

A stylized illustration of a rural Arizona landscape. The background features rolling green hills, a large white sun or moon on the left, and a snow-capped mountain on the right. In the foreground, there are dark blue silhouettes of evergreen trees and a body of water reflecting the sky. Several white birds are flying in the sky. The title text is centered in the upper half of the image.

Rural Arizona Mental Health & Youth

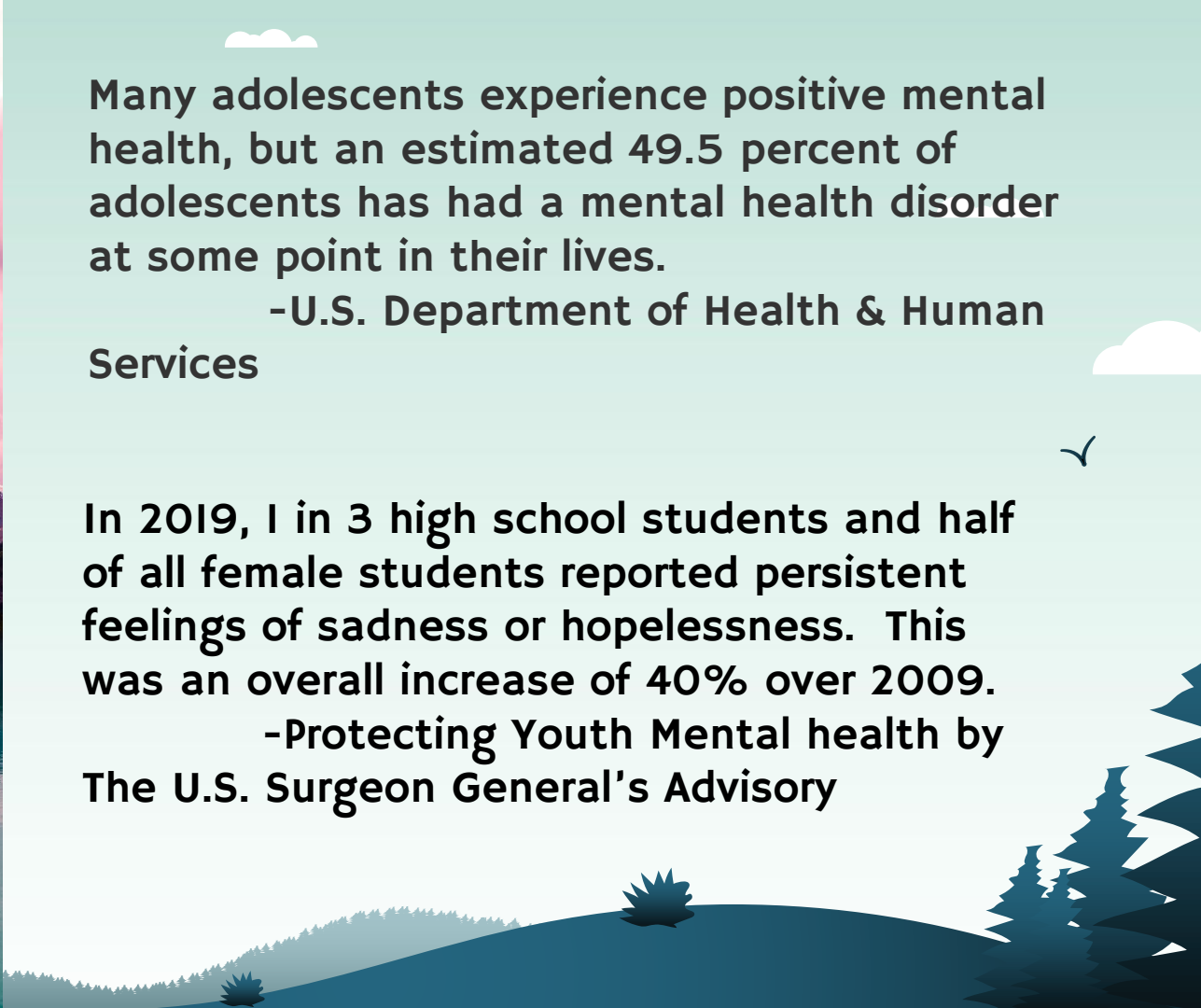
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Courage doesn't
always roar.
Sometimes
courage is the
little voice at
the end of the
day that says
"I'll try again
tomorrow."

