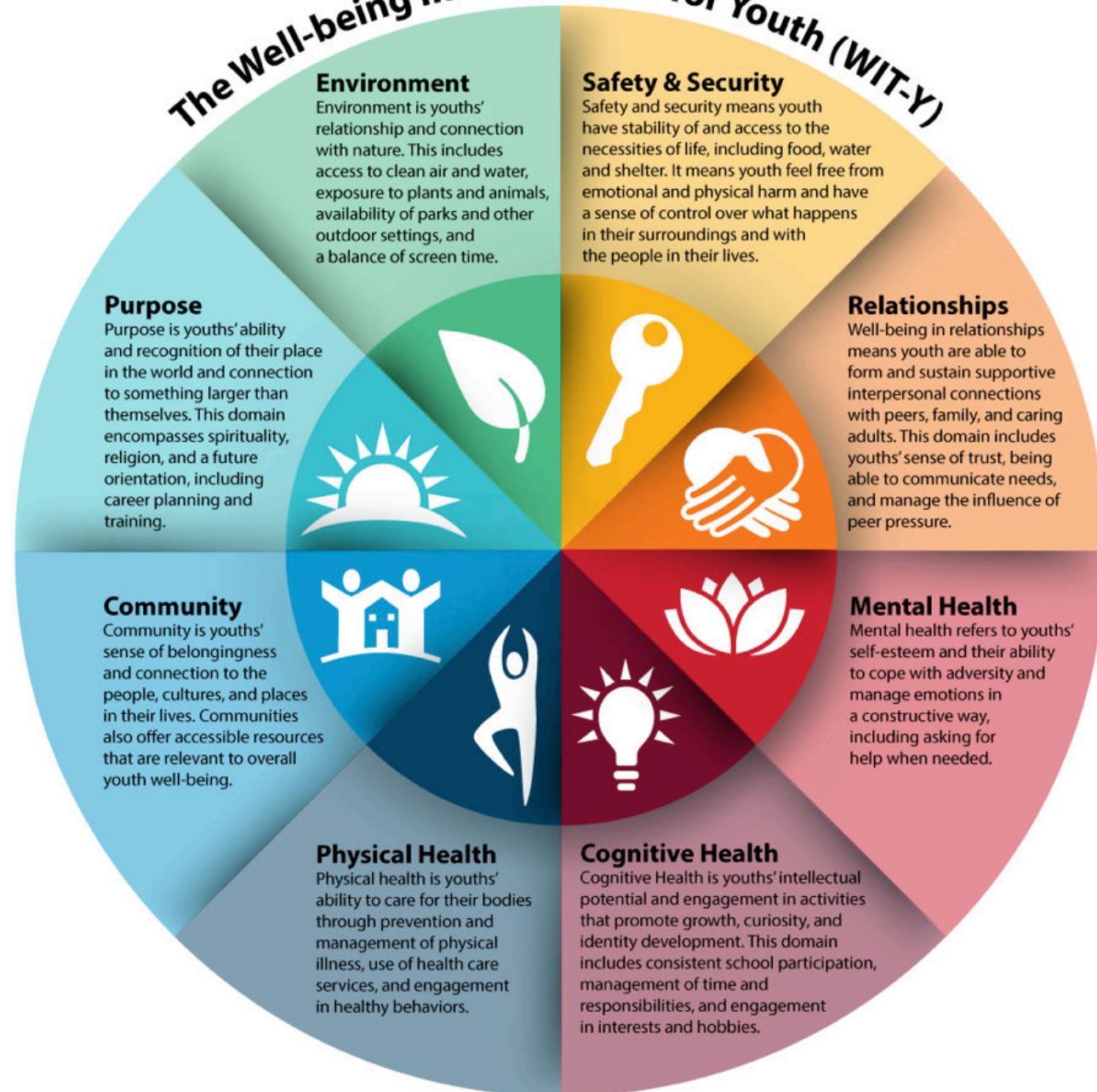
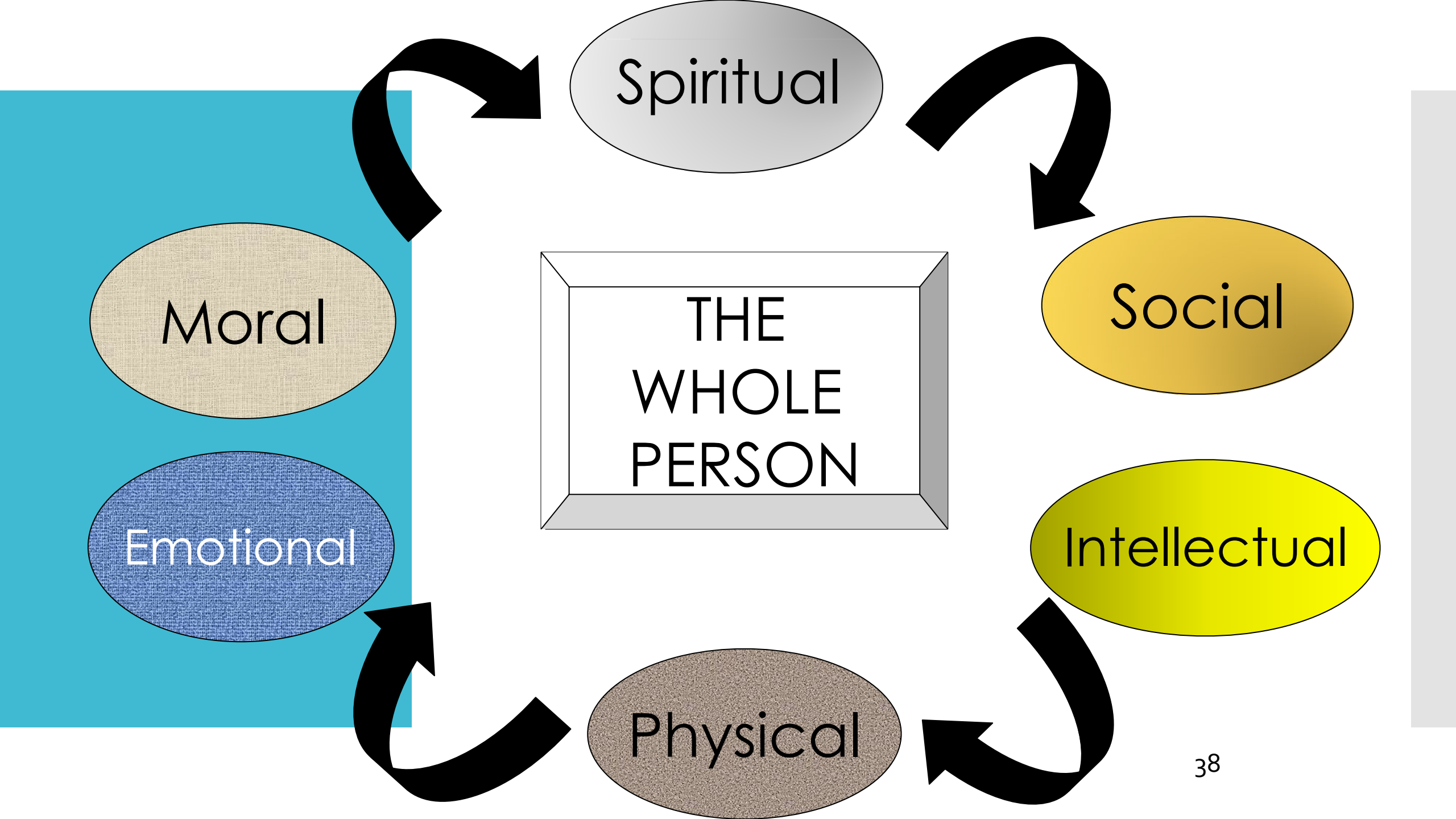Be **kind** to yourself and each other. We'll work through this together.

USA **MENTAL HEALTH FIRST AID**

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The Well-being Indicator Tool for Youth (WIT-Y)

Environment
Environment is youths' relationship and connection with nature. This includes access to clean air and water, exposure to plants and animals, availability of parks and other outdoor settings, and a balance of screen time.

Safety & Security
Safety and security means youth have stability of and access to the necessities of life, including food, water and shelter. It means youth feel free from emotional and physical harm and have a sense of control over what happens in their surroundings and with the people in their lives.

Purpose
Purpose is youths' ability and recognition of their place in the world and connection to something larger than themselves. This domain encompasses spirituality, religion, and a future orientation, including career planning and training.

Relationships
Well-being in relationships means youth are able to form and sustain supportive interpersonal connections with peers, family, and caring adults. This domain includes youths' sense of trust, being able to communicate needs, and manage the influence of peer pressure.

Community
Community is youths' sense of belongingness and connection to the people, cultures, and places in their lives. Communities also offer accessible resources that are relevant to overall youth well-being.

Mental Health
Mental health refers to youths' self-esteem and their ability to cope with adversity and manage emotions in a constructive way, including asking for help when needed.

Physical Health
Physical health is youths' ability to care for their bodies through prevention and management of physical illness, use of health care services, and engagement in healthy behaviors.

Cognitive Health
Cognitive Health is youths' intellectual potential and engagement in activities that promote growth, curiosity, and identity development. This domain includes consistent school participation, management of time and responsibilities, and engagement in interests and hobbies.

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Spiritual

Social

Intellectual

Physical

Emotional

Moral

THE WHOLE PERSON

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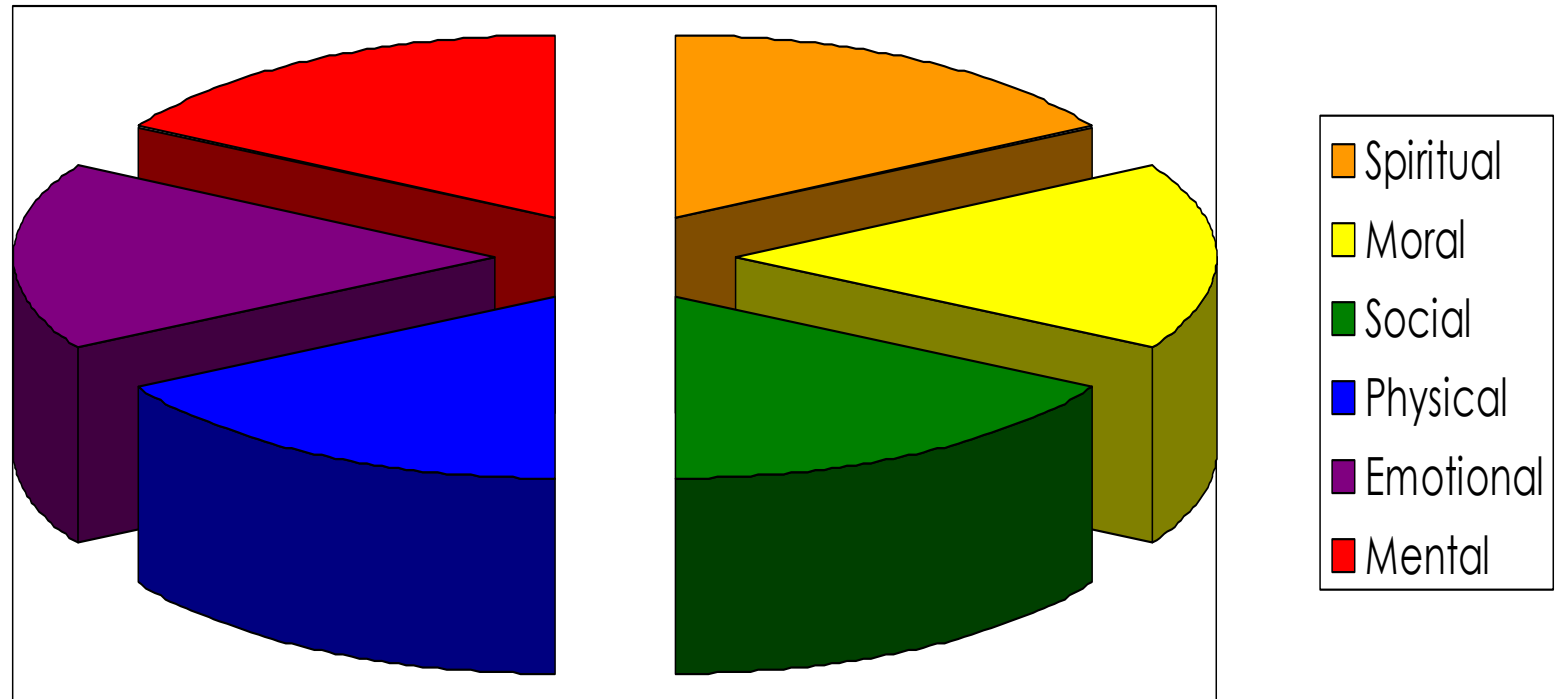# Mark 12:30

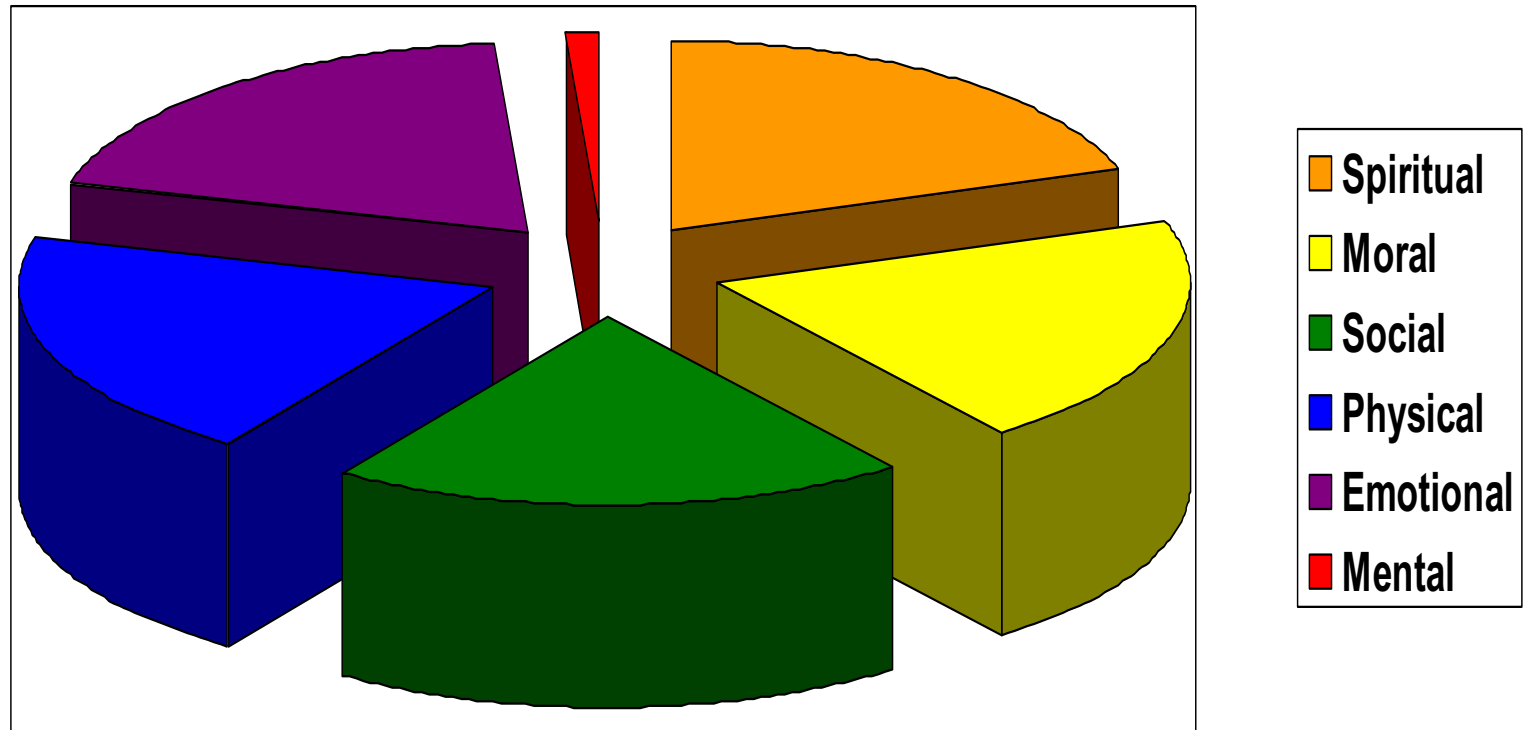"Love the Lord your God with all your heart (emotional) and with all your soul (spiritual) and with all your mind (intellectual) and with all your strength (physical)"

The Six Areas are Connected

Legend:
- Spiritual (orange)
- Moral (yellow)
- Social (green)
- Physical (blue)
- Emotional (purple)
- Mental (red)

A Healthy Person

Stunted Growth in an Area

Legend:
- Spiritual
- Moral
- Social
- Physical
- Emotional
- Mental

Overstimulation in an Area

Legend:
- Spiritual
- Moral
- Social
- Physical
- Emotional
- Mental