Workshop & Panel Discussion: Let's Talk Mental Health

Thursday, May 21 @3PM

Welcome
INTACT RELATIONSHIPS IN A CRISIS

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Panelist Info

God’s girl, wife, mom of four, a vocalist, a psychotherapist and an amateur astronomer.

Specialties: Premarital Counseling, Couples Therapy, Marriage Enrichment, Stress & Anxiety, Cultural Issues and Faith-based Counseling.
DEFINE YOUR ISSUE

It’s not what is without that breaks our bonds, it’s what we allow in from the outside.

Song of Solomon 8:7
Many waters cannot quench love, neither can floods drown it.
BE KIND to YOURSELF
by KRISTIN NEFF

1. SELF KINDNESS
We are as caring toward ourselves as we are toward others.

2. RECOGNIZING OUR COMMON HUMANITY

3. MINDFULNESS
Being open to the reality of the present moment.

SELF-COMPASSION
A source of strength and resilience

Research and more research

Illustrated by Johnine Byrne

seeyourwords.com
SELF COMPASSION
Be kind to yourself. The stress of this crisis season will affect your normal functioning.

EXTEND GRACE TO OTHERS
Show others & your loved ones the benefit of a doubt or undeserved kindness - recognize their unique stress observing boundaries.
CHOOSE JOY

Be intentional in finding moments of joy. Condition your mind to focus on the positive.
Boundaries are an act of self-care, couple-care and community-care.

It improves your mood, your relationships and your productivity!
APART TOGETHER

Give each other physical and mental space from the stress of the crisis.
CRISIS DECISION

Don’t make a permanent relationship decision in a temporary crisis, unless you are facing abuse.

Reach out for help. Florida Crisis Line 211.
Conflict Resolution

1. Define the problem
2. Use ‘I’ words to describe your issue
3. Do not mind read your partner
4. Not all fights are worth having. Choose wisely.

5. Acknowledge your contribution to the problem without blaming.
Conflict Resolution

6. List possible solutions to the issue without blaming others.

7. Commit to contribute to the solution through your actions not just words.
CRISIS HAS A SHELF LIFE
This too shall pass.
Reach Out To God & Others

Do not isolate your heart along with physical distancing.

We were not placed on this earth to walk alone.

- Thomas S. Monson
Thank You!

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Making Mental Health a Priority for Business Leaders and Entrepreneurs

Wynsome S. McLean, LMFT
Owner of
Soul Care Institute LLC.
Mental Health

- Mental health includes our emotional, psychological, and social well-being
- It affects how we think, feel, and act.
- It also helps determine how we handle stress, relate to others, and make choices.

Mental Illness

- Mental illnesses are health conditions involving changes in emotion, thinking or behavior (or a combination of these)
- Mental illnesses are associated with distress and/or problems functioning in social, work or family activities.
7 Vulnerabilities

- Stress
- Uncertainty
- Social Isolation
- Impression Management
- Barriers to Mental Health Resources
- Predisposition to Mental Health Challenges
- Identity & Self Worth
Forbes Finance Council

Over 46 million U.S. adults (almost 1 in 5) experience a mental health condition.

$17,241 per year
➢ 76% of 18-34 year-olds say they struggle with their mental health
➢ Only a quarter receive professional help
➢ Over a third of 18-55 year-olds say anxiety or depression caused them to be mentally unproductive at work.
The 3 Dimensions of Self

Body

Soul

Spirit

The Vessel & The Vision
“Relationship is the foundation of all things fruitful”

Wynsome McLean, LMFT

Creating a Mental Health Awareness Culture
Creating a Mental Health Awareness Culture

Reflective Supervision

Informed Supervisors/Managers

Create A Mental Health Policy
BUSY PARENTS, BORED KIDS:
“Mental & Emotional Wellness Support For Families During Covid-19”
ABOUT COACH DEBBIE
Contact: dmempowers@gmail.com

• Proud Mom & Mental Health Advocate
• Family Therapist @ Marriage & Family Services in Delray Beach
• Women of Tomorrow Mentor @ Village Academy in Delray Beach
• Graduate- Palm Beach Atlantic University
• Graduate- Howard University, BA
LEARNING GOALS

• Provide insight on mental health and its impact on your children & family
• Highlight interventions that lift depression, calm anxiety, and empower teens
• Illicit and share interventions that foster hope and boost motivation
• Explore your mind, feelings, and reinforce positive behaviors
Fact: Mental health problems are very common.

- One in five American adults experienced a mental health issue
- One in 10 young people experienced a period of major depression
- One in 25 Americans lived with a serious mental illness, such as schizophrenia, bipolar disorder, or major depression

In 2015, the age-adjusted suicide death rate in Palm Beach County was 15.7, slightly higher than the rate in Florida (14.6). Suicide is the 10th leading cause of death in the United States. It was responsible for more than 48,000 deaths in 2018, resulting in about
WHAT IS MENTAL HEALTH & TRAUMA?

Trau·ma ˈtroumə,ˈtrômə/
Noun

1.1. a deeply distressing or disturbing experience.
"a personal trauma like the death of a child"

2.2. physical injury.
MEDICINE

Figure 1. Prevalence of Adverse Child and Family Experiences among US Children Age 0-17 years

- No adverse family experiences: 22.6%
- One adverse family experience: 52.1%
- Two or more adverse family experiences: 25.3%

Source: 2011/12 NSCH
WHAT DOES IT LOOK LIKE?