Mary Anne Radmacher

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Many adolescents experience positive mental health, but an estimated 49.5 percent of adolescents has had a mental health disorder at some point in their lives.

-U.S. Department of Health & Human Services

In 2019, 1 in 3 high school students and half of all female students reported persistent feelings of sadness or hopelessness. This was an overall increase of 40% over 2009.

-Protecting Youth Mental health by
The U.S. Surgeon General's Advisory

Our stories...



Leah- the story

- July 2020- trauma experienced
- November 2020- 'Mom, all I can think about is food, please help'
- December 2020- sought medical treatment
- June 2021- Went to the University of Michigan for Intensive Outpatient Treatment
- Now 2022- Therapy and maintenance



What I learned...

- Silos still exist
- Looking forward to the whole person approach. Three different doctors in three different locations
- Experts- if you don't know, find out, research
- Erase the stigma
- I'm still learning, finding grace in what you do and how you do it, and then try to do better
- It's nobody's fault- your child did not choose this
- Trust and lean on others

MY BODY IS GOOD

REGARDLESS OF:

- How it looks
- Your opinion of how it looks
- The mainstream media's idea of how I should look

@Allbodiesart



Mikey- the story

- Mikey was diagnosed at age 10 ✓
- Testing by a psychiatrist diagnosed him with bipolar
- In the three years we will have seen four psychiatrists.
- During an emergency visit at the hospital, we connected with Terros Health/Mobile Crisis Unit. Since then, we have utilized Terros in our house during crisis.
- We are fortunate that Mikey does sees a counselor weekly. “Mr. Bill” as Mikey calls him has been a consistent presence in Mikey’s counseling journey.

School Support

“The kids who need the most love will ask for it in the most unloving way”

- Bradshaw Mountain Middle School Principal Jessica Bennet has made it a priority to create a culture of supporting students at where they are at.
- Ms. Tricia Boyer has worked to ensure the social and emotional learning is implemented at BMMS. She regularly checks in with teachers and students and promotes the Believe in You! Curriculum.
- The school district applied for a school safety grant through the Arizona Department of Education to fund Tricia’s position and additional positions to support other schools within the district.



Local Parent Quotations

- Lack of available support groups for parents with a child/youth living with a mental health issue.
- Stigma attached to mental health. As one parent stated, “There is a stigma attached to mental health issues, I see it more with older generations who believe mental illness is a “mindset” and our children need to suck it up”.
- “Lack of understanding and compassion for what our youth are going through, especially since the pandemic hit”- a parent.
- Lack of licensed child psychiatrists to test/assess children/youth. Single parent: “not being able to focus as much time on youth’s mental health as I would like to/need to in order to help him”.
- “Not my child”, you do not think it will be your child. Do everything to have a healthy and safe pregnancy, childhood and home. No control. As parents we are challenged everyday but also realize it is chance for patience and growth.



What Is Needed In Our Rural Areas To Address Youth And Mental Health



- Collaboration among healthcare systems, schools, primary care clinicians, and family support programs can offset the challenges faced by children and youth living in rural areas.
- Reducing the stigma of mental illness and behavioral disorders among children and youth.
- More specialty mental health services for children and youth in rural areas that are open to both private and AHCCCS patients.
- Provide more inpatient services for children and youth in rural areas.
- Trauma-informed approaches to all healthcare



Our Future In Mind

Youth Mental Health Awareness Conference



SCAN ME

**July 25th and 26th, 2022
8AM-5PM
Prescott Resort**

Join us for two days of learning, understanding,
and making mental health a priority.

Brought to you by:



ARIZONA DEPARTMENT
OF HEALTH SERVICES



Thank you! Any questions?



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