TYPES OF TRAUMA

Viral Pandemics, Traumatic Death or Loss, Natural disasters, Community violence, Victim of crime, Social Media attacks, Domestic Violence, Sexual Abuse, Physical Abuse, Human Trafficking or Kidnapping, Neglect, Deprivation, Excessive Bullying, School Shootings.
PHYSICAL SIGNS

• Exhaustion
• Insomnia/ hypersomnia
• Headaches
• Increased susceptibility to illness
• Weight loss or gain
• Cutting

BEHAVIORAL SIGNS

• Increased use of drugs/ alcohol
• Other addictions (shopping, workaholic, overeating, etc.)
• Irritability
• Exaggerated sense of responsibility
• Avoidance
• Impaired ability to make decisions
• Forgetfulness
• Problems in personal relationships
• Inability to focus
• The Silencing response

PSYCHOLOGICAL SIGNS

• Exhaustion
• Distancing
• Negative self-image
• Reduced ability to feel sympathy/empathy
• Professional helplessness
• Diminished sense of enjoyment
• Increased sense of vulnerability
• Inability to tolerate strong feelings
• Cynicism/ resentment
• Dread of facing the day
• Depersonalization
• Heightened anxiety
**Know the NEW SCIENCE:** Adverse childhood experiences (ACEs) are stressful or traumatic events, including abuse and neglect. They may also include household dysfunction such as witnessing domestic violence or growing up with family members who have substance use disorders. ACEs are strongly related to the development and prevalence of a wide range of health problems throughout a person's lifespan. ACEs include: Physical abuse, Sexual abuse, Emotional abuse, Physical neglect, Emotional neglect, Mother treated violently, Substance misuse within household, Household mental illness, Parental separation or divorce, Incarcerated household member.
“The single most important thing we need today is the courage to look this problem in the face and say this is real and this is all of us.”

– Dr. Nadine Burke Harris

Photo credit: Kevork Djansezian – Takeh on the TedMed stage
Trauma and Social Location

Adverse Childhood Experiences

- Disease, Disability, and Social Problems
- Adoption of Health-risk Behaviours
- Social, Emotional, & Cognitive Impairment
- Adverse Childhood Experiences

Historical Trauma/Embodiment

- Early Death
- Burden of disease, distress, criminalization, stigmatization
- Allostatic Load, Disrupted Neurological Development
- Complex Trauma/ACE
- Social Conditions/Local Context
- Generational Embodiment/Historical Trauma

Trauma and social location

Microaggressions, implicit bias, epigenetics
Adverse Childhood Experiences

"ACEs are a game changer"

Unless you fix the trauma ... the hole in the soul...where the wounds started, you’re working at the wrong thing.... [The ACE story is] HUGE ... and I’ve done a lot of stories in my life."

Oprah Winfrey on an interview she prepared for CBS 60 minutes

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**EPIGENETICS**

A mechanism for regulating gene activity independent of DNA sequence that determines which genes are turned on or off:
- in a particular cell type
- in different disease states
- in response to a physiological stimulus
EPIGENETIC MODULATION

- Psychological state
- Diet
- Diurnal/Seasonal correlations
- Social Interactions
- Disease exposure
- Alternative medicine
- Toxic Chemical
- Therapeutic Drugs
- Drugs of Abuse
- Microbiome
- Exercise
- Financial Status
We thrive in relationship.

Responsive relationships and positive experiences build sturdy brain architecture and promote healthy development, starting as early as infancy through school age youth.

There is no more nature versus nature; you can’t separate it. It’s all about experiences.
RESILIENCE

- Good outcomes in the face of adversity.
- Build your mental, physical, and spiritual muscles to overcome obstacles and challenges.
- It’s built over time and it’s not just the person, it’s the interaction between the person and environment.

YOU CAN CONTROL THESE THINGS...

- What you focus on
- What you think about
- What you listen to
- Your attitude
- Your gratitude
- Your work and effort
- What you study
- How you speak to others
- What you build
- What you create
THERE’S HOPE…

RESILIENCE AND WHAT WE CAN DO!

MAINTAIN THE MESSAGE:
✓ YOUR LIFE MATTERS.
✓ YOU ARE NOT ALONE.
✓ WE’RE ALL IN THIS TOGETHER.

you're one of a kind!

Happiness is the new rich.

Inner peace is the new success.

Health is the new wealth.

Kindness is the new cool.
HOW? ...COUNSELING & WELLNESS INTERVENTIONS

We can choose to create a space and support to act…
Consciously, Consistently and Courageously ….. On our values.

- Marriage & Family Therapy
- Group Therapy & Support Groups
- Play Therapy
- Art & Expressive Therapy
- Narrative Therapy
- Mindfulness-Based Stress Reduction

- Satir Family Therapy
- Emotion-Focused Therapy (EFT)
- Cognitive Behavioral Therapy (CBT)
- Trauma Focused- CBT
- Dialectical Behavioral Therapy
WHAT YOU CAN DO?

FAMILY CONVO, ZOOM PARTY, CHURCH ONLINE, PRAYER GROUP, MINDFULNESS, MEDITATION, READ BOOKS, WATCH MOVIES OR DOCUMENTARIES, DRAW/Paint, GARDEN, EXERCISE, EAT HEALTHY REGULARLY, MAKE A ROUTINE & STICK TO IT, CLEAN & DECLUTTER, DONATE FOOD, ENJOY THE OUTDOORS, FIND A SPORT YOU ENJOY, FIND YOUR FAITH, ATTEND POSITIVE ONLINE SOCIAL EVENTS, TAKE A SOCIAL MEDIA BREAK, DECREASE NEWS INTAKE, & GET COUNSELING!
Thank you & Shine on!

For more information:

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www.dmempowers.